

LADOCK CHURCH OF ENGLAND SCHOOL

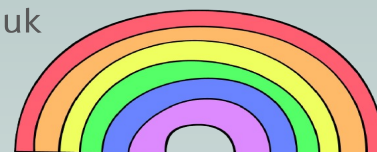
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Issue 4 – 14th May 2021



A Note from Mr Stoyles

I hope that you are all well and are having a great week. This week in school has again been incredibly busy with lots of great learning taking place alongside many plans to make the children's summer experiences memorable. A reminder that after school clubs begin again next week and there is still time to book—please see the links below.

Although it's great to have a vast selection of books in our school library, we are eager to offer a greater variety and appeal to all interests.

The national book token company have now launched their annual big prize draw. This gives schools the opportunity to win £5,000.00 worth of book tokens to spend on our school library. We would greatly appreciate our school being nominated through the link [here](#).

Bubble After School Clubs (17.05.21 – 07.05.21)

Class	Club	Day/Times	Member of Staff	Booking Link	Collection Point
Cuby	Athletics	Tuesdays @ 3:15pm-4:15pm	Mrs Denning	Click Here	Cuby Classroom 4:15pm
Keyne	Multi Skills	Fridays @ 3:15pm-4:15pm	Mr Webb	Click Here	Main School Car Park 4:15pm
Ladoca	Team Games	Mondays @ 3:20pm-4:20pm	Kernow Sports	Click Here	Main School Car Park 4:20pm
Blaise	Alternate Sports	Mondays @ 3:20pm – 4:20pm	Kernow Sports	Click Here	Main School Car Park 4:20pm
To secure your child/children's place/s, please ensure the booking/s through the link are made by Monday 17th May					

Ladock School **Vision** & Values

Loving, learning, achieving together

Forgiveness, Trust, Compassion, Perseverance, Respect & Truth.

Star of the Week

- Cuby - Malachi—for his brilliant questioning in our hot seat role-play about Hunter.
- Keyne - Tahlia —for working hard and making great progress with her reading.
- Ladoca - Henry - for a competitive thirst to achieve in school acting as a role model to others.
- Blaise - Carne—for his brilliant contributions during whole class maths and fantastic problem solving this week..

Special Mention

Theodor

Isla

Orrin

Iggy

Anastasia

Tolly

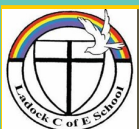
Kowenna

Guy

Jake

Darcey

Honey



Focus for next week—Reading



Dates for your Diary

Fri 28 May	End of 1st half of summer term
Mon 7 Jun	Start of 2nd half of summer term
Wed 9 Jun	Class photographs
Fri 11 Jun	INSET DAY—School closed to children
Wed 30 Jun	Penair Year 6 welcome day
Thur 1 July	Roseland Year 6 welcome day
Thur 1 Jul	Keyne overnight classroom stay
Fri 2 Jul	Keyne Activities Day
Mon 5 Jul	1.45—3.15pm KS1 Sports Day
Tues 6 Jul	1.45—3.15pm KS2 Sports Day
5-9th Jul	Ladoca class intensive swimming week
Thur 8 Jul	Ladoca overnight camping—school field
Fri 9 Jul	Ladoca Activities Day
Mon 12 July	Cuby Activities Day
Thur 15 Jul	Blaise overnight camping—school field
Fri 16 Jul	Blaise Activities Day
Fri 23 Jul	Last day of summer term

[Click here](#)
to find Cornwall
Council term dates
and holidays.

Summer term PE Days
Cuby—Tues & Fri
Keyne—Tues & Fri
Ladoca—Tues & Fri
Blaise—Tues & Fri

INSET Days

2020-21

11th June 2021

2021-22

Monday 6th September 2021

Tuesday 7th September 2021

Monday 1st November 2021

Monday 25th July 2022

Tuesday 26th July 2022

Weekly Attendance for week ending 7th May 2021 - 96.08%

St Cuby 93.37% St Keyne 96.02%

St Ladoca 94.92% St Blaise 100%

The Government advises that attendance should not fall below 96%

WHY IT IS IMPORTANT TO WORK DAILY ON YOUR MENTAL HEALTH



@BELIEVEPHQ



So that you can take
time to be kind to
yourself



So that you can find
time to relax, take a
break and breathe



So that you can
regularly build upon
coping skills



So that emotions and
thoughts don't build
up and become
overwhelming



So that you can find
time to do activities
that provide you with
a sense of self care



So that you can
engage in behaviours
that boost mood and
reduce stress and
anxiety



So that you can
become more aware
of your mental health
and check in
regularly with how
you are feeling



So that you can
adopt a proactive
mindset towards
looking after yourself

BELIEVEPERFORM
Mental Health & Wellbeing

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



Sources: <https://nhf.org.uk/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018



www.nationalonlinesafety.com



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National
Online
Safety®

#WakeUpWednesday

5K IN A DAY

SUPERHERO CHALLENGE

for
Cornwall Air Ambulance
✚ Your charity, saving lives



Saving lives is
a team effort –
can you run, skip,
walk or cycle 5k
for Cornwall Air
Ambulance?



