



Friday 19th January 2024

Issue number 737

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Visiting the Vikings!

Last week, Friendship Class visited the National Maritime Museum to learn about Vikings and trading. The children had great fun learning about how boats were made and hammering coins. They also enjoyed learning how boats are sailed, catching the wind. Friendship Class turned out to be very hard traders! Thank you to Cornish Heritage Trust for their help in funding the transport for the trip, we are very grateful. Thank you also to the children of Friendship Class, who represented St. Mary's so well.



You're never too young to make a difference.

1 Timothy 4:12

St. John Ambulance Visit

Mrs. Calcraft led an assembly this week on how volunteers help people in our community. Mrs. Calcraft runs the City of Truro Cadets for St John Ambulance, and she spoke to the children about the help that St John Ambulance provides as a charity. She was accompanied by her colleague, Andre Carrington, who is Ambulance Crew for St John Ambulance. The children really enjoyed hearing about the events that are supported and asked some fantastic questions.

The children from Sunrise Class then had an opportunity to explore the ambulance and took turns to have bandages and slings applied. Of course, their favourite part was the sirens!





St. Mary's

Snowy Surprise!

While it wasn't quite the 'White Christmas' everyone was hoping for, we were so excited to see a snowy surprise on Thursday this week. The children had an absolute blast making snow angels, building snow figures and watching the weather come in. We snapped some awesome pictures that we couldn't wait to share with you!





Calling all volunteers...



...are you free on a weekday morning between 8.35 and 9am?

We are looking for parent/guardian volunteers to help us, by coming into school to listen to the children read. If this is something you are able to help with and are interested in, please contact the school office.

Email Update

Please can we ask our Parents and Carers to check their emails for a very important and exciting update from Mrs. Bray, which was sent on Friday morning.

If you haven't received any emails from the office, please let us know and we will check the details that we hold for you and update our distribution list.



Self-care is crucial and self-compassion is the starting point.

Everything is connected. What we put into our bodies impacts our energy levels, which impacts how well we perform inside and outside the classroom.

We all know that looking after ourselves is one of the best things we can do but sometimes we need a gentle nudge in the right direction. This session teaches young (and old!) people positive healthy habits linked to eating, moving and sleeping. Mastering these habits early is the key to feeling great and having an amazing life. Some of the topics covered include screen time, how we have more options than we think, how we learn, the importance of family connection and a strong sense of self.

We are excited to open this session to the whole school community so please attend this session with your children. We are enriching the already thriving community of St Mary's C of E primary, we are fostering a sense of belonging, community and uniqueness.

The session is interactive, practical and great fun. Designed to be positively transformational and equip pupils and adults alike with lifelong tools to facilitate potential, our Art of Brilliance programs are underpinned by cutting-edge research and have been delivered in schools around the world.

We are thoroughly looking forward to joining you; and together we will make a positive difference in your school and community.

Session Date: **Tuesday 20th February 2024**

Session Times: **3.30pm – 4.30pm or 4.45pm – 5.45pm**

Book Here: **Your school Gateway account**

For more information please contact: **Laura or Becky in the office**

After School Clubs

As a reminder, the clubs list is as follows:

Monday: Blue Peter Book Club - Y3, Y4, Y5, Y6
 KS1 Football - YR, Y1, Y2
 KS2 Tag Rugby - Y5, Y6

Tuesday: KS1 Multi Sports - YR, Y1, Y2

Wednesday: Art Club - All Year Groups
 Running Club - Y4, Y5, Y6

Thursday: KS2 High Five Netball/Basketball - Y3,
 Y4, Y5, Y6
 Mindful Creativity - All Year Groups

All club information is available on Gateway. If you would like to be added to the waiting list for a club which is full, please contact the office.

NSPCC Number's Day!



On Friday 2nd February we will be taking part in the NSPCC Number Day 2024. We would like to invite all children and staff to "Dress Up for Digits". Children may simply wear an item of clothing with a number on it for example a favourite sports top or cap, or even a onesie. Why not get more creative and design a unique t-shirt, hat or even become a human-sized calculator or dice?

We will have a mathstastic fun-filled day of magical maths, "Dress up for Digits", activities and games. We will also be welcoming donations for the NSPCC's Speak out, Stay safe services.



