

# LADOCK CHURCH OF ENGLAND SCHOOL

Celtic Cross Education, Ladock School, Ladock, Truro, Cornwall, TR2 4PL

Tel/Fax: 01726 882622

Email: [ladock.secretary@celticcross.education](mailto:ladock.secretary@celticcross.education)

Website: [www.ladock.cornwall.sch.uk](http://www.ladock.cornwall.sch.uk)

Issue 8 – 5th March 2021



## A Note from Mr Stoyles

This is the last newsletter before the full return of all children on the 8th March. This may come as a relief to some of you but also an unsettling period in so many ways. Restarting the Monday morning routine for children may be complex, there may be anxiety, tears or reluctance, but we're anticipating this and aim to have smiling faces for you to see when you collect your children at the end of the day. We're now set for opening, I hope that you were able to check our school operational guide and take note of the different school routines, most of which are the same as our reopening in September. Particular points to note are if you have a child in nursery, their drop off/pick up routine has changed. Also, PE days (where children should wear PE kit to school) are different for some classes. The guide is available in the link below with any change highlighted in yellow. Our school approved risk assessment can also be accessed below.



[Click Here for the 'Ladock School Operational Guide for Parents'](#)

[Click Here for the 'Ladock School Risk Assessment'](#)

We're pleased to announce that after the initial indication around running sports clubs in last week's newsletter, this is now confirmed. In conjunction with our allotted two school sessions per week, children in Keyne and Blaise (on Tuesdays) will also take part in a 6-week 'Chance to Shine' cricket programme. You can find out more information about this [here](#). Bubbled extra curricular clubs will also be available for all classes and begin in the week beginning 15th March but bookable from today through the links on the following page.

## Ladock School **Vision** & Values

**Loving, learning, achieving together**

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

## A Note from Mr Stoyles

<b>Bubble After School Clubs (15.03.21 – 07.05.21)</b>					
<b>Class</b>	<b>Club</b>	<b>Day/Times</b>	<b>Member of Staff</b>	<b>Booking Link</b>	<b>Collection Point</b>
Cuby (including nursery)	Multi Skills	Fridays @ 3:15pm-4:15pm	Mr Webb/Miss Norgard	<a href="#">Click Here</a>	Main School Car Park 4:15pm
Keyne (Y1/2)	Alternate Sports	Mondays @ 3:15pm-4:15pm	Kernow Sports	<a href="#">Click Here</a>	Main School Car Park 4:15pm
Ladoca (Y3/4)	Cricket	Tuesdays @ 3:20pm-4:20pm	Chance to Shine Cricket	<a href="#">Click Here</a>	Main School Car Park 4:20pm
Blaise (Y5/6)	Alternate Sports	Mondays @ 3:20pm – 4:20pm	Kernow Sports	<a href="#">Click Here</a>	Main School Car Park 4:20pm
<b>To secure your child/children's place/s, please ensure the booking/s through the link are made by Wednesday 10<sup>th</sup> March</b>					

Since school closure in January, we have loaned out many of our school books and Chromebooks + chargers. We would appreciate these being returned on the first day back at school (Monday 8th March) so children have access to these in their classrooms and the library. They can be dropped to a member of staff in the morning during drop off or the children can bring them into their classrooms.

**Coming soon  
to your newsletter**

Information about:

'Huff and Puff' equipment

Forest School resources

School scooters!

Catch-Up funding update

School Handwriting Plans

As I'm sure you're aware from our school plan, we are still unable to welcome parents on to our school site. On occasions where children are picked up during school hours or from an afterschool club/wraparound care, please ring the bell attached to the main school gate. We have had a few technical issues with this recently that have now been fixed. Press and hold the button firmly for around three seconds and someone will be with you...quick as a flash!

