

# LADOCK CHURCH OF ENGLAND SCHOOL

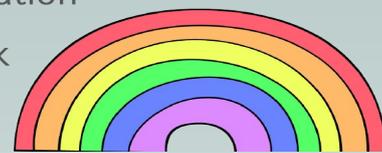
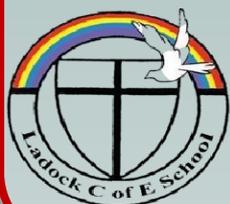
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Issue 12 – 3rd December 2021



## A Note from Mr Stoyles

The first week of December is here and our school festive celebrations are about to begin. The children have been busy rehearsing for their Christmas performances this week and their singing, as always, is sounding brilliant. Unlike many others, our school is delighted to be in a position to continue with these festive events that will no doubt create lasting positive memories for the children in school. Our staff teams loyalty and dedication is the underlying factor in the creation of this 'can do' approach.

A reminder that next week is the final week of this half term's round of extra curricular clubs. Mrs Denning has made some exciting enquires for next half term. We look forward to opening the booking for these during the first week back after the holidays.

During our staff meeting this week, we looked at how the subject of computing will be taught across the school through the programme Purple Mash. We look forward to launching this officially after the Christmas holidays where the children will be taught about: e-books, binary code, blogging, networks and much more.

Please continue to be vigilant around the symptoms of Covid-19 in relation to PCR testing. We have first hand experience of how this has the capacity to spread and are eager to help minimise the risk of this impacting the Christmas holidays for all. We will continue to update you in our communication pledge of transparency.

Excluding our annual Christmas lunches, a school record was broken today. We had 75 lunches ordered (65% of the school) and this figure has been steadily increasing over the past month. Our kitchen team are prioritising larger portions across a varied menu available to view through our school website [here](#).

I hope that you have a good weekend and look forward to seeing you on Monday.

## A Note from Mr Stoyles



### Christmas Post Box

Our Christmas post box is now up in the main entrance for children's Christmas cards. If the weather is dry it will be in the playground.

Our Year 6s will be distributing cards on Fridays.

## PTFA Cinema trip—Tuesday 14th December 2022

On Tuesday 14th December children from Nursery to year 6 will be going to St Austell cinema to watch 'The Boss Baby 2' (PG), as a special end of term PTFA treat. This is funded entirely by the PTFA who we are extremely grateful to.

On this day, the children will be leaving school at 9:00am and will arrive back at school for lunchtime. The children will travel to St Austell by coach provided by Roselyn Coaches which are all fitted with seat belts, if your child needs a booster seat, you are welcome to send them in with one on the day (labelled please).

Children do not need to bring any spending money as ice lollies will be provided.

**If you are happy for your child to take part in this trip, please [click here](#) and complete the form by Monday 6th December if you haven't already done so. Thankyou.**

## Nativity & Carol Concerts

Doors open 30 minutes prior to the scheduled start time published in the ticket letters sent via ClassDojo this week. This is to help minimise queuing and allow time for any refreshments (cash only) to be purchased from our school PFTA.

For our infant nativity performance, please avoid parking in the pub car park. Please use available spaces at the village hall, playing fields, school car park or road opposite Ladoca classroom.

## PTFA Christmas Fayre

Subject to a weather check on Monday 6th December, the PTFA have taken your feedback and will be running our annual Christmas Fayre after school on Wednesday 15th December. We look forward to seeing you there.

# ***PTFA Virtual Christmas Raffle***

*We are pleased to announce that tickets for this year's Christmas Raffle are now available through ParentPay at £1 per ticket.*

*The draw will take place virtually on Wednesday 15th December and winners notified on Thursday 16th December.*

