

Summer 2020 (15)
17th July



Ladock School Vision & Values

Loving, learning, achieving together

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

Ladock Church of England School Newsletter



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A note from Mr Stoyles

This is the final newsletter of the academic year with the last day of term being on Monday 20th July.

Our school plans are in place for September [**Click Here**](#)

Need to use wraparound care in the autumn term? [**Click Here**](#)

Are your children nervous, reluctant or anxious about retuning?

[***Click Here***](#)

I would like to take this opportunity to once again thank the staff at Ladock for continuing to work throughout this period to support, teach and ensure the wellbeing of children and families within the community. Parents, for the huge effort many have made to continue learning at home.

We wish a fond farewell to our year six children who move on to their secondary schools. Although it was different to what was expected, we hope you all have memories to cherish and treasure for years to come. We still plan to celebrate with all year six children in an 'activities day' when it is safe to do so.

We feel ready, well prepared and confident about all children retuning on Monday 7th September. If you have any general enquires/need to make the school aware of a period of self isolation or confirmed case that impacts the starting school date please contact:
ladock.head@celticcross.education

An additional newsletter will be sent on Friday 4th September before the beginning of the next school year to update you on any government/school based changes that take place during the summer holidays.

School Monitoring Council Chair Andrew Nicholson

As we reach the end of this academic year I just want to take this opportunity to reflect on some extraordinary times and say some Thank you's. It's been a strange, bewildering and even frightening period in the world over the last four months that I'm sure none of us could have predicted at the beginning of this year. The whole of society has been through a massive and disturbing change due to the Covid 19 pandemic and resulting lock down. And yet, amidst all of this chaos, Ladock school has risen to the challenge and gone way above and beyond what was required to not only make learning possible, but to enable children to flourish – and you have ALL played a vital part to make that happen – it's been a true team effort.

The children of our school have been a total credit to Ladock and have taken some extremely difficult measures in their stride. To suddenly be forced into learning remotely from home is very challenging, as everyone had to do for more than half a term, and many of you have had to do since March. But you stuck at it, and didn't give up on your learning. Some weeks have seen over 500 posts from children on Class Dojo – a remarkable effort. For Year 6, it's been a most unusual end to your time at Ladock with no SATS and then many of the traditional end of school activities all forced to be cancelled. And yet (speaking from witnessing the experience of my own son), despite all of the restrictions in place, the school has been able to make these last weeks of primary school enjoyable, memorable and truly special (thank you Mr Cornish's class!). Well done Year 6 and we wish you well in the next step in your education. Parents too, I know it's been a real challenge suddenly to have your children with you 24/7 and being responsible for their learning environment – it's not a normal part of the job description! – but you have made it possible, and found a way; given your time and support when so many other things were demanding your attention – well done and thank you for all you have done. So thank you children and thank you parents for making this work and persevering through strange and unsettling times.

School Monitoring Council Chair

Andrew Nicholson

Every member of staff has been a fantastic asset to this school. We are truly lucky and blessed to have a staff team who care for the well-being of our children as much as our staff team do, who consistently go the extra mile to help. Led by Mr Stoyles who has set a totally selfless example, we can be rightfully very proud of the way our school has responded through these difficult days – whether it's been home visiting, distributing meals, making learning possible back in class for some over the last half term, or through Class dojo and distanced learning for others. Thank you to the whole staff team for making this work

This brings me on to say a goodbye to Mrs Stevenson, who has done a herculean job at keeping everyone not on site engaged with their learning (more than 60 of you!) across all the year groups, each day through Class Dojo. No one personifies the values of this school quite as clearly as Mrs Stevenson, who has always gone about her work in such an assured yet humble way. Always putting the needs of the children first, she has been a gentle inspiration to all those she has taught and will be sorely missed by everyone – staff, parents and children alike. Yes, you will leave a massive hole at the heart of this school, but a greater lasting tribute is that you have left a massive heart to the whole of the school. Thank you.

Our school vision is loving, learning, achieving together. Even though many of us have been apart over the last four months, perhaps the school community has never come together before quite like it has now. We have all made this possible TOGETHER. I'm sure there will be many more challenges in the months to come, but I know that in partnership between staff, parents and children we can meet whatever challenges life may throw at us, with God's help.

