



10th February 2023

Dear parents and carers,

Our last week before half term has been action packed as usual, particularly with a number of out of school trips taking place. On Tuesday, the Bur Oaks had a great time finding out more about the rivers of Truro and conducting some geographical fieldwork. It was fantastic to see the learning that had taken place in the classroom come to life as they walked from Daubuz Moor, through Truro and along to Malpas. I was impressed by how confidently they could talk about tributaries, confluences, estuaries and meanders. They ended the trip with a well deserved play in the park and because the sun was out - an ice lolly!



Yesterday, we had two trips that took place. Seedlings visited Newquay Zoo as part of their Animal Allsorts learning. Most of the children haven't paused for breath in their enthusiasm, telling me all about what they had seen and what they had learnt. On the same day, the Young Oaks visited the Eden project to take part in the Rainforest Ranger workshop. This was a brilliant way to round off their learning this term, I was blown away by how much they already knew about climate zones and how enthusiastic they were to learn more.

I am so proud of how well all of the children represented the school on these trips. Also, a BIG THANK YOU to all of the adults who helped and organised these - there is a lot of time and effort that goes into making these visits successful.

In school this week classes have been talking about mental health and how this is equally important as our physical health. With this in mind there are some further resources and links below which are definitely worth checking out. You might also want to check this video out [here](#) which is introduced by Her Royal Highness The Duchess of Cambridge. More resources are attached to this email.

We have also been learning about how to stay safe on line as part of Safer Internet day – a key part of our curriculum.

We have ended the week with a 'brilliant afternoon' where the children have chosen an activity of their choice to celebrating filling our tree with oak leaves.

I hope you all have a great half term.

Mr Hick

Amazing Volcano Cake made by Alfie's mum in Y5 – Yum!



Mental Health

Talking Mental Health: Resources: SMILERS Sheet



SMILERS

7 steps to wellbeing

Socialise: Get together with others

Move: Be active

Interest: Have a hobby, keep learning, do something creative

Look: Take notice of the world around you

Eat well: Eat a balanced diet

Rest: Relax, sleep well

Support: Give help to others

 **Anna Freud**
National Centre for
Children and Families

World Book Day

Advance notice - this will take place on 2nd March. Exact detail of what our day will look like are to be confirmed but it will involve dressing up as a book character!



Coose Trannak Cross Country – 11th March 2023

Thank you to everyone who registered for this. I will send out more details as I get them.

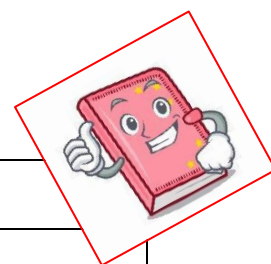
- Yr.R 300m 10:00am
- Yr.1 500m 10:15am
- Yr.2 500m 10:30am
- Yr.3 900m 10:45am
- Yr.4 1200m 11:00am
- Yr.5 1500m 11:15am
- Yr.6 1800m 11:30am
- Medals and Trophies at 12.15pm



Parents/carers will need to be responsible for their children on the day.

Swimming

Year 4 swimming begins on the week beginning 27th Feb and will be each day for two weeks. The children will need a swimming hat and goggles for these sessions. Please complete consent and payment via Parent Pay asap.



<u>Dates For Your Diary</u>	
22.2.23	Buds' School Trip – St Michael's Mount
13.2.23 – 17.2.23	HALF TERM HOLIDAY
20.2.23	Start of half term
27.2.23	Year 4 - two-week swimming block begins. Hats and goggles needed.
2.3.23	WORLD BOOK DAY
17.3.23	RED NOSE DAY
3.4.23 – 14.4.23	EASTER HOLIDAYS
17.4.23	Start of summer term
29.5.23 – 2.6.23	HALF TERM HOLIDAY
5.6.23	Start of half term
21.7.23	End of term for children



GOLDEN AWARD WINNERS

ACORNS	Kyrylo & Alfie
SEEDLINGS	Miya-Rose & The whole class
BUDS	Ada & Dylly
YOUNG OAKS	The whole class
BUR OAKS	Rex & Ella
RED OAKS	Ailla & Rudi
MIGHTY OAKS	Isla L



FEBRUARY HALF-TERM HOLIDAY COURSES

ACROSS THE SOUTH WEST...



