



**"In books I have travelled, not only to other worlds, but into my own." – Anna Quindlen**

Dear Parents and Carers,

Firstly, I am very sad to announce that Mrs Naomi Thomas will be leaving us at the end of this academic year. Mrs Thomas has been with us for ten years and had a huge impact on both her own classes and the wider school community. She will be sadly missed. We wish her all the best for her next adventures and enjoying time with her young family.

This week has been our annual health and wellbeing week. Children have spent time reviewing and learning new knowledge and skills with road safety, fire safety, the dangers of electricity, understanding medicines, beach safety and more! Mr Frame led an assembly with children in Year 5 and Year 6 about the dangers of vaping. He shared facts about vaping not only dangerous for our own bodies but also about the impacts upon the environment. Did you know that approximately 1.3 million disposable vapes are thrown away every week in the UK: enough to cover 22 football pitches? Wuh! Please find attached a leaflet with further information.

Thank you to the PTFA—as I write this I am looking forward to Sports day this afternoon. More on this next week!

Best wishes and have a lovely weekend,

### Vaping—Snapchat Online Concerns

We are aware that there is a local Snapchat trying to sell and encourage children to buy vapes in Liskeard. Please do keep a close eye on your children's social media use. It's so easy to click and be in the wrong place online!

### Car Parking

It's not a great way to start the half term with a moan but we have had complaints from our neighbours on Highwood Park about inconsiderate parking. At the end of the day cars are being parked in such a way that residents can't get in or out of their property. The road is being narrowed by parked cars to such an extent that cars cannot pass. This is not only frustrating but dangerous and generally unnecessary. We have been given access to the football club car park and the Memorial Hall car park—both within a safe distance of school. Please can we ask again that you use these facilities and not the surrounding streets? Just imagine if this was your street, your home and you needed to get to work or even worse an ambulance couldn't get through! Please park safely and considerately.



### Diary Dates

14 June	Y3 Wild Tribe
21—23 Jun	Y6 residential
21 June	Y2 Wild Tribe
26 Jun	Governor meeting
29 June	Y4 & Y5 Wild Tribe
10 Jul	New classes transition Day
12 July	Y6 Wild Tribe
14 Jul	PTFA Summer Fayre Reports to parents
21 Jul	Children finish at 1:00pm
24 & 25 Jul	Non-pupil days
26 Jul	SUMMER BREAK

### Book Swap Shed

Don't forget, our swap shed is always open! It's had a little tidy. Welcome to borrow or add to at any time.



### PE Kits Each Week

Children will need to come to school dressed in their PE kit on PE days. Long hair should be tied back. Please wear their usual school jumper/cardigan. Please note: children must wear school jumpers to school ONLY and black leggings/track suit bottoms.

Monday	Y1
Tuesday	Y3 & Y5
Wednesday	Y2
Thursday	EYFS & Y6
Friday	Y3 & Y4



### Last week's SECRET Skills Powerful Learners

Lerryn	Sonny & Imogen	Valency	Finley S & Ava	Lynher	Bentley & Jenson
Fowey	Leo	Tamar	Oliver G & Luke	Camel	Georgina & Jasper
Loveny	Amelia B & Freya-Rose				

### Attendance Stars

Lerryn	Fowey	Loveny	Valency	Tamar	Lynher	Camel
94%	96%	94%	95%	95%	95%	96%





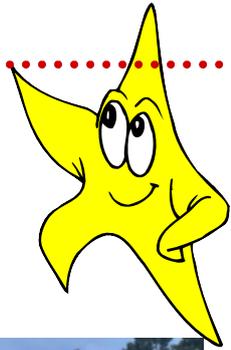
This week the work of the week comes from Elowen and Joseph in Year 5. This week, all classes have been developing their poetry writing skills. Year 5 have learnt how to use personification and explored bringing objects within their classroom to life! See their writing below...

## School ALIVE

Time Swisly began approach wicking hour.  
The white board sat in the dark, Like a angry  
lion about to pounce.

The wooden bloody tables scowled the room  
like a zombie ~~walking~~ walking dumbly.

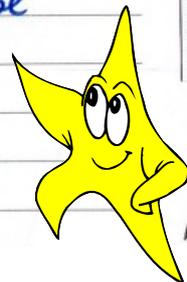
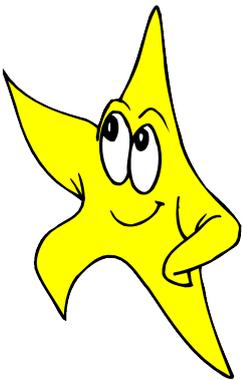
Chairs wondering curious hunting for his next  
victim.



