

LADOCK CHURCH OF ENGLAND SCHOOL

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Issue 5– 21st May 2021



A Note from Mr Stoyles

I hope that you have had a fantastic week. We were delighted to have Miss Norgard run forest school sessions on Tuesday for the children in Cuby and Ladoca class despite the hail and downpours, making the most of our school outdoor space. The children thoroughly enjoyed becoming explorers and looking at the theme of camouflage throughout the day. The children had an opportunity to play a woolly worms game and discussed why real earthworms aren't actually colourful. Next, the children searched for items based on their colour, texture and smell. These are displayed on our 'wild and wonderful items line' on the school field. We were very impressed with how the children were able to describe their discoveries using brilliant descriptive vocabulary.

Finally, the children ended their session by creating camouflage masks. They immersed themselves in our environment by studying the colours around them, paying particular attention to different textures that would help them blend in and be best disguised. They imagined there was a T-Rex on the loose and worked to remain unnoticed! Thank you to Miss Norgard for organising the day and we look forward to offering this experience to Blaise and Keyne before the end of this school year.



Ladock School **Vision** & Values

Loving, learning, achieving together

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

A Note from Mr Stoyles

We await the arrival of 15 new additions to Cuby class. Not children, but ducklings, currently incubating in the classroom and due to hatch after the half term. We plan to keep these on our school grounds to the end of this year so the children can see them flourish and grow.



SMC (School Monitoring Council) Vacancy

We now have one vacancy within our school monitoring council. Members of this school governors group support Ladock and Veryan school in promoting effective teaching and learning, with the responsibility of overseeing school strategy and policy. Please see the link below to nominate or declare an interest in this position. [Click here](#)



Ethan managed to find a gigantic pair of antlers on one of his recent trips across the moors. He was delighted to explain how he found these and wanted to share his discovery with the school.

Well done Ethan!

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School lunches

Can we please remind you that lunch bookings need to be made, at the latest, by the evening before the lunch is to be taken.

CANCELLING SCHOOL LUNCHES

If you have made a lunch booking for your child and they are absent for any reason, it is a parent's responsibility to cancel the booking before 8.00am on the day the lunch would have been taken. This will ensure that you are not charged for the lunch.

St Cuby classroom—new Picnic Benches



We wanted to say 'thank you very much' to both the PTFA for buying our lovely new picnic benches and also to Dan Beacham—Muddy Play Kitchens, for making them for us—
they are beautiful!

It is so nice to see the children outside having their lunch and making the most of any nice weather!



Star of the Week

- Cuby - Tilly—for always being a good friend to all of the children in the class and for spotting anyone who might need help.
- Keyne - Joe—for making a fantastic effort with his reading.
- Ladoca - Mollie - for her engagement and enthusiasm for reading
- Blaise - Kayla—for your commitment to and enthusiasm for Reading.

Special Mention

Henry—Cuby

Lowen

Wren

Alice

Marley

Jackson

Robyn

Ivy

Joel

Katie-May

James C

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 14th May 2021 - 94.29%

St Cuby 96.49% St Keyne 94.83%

St Ladoca 89.38% St Blaise 96.45%

The Government advises that attendance should not fall below 96%

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

School Uniform Information reminder

- ◆ Dark grey tailored shorts or trousers for boys and girls
- ◆ Or dark grey skirts or pinafores for girls
- ◆ White polo shirts with or without the school logo
- ◆ Red sweatshirts **WITH** the school logo (no fleeces or hoodies)
- ◆ Or red cardigans **WITH** the school logo for girls
- ◆ Tights for girls must be red or grey
- ◆ Grey or white socks must be worn with shorts/skirts/dresses
- ◆ Girls may wear red and white checked summer dresses
- ◆ Closed toe, black shoes must be worn (**NO TRAINERS**)
- ◆ PE uniform – Plain black shorts/jogging bottoms, plimsolls/trainers, round necked red t-shirt **with** school logo

Uniform Ordering from My Clothing

1. Go to www.myclothing.com
2. Select your school uniform from the list and you'll see all the customised items you can buy.
3. Choose the quantity and sizes you'd like, then add them to your basket.
4. Pay easily with a debit or credit at the checkout.
5. Your embroidered items will be delivered within 14 days.

If you do not have access to the internet, please speak to Jane in the office.

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 supporting them with practical strategies and top tips.

Monday	6.30 - 8.30pm	10th May	17th May	24th May	online
Friday	10.00-11.30am	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-day	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 social support and problem solving. Classroom management skills and teacher/parent partnerships.

		starts		ends
Wednesday	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.

WHY IT IS IMPORTANT TO WORK DAILY ON YOUR MENTAL HEALTH @BELIEVEPHQ

- 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 take time to be kind to yourself
- 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



May 2021 Half - Term Cricket Holiday Camps



Cost?

£20

per child
per day

Why?

A great
opportunity to
have the kids
entertained with
Cricket during
May 2021 Half-
Term

When?

1st & 2nd
June
10am - 3pm

What?

Softball

Equipment
provided -
Clean and
Covid-Ready

Who?

Children
School
Years
1 - 5

Where?

**Lanhydrock
Cricket Club**

Lanhydrock
Bodmin
Cornwall
PL30 4AE

**Win a Gray
Nicolls Bat!**



*Image in the picture might
not be actual bat to be won

Win one of two Gray
Nicolls Bats by simply
attending Cornwall
Cricket Holiday Camps
between Xmas 2020 and
Summer 2021. You'll be
automatically entered for
each time you participate.
Draw to be made August
2021!



All participants receive a
certificate and 20% off
voucher code for Gray
Nicolls online shop!



BOOK HERE!

[https://cornwallcricket.co.uk/
youth/holiday-camps](https://cornwallcricket.co.uk/youth/holiday-camps)

Or just search
Cornwall Cricket Holiday Camp



Email for more info!

admin@cornwallcricket.co.uk



Cornwall Cricket



@cornwallcricket



cornwallcricketboard

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 Bate man 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.



NOS National
Online
Safety®
#WakeUpWednesday

Sources: <https://nhfrees.org/ear-an-avrus-lock-down-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018

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.

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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