NSPCC

**Speak out.
Stay safe.**

STARS OF THE WEEK

| | | |
|--------|------------|---|
| Year R | Sunrise | Luna Alibuyog For super progress in Maths and Writing and working independently |
| Year 1 | Joy | Dotti Daly For remembering key facts about Richard Trevithick |
| Year 2 | Trust | Teddy Julyan For great contribution in our class PE lesson and working well as a team |
| Year 3 | Hope | Lowenna Stevenson For your continuous hard work and enthusiasm for learning and your beautiful and caring personality |
| Year 4 | Friendship | Emilia Insa-James For creating a fantastic story map |
| Year 5 | Compassion | Eve Baker For working diligently and putting in 100% effort in all subjects |
| Year 6 | Courage | Olly Pitt For excellent focus during English this week, and producing a detailed and informative non-chronological report about the Kraken |

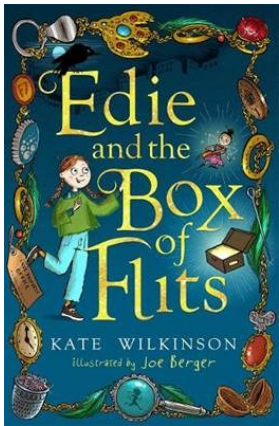


Reading Awards



Bronze: Amelia Abdalla, Coby Grigg, Orla Jones, Tommy Booker, Luna Miller, Jake Morgan, Reza Mokarram, Ruben Senior, Sebastian Hadfield, Chloe Ituen, Orrin Lewis, Verity Burrows, Rosie Gray, Sofia Mitchell, Harrison Shaddick, Solomon Bailey, Freddie Booker, Monty Cannon, Aliyah Kanagaraj, Evelyn O'Reilly, Alina Paul, Sam Treganowan, Ruby Whaley, Ivy Wyatt, Georgie Tann, Eliza Shirley, Rose Perry, Elowen Elliott-Bennett, Freddie Green, Isaac Andrzejuk-Allen, Oliver Keast, Lenny Pearson, Jack Neil, Louis Burrows, Emilia Insa-James, Prisha Dhumane, Evie Albert, Jack Keast, Alice Jones, Isla Whaley, Connie Tucker, Isabella Gray, Henry Paul, Evelyn Shaddick, Damian Gabriel-Williams, Freddie Paul, Neva Taylor, Sophie Bostock, Esmay Nicholas, Lacie Salmon, Eve Baker, Isaac Shirley, Iris Blomfield, Elsie Jones, Zoe Lewis, Oscar Julyan.

Recommended Read



Edie and the Box of Flits

Author: Kate Wilkinson

Illustrator: Joe Berger

Edie feels lonely since starting secondary school, as her best friends have turned their backs on her, so she spends more time than ever at London Transport's Lost Property Office, where Dad works. One day, while examining a wooden box which was left on a tube train, she makes an incredible discovery:

the box is inhabited by three young 'flits': tiny, winged people who can only be seen by children under the age of 13.

The flits - Impy, Speckle and Nid - are desperate to locate their missing family, who were last seen being pursued through an underground tunnel by sinister birds, known as 'magpins'. Promising to help them, Edie is concerned to learn that other young flits from across the city are also mysteriously disappearing. Together with her new, small-but-mighty friends, she is plunged into a thrilling subterranean adventure across the London Underground network, which is more dangerous than she could ever have imagined.

With a wonderful cast of characters and an exciting plot, this enchanting fantasy adventure, reminiscent of *The Borrowers*, is a fabulous read. Expressive black-and-white illustrations feature throughout, adding touches of humour and bringing this tale of friendship, courage and determination to life.

Interest Age: 9-11

Reading Age: 9+

Jigsaw Weekly Celebration

This week, we will be celebrating people who:

Keep trying even when it is difficult

Regan Martin, Chloe Ituen, Arlo-Wolf Rothern, Lox-Lowen Walton, Arthur Hagan, Freddie Hearne, Aveline Rankine, Ethan Barnard, Alice Jones, Neva Taylor, Esmay Nicholas, Rudo Keeler, Freddie Paul, Idris Gough, Sophie Bostock, Connor Champion, Toby Duke, Joshua Gardner-Chicote, Laila Green, Oscar Julyan, Isabelle Middleton, Elissia Neil, Sophia Somerville, Lowenna Stevenson, Jack Neil, Aila Mills, Rose Perry, Travis Stock, Kimberly Moyo, Oliver Keast, Elowen Elliott-Bennett, Jack Savage, Monty Cannon, Dylan Smith, Callum Williams, Aurelia Rankine, Jacob Trenerry-Talbot, Daisy Adams, Isabelle Thompson, Lamorna Chase, Jowan Pill, Luna Alibuyog