FOR ALL CHILDREN AGED 2-12 YEARS

PRIZES & GIVEAWAYS

EARLY DROP OFF-AVAILABLE

THE INFO...



10AM-3PM

(9AM EARLY DROP-OFF AVAILABLE)



DEVON, SOMERSET & CORNWALL
(AT VARIOUS LOCATIONS)



£18.00



FEBRUARY 2022



SCAN ME

WWW.SAINTSSOUTHWEST.CO.UK

#SAINTSSW





HALF TERM
**CRICKET
CAMPS**

CRICKET CENTRE | TRURO



SOFTBALL

13TH-14TH FEB | 10-3PM

£15 PER DAY | YEARS 1-5

To book your place - <https://booking.ecb.co.uk/d/71q20d>

HARDBALL

15TH-16TH FEB | 10-3PM

£20 PER DAY | YEARS 4-8

To book your place - <https://booking.ecb.co.uk/d/jlq204>

BRING PACKED LUNCH & SNACKS

MALABAR, TRURO OASIS GROUP



Are you the parent/carer/grandparent of a child/young person between 0-25 with a disability/additional need? If so, join us for a cuppa and chat with other parent/carers in a similar situation and share your experiences.

Meetings are Tuesdays
10th Jan, 7th Feb,
7th Mar, 18th Apr
from 9.30am - 11.30am



at New Beginnings Community Centre, Albany Rd, Truro. TR1 3ND



For further information please contact

friendsofface2face@gmail.com

OR find us on facebook at

FRIENDS OF FACE2FACE CORNWALL

Family Worker Drop In Sessions



Early Help FW Drop In Sessions 2023

Need support with your child -

- How to better understand your child's needs & behaviours
- Advice on positive parenting and how to keep your child safe
- How to better understand the importance of routines for your family

If you would like to be able to talk in confidence, just pop along, we are here to help and support you.

All parents and carers are welcome.

Family Worker Drop In Sessions

Perranporth Family Hub
Liskey Hill
Perranporth
TR6 0EU

Wednesdays - 25th January, 22nd
February, 29th March & 26th April
9.00am to 10.00am

St Pauls Family Hub
Moresk Road
Truro
TR1 1BP

Thursdays - 12th January,
9th February & 9th March
2.00pm to 3.00pm

Contact us for more information

Email: carrick.familyhubs@cornwall.gov.uk

Call: 01872 322661



Together 
for Families

 www.cornwall.gov.uk

Carrick Spring Term Parenting Schedule

January – March 2023

Being Passionate About Parenting 4 -11 years

A 3 week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer.

Day	Week1	Week 2	Week3	Time	Where	Availability
Wednesday	11 th January	18 th January	25 th January	10.00- 11.30a m	Virtual Microsoft teams	
Friday	27 th January	3 rd February	10 th February	10.00 - 11.30a m	Falmouth Family Hub	
Tuesday	21 st February	28 th February	7 th March	1.00 - 2.30pm	Virtual Microsoft teams	

Being Passionate About Parenting Early Years 1-3 years

A 3-week workshop for Parents / Carers of children aged 1 to 3 years (pre reception). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims include: - To build relationships with our toddlers. To develop top tips for positive behavior management. To give support and confidence to Parents/ Carers Topics in this workshop include: - child led play, special time, praise, limited choices use of language, routines etc.

Day	Week1	Week 2	Week 3	Time	Where	Availability
Thursday	19 th January	26 th January	2 nd February	10.00- 11.30am	Virtual Microsoft teams	

Being Passionate About Parenting with ADHD 4-11 years

A 3-week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The ADHD element of the workshop includes: - Fact and Fiction about ADHD, definition of ADHD and possible areas that may be a challenge, the use of language and effective communication, seeing behaviours from your young person's perspective and supporting them with practical strategies and top tips.