Stay safe and enjoy the summer

Andrew Nicholson, SMC Chair





You are all invited to



The great Ladock School picnic party

on Monday 20th July

We would love to end the term with a 'virtual'
coming together for a lunchtime picnic.

Children and teachers in school and families at home are invited to take part in a picnic together, post pics and send messages via dojo to finish the year with a smile and a wave!

See class story—'The Great Ladock School Picnic Party' - and our newsletter for details!



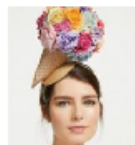
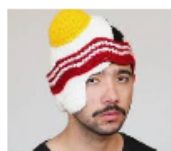
Loving, learning, achieving together!

The great Ladock School picnic party

Let's have a picnic party to celebrate the end of the most extraordinary term ever!

If you are home learning, spend the morning putting together a picnic to share with the people at home who have been working with you this term. Make some bunting and find the amazing hat you made in 'creative costumes' week (or make another one just for today). Make an exhibit for our 'crazy animal' display by creating a 3-D animal or animal collage from food you can eat at the picnic. If you are at school, bring a delicious picnic lunch with you and see if you can create your crazy animal at home to pack into your lunch box. Let's all write a message to our friends at school wishing them a happy holiday. Make it bright and colourful with big bold letters so that it is easy to read.

From 12 noon onwards, take pictures of you picnicking and showing your hat, bunting, crazy animal and message. Send it via dojo to Mrs Stevenson who will transfer it onto class story. The teachers will show your pictures to the children in school and take pictures of them to put up on class story for you to see too!



Edenred Free School Meal Electronic Vouchers Summer Holiday Update

Thanks to the help of England centre forward Marcus Rashford, the electronic free school meal voucher scheme will continue throughout the summer holiday period.

Named 'The Covid Summer Food Fund', each eligible child will receive one £90.00 eCode to cover the six week break, credited to parents primary email address (where previous vouchers have been sent) on the 17th July.

The date sent and the one voucher credited decision is in place nationally to take into account schools closures across the summer holidays and should allow for queries/errors to be rectified before the summer break.

Electronic vouchers need to be redeemed into an 'egift card' within one month of receiving the email otherwise they will expire

Please [click here](#) for instructions on 'how to redeem and use your free school meal vouchers.'

Vouchers do not have to be redeemed in a single shopping trip – they can be used repeatedly until the voucher's balance reaches £0. To check how much money is left on the eGift card, parents can ask the supermarket's customer services team when in store.

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Packed Lunch Menu 2020

caterlink
feeding the imagination

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Lunch	Ham, Cheese or Tuna Baguette Or Ham, Cheese or Tuna Salad Box	Tuna or Tomato Pasta Pot Or Ham, Cheese or Tuna Sandwich	Sausage Roll Or Vegi Sausage Roll Served with <u>crudites</u>	Ham or Cheese Salad Wrap Or Salad Box	Steak or Cheese and Onion Pasty Or Ham or Cheese Baguette Fresh Fruit
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Dessert	Cake or Biscuit	Jelly	Cake or Biscuit	Iced Finger	Chocolate Crunch
Week 2					
Lunch	Ham, Cheese or Egg Sandwich Or Ham, Cheese or Tuna Salad Box	Tuna or Cheese Salad Pitta Or Salad Box	Steak or Cheese and Onion Pasty Or Ham or Cheese Baguette	Chicken Mayo or Egg Mayo Baguette Or Salad box with Chicken or Egg	Sausage Roll Or Vegi Sausage roll With <u>crudites</u>
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Dessert	Cake or Biscuit	Iced Finger	Vanilla Shortbread	Jelly	Cake or Biscuit

PLEASE ADVISE DAILY OF ANY ALLERGIES.

School meal prices to increase from £2.41 to £2.49 from Sept 2020

Is your child eligible for Free School Meals?

All Key Stage 1 children (Reception, Year 1 and Year 2) are eligible to receive a free school lunch regardless of household income or benefits. However, if you are in receipt of one or more of the qualifying benefits (listed below) and you are not in receipt of Working Tax Credit, your child's school could also benefit from additional Pupil Premium funding to support your child.