## Fish up to no good!

One evening at twilight  
up the stairs at night  
two pens went to the room  
full of fish and pools

One of their beady eye's  
looked at the pen with a surprise  
he jumped of the wall  
with a splash  
soon the whole room  
was full of fish!



# High Wood Family Fun Day

24 June 2023, 11am-4pm

All friends, supporters, donors and nature lovers are invited to join us for our first ever Family Fun Day at High Wood in Liskeard, Cornwall. It will be a great day out, and you'll learn about our plans for High Wood and Protect Earth in general!

What 3 Words location: [product.ditching.stick](#)

## Timetable:

11am - Event Begins

11:30am - Ecology Walk

12pm-2pm - BBQ

2:30pm - Medicinal and Edible Plants Walk

4pm - Event Close

## Other Activities:

👉 Table Top Sale\*

🐛 Children's Bug Hunt/Scavenger Hunt

☕ Teas, coffees and soft drinks

🍰 Cakes and biscuits

(\* No cost for a table but donations to Protect Earth would be appreciated. Contact [kathy@protect.earth](mailto:kathy@protect.earth) to book a place.



Sign up at  
[protect.earth/familyday](https://protect.earth/familyday)

*Try to cycle, walk or come by public transport as parking is limited*



# Early Help Newsletter – Summer 2023



## Free information, support and guidance for Parents and Carers

### Parenting Support Courses

We offer interactive parenting programmes both online and face to face. Service requests can be made through the Early Help Hub.

[www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)

The programmes available are:

- Being Passionate About Parenting - Early Years 1 - 3 years (3 x 2 hours)
- Being Passionate About Parenting - 4 - 11 years (3 x 2 hours)
- Being Passionate About Parenting with basic introduction and an awareness to ADHD - 5 – 11 years (3 x 2 hours)
- Being Passionate About Parenting with a basic introduction and awareness about the "Spectrum" 5 – 11 years (3 x 2 hours)
- Being Passionate About Parenting – The Teenage Brain 12 -17 years (3 x 2 hours)
- Take 3 – Supporting Teenagers 12 – 17 years (5 x 2 hours virtual or 10 x 2 hours face to face)

Following completion of Take 3 you can book the following:

- Introduction to Teenagers with Sensory Challenges
- Introduction to Teenagers with Traits of ADHD
- Introduction to Teenagers with Autistic Traits

### Just for Dads

You can also find information tailored just for you on the Family Information Service –

[www.supportincornwall.org.uk/fordads](http://www.supportincornwall.org.uk/fordads)



### Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

**If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116**

For further updates and information on what's happening in your area visit us on Facebook:

[www.facebook.com/TFFCornwall](https://www.facebook.com/TFFCornwall)



Kooth offer free, safe and anonymous mental health support for 11–19yrs. The NHS is providing free counselling, peer to peer support and self-help tools for young people through [www.kooth.com](http://www.kooth.com).

Qwell, offers the same support for ALL parents and carers of all ages as well as 19-25yrs. This service offers free counselling and support for adults through [www.qwell.io](http://www.qwell.io).

**Why not attend the bitesize session in June to learn more.**

### Positive Parenting Bitesize

If you would like to talk in confidence and meet other parents experiencing similar challenges, come along.

All sessions run from 12:30pm to 2:30pm

**Thursday 25 May – Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS)**

Exclusions and suspensions and how they can support you. We have tools and services to empower children and young people with a special educational need or disability and support parents / carers of children with special educational needs or disability.

**Monday 19 June – Kooth and Qwell** For more information on this service see above

**Tuesday 11 July –ADHD and Beyond by Linda Andrews**

**Tuesday 15 August – National Literacy Trust**

To get your Microsoft Teams link for the session contact:

[julie.attwell@cornwall.gov.uk](mailto:julie.attwell@cornwall.gov.uk)

Want to support and understand your child's emotions as well as our own? Why not attend **FREE SPACE** Supporting Parents and Children Emotionally sessions. For more information and/or to register your interest please email

[SPACE@cornwall.gov.uk](mailto:SPACE@cornwall.gov.uk)

[SPACE@cornwall.gov.uk](mailto:SPACE@cornwall.gov.uk)

### Reducing Parental Conflict

Reducing conflict between parents is one of the most effective ways to improve the lives of their children – including mental health and emotional stability, behaviour, helping them to do better in school, and improving the quality of their life long-term.