*So far we have managed to secure the following prizes:*

*A Gin Tasting Board Experience at the Penventon Hotel, Redruth*

*£15 Da Bara Voucher*

*A homemade Christmas Cake*

*£10 Mary's Pasty voucher*

*Lappa Valley voucher for a family of 4*

*£20 KAKU CHI Voucher*

*Gin Tasting Board Experience at the Penventon*

*2 x 2022 supper night tickets at Shallikabooky Beach Hut*

*Organic Longhorn joint*

*Chorley's Restaurant basket of sauces and Voucher*

*£10 Pengelly Garden Centre Voucher*

*2 large Dominoes Pizzas*

*6 x 15 minute 121 Lessons—Fitness 4 U*

*Cool Water (perfume)*

*2 x throws—Yellow and grey*

*Bottle of Prosecco*

*2 x bottles of Mead*

*The Natural Spa, On-The-Go Travel Wash Kit—Plastic free*

*Does anyone work for a company who may be able to donate a prize? Would your local pub or takeaway be willing to donate a voucher? Maybe there is a service that you could donate or even a nice bottle of wine/fizz?*

*Any donations can be handed to your child's teacher between now and the end of November.*

*All funds raised will go towards to school cinema trip which costs approximately £600.*

*Thank you in advance.*

**Ladock School Vision & Values**

**Loving, learning, achieving together**

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

# Cold weather routine or other emergencies

At this point of the year as the weather begins to turn colder it is worth reiterating our cold weather and emergency closures plans.

There may also be a need for a part closure if some members of our staff cannot travel safely into our schools.

In the event of severe weather or another emergency we would follow this procedure:

- A text will be sent out to parents (please make sure we have the correct mobile number).
- We will place an information notice on the front page of the school website with the latest information.
- We will inform Radio Cornwall, Heart and Pirate FM who will announce the school closure.
- A notice will be placed at the school entrance to inform people arriving.
- If we have to close the school during the school day, we will follow the same procedures but also telephone parents where possible.

Regional sponsor: **The Exeter**

children's hospice SOUTH WEST

Celebrating 30 years

# Santas on the Run goes freestyle

eden project

Raise festive cheer in your Christmas gear!

Join us at the Eden Project on Sunday 5 December 2021

[www.chsw.org.uk/santas](http://www.chsw.org.uk/santas)

Or take part virtually, anywhere!

Registered Charity No. 1003314

# Dates for your Diary

## December

- Tues 7 Dec 21** Year 1 Hearing Test
- Weds 8 Dec 21** KS1 Matinee Christmas Performance in the village hall—2.00pm-3pm—pick up from village hall
- Weds 8 Dec 21** KS1 Evening Christmas Performance in the village hall—5.30pm—6.30pm
- Tues 14 Dec 21** PTFA Whole School Cinema trip to White River Cinema St Austell, please [click here](#) and **complete the consent form by Monday 6th December**.
- Weds 15 Dec 21** School Christmas lunch—Christmas Jumpers may be worn  
KS2 Carol Concert in the church 2.00pm—3.10pm  
PTFA Christmas Fayre in the playground 3.15—5pm—more details to follow
- Thu 16 Dec 21** Eucharist Service in Ladock Church—9am—10am—all are warmly invited to attend
- Fri 17 Dec 21** Class Parties—children can wear their own clothes to school—food provided by PTFA
- Fri 17 Dec 21** Last day of term—Christmas break

## January 2022

- Tues 2 Jan 22** First day of the Spring term 2022
- 10-14 Jan 22** Year 1 & 2 Intensive swimming week at Polkyth Leisure Centre [Click here](#) for consent form.
- 17-21 Jan 22** Year 3 & 4 Intensive swimming week at Polkyth Leisure Centre [Click here](#) for consent form.
- Mon 17 Jan 22** Reception & Year 6 Heights and Weight measurements
- 23-27 May 22** Year 5 & 6 Intensive swimming week at Polkyth Leisure Centre [Click here](#) for consent form.
- 29 Jun—1 Jul** Blaise class residential to Barton Hall Torquay

INSET Days 2021-22  
Monday 25<sup>th</sup> July 2022  
Tuesday 26<sup>th</sup> July 2022



### Weekly Attendance for week ending 26th Nov 2021 - 94.54%

**St Cuby—93.94%**

**St Keyne - 94.74%**

**St Ladoca - 96.13%**

**St Blaise—93.33%**

The Government advises that attendance should not fall below **96%**

## Ladock School **Vision** & Values

**Loving, learning, achieving together**

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

## Star of the Week

- Cuby - Rocco for brilliant use of his phonics to decode words.
- Keyne - Caleb for making a fantastic effort with his reading.
- Ladoca - Freddie R for his confident reading in the Carol Service and also volunteering to read out more in class.
- Blaise - Mollie for all of her brilliant reading recommendations.