- ◆ Income Support (IS)
- ◆ Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- ◆ Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance.
- ◆ Child Tax Credit (CTC) with an annual income of less than £16,190
- ◆ Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- ◆ Guarantee Element of Pension Credit (GPC)
- ◆ Immigration and Asylum Act 1999 (IAA) Support
- ◆ Universal Credit - Your household income must be less than £7,400 a year (after tax and not including any benefits you get) as assessed by earnings from up to three of your most recent Assessment periods.

If you are claiming the benefits listed below you are **NOT** eligible for free school meals, regardless of what other benefits/credits are being claimed:

- ◆ Working Tax Credit
- ◆ Contribution-Based Job Seeker's Allowance and/or Contribution-Based Employment and Support Allowance.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Keeping Children Safe...

With the Summer break fast approaching, may we remind you that, if you become aware of any serious concern regarding a child's wellbeing, their safety or safeguarding, the Multi Agency Referral Unit, also known as the MARU, can be contacted. Please find their details below and a link to their website where you will find more information.

Telephone: 0300 1231 116

E-mail: multiagencyreferralunit@cornwall.gov.uk

Website: www.cornwall.gov.uk/



Reporting Concerns Online



The Child Exploitation and Online Protection Centre (CEOP) is the UK's national police agency for dealing with the protection of children online. If you're worried about someone's behaviour towards a child online, or the child's behaviour them self, you can report this at: www.ceop.police.uk.

School Uniform Information

- ♦ 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

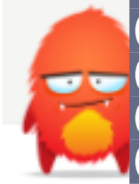
1. Go to www.myclothing.com
2. Select your school uniform from the list and you'll see all the customised items you can buy.
3. Choose the quantity and sizes you'd like, then add them to your basket.
4. Pay easily with a debit or credit at the checkout.
5. Your embroidered items will be delivered within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

If you do not have access to the internet, please speak to Jane in the office, 01726 882622 or ladock.secretary@celticcross.education

Loving, Learning, Achieving Together – even at home!



ClassDojo



Dojo Olympian Award Winners

Bronze award:

Kiana, Mollie and & Henry

Silver award:

Lucas

Gold Award:

Sid, Katerina, Bethany, Ruan, Eryn, Maisie, Carne, Oliver & Eleanor

Diamond Award

Katie-May

Double Diamond

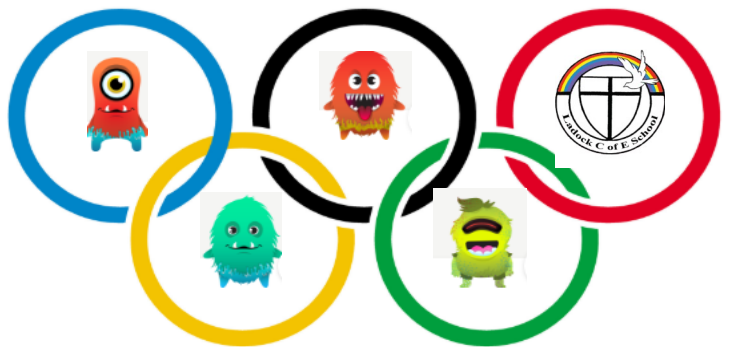
Annabelle

100 dojo points – bronze award

300 dojo points – silver award

500 dojo points – gold award

1000 dojo points – diamond award



Alex and
Harvey
visited the
aquarium
and really
enjoyed it.



Summer Reading Challenge

The national curriculum for English aims to ensure that pupils develop the habit of reading widely and often for both pleasure and information.

Organised by The Reading Agency (www.readingagency.org.uk) and the UK public library network since 1999, the **Summer Reading Challenge** is the UK's biggest annual reading promotion for children aged 4 to 11. Last year, in Cornwall 8166 children took part. These have been unprecedented times and we had to adapt to how this is could still be delivered. The Reading Agency has created a Digital Summer Reading Challenge platform. The new platform provides a fun, immersive and safe environment for children to achieve their reading goals, play games and join reading groups.

This year's theme is Silly Squad, a team of animal friends who love to go on adventures and get stuck in to all different kinds of funny books. For 2020 it's all about funny books, happiness and having a laugh!