**To find out more on Reducing Parental Conflict** including helpful resources and future courses please visit [www.supportincornwall.org.uk/kb5/cornwall/directory/advice.page?id=dKedhVAyRRA](http://www.supportincornwall.org.uk/kb5/cornwall/directory/advice.page?id=dKedhVAyRRA)



## Useful Website Links

Provides useful links to other areas of support:

[www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/useful-websites-for-early-help/](http://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/useful-websites-for-early-help/)

## Family Information Services

For useful parenting information, updates on parenting programmes and **Parenting Podcasts** please access the Family Information Service website

[www.supportincornwall.org.uk](http://www.supportincornwall.org.uk)



Access to resources about becoming a parent or being a parent from children aged 6 months to 19 years including children with additional needs and children's health and wellbeing.

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

Free Access Code: TAMAR

**HEADSTART KERNOW** Parents and carers wellbeing workshops providing support to help you navigate the journey of raising a child in a fast-changing world and to guide you to available services and support and to promote helpful conversation.

For further information please visit:

[www.headstartkernow.org.uk](http://www.headstartkernow.org.uk)



Parents can struggle at one time or another. You are not alone. Home-Start's volunteers work alongside families to give compassionate and confidential support. They help people to regain the confidence to be the parents they want to be.

Take a look at the website:

[www.homestartkernow.org.uk](http://www.homestartkernow.org.uk)

## RECONNECT



Giving children the time, space, and skills to have a loving relationship with themselves and others following Domestic Abuse.

[www.saferfutures.org.uk/online-referral/](http://www.saferfutures.org.uk/online-referral/)



Join the Library **FREE** and download the BorrowBox app which makes it easy to browse, borrow and read or listen to your library's eBooks and eAudiobooks anywhere, everywhere.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Giving people the knowledge and confidence, they need to find their way forward - whoever they are, and whatever their problem - Adviceline : 0800 144 8848 or text the word **ADVICE** to 78866 and they will call you back within 48 hours (excluding weekends).



## Video Links

Some short videos around neurodiversity

Amazing things happen:

[www.youtube.com/watch?v=RbwRrVw-CRo](https://www.youtube.com/watch?v=RbwRrVw-CRo)

Can you make it to the end:

[www.youtube.com/watch?v=aPknwW8mPAM](https://www.youtube.com/watch?v=aPknwW8mPAM)

Adolescents with ADHD:

[www.youtube.com/watch?v=uGSHcHcVnIo](https://www.youtube.com/watch?v=uGSHcHcVnIo)

Walk in My Shoes:

[www.youtube.com/watch?v=KSKvazfTLv8](https://www.youtube.com/watch?v=KSKvazfTLv8)

Brain & amygdala hand model

[www.youtube.com/watch?v=2xeDcPBD5Fk](https://www.youtube.com/watch?v=2xeDcPBD5Fk)

For more information on Neurodiversity go to:

[www.pdasociety.org.uk](http://www.pdasociety.org.uk)

[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

[www.autism.org.uk](http://www.autism.org.uk)

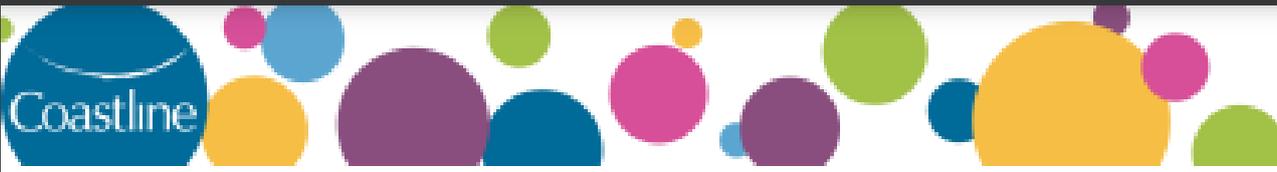
[www.bridgingtheneurodivide.com](http://www.bridgingtheneurodivide.com)



If you would like this information in another format, please contact:

**Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY**

Email: [equality@cornwall.gov.uk](mailto:equality@cornwall.gov.uk) Telephone: **0300 1234 100**



Coastline

## Public Consultation Event

**We invite you**

**To attend a drop in event to view the proposed plans for 24 new affordable homes in Dobwalls, opposite the Primary School.**

Proposed detailed design for PA21/01932 outline consent

**Wednesday 14th June**

**3-7pm**

**Dobwalls Memorial Hall, Duloe Road  
PL14 6LJ**

**Please pop in to view the plans and ask any questions**

**Your feedback is wanted!**

[www.coastlinehousing.co.uk](http://www.coastlinehousing.co.uk) / 01209 200200