## Special Mention

Max

Blake

Claude

Rosie

Molly M

Henry (Ladoca)

Lizzie

Eleanor

Hayden



# What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

## CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

## EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily, Spotlight Challenges give users to the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

## INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

## SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.

## DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

## VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

### CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in: strangers, bullies and groomers could use this information to engage in conversation and arrange to meet in person.

### TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**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: 03.11.2021

# Why is Year 6 being weighed and measured?

The school nursing team is visiting Year 6!

We are going to measure the weight and height of Year 6 pupils as part of our work to help keep the nation healthy.

## What will happen?

- You will be measured one at a time in private.
- All you need to do is take your shoes off – it will be really quick!
- Only your parents or carers will see the results – not your teachers or friends.

## Did you know?

- Children are weighed and measured when they are babies, and again in Reception and Year 6.
- It helps the government see how healthy the nation is, and plan health and leisure services for children.
- It's a good chance to check how you're developing and think about ways you can become healthier.

## Top tips for a healthier you

Everyone can find ways to be healthier – what can you do today?

### 1. 5 a day

Try to eat five portions and a variety of fruit and veg every day.



### 2. cut back fat

Try and keep foods like crisps, buns, cakes, pastries and biscuits as occasional treats only.



### 3. watch the salt

Check the label and choose foods lower in salt and try not to add salt, to your food.



### 4. sugar swaps

Swap sugary drinks for water, lower-fat milks, no-added-sugar or sugar-free drinks.



### 5. get going every day

Spend at least 60 minutes walking, playing sport, running around or being active every day.



### 6. me size meals

Children need smaller portions than grown ups. Start with a smaller amount of food on your plate, then ask for more if you are still hungry.

Search Change4Life

change  
4 life  
National Nutrition Foundation

# One & All Sports - Christmas Active Holiday Clubs!

Grampound With Creed - Village Hall (TR2 4SB)



## What you need to know:

### Dates:

- Tuesday 21<sup>st</sup> of December
- Thursday 30<sup>th</sup> of December

**Ages:** 7-11 years

**Cost:** £25 a day

**Time:** 8:30am – 4:30pm

**Location:** Grampound With Creed Village Hall (TR2 4SB)

**Booking:** [www.oneandallsports.com](http://www.oneandallsports.com)

### Bring Along On The Day...

A Packed Lunch, Drinks Bottle, Coat and Suitable Clothing for Sporting Activities!

If you require anymore information please don't hesitate to email me at...

[rorywebb@oneandallsport.com](mailto:rorywebb@oneandallsport.com)



Lead Coach: Rory Webb

Winter  
Camp  
2021



**didirugby**  
fun. Confidence. Activity.



Multi sports,  
crafts, Activities  
and Games with  
Rory Webb

Half and full  
day options

Grampond  
village  
Hall

Monday  
21<sup>st</sup> December  
from 08:30  
to 16:30

Wednesday  
29<sup>th</sup> December  
from 08:30  
to 16:30

4 - 6  
year olds

To  
Book



visit  
<https://didirugby.com/find-a-class>  
or  
email [cornwall@didirugby.com](mailto:cornwall@didirugby.com)

Come and join  
in the fun!



WCP

# CHRISTMAS CRICKET CAMPS

<b>DEC 21</b>	10am-3pm <b>£15</b>	Softball (Kit provided)	<b>AGES 5-10</b>
<b>DEC 22</b>	10am-3pm <b>£20</b>	Hardball (Must have experience and own protective kit)	<b>AGES 8-12</b>
<b>DEC 23</b>	10am-4pm <b>£30 PER TEAM</b>	Teams of 6	<b>AGES 8-12</b>

**LIMITED PLACES**  
FIRST COME FIRST SERVED

**GRAY-NICOLLS**

ALL PARTICIPANTS TO RECEIVE  
20% OFF GRAY-NICOLLS ONLINE  
SHOP AND CORNWALL CRICKET  
CERTIFICATE

**BOOK YOUR PLACE**

[HTTPS://CORNWALLCRICKET.CO.UK/  
JUNIOR-CRICKET/HOLIDAY-CAMPS.HTML](https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html)

**OR SEARCH**

**CORNWALL CRICKET HOLIDAY CAMPS**

Any booking queries contact-

[www.cornwallcricket.co.uk](http://www.cornwallcricket.co.uk)

[admin@cornwallcricket.co.uk](mailto:admin@cornwallcricket.co.uk)





WHEAL MARTYN  
CLAY WORKS



# FESTIVE FAMILY FUN DAY

Sunday 12 December | 10:00-16:30 | Booking recommended



Join our **Festive Family Fun Day**, packed full of **festive activities** around the grounds!