The **Summer Reading Challenge** combines **FREE** access to books with fun creative online activities; This year it has been extended and will be launched on Friday 5th June and run until mid-September.

How the Challenge works

Children sign up online to the Digital Summer Reading Challenge <https://summerreadingchallenge.org.uk/>.

- The website will be free to access, featuring games, quizzes, digital and downloadable activities to incentivise and encourage children and their families to take part in the Challenge at home. Although library buildings are closed, libraries will also continue to deliver the Challenge through virtual services and e-lending platforms i.e. Borrowbox, Facebook and Twitter.

Children taking part this year will be asked to set their own reading goal and we are keen to see if this encourages take up and completion. However, we will still be suggesting six books as the best goal to try for. Children who complete their **Summer Reading Challenge** will be able to download a certificate.

How do schools benefit?

- The **Summer Reading Challenge** is intrinsically inclusive and can contribute to the achievement.
- It enhances and supports your school's reading policy and your mission for all children to read more widely and for pleasure.
- It encourages parental engagement and family involvement in reading and helps your school make links with the library and the wider community.
- It allows children to become more independent in their reading when choosing books and encourages using imagination and empathy to explore a text beyond the page.

It helps prevent the tendency for children's reading to dip over the holidays and supports the successful transition between year groups and stages.

Cornwall Libraries and Education Library Service hope the children all enjoy this new and exciting way of participating in this year's Summer Reading Challenge.

[Click Here to view the schools pack](#)



Worried about your child and gaming?

Concerned about addiction and increased use of gaming since lockdown?

YGAM aim to create information for parents to raise their awareness around the potential harms of gaming and gambling...

The online world is ever changing and it can be difficult for parents and carers to keep on top of the activities their child(ren) choose to engage in. In order to support parents, YGAM have developed a range of informative pieces around gaming, to inform and educate parents on how to help your family make safe and healthy choices.

Information & Support for Primary Aged Children

To help you understand more around online play, we have developed a hub of informative resources. Explore gaming online, understand why your child engages with gaming and how to identify problematic behaviours.

Information and support for Secondary Ages 11-14

Children are growing up in a technical world and are able to navigate the internet with ease. Explore online play and the choices available for your child with our resources providing information and support.

For more info, visit: parents.ygam.org

Application Checker

Use the following link to access a guide to social networks, apps and games- <https://www.net-aware.org.uk/>. Simply type in the name of the application to gain access to an expert's view of the app's risk, a summary of how to edit the app's settings and guidance on official age ratings.



HELPING YOUR CHILD MANAGE ANXIETY

AROUND STARTING SCHOOL

Transitions are always stressful, and even more so if you have been out of the swing of things for a while. I have pulled this information together to give you some ideas about the best ways to support your child with the anxiety that they may be feeling about going to school.

It's not surprising that the pandemic and the restrictions that have resulted from it are having an impact upon all of us. Whilst we are all in very different situations it is far from what any of us are used to and children will be noticing these changes. They are likely to be seeing more worried adults, hearing more stressful news, and will not have been able to see friends. For many, especially the little ones who struggle to talk about what they are feeling, this seems to be coming out in behaviour.

Lots of children are showing behaviour that they used to use to cope when things were hard, such as being more clingy, getting their comfort blanket back and sleeping with the lights on. This is a normal response to a stressful time and uncertainty about the future will still be around when your child starts school in September.

I've written this short pack to help you support your child with anxiety, particularly about starting school. I'll talk a bit about what anxiety is and how you can notice it in your child, then give you some tips to help your child understand and manage it.

If you have any concerns about how your child is at school please do let a teacher know. The more parents and teachers communicate the easier for children to learn that they have more than one adult to trust and that grown-ups can work together to make things easier for them.



WHAT IS SEPARATION ANXIETY?

Separation anxiety is a normal developmental process – you probably experienced it with your children when they were younger. It's normally a sign that your child has started to know that you are available to help and shows you that they feel safer by your side. They need to explore the world to learn, but, when they feel a bit wobbled they return to you as they know you can help them (before they go off on their curious little ambles again!).