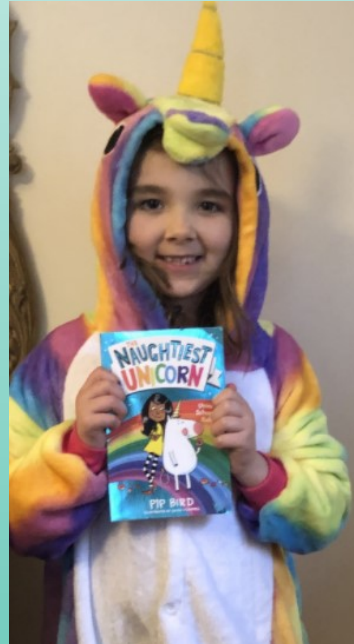
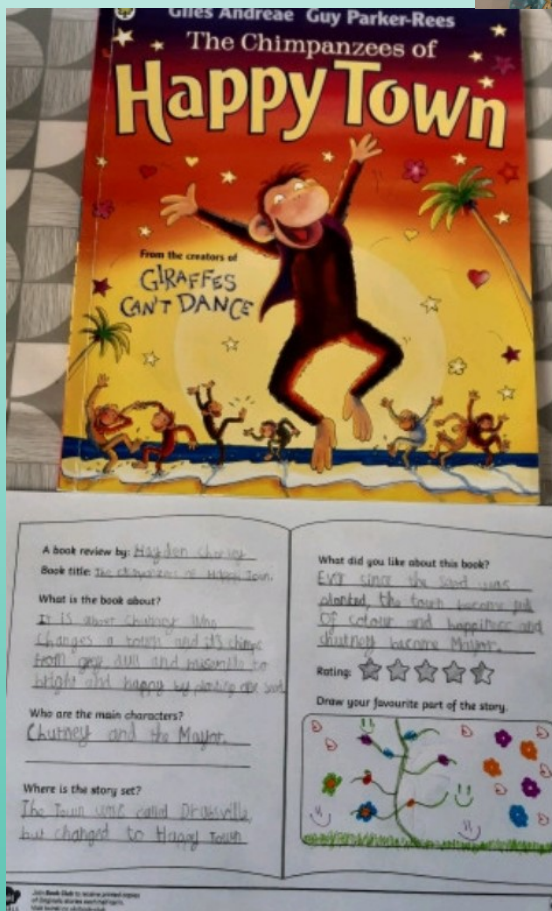
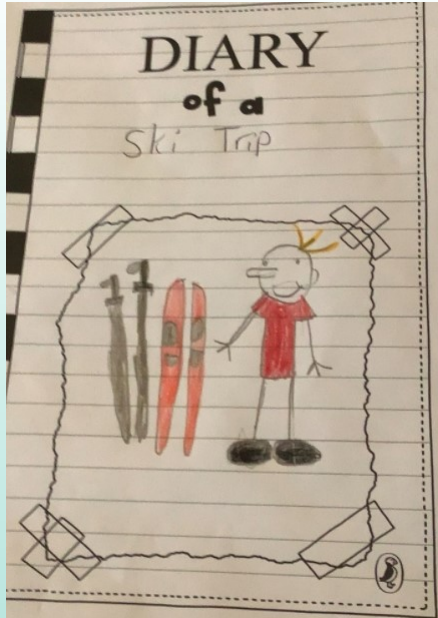
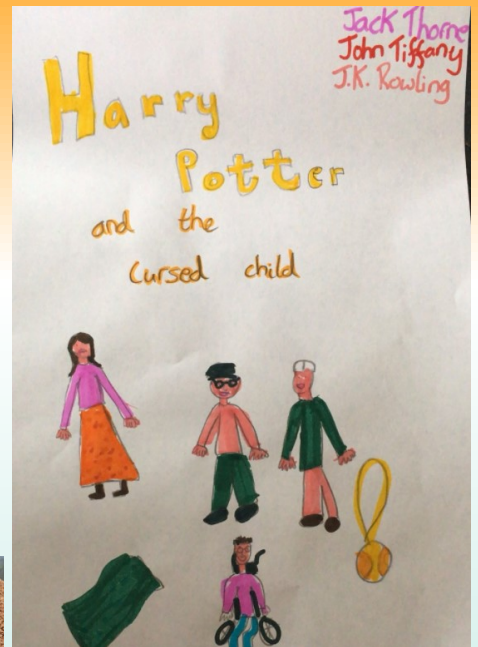
**Ladock School Vision & Values**

