



# St Mary's News

Friday 19th April 2024

Issue number 747

[www.st-marys-truro.cornwall.sch.uk](http://www.st-marys-truro.cornwall.sch.uk)



# Summer Term Welcome!

Dear Parents and Carers,

I would like to take this opportunity to welcome everyone back to St. Mary's after what I hope was a restful and relaxing break. We have had a wonderful first week back and with the weather on our side, we were able to make use of the school field - which the children were very excited about!

This term will see Courage Class taking their SATs and alongside these we will have some relaxing activities for the children to take part in as well as class breakfasts. Further information on this will be sent out to parents.

We have some really exciting events happening this term from residential trips to BF Adventure to Royal Cornwall Museum workshops and our new Reading Adventure Event, so please keep an eye on the diary dates for further information.

I would also like to thank our St. Mary's family for your support during my transition to Headteacher.

Wishing you a wonderful term,

Mrs. Stevenson

# Welcome back!

You're never too young to make a difference!

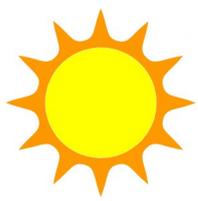
1 Timothy 4:12

# Fun with Fruit and Veg

Trust Class have started their new Science topic today, which began with trying lots of different fruit and veg, and learning how to safely cut them up.

The children spent all afternoon playing at Forest School and, the sun came out!





# Summer Safety!



With Summer fast approaching, please can we ask all parents and carers to provide children with a named sunhat to wear at break and lunch times. They should come in to school with day-long sun cream already applied, or with a named bottle of sun cream in their bags which they are able to apply themselves.

Thank you!

## Year 6 Library

Our Compassion Class children would like to ask our St. Mary's family if they have any comics, comic books, football magazines or age appropriate crime books to restock the shelves of their class library. If you have any books that you think would be suitable, please either drop them off to the office.

Thank you!





# FOSM Summer Fair!



Saturday 6th July 2024

With the start of the summer term FOSM are starting to firm up plans for the Summer Fair, being held on Saturday 6th July.

It's the biggest fundraising event of the school year and we've been so lucky in the past to be so well supported both by volunteers and lots of lovely visitors.

We're planning lots of exciting stall and games (old favourites and some new ones!), bouncy castles, BBQ and Bar.

As well as making sure the date is in your diary if anyone would like to come along on the day to help out please do let us know.

We'll also be asking for donations for our tombola, water and wine stall and teddy tombola so if you've anything suitable please do start bringing donations into school.

# Absence Reporting

If your child is absent from school for any reason, please can we ask that you ensure you contact the office directly before 9am on 01872 276689 or send an email to [secretary@st-marys-truro.cornwall.sch.uk](mailto:secretary@st-marys-truro.cornwall.sch.uk), so that we may record the absence accordingly.

If you have pre-booked your child's hot school dinner on the Gateway App, you will need to cancel this before 8am to ensure you are not charged, this also helps the kitchen staff to prepare the correct number of meals for the day.

Thank you for your continued support.





# ANNOUNCING SUMMER STORIES

A road to adventure



This summer we will be hosting a summer stories event on Friday 14th June.

Children will complete reading activities throughout the day related to the genre of 'adventure'

Parents will be invited to an outdoor story sharing session at 2pm.



## FRIDAY 14TH JUNE

# BRILLIANT BOOK Fair

2024

## ST MARY'S SCHOOL

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Join us for our brilliant Scholastic book fair in the hall on the 1st and 2nd May after school. Children will visit the book fair throughout the week to look at the latest releases available in fiction and non-fiction. Parents are then invited in to purchase books if they would like. All books purchased will raise much-needed funds for our school library.

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Scholastic Book Fair 1st and 2nd May



# ★ STARS OF THE WEEK ★

Year R	Sunrise	Luna Miller For always demonstrating fantastic behaviour with superb manners
Year 1	Joy	Luna-Rose Blaney For trying hard in Maths to understand capacity
Year 2	Trust	Nathan Watkinson For showing amazing respect and having a great attitude to learning
Year 3	Hope	Eliza Shirley For always being such a kind and caring member of Hope Class
Year 4	Friendship	Evie Albert for great suggestions about body positivity in Jigsaw lessons
Year 5	Compassion	Ahdia Afshen For a fantastic first week at St. Mary's, settling into Compassion Class
Year 6	Courage	Ebony Leach For having a fantastic attitude towards her learning and a great start to the term