Saturday 5 – Sunday 6 June 2021

REGISTER NOW FOR FREE
cornwallairambulancetrust.org/superhero-challenge

Sponsored by:



children's hospice
SOUTH WEST

Celebrating
30
years



Get rainbowed up and run...

skip, jog, walk, skate, ride to raise vital funds

**rainbow
RUN**
your way

Saturday 19 to Sunday 20 June 2021 ☺ www.chsw.org.uk/rainbow

Registered Charity No. 1003314

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Carrick Spring Term Online Virtual Parenting Programs

April - July 2021

Being Passionate About Parenting 5 11 yrs

A 3 week workshop for Parents / Carers of young people aged 5 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.

Tuesday	1.00-2.30pm	27th April	4th May	11th May	online
Wednesday	9.30 -12.30	7th July	14th July		Falmouth

Being Passionate About Parenting Early Years 1-3 yrs (3 weeks)

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

Wednesday	10.00-11.30	12th May	19th May	26th May	online
Tuesday	10.00-11.30	29th June	6th July	13th July	online

Being Passionate About Parenting with ADHD 5-11 yrs

A 3 week workshop for Parents / Carers of young people aged 5 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

Monday	6.30 -	10th May	17th May	24th May	online
Friday	10.00-	11th June	18th June	25th June	online

Being Passionate About Parenting with Spectrum Awareness 5-11yrs

A 3 week workshop for Parents / Carers of young people aged 5 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.

Wednes-	1.00-2.30pm	21st April	28th April	5th May	online
Monday	6.30 -8.30pm	7th June	14th June	21st June	online

Take 3 12-17 yrs 5 week programme

A 10 hours workshop 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

Monday	9.30- 11.30	7 th June	14 th June	21 st June	28 th June	5 th July
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Incredible Years 6-11 (12 weeks)

12 week course - 2 hourly sessions. Promotion of child social competence, emotional regulation, positive attributions, academic readiness and problem solving. Improved parent/child interactions, building positive parent/child relationships and attachment, improved parental functioning, less harsh and more nurturing parenting, and increased parental

		starts		ends
	9.30-11.30	22 nd April	No session half term week	15 th July

How to book

Please contact the Early help [Early Help Hub request for help form - Cornwall Council](#) if you would like to attend any of the above courses.

www.cornwall.gov.uk//health-and-social-care/childrens-services/early-help-hub-request-for-help-form/

or call 01872 322277 where a member of the Early Help Team will be able to help.

School Census Day

Special menu—Thursday 20th May

Cheese and Tomato Pizza

Or

Ham and pineapple pizza

Served with sweetcorn and salad

Chocolate Drizzle Cake

Or

Fresh Fruit

The menu on Parent Pay has been changed to the above for Thursday 20th May.

If you have already booked a meal for your child for this day, I am afraid that bookings already made have been cleared and another booking will need to be made.

Don't forget to
reorder a lunch
choice for the
20th May.

BLACKBIRD PIE MAGAZINE

Welcome to the latest issue of **BlackbirdPie**

The May/June digital issue of BlackbirdPie What's On in Cornwall magazine is out now and there is SO much more to do, indoors and out! From theatre to indoor play centres, gorgeous galleries & fascinating museums, free events & special offers, and new skills to learn like sailing, archery, coasteering & circus craft.

All magazines are FREE to download. Just click below.

Please sign up, you will be emailed each issue and details of our competitions.

Keep Covid safe and have a wonderful half term...and every other day too!

Vanessa, Simon and the Blackbird

Here is the [link](#):

<https://blackbirdreads.turtl.c...>

To copy it please select some ordinary text (e.g. [link](#);) and the link address.

or use the shortened version:

<https://bit.ly/3eJatxl>

Ladock Church

Children's Sunday Club

Resuming on Sunday 23rd May!

11am



Please join us every 4th Sunday of the month for exciting activities, arts and crafts, games, bible stories and lots of fun in a Covid safe environment.

Roxana

pray.4us@outlook.com

07927023582

Please find below the support organisations available on the county website:

<https://www.supportincornwall.org.uk/kb5/cornwall/directory/results.page?adultchannel=5-1>

The following web-site is very helpful, you can put in your details and it tells you about any advice/support services in your area based on your circumstances.



Supporting young people, and their families, with positive mental health.

We recognise that this time of national lockdown may be difficult for children and young people. How a child or young person reacts to being away from school, and their normal routine, may vary according to their age, understanding, their previous experience of lockdown and how they typically cope with stress. Addressing the mental health of your child, and those in your family, can be supported with some of the following resources:

- ♦ Public Health England have produced the following set of guidance for parents and carers:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

- ♦ Every Mind Matters: A website that explores expert advice and practical tips to help you look after your mental health and wellbeing:
<https://www.nhs.uk/oneyou/every-mind-matters/>

May we remind you that, if you have concerns about your child's wellbeing, or the wellbeing or safeguarding of another pupil, please contact the school immediately on 01726 882622 to speak to our Designated Safeguarding Leads – Mr Stoyles, Mrs Tringham or Mrs Milling.