**Loving, learning, achieving together**

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



# WORLD BOOK DAY



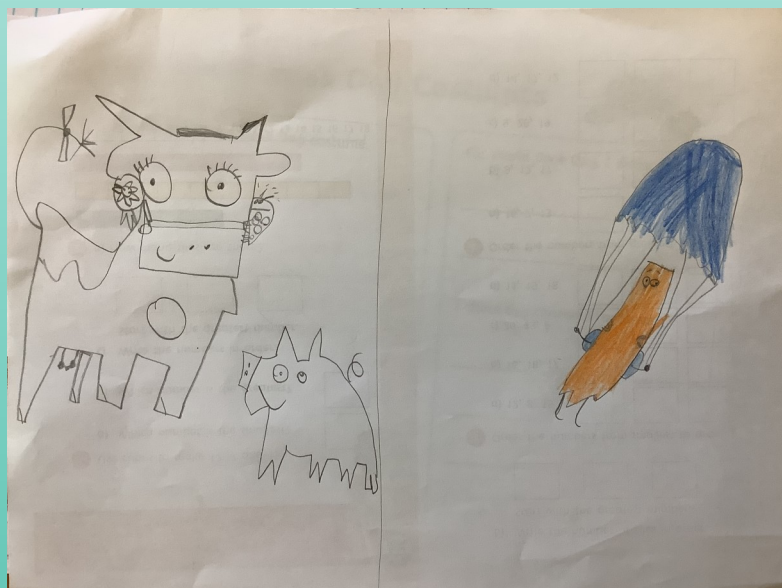
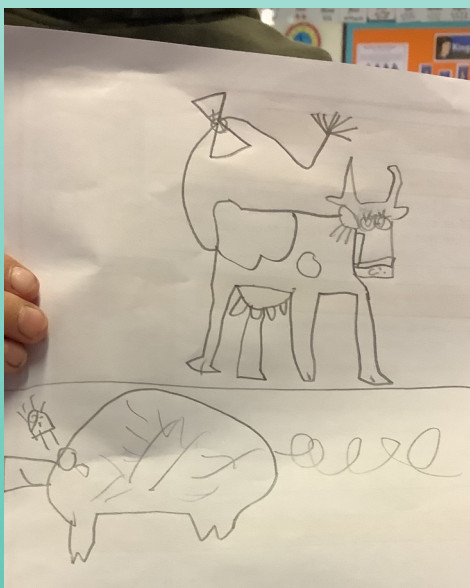
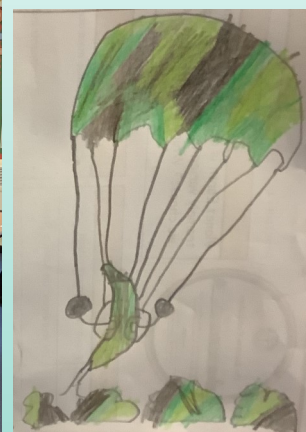
Ladock School **Vision & Values**

Loving, learning, achieving together

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



Keyne Class have been drawing along with the illustrator of "What the Ladybird Heard" and with Rob Biddulph (draw with Rob) who is the official World Book Day illustrator.



Ladock School **Vision** & Values

**Loving, learning, achieving together**

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



# Lizzie and Morwenna and the 55km Challenge



Lizzie and Morwenna have decided to raise money for a charity called Penhaligon Friends to help all the children who have lost parents, grandparents and other family members during the pandemic.

Amazingly, they have decided to run the 5.5km loop around the farm every day until they reach their target of 55km, taking a total of 10 days. Progress is great and their final run is today to reach this huge milestone.