Day	Week1	Week 2	Week 3	Time	Where	Availability
Tuesday	10 th January	17 th January	24 th January	12.30- 2.30pm	Virtual Microsoft teams	Limited spaces
Monday	23 rd January	30 th January	6 th February	10.30- 12.30	Virtual Microsoft teams	
Monday	20 th February	27 th February	6 th March	10.00- 11.30am	Virtual Microsoft teams	Limited spaces

Wednesday	22 nd February	1 st March	8 th March	10.00- 12.00	Malpas Family Hub Truro	
Thursday	16 th March	23 rd March	30 th March	12.30 - 2.30pm	Virtual Microsoft Teams	

Being Passionate About Parenting with Spectrum Awareness

4 -11years

A 3 week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The elements which are about the Spectrum includes: Fact and Fiction about the

Spectrum, looking at definitions/challenges and strategies to support your young person, sensory challenges, basic social scripts to support situations that may be difficult to understand, the use of language to support positive communication, and to understand behaviours from your young person's point of view.

Day	Week1	Week2	Week3	Time	Where	Availability
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Wednesday 25 th	25 TH January	1 st February	8 th February	6.30 - 8.30pm	Virtual Microsoft teams	Full
Tuesday	21 st February	28 th February	7 th March	10.00- 12.00	Virtual Microsoft teams	
Thursday	2 nd March	9 th March	16 th March	6.30- 8.30pm	Virtual Microsoft teams	
Friday	10 th March	17 th March	24 th March	10.00 - 12noon	Virtual Microsoft teams	

Take 3 12-17 years

5 weeks

A 10 hour workshop for parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work.

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Time	Where	Availability
Thursday	12 th Jan	19 th Jan	26 th Jan	2 nd Feb	9 th Feb	6.30- 8.30	Virtual Microsoft teams	Full
Wednesday	1 st March	8 th March	15 th March	22 nd March	29 th March	6.30- 8.30	Virtual Microsoft teams	

Take 3 12-17 years

10 weeks face to face

A 20 hour workshop for parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work.

Day	Wk1	Wk2	WK3	WK4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Time	Venue
Tues	10 th Jan	17 th Jan	24 th Jan	31 st Jan	7 th Feb	21 st Feb	28 th Feb	7 th Mar	14 th Mar	21 st Mar	10.00- 12.00	Newquay Family Hub
Mon	27 th Feb	6 th Mar	13 th Mar	20 th Mar	27 th Mar	17 th Apr	24 th Apr	1 st May	8 th May	15 th May	10.00- 12.00	Malpas Family Hub Truro

Being Passionate about the Teenage Brain

A 6 hour workshop for Parents / Carers of young people aged 12 to 17 (Secondary years 7 to 11). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims of the workshop include: To build relationships with our young people. To develop positive strategies to support behaviour management. To provide support, information and confidence to Parents/ Carers. Topics in this workshop include: boundaries and communication, emotions, keeping calm, praise, the teenage brain, parenting styles etc.

Day	Week 1	Week2	Week 3	Time	Where	Availability
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Thursday	23 rd February	2 nd March	9 th March	10am – 12noon	Virtual Microsoft teams	
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To book a place or for further information please contact the Early Help Hub.

- 01872 322277 Email: earlyhelphub@cornwall.gov.uk
- www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents-carers-early-help-requests



SCAN THE QR CODE
TO REGISTER



GIRLS CRICKET 2023

REGISTER TO PLAY!

OPEN TO AGES 7-18 | ALL ABILITIES WELCOME

FOLLOWING THE REGISTRATION PHASE ALL PLAYERS WILL BE GROUPED
INTO GEOGRAPHICAL TEAMS TO PLAY FIXTURES IN THE SUMMER

CONTACT KELLIE WILLIAMS FOR MORE INFORMATION:
wgdo@cornwallcricket.co.uk