- ❖ Be explorers in the Family Forest School session, complete with **campfire, hot chocolate and a lantern walk!**
- ❖ Hear about a Cornish Christmas in our **storytelling sessions**
- ❖ Get creative with **Christmas crafts** and make the perfect present
- ❖ Follow the **Reindeer Trail** in the woods
- ❖ Listen to our **local choirs**
- ❖ Sparkle on the **Community Christmas Tree walk**
- ❖ Tuck into our delicious **festive lunches, cakes and drinks** in the café
- ❖ Find that **Christmas present** in the gift shop
- ❖ Plus get your new annual pass

£10.50 adults  
£6 children  
£3 for annual pass holders

*Remember your Christmas jumpers or fancy dress!*





# PTFA Autumn/Christmas Dates

## **Wednesday 8th December**

KS1 Afternoon Christmas Performance (1:30pm—3:00pm) - pick up from village hall

KS1 Evening Christmas Performance (5:30pm—7:00pm) - drop off/pick up from village hall.

## **Tuesday 14 December**

Whole School Cinema Trip (9am—12pm)

## **Wednesday 15th December**

Christmas Lunch (12pm—1pm) - Christmas Jumpers

KS2 Carol Concert (2:00pm—3:10pm) - Church

Christmas Fayre (3:15pm—5pm) - playground

## **Thursday 16th December**

Eucharist Service—Ladock Church (9:00am—10:00am)

## **Friday 17th December (end of term)**

Class Parties (wear own clothes to school)



**AmazonSmile**

# How it works

- Hand's up if you'll be using Amazon to buy Christmas gifts this year?
- Want to help make a difference whilst you shop, at no extra cost to you?
- Simply follow the instructions to select Ladock C.E School P.T.F.A. Committee as your charity and activate AmazonSmile in the app. Amazon will donate a proportion of your eligible mobile app purchases to us.

1. Open the Amazon app on your mobile phone.
2. Select the main menu (=) and tap on 'Amazon Smile' within Programmes & Features.
3. Select Ladock C.E School P.T.F.A. Committee as your charity.
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app.
5. Every time you need to order from Amazon, log on to your AmazonSmile app.

## PTFA Facebook Page

Did you know that the school PTFA have a Facebook group?

The group is full of useful news and reminders, and a place where you can ask questions or share relevant information which may be of interest to other parents who have children at the school.

**To join the group just search Ladock School PTFA**



**COME AND  
JOIN US FOR  
A TASTY  
FESTIVE  
MENU!**

We have whipped up  
some super yummy  
treats in the kitchen -  
join us on

**15/12/2021**



**DON'T FORGET! SCHOOL MEALS ARE FREE FOR ALL PUPILS IN RECEPTION, YEAR 1 OR YEAR 2.**

**PLEASE SPEAK TO YOUR SCHOOL FOR MORE INFORMATION AND TO SIGN UP TODAY!**



**FESTIVE  
MENU!**

## **MAINS**

Roast Turkey or Roasted Vegetable &  
Cranberry Slice

Served with Roast Potatoes, Carrots,  
Broccoli, Stuffing, a Mini Sausage & Gravy

## **DESSERTS**

Sticky Toffee Pudding served with  
Custard

Christmas Chocolate Brownie



**DON'T FORGET! SCHOOL MEALS ARE FREE FOR ALL PUPILS IN RECEPTION, YEAR 1 OR YEAR 2.**

**PLEASE SPEAK TO YOUR SCHOOL FOR MORE INFORMATION AND TO SIGN UP TODAY!**

# Celtic Cross Education Initial Teacher Training School Direct

## Open Information Sessions for 2022-2023

Have you thought about training to be a teacher?