“Penhaligon’s Friends have helped us so, so much since we moved here to Cornwall 18 months ago and are a lifeline for children struggling with grief and bereavement. Any money we can raise for them is for a fantastic cause! “



## How far is 55 kilometres?

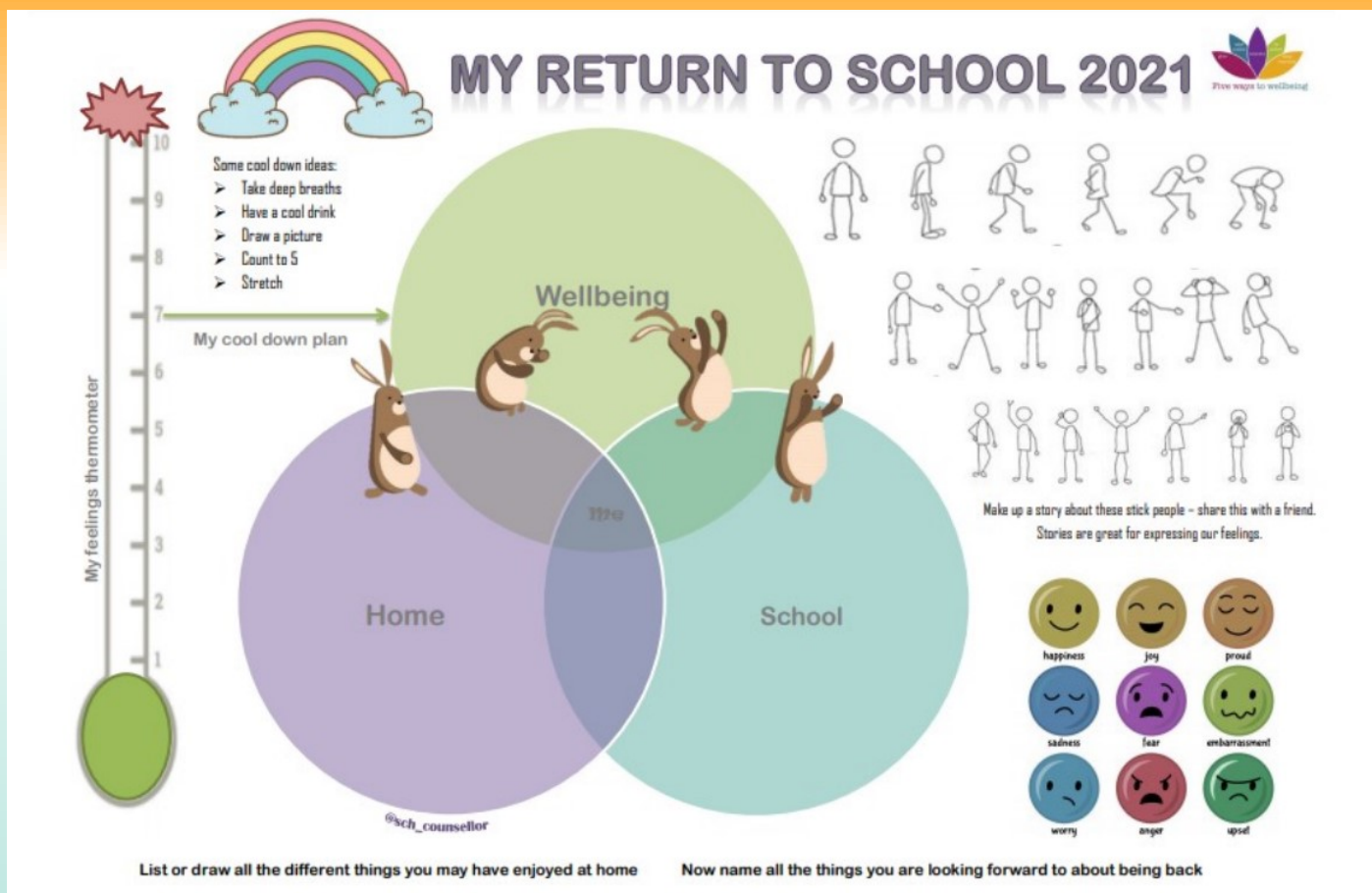
72, 180 Steps

55,000 metres

34 miles

If you would like to donate to this cause to help the girls past the final hurdle, please click the link below to visit their Just Giving page.

