



Friday 15th March 2024

Issue number 744

www.st-marys-truro.cornwall.sch.uk

 Follow us on
facebook

Eggs-tra Special Guests!

The talk of the school this week was the delivery and hatching of Trust Class's chicks!

There was a lot of excitement on Monday when 6 chick eggs were delivered and Miss Vowles got them set up with their incubator in the Year 2 Classroom - with the help of the careful hands of the children. The eggs sat quietly and warm until Wednesday, when our first little chick hatched. We were then treated to the other chicks hatching in very quick succession! We now have 4 black chicks and 2 yellow and the children have enjoyed holding them and making them a cozy bed to sleep in under their heat lamp. The children have even had a chance to see the chicks running around, when Miss Vowles got them out to play!

Trust class have been carefully considering what to name each chick and we are sure to have an update for you before they head to their forever home on Thursday.



You're never too young to make a difference.
1 Timothy 4:12

MEDICINE SAFETY

As well as looking after their little chicks this week, Trust Class have also been learning about how to stay healthy. Part of this was to learn about medicine safety. Jigsaw Jaz was unwell and the children had to give advice to help her feel better.

The children looked at medicine packets and learnt about the safety recommendations. They then wrote advice on how to take medicine safely including only taking with an adult, taking the correct amount and not taking medicines that belongs to others. Well done, Trust Class!



10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College®

FOSM Easter Eggstravaganza

Thursday 21st March 2024

3.20pm - 4.30pm

£1.50 per child

On Thursday 21st March, we will be holding our annual Eggstravaganza and we'd love for you to join us. Children will be able to take part in an Easter trail and then swap their completed answers for a chocolate egg. There'll also be tea, coffee, cakes and colouring to enjoy after the trail.

Younger siblings are welcome to take part - if you would like them to have a treat at the end of the trail, then please book them a place. All children must be accompanied by an adult.

Any donations for the cake stall would be most welcome and can be dropped to reception on the day - we love shop bought cake just as much as homemade!

Please return all completed forms to the FOSM letterbox in Reception.



BRILLIANT BOOK Fair

2024

ST MARY'S SCHOOL

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.

Scholastic Book Fair 1st and 2nd May

STARS OF THE WEEK

Year R

Sunrise

Coby Grigg

For always being so kind and considerate to his friends

Year 1

Joy

Zander Nicholas

For working hard in phonics

Year 2

Trust

Logan McIntosh

For making great contributions to discussions

Year 3

Hope

Theo Hawkins

For your fantastic understanding of fractions and pushing yourself to have a go when it all got a bit tricky

Year 4

Friendship

Fergus Bennett

For his brilliant presentation of his explanation of how fjords are made

Year 5

Compassion

Harvey Evans

For a fabulous letter in history when learning about the eruption of Mount Vesuvius in 79AD

Year 6

Courage

Connor Campion

For having a conscientious attitude towards learning and always looking out for others

Jigsaw Weekly Celebration

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

*Have tried to keep themselves and others
safe*

Noah Herbert, Coby Grigg, Molly Pollard, Reva
Dhumane, Harry Vanes, Sennen Stevenson, Sam Morgan,
Sofia Mitchell, Ross Pritchard, Jacob Trenerry-Talbot,
Zak Abdalla, Logan McIntosh, Aurelia Rankine, Jack
Neil, Lowenna Stevenson, Eliza Shirley, Lily Walker,
Annabelle Young, Kimberly Moyo, Isaac Andrzejuk-Allen,
Carmen Hadfield, Fergus Bennett, Isobel Lewin, Evie
Albert, Erica Green, Harvey Evans, Eve Baker, Neva
Taylor, Esmay Nicholas, Connor Champion, Elsie Jones,
Zoe Lewis, Olly Pitt, Joshua Gardner-Chicote





Reading Awards



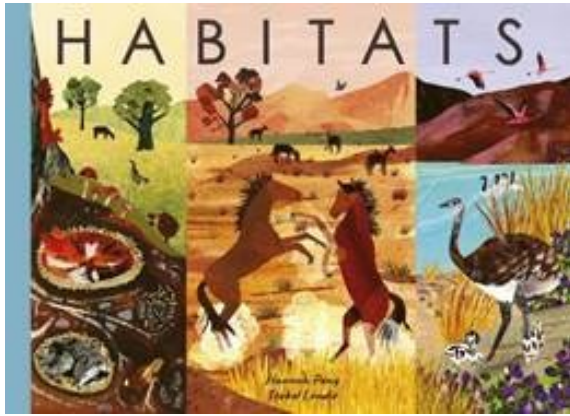
Bronze: Sienna Tanner, Angel Lin

Silver: Angel Lin, Theo Hawkins-Hyett, Harry Vanes, Phoebe Grace Netherton, Harvey Chase, Chester Grigg, Nathan Watkinson, Ivy Wyatt, Carmen Watkinson, Harry Stobbs

Gold: Lenny Pearson, Edward Buist, Phoebe Grace Netherton, Zak Abdalla, Tabitha Buist, Arlo Taylor, Bear Thomas, Fergus Bennett, Henry Paul, Freddie Paul, Esmay Nicholas, Erica Green,

Headteachers: Edward Williams, Reva Dhumane, Isabelle Thompson, Louis Burrows, Poppy Whitford, Esmae Thorning

Recommended Read



Habitats

Author: Hannah Pang

Illustrator: Isobel Lundie

Nature is full of a variety of natural habitats & places where plants and animals coexist. Yet, those habitats are changeable, and often contain different sections or layers that feature different types of life, according to how much light, moisture and air there is, among other factors.