Separation anxiety often increases when a child is feeling more worried in general and when they are trying new things – both might be relevant to your little one now. They might show this by finding it hard to leave you when they start school and by saying they don't want to go. There are lots of things we can do to help your child with this (some of which I have outlined in a list of "Top Tips" on the next pages).

Separation anxiety is likely to be even more pronounced at the moment - most children have been in a safe little bubble at home for some time. It must be hard for them to understand how things that were unsafe are now safe and that, if things are safe, why they can't do things that they would have done before (like be close to and play with friends).



I hope that this pack is helpful and that you and your child have a great start to school!

A handwritten signature in black ink, appearing to read "Sarah Mundy".

Dr Sarah Mundy
Consultant Clinical Psychologist
hello@parentingthroughstories.com
www.parentingthroughstories.com



TOP TOPS FOR MANAGING ANXIETY ABOUT SCHOOL

THINK ABOUT YOURSELF

- It's really important that you, as their trusted adult, can **show your child that you can cope**. It's quite normal to feel worried about your child going to school (we too can have separation anxiety). It's helpful if you can notice this and try to find ways to manage your own feelings.
- **Emotions are catching** and if our children see us as worried this is likely to increase their own anxiety. We regulate our children's nervous systems - our responses can affect their breathing, heart rate etc.
- **Ask yourself what you are feeling worried about**. It might be something you need to check out with teachers so you can have some reassurance about how they will support your child at school. The more information you have the easier it is for you to feel that your child is in a safe place where they can learn and have fun (and for you to show them that you believe that!).
- Think about your own anxiety more generally - have you been more preoccupied or less available during the lockdown? Remember that we might be present physically but sometimes more absent emotionally.

FOCUS ON YOUR RELATIONSHIP WITH YOUR CHILD

- Children are better able to manage stressful situations if they feel safe with you - you are the most influential and important person in their lives. Starting school will probably mean that your child wants you around more.
- Try to have more **special time** with them outside the school day. They might need more comfort than usual and to check that you are still available to them. Try to include lots of cuddles as there is so much less physical contact for children anywhere outside of family at the moment.
- **Let them know that you still want to be with them** and will miss them, but that school is an exciting new step and there will be lots of fun things there that you don't do with them.
- It can be helpful for them to **have something that reminds them of you** - it will probably be difficult to bring in belongings to school (due to COVID) but you could draw a little picture on their arm (not on their hand as it will probably wear off due



to the amount of handwashing that they need to do at the moment). An alternative is that they wear a wrist band (like those you get at festivals or from charity shops).

- When things are a bit more stressful the fun can go. Try to include **playfulness** in your relationship as much as you can.
- If your child is struggling with their behaviour try to **connect with them before you correct** what they are doing.
- Try to show your child that you **accept** what feelings they have and that you have **empathy** for them. This helps them feel better understood and brings you closer together. Don't just think about what you are communicating through words but with your body too - anxiety registers non-verbal communication much more easily than words.
- Working **with** your child is an important way of overcoming everyday challenges. I talk about ways you can do this and give some useful insights into children's emotional and behavioural development in my *Parenting Handbook*. The handbook is aimed at parents of 2 to 4-year olds but lots of the ideas and principles can be applied to older children too.

HELP YOUR CHILD UNDERSTAND THEIR FEELINGS

- Explain to your child what anxiety is. Tell them how, when our body thinks something is unsafe (even if it isn't) it prepares itself to fight or run away. Let them know that their heart beats faster, their breathing gets quicker, and their muscles might get hard or wobbly. Let them know that sometimes our body gets it wrong and we need to train our brain to calm down so we can think more clearly and feel better.
- Help your child notice how their body feels when they are worried. It can help if you draw a body and show on it where you feel anxiety.
- You can also help them learn ways to calm their bodies by doing some mindfulness, breathing, yoga or relaxation with them. A couple of examples are below:
 - A simple breathing exercise which calms the body is to pretend you have just taken out a baking tray of hot cookies from the oven. Ask them to pretend to smell them, breathing in through their nose, and then blow on them to cool them down.
 - It can also be helpful to ask your child to pretend different parts of their body are like spaghetti - sometimes uncooked (hard) and sometimes cooked (soft). This helps them learn the difference between feeling tense and relaxed in their bodies.