Diary Dates

| | |
|------------------------------------|--------------------------------------|
| Monday 22nd January 2024 | Year R Vision Screening |
| Wednesday 24th - 25th January 2024 | Year 6 Bristol Trip |
| Tuesday 30th January 2024 | Year 1 Trip to Royal Cornwall Museum |
| Friday 2nd February 2024 | NSPCC Number Day |
| Friday 9th February 2024 | Year 2 Museum Trip |
| Monday 12th February 2024 | Half Term |
| Monday 19th February 2024 | School Opens |
| Tuesday 20th February 2024 | Wellbeing Workshop |
| Wednesday 20th March 2024 | Rocksteady Easter Concert |
| Monday 26th February 2024 | Parents Evening |
| Tuesday 27th February 2024 | Parents Evening |
| Wednesday 28th February 2024 | Parents Evening |
| Tuesday 26th March 2024 | Easter Service - Kenwyn Church |
| Friday 29th March 2024 | Easter Break - Happy Easter! |
| Monday 15th April 2024 | School Opens |
| Monday 6th May 2024 | Bank Holiday |
| Monday 27th May 2024 | Half Term |
| Monday 3rd June 2024 | School Opens |
| Monday 24th June 2024 | Sports Day |
| 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 |

Together for Families

Early Help Parenting Newsletter – Spring 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

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)

Take 3 – Supporting parents/carers of teenagers aged 12-17 (10 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](#)

Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (12:30 – 14:30) delivered by our parenting team to support on a wide range of topics. Please book on by visiting www.cornwall.gov.uk/parenting

| Date | Bitesize Child (for parents/carers of children aged 4-11) |
|----------|---|
| 06.02.24 | Remaining Calm |
| 13.02.24 | Praise and Rewards |
| 20.02.24 | Technology and Safety |
| 27.02.24 | Sibling Rivalry and Conflict |
| 05.03.24 | Bullying |
| 12.03.24 | Special time with your child |
| 19.03.24 | Supporting Education and School |
| 26.03.24 | Routines and Boundaries |
| Date | Bitesize Teen (for parents/carers of young people aged 12-19) |
| 07.02.24 | Sibling Rivalry and Conflict |
| 14.02.24 | Teenage Brain |
| 21.02.24 | Supporting Education and School |
| 28.02.24 | Mental Health and Wellbeing |
| 06.03.24 | Remaining Calm |
| 13.03.24 | Drugs and Alcohol |
| 20.03.24 | Technology and Safety |
| 27.03.24 | Body Image |

“I found the agreements and I-statements to be valuable tool to tackle this week. You (the facilitator) have been amazing. Very clear messaging every week.”

– Parent of teenager attending Take 3

Positive Parenting Top Tip!

Special Time – Let's Play

Parents need to juggle a lot of different roles in the family, and we can sometimes overlook playing with our children. Children need our attention, and they will gain that any way they can. Giving more positive attention to your child in positive situations, will reduce the need for them to gain attention through negative situations.

We challenge you to spend a minimum of 10 minutes a day of quality, child led play time with your child. This will help your child's self-esteem, mental and emotional health, social skills, communication skills, relationships, and behaviour issues.

So put down your phones, leave the dishes until later and go and get involved in your child's play, they will love you for it.

Service Spotlight

Parent Carers Cornwall is run by parents and carers and our aim is to support and offer guidance to families who have a child with SEND 0-25 years of age.

Our aim is to gather information from Parent Carers and using these unique shared experiences, we take part in consultations and participation work which helps us to shape the development and delivery of services to our children. We also pass on information to families via a newsletter and e-bulletin, arrange coffee and chat sessions and organise training and workshops for parents.

Support is offered to families to help complete DLA/PIP forms if required.

We are on all social media channels as Parent Carers Cornwall or for any information please contact us through our website

<https://parentcarerscornwall.org.uk/>



New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting 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 3)
This is a Virtual course offered as a free service. Find more
2 hours

Understanding your child (ages 1 - 3) Eastern Family Hub
This is a Virtual course offered as a free service. Find more
2 hours

Understanding your child (ages 1 - 3) Treen Family Hub
This is a Virtual course offered as a free service. Find more
2 hours

Understanding your child (ages 1 - 3) The Pals Family Hub
This is a Virtual course offered as a free service. Find more
2 hours

Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit www.cornwall.gov.uk/parenting.

Contact us

Email: 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 Telephone: 0300 1234 100



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