Demonstrating these layers—whether that's the sunlit zone, twilight zone and the deep sea layer of the ocean, or the emergent layer, the canopy, understory and forest floor of the rainforest—this beautiful picture book shows readers some of the plants and creatures that can be found at the different parts of a habitat. In ancient woodland, badgers can share their setts with foxes and rabbits, and the black-chested buzzard-eagle lives high on the rocky scree of the Andes mountains in South America.

Isobel Lundie's colourful, eye-catching collage-style illustrations show delightful details, such as a pelican eel's huge jaws, or the pattern on a fly agaric mushroom. This is a charming book with a good level of text to picture, suitable for mid-primary readers, and the paper craft used in the book & pages that are cut short in the different sections to make flap pages of graduated sizes & demonstrates the idea of layers to the reader in a clear and interactive way.

Interest Age: 6-8

Reading Age: 6-8

Diary Dates

Tuesday 19th March 2024	Parent Group Meeting - 2.30pm
Wednesday 20th March 2024	Rocksteady Easter Concert
Tuesday 26th March 2024	Easter Service - Kenwyn Church
Tuesday 26th March 2024	Year 6 Trip to Truro Methodist Church
Wednesday 27th March 2024	Year 5 Trip to Truro Methodist Church
Wednesday 27th March 2024	Year 2 Trip to Kenwyn Care Home
Wednesday 27th March 2024	Headteacher Awards
Friday 29th March 2024	Easter Break - Happy Easter!
Monday 15th April 2024	School Opens
Wednesday 1st May 2024	Schoolastic Book Fair
Tuesday 2nd May 2024	Schoolastic Book Fair
Monday 6th May 2024	Bank Holiday
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
Monday 17th - Wednesday 19th June 2024	Year 4 Camp
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

BIG WORLD FAIR

Learning and growing together with people across the globe

SATURDAY 20th APRIL

10am - 3.30pm

TRURO CATHEDRAL

Everyone welcome!

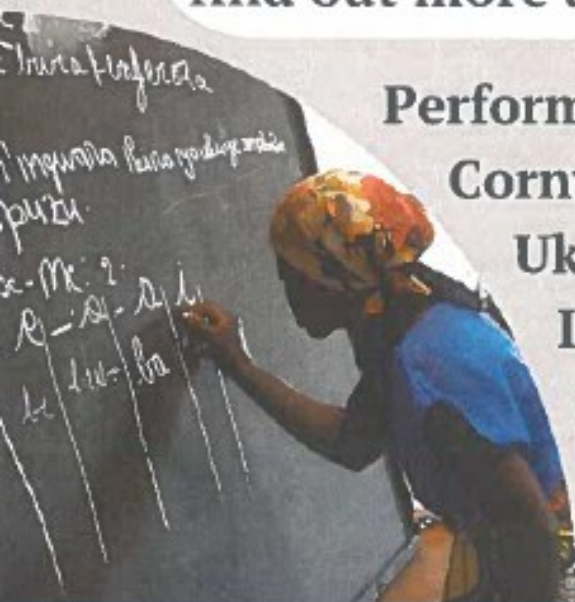
Find out about organisations working internationally & locally, from Cornwall & beyond and how you, your community or your church can get involved

Fun activities for children to find out more about the world

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

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

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



More Info: international.links@truro.anglican.org



**DIOCESE
OF TRURO**



EASTER HOLIDAY COURSES

IN THE SOUTH WEST



10AM-3PM



DEVON, SOMERSET & CORNWALL
(AT VARIOUS LOCATIONS)



£24.00 USE CODE:
JOL098 TO RECEIVE
£4.00 OFF



APRIL 2024

FOR ALL CHILDREN AGED 5-12 YRS

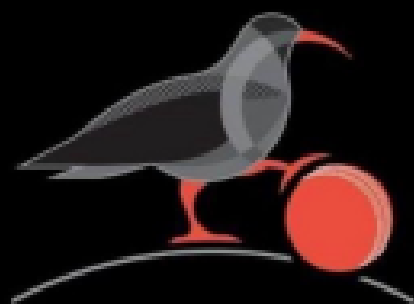
PRIZES & GIVEAWAYS

EARLY DROP-OFF AVAILABLE



BOOK HERE





**Cornwall
Cricket**

CORNWALL CRICKET

INTRODUCES

SCHOOL CRICKET SESSIONS

WHAT WE OFFER

- Passionate qualified children cricket coaches
- Engaging and fun ECB designed sessions
- All equipment provided

OUR RATES

- £80 half day (2 sessions* - a.m. or p.m.)
- £120 full day (4 sessions*)
- £50 per hour (after-school club)

*sessions are approx. 45/50 mins

Please note that these offers can be altered to suit your needs

WHAT WE ALSO OFFER

- Whole school Teacher Training (enquire for more details)

USEFUL INFORMATION AND CONTACTS:

Cornwall Cricket Website: <https://cornwallcricket.co.uk>

Enquiries: scdo@cornwallcricket.co.uk



scdo@cornwallcricket.co.uk



Cornwall Cricket



@cornwallcricket



[cornwallcricketboard](https://www.instagram.com/cornwallcricketboard)