# Jigsaw Weekly Celebration

*This week, we will be celebrating people who:*

*Know how to make friends*

*Henry Smith, Afia Trevaskis, Luna Miller, Arlo Julyan, Bee Aucott, Ruben Senior, Leila-Rae Kippax, Ruby Whaley, Freddie Booker, Aurelia Rankine, Alina Paul, Sam Treganowan, Monty Cannon, Lily Walker, Lowenna Stevenson, Eliza Shirley, Isaac Andrzejuk-Allen, Jack Neil, Aiyla Mills, Bethany Bryant-Toy, Freddie Green, Edith Warner, Max Dougan, Prisha Dhumane, Finley Senior, Rex Aucott, Isla Whaley, Louis Burrows, Eve Baker, Neva Taylor, Ahdia Afshen, Poppy Hagan, Isla Tann, Erica Green, Connor Champion, Bella Clapp, Joshua Gardner-Chicote, Laila Green, Elsie Jones, Isabelle Middleton, Alfie Naylor, Olly Pitt, Sophia Somerville, Harry Stobbs, Rami Talab*



# Recommended Read



## *Luna Loves Gardening*

*Author: Joseph Coelho*

*Illustrator: Fiona Lumbers*

*It's the start of spring, and Luna and Dad are heading to the local community garden.*

*Dad loves gardening; he says it's "like digging up stories". Luna is curious to find out how. Nana and Grandpa are already there and have started digging to grow some potatoes. They explain that potatoes came all the way from the Incas in South America.*

*They encourage Luna to swap seeds with others in the garden, and to discover their stories. Luna has some callaloo seeds from her great-grandmother in Jamaica to swap. She receives calabash seeds from India, purple carrot seeds from Afghanistan and beetroot seeds from Ukraine. What's more, there's a story attached to each!*

*Once the seeds have been shared, it's time to get sowing. Eventually, the whole community garden is in bloom.*

*Award-winning Waterstones Children's Laureate Joseph Coelho and illustrator Fiona Lumbers have created a delightful series about Luna and all her passions. In this story, Luna not only learns about growing plants but also about the importance of gardening for the insects who help to pollinate them. She also learns about patience and sharing and discovers that different plants grow in different parts of the world.*

*The illustrations are breathtakingly beautiful and highly detailed. The front and back matter feature some fantastic nature ideas for little green fingers, including building a bug hotel, creating a DIY plant pot, and keeping a wildlife journal.*

*Reading Age: 4-8*

# Diary Dates

Wednesday 1st May 2024	Schoolastic Book Fair
Tuesday 2nd May 2024	Schoolastic Book Fair
Monday 6th May 2024	Bank Holiday
Monday 13th - Friday 17th May 2024	Year 6 SATs
Wednesday 15th May 2024	Year 6 Yoga Session
Monday 27th May 2024	Half Term
Monday 3rd June 2024	School Opens
Tuesday 4th June 2024	Hatchbox Class Photographs
Monday 10th - Wednesday 12th June 2024	Year 6 Camp
Friday 14th June 2024	Summer Stories Event
Monday 17th - Wednesday 19th June 2024	Year 4 Camp
Monday 24th June 2024	Sports Day
Monday 8th July 2024	Teddy Bears Picnic
Tuesday 2nd July 2024	Richard Lander Transition Day
Wednesday 3rd July 2024	Richard Lander Transition Day
Saturday 6th July 2024	FOSM Summer Fair
Tuesday 16th July 2024	Headteacher's Award
Wednesday 17th July 2024	Rocksteady Summer Concert
Monday 22nd July 2024	Inset Day
Tuesday 23rd July 2024	Inset Day
Wednesday 24th July 2024	Inset Day
Thursday 25th July 2024	Summer Holidays Begin!
Tuesday 3rd September 2024	School Opens