- Let your child know that you have **noticed how they are feeling** (if you don't know what they are feeling then try to guess - be curious and try to work it out together).
- Help them understand that it is **OK to be worried** and that you can help them with this. My interactive children's book, *Please Stay Here - I Want You Near*, helps children understand that **anxiety about being away from parents when they go to school is normal**. As well as a story about a bear going to school, there are prompter questions (under lift-the-flaps) which ask about your child's own feelings - helping you explore this together.
- It's so important **not to dismiss their feelings** - they will feel much better if they are understood and you can come up with some ways together to help them.
- Try not to say "don't worry" or "don't be silly". Whilst we want to make things easier for our children by saying this, what they actually **need is to feel understood and learn that you can help them manage their big feelings**. Instead, say something like *"you're probably feeling a bit wobbly...that's not surprising when you are going somewhere new without me and you haven't seen your friends properly for ages"*.
- Try to help your child learn that their behaviours (however annoying they might be for you!) are likely to relate to a feeling driving them.

PREPARE YOUR CHILD FOR WHAT HAPPENS AT SCHOOL

- Children feel more secure when they are appropriately prepared and know what to expect.
- **Start by thinking about what questions you might have** as a parent and what questions they might have (even at the age of four they should be able to give you an indication of what they think school might be like). Try to find out as much as you can from their school about what it is going to be like.
- **Help them understand what is going to happen at school** and see whether they have any questions about this. It can be useful if this is not just through talking but pictures, videos and play too.
- Try to **get into a routine** that you can carry on when they start school. You could even practice your journey to school before they start there.
- Don't forget to **tell them about all the fun things** that they will enjoy at school. Making friends, doing art, playing, learning etc.



- They may have been to childcare before starting school and it can be helpful to **think with them about how this might be different**. There is a useful book that explains what school might be like at the moment, here is a link: <https://bit.ly/3hAaaV2>



WHAT TO DO BEFORE AND AFTER SCHOOL

- If you can, have a **calm bedtime with a little extra time together** the night before they start school.
- **Consider how you will manage drop off** - talk to your child about this. Try not to make the goodbye too prolonged or sneak away without saying goodbye.
- Show them that you **trust the teacher** you are handing them over to. You can show this through a brief conversation and through non-verbal communication.
- After school **check in with them about how they felt the day was**, find out what they enjoyed and what they found difficult. Make plans with them for what you could do next time to make the difficult times easier. Try to keep in touch with their teacher about the tricky times so you can come up with ways they can help your child when they are at school.

FURTHER SUPPORT AND INFORMATION

Parenting Through Stories social media pages and website have regular blogs, top tips, and Instagram live sessions to answer any questions you might have about supporting your little ones emotional and behavioural development.

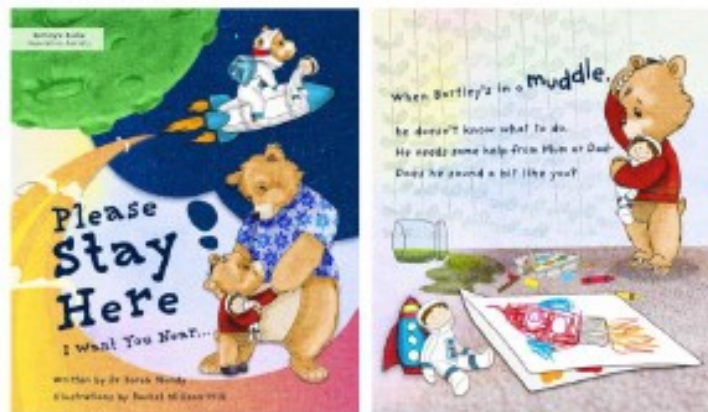


The children's book, *Please Stay Here - I Want You Near*, and *Parenting Handbook* are available to buy from Amazon and our Facebook Shop.



Facebook: parentingthroughstories
Instagram: @parenting_through_stories
Twitter: @bartleybear

An interactive children's book to support
2-4 year olds starting school or pre-school



A parenting handbook to help you and your child make
sense of everyday challenges together