[Click Here](#)



Useful links and tools for preparing your child for a positive return to school.

Positive Sleep Patterns - [Click Here](#)

The Little Elf— a therapeutic story to help primary school children explore the feelings relating to a return to school during the coronavirus outbreak - [Click Here](#)

How to help your child feel better about being back at school - [Click Here](#)





## What Parents & Carers Need to Know About

# SIGNAL

12+  
App Store  
Rating

Signal is a multimedia messaging service (previously known as TextSecure) which provides secure chats between users. It is encrypted, so any intercepted communication cannot be read by attackers. Users can send one-to-one messages or set up group chats. The service is free, has no adverts and doesn't track users' location like many other messaging platforms. The app experienced a popularity boom in early 2021 as large numbers of users left WhatsApp over perceived privacy issues.

### Disappearing Messages

Messages on Signal can be set to disappear (from both the sender and the recipient's devices) a specified time after they are first opened – potentially as little as five seconds. So it is difficult to monitor the app and see what your child is talking about. Should someone behave inappropriately towards them, unless they record evidence instantly there is no way to prove what has happened – making it difficult to take the proper action.

### Risk of Screenshot

Because messages can be set to disappear on Signal, some young people assume that nobody else will ever see them and let their guard down as a result. But a recipient could still capture a screenshot of your child's message before it vanishes from their device. This screenshot – which might be of something inappropriate or deeply personal – can then be shared with others or even made public on the internet.

### False Sense of Security

The feeling of total privacy and security within the app can make young people feel like they are invulnerable – and possibly that they could get away with behaving in ways they normally wouldn't. This behaviour could range from the harmful (such as participating in cyber bullying or sharing age-inappropriate images or videos) to the extremely dangerous: perhaps chatting to strangers, who might potentially be predators.

### Vulnerability to Hackers

Like virtually any piece of software, Signal has been shown to have flaws in its security. One hacker was able to make a call to a target device using the app and could then listen in on the victim through their phone – without needing them to even answer the call. Afterwards, the hacked user was completely unaware that the eavesdropping had taken place.

## Advice for Parents & Carers

### Gather Any Evidence Quickly

If your children are old enough to use Signal, they will likely already know how to take a quick screenshot on their phone. It's best to confirm this with them, however, because if they're sent something inappropriate or offensive, they will only have a very short opportunity to screenshot it as evidence of misconduct before the message disappears. Once they've captured the screenshot, they should then come to you or another trusted adult.

### Talk about Online Bullying

Before your child downloads Signal, have an open discussion about the potential risks of this app and others like it. Ensure your child is aware of the possibility of bullying or hurtful messages on such platforms. They should understand that the app makers themselves do not help with investigating incidents – and that it may be difficult to prove someone has done something to upset them.

### Think before Sending

The messages a young person sends on Signal don't last forever, but the effects of those messages very well might – for your child and for others. You could suggest to your child that, if they're unsure whether to send a particular message, they should ask themselves if they would be comfortable showing the content to you. And if they wouldn't, should they really be sending it at all?

### Stay Updated

It's wise to make sure your child knows how to keep their software up to date by downloading the latest version. Developers will often release software updates that (as well as occasionally adding new features or improving functionality, etc.) help to fix any security flaws and stop hackers from exploiting possible weak points in the app.

### Consider Online Reputation

Talk to your child about the implications if a message they sent was made public without their consent. Remind them that once an image (for example) is out there, there's no way to control what happens to it or erase every single copy. It's a good way to get young people to start considering how their digital footprint might have repercussions on their future prospects.

### Meet Our Expert

Emma Davis is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.



SOURCES: <https://smartgala.com/signal-app/>, <https://www.signal.org>

NOS  
National  
Online  
Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.03.2021



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.