# BIG WORLD FAIR



Learning and growing together with people across the globe

**SATURDAY 20th APRIL**

**10am - 3.30pm**

**TRURO CATHEDRAL**

**Everyone welcome!**

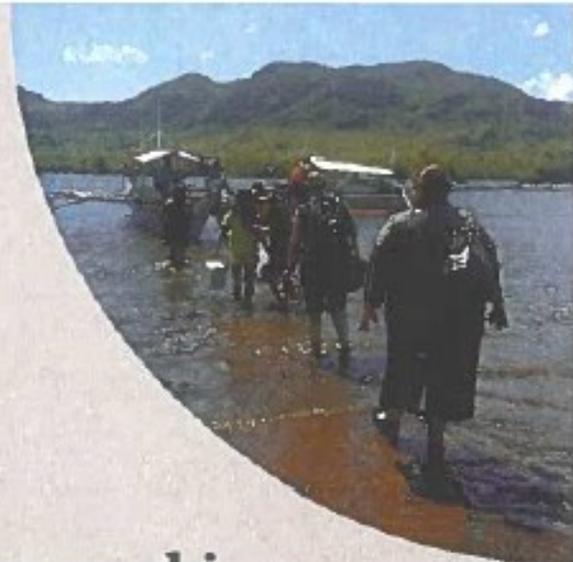
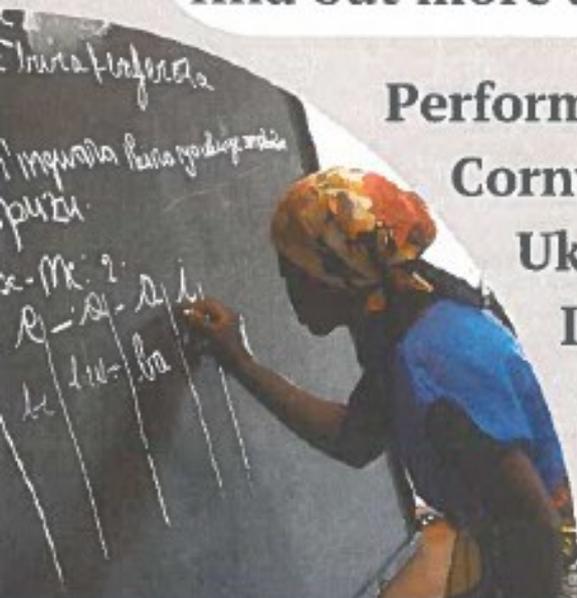
**Find out about organisations working internationally & locally, from Cornwall & beyond and how you, your community or your church can get involved**

**Fun activities for children to find out more about the world**

**Speakers from:**  
**Five Talents**  
**Christian Aid**  
**Edukid**  
**Tearfund**

**Performances including:**  
**Cornwall Youth Choir**  
**Ukrainian Harmony**  
**Isaac Salaman**

**Roseland Academy Samba Band**  
**+ Drumming workshop**  
**to join in!**



**More Info: [international.links@truro.anglican.org](mailto:international.links@truro.anglican.org)**



**DIOCESE  
OF TRURO**

Together for Families

# Early Help Parenting Newsletter – Summer 2024

**Free** information, support and guidance for parents and carers.

## Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

## Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

The programmes currently available are:

**Solihull: Understanding your Child** – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

**Parents Plus Adolescent Programme** – Supporting parents/carers of teenagers aged 12-17 (9 x 2-hour sessions)

**Living with Parents** – a one day workshop for parents and their young person aged 12 to 17 years.

**Supporting Healthy Relationships** – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

**Understanding your Child with Additional Needs** – a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a computer, please [click here](#)
- If accessing from a mobile/tablet, please [click here](#)

“Brilliant course! Helped myself and my children a lot. Would definitely recommend this is other parents.”

– Parent on Solihull  
Understanding your Child  
(March 2024)

## Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (18:00-20:00) delivered by our parenting team to support on a wide range of topics. Please book on by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

Date	Bitesize Child (for parents/carers of children aged 4-11)
07.05.24	Bullying
21.05.24	Remaining calm
11.06.24	Praise and rewards
25.06.24	Special time with your child
09.07.24	Routines and boundaries
23.07.24	Technology and safety
Date	Bitesize Teen (for parents/carers of young people aged 12-19)
14.05.24	Teenage brain
04.06.24	Technology and safety
18.06.24	Sibling rivalry and conflict
02.07.24	Remaining calm
16.07.24	Mental wellbeing

## Help us shape our service!

We invite you to complete our new survey to help shape our parenting offer. This should take no longer than 5 minutes to complete. Please visit

[www.letstalk.cornwall.gov.uk/parentingsurvey](http://www.letstalk.cornwall.gov.uk/parentingsurvey) to have your say. You can also sign up to our mailing list to stay informed through our newsletter and flyers, by clicking on 'Stay Informed – Subscribe' button on this page.

## Positive Parenting Top Tip!

### Self-care

You cannot pour from an empty jug!

As you give love, affection, care and boundaries to your children to help them learn and regulate their emotions, you are pouring from your 'jug', so a key thread that runs through all of our programmes, is the importance of self-care.

Remember to top yourself up and do something for yourself several times a week. As long as your children are safe, it's ok to 'press the pause button' and have a cup of tea, talk to a friend, take time for a hobby or do some positive self-talk.