Already have a degree or currently working on one and considering  
teaching for the future?

Want to stay local or within our Trust?

Then why not find out more about the School Direct process for teacher  
training offered by CCE in  
conjunction with Plymouth Marjon University.

Join us on one of our Open Information Sessions and find out what the  
process entails and  
what CCE can offer.

The sessions are on:

Wednesday 29<sup>th</sup> September 2021 – 4.00 – 5.00pm

Tuesday 19<sup>th</sup> October 2021 – 5.00 – 6.00pm

Thursday 25<sup>th</sup> November 2021 – 4.00 – 5.00pm

Wednesday 8<sup>th</sup> December 2021 – 6.00 – 7.00pm

If you are interested in joining one of our Zoom Information sessions,  
please email:

[karen.holmes@celticcross.education](mailto:karen.holmes@celticcross.education)

Ladock School **Vision & Values**

**Loving, learning, achieving together**

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

The  
deadline for  
applications is  
**15 January  
2022**

# Starting school

## September 2022

Applying for a place in a reception class for children born between 1 September 2017 and 31 August 2018

### Attending a nursery or pre-school

You will need to apply even if your child attends a school's nursery or pre-school class. Please note that if a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

### Information and guidance

Website and application form: [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)

Email: [schooladmissions@cornwall.gov.uk](mailto:schooladmissions@cornwall.gov.uk)

Post: **School Admissions Team, County Hall, Truro, TR1 3AY**

Telephone: **0300 1234 101**

### Need help with your application?

Contact the Family Information Service on **0800 587 8191**



# 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](mailto:pray.4us@outlook.com)

07927023582

## January – March 2022 Carrick Spring Term Online and Face to Face Parenting Programs

### 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	10.00-11.30am	1 <sup>st</sup> February	8 <sup>th</sup> February	15 <sup>th</sup> February	Microsoft teams

### Being Passionate About Parenting Early Years 1-3 yrs

A 3 week workshop for Parents / Carer 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/ Carer Topics in this workshop include: - child led play, special time, praise, limited choices use of language, routines etc

Thursdays	1.00.-2.30pm	3 <sup>rd</sup> February	10 <sup>th</sup> February	17 <sup>th</sup> February	Perranporth Family Hub

### 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.

Wednesdays	6.30-8.00pm	12 <sup>th</sup> January	19 <sup>th</sup> January	26 <sup>th</sup> January	Microsoft teams
Thursdays	9.30-11.30	3 <sup>rd</sup> March	10 <sup>th</sup> March	17 <sup>th</sup> March	Falmouth Family Hub

### 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.

Monday	10.00-12.00	10 <sup>th</sup> January	17 <sup>th</sup> January	24 <sup>th</sup> January	Malpas Family hub
Thursday	9.30-11.30am	13 <sup>th</sup> January	20 <sup>th</sup> January	27 <sup>th</sup> January	Falmouth Family Hub
Thursdays	6.30- 8.30pm	3 <sup>rd</sup> February	10 <sup>th</sup> February	17 <sup>th</sup> February	Microsoft teams
Fridays	9.30-11.30am	4 <sup>th</sup> March	11 <sup>th</sup> March	18 <sup>th</sup> March	Microsoft teams

### Take 3 10 week programme

A 20 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

Tuesdays	6.00 – 8pm	11 <sup>th</sup> Jan	18 <sup>th</sup> Jan	25 <sup>th</sup> Jan	1 <sup>st</sup> Feb	8 <sup>th</sup> Feb	15 <sup>th</sup> Feb	1 <sup>st</sup> Mar	8 <sup>th</sup> Mar	15 <sup>th</sup> Mar	22 <sup>nd</sup> Mar	Falmouth Family Hub
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### Being Passionate about the teenage Brain 12-17 years

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 behavior 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. This workshop is delivered on a need led basis.

Tuesdays	10.00- 11.30	1 <sup>st</sup> February	8 <sup>th</sup> February	15 <sup>th</sup> February	Microsoft teams
Fridays	9.30- 11.30	25 <sup>th</sup> March	1 <sup>st</sup> April	8 <sup>th</sup> April	Microsoft teams

#### 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/](http://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.