When things get challenging, take deep breaths and remember it's better to respond than to react. And remember your child need you at your best so look after yourself.

## Service Spotlight

### Video Interaction Guidance (VIG)

VIG aims to: strengthen the bond between parents/carers and their children, develop attunement and sensitivity, and help parents/carers to become more reflective.

**How does it work?** The VIG practitioner takes short videos of the parent/carer together with their child doing an activity they both enjoy and then looks carefully at the video to select 3 short clips when the interaction was going well. The VIG practitioner takes this clip to show the parent/carer and this cycle is repeated between 3 and 7 times.

**How might it help?** It highlights and builds on the strengths people already have. Seeing yourself communicating well is very empowering and motivating and an understanding of communication can then be taken and applied to any interaction.

**How to request VIG:** Speak to your health visitor or allocated worker about a request for VIG through the Early Help Hub [www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)

## New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



Parenting children aged 0 to 11

SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 2)

It is a Virtual course offered at 9am, 11am and 2pm

Learn More

Understanding your child (ages 1 - 2) Eastern Family Hub

It is a Virtual course offered at 9am, 11am and 2pm

Learn More

Understanding your child (ages 1 - 2) Seven Family Hub

It is a Virtual course offered at 9am, 11am and 2pm

Learn More

Understanding your child (ages 1 to 2) The Park Family Hub

It is a Virtual course offered at 9am, 11am and 2pm

Learn More

## Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)

Call: 01872 324323

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: [equality@cornwall.gov.uk](mailto:equality@cornwall.gov.uk) Telephone: 0300 1234 100

Together for Families Parenting

# Parenting Workshops

## April - August 2024



### Solihull – Understanding your Child

- Early Years (ages 1-3)
- Primary Years (ages 4-8)
- Transition Years (ages 9-11)

### Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why is sleep important?
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

### Workshop Dates

Countywide – VIRTUAL		
Ages 1-3	Mondays 18:00-20:00	22.04.24-08.07.24 Virtual MS Teams
Ages 1-3	Wednesdays 09:30-11:30	05.06.24-07.08.24 Virtual MS Teams
Ages 4-8	Tuesdays 12:30-14:30	23.04.24 – 25.06.24 Virtual MS Teams
Ages 4-8	Mondays 18:00-20:00	03.06.24-05.08.24 Virtual MS Teams
Ages 9-11	Thursdays 12:30-14:30	02.05.24-11.07.24 Virtual MS Teams
Ages 9-11	Wednesdays 18:00-20:00	08.05.24-17.07.24 Virtual MS Teams
East		
Ages 4-8	Mondays 09:30-11:30	13.05.24-22.07.24 Wadebridge Family Hub
Ages 9-11	Tuesdays 12:30-14:30	30.04.24-09.07.24 Launceston Family Hub
Mid		
Ages 1-3	Tuesdays 12:30-14:30	04.06.24-06.08.24 St Austell Family Hub
Ages 4-8	Thursdays 12:30-14:30	02.05.24-11.07.24 Newquay Family Hub
Ages 9-11	Fridays 09:30-11:30	10.05.24-12.07.24 The Park Family Hub
West		
Ages 1-3	Thursdays 09:30-11:30	02.05.24-11.07.24 Gooseberry Bush Nursery
Ages 4-8	Wednesdays 09:30-11:30	15.05.24-24.07.24 Helston Family Hub
Ages 9-11	Mondays 12:30-14:30	13.05.24-22.07.24 Penzance Family Hub





## Parents Plus Adolescent Programme

### Workshop Description

Delivered over 9 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rules positively
- The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

### Workshop Dates

Countywide - VIRTUAL		
Ages 12-18	Wednesdays 18:00-20:00	01.05.24-26.06.24 Virtual MS Teams
Ages 12-18	Mondays 09:30-11:30	03.06.24-29.07.24 Virtual MS Teams
East		
Ages 12-18	Thursdays 09:30-11:30	02.05.24-04.07.24 Saltash Family Hub
Ages 12-18	Mondays 12:30-14:30	13.05.24-15.07.24 Wadebridge Family Hub
Mid		
Ages 12-18	Fridays 12:30-14:30	19.04.24-21.06.24 The Park Family Hub
Ages 12-18	Mondays 12:30-14:30	13.05.24-15.07.24 Newquay Family Hub
West		
Ages 12-18	Tuesdays 12:30-14:30	28.05.24-23.07.24 Penzance Family Hub
Ages 12-18	Wednesdays 12:30-14:30	05.06.24-31.07.24 Helston Family Hub

