

## Friday 6th November

Dear Parents/Carers,

What a busy week back! Once again we find ourselves in a lockdown, the difference being schools remaining open. I must admit, myself and my staff are pleased about this as we see how well children have returned to school life and therefore, giving them a small sense of normality. We continue with our Covid secure safety measures, all of which are now embedded in pupil and staff routines. New schools' guidance was released by the Department for Education on the 5th November, which we have responded to. As a result, our after-school clubs apart from wrap-around-care and our academic club have been postponed. It seems somewhat confusing that these are allowed and yet, activities which support pupils' mental health and wellbeing are suspended...

Thank you to those of you who participated in our first telephone parent consultations; these ran well and I hope that they were beneficial to you too. All teachers will soon arrange a consultation with those of you who could not take part. Attached to this email is a letter and link to School Trends 'Direct to Parent' service. This will enable you to order school uniforms and have it delivered to your door! I think this will be much easier and flexible for you as parents, and us at school. There is additional information in the 'uniform' tab on our school website. I would also like to welcome our three new pupils and their families to our school community.

This week, in Towan Class, the children have explored fiction and non -fiction books. They have been talking about and experimenting with time or subtraction. Towan class have especially been interested in Guy Fawkes and had lots of fun making fireworks or a bonfire using paint and straws.

This week, in Summers Class, the children have enjoyed learning about the story of The Gunpowder Plot with Mr Havenhand. They had to decide whether they thought Guy Fawkes was a hero or a villain for what he was planning to do. In our class courtroom the majority verdict was that he was a villain!

In Porthcurnick, we have been researching the amazing Woolly Mammoth and started writing non-chronological reports. We also used the glocks in music to help us learn about pitch.

In Portholland, we have started competing for the Cornwall Virtual Games and today we painted our stone poppies ready for our art installation to commemorate Remembrance Day.

This week, in Porthluney, the children have been researching Ancient Greek sandals, ready to make their own. They have also been completing fieldwork based on Tregony, deciding which aspects of the village they would like to keep for the future.

I have been contacted by a local charity, offering food parcels to families in need. If this may be of use to you, please give me a call or send me an email. This will be managed and distributed discreetly. On that note, I understand that for many, the prospect of a lockdown or perhaps being furloughed from your employment may bring additional stresses and strains to families. Please do not hesitate to contact me if you are in need of support.

I hope you all have a great weekend albeit quieter than normal, stay safe and enjoy your own bubbles!

Find us on Facebook by searching: Tregony Community Primary School



lessons. They will be taking part in different activities and recording their results, competing online against other primaries in Cornwall. If you would like to have a look at some of the activities that they are taking part in, then click on the link below.

http://www.activecornwall.org/cornwallschoolgames/the-virtual-games

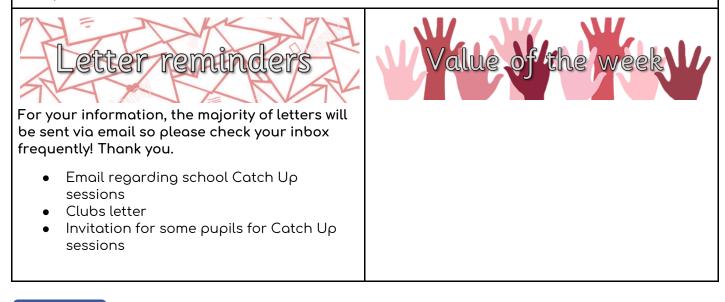
Thank you

Miss Mulroy P.E lead



Congratulations to our newly elected school council members: Summers - Merryn and Rowan Porthcurnick - Nancy and Wilf Portholland - Saskia and William Porthluney - Elowyn and George

Next week we will be meeting on Wednesday to discuss where we can plant flowers and bulbs (thank you for those already donated) around our outside area and how we can improve our woodland. We have already discussed creating a seating area out of wood and stumps, so that we can begin to create an outside classroom. If you know of anyone willing to donate and help us source seats, then please do let us know.





- Friday 13th November Children in Need, wear something spotty
- Tuesday 24th November: Nasal Flu Vaccination
- Wednesday 16th December School Christmas dinner and jumper day
- Thursday 17th December non-uniform and Christmas party day

Finally, don't forget to check our website for school related information. Each class has a page and a blog so you can see what your child is learning at school. You can also add us on Facebook to keep up-to-date with news, reminders and photos.



White band - Oscar, Poppy, Ren, Charles, Harry, Liam, Summer Yellow band - Hetty, Lilly, Megan, Rowan, SiennaFrank, Gabriel, Rory, Jasper, Neil, Arthur, William, Riley, Eva Orange band - Elizabeth,



## How much screen time is OK for my child?

The Royal College of Paediatrics and Child Health (RCPCH) have produced guidance for screen time for under-18s. Drawing on research and studies on the impacts of screen time, they have concluded that there is no 'recommended' or 'set amount' of time that children should be limited to on devices. Instead the focus should be on ensuring that time spent on devices does not replace sleep, exercise, or family time. They advise that devices should be avoided in the hour before bed to promote healthy sleep and have provided the following checklist to help parents and carers make decisions about their family's screen time use:

- Is your family's screen time under control?
- Does screen use interfere with what your family want to do?
- Does screen use interfere with sleep?
- Are you able to control snacking during screen time?

Below is a link to a guide for parents/carers and how to monitor appropriate screen time.

https://www.childnet.com/ufiles/Young-children-and-screen-time---a-guide-for-parents-and-carers.p



Last week, I emailed information regarding the nasal flu vaccine. All children in Primary Schools from **Reception to year 6 (inclusive)** will be offered the vaccine. The vaccination is free and recommended for young children; it is administered by a quick and simple spray up the nose. Please enter <u>www.nhs.uk/child-flu</u> to access information explaining the vaccination programme which also includes details about the small number of children for whom the nasal vaccine is not appropriate. They are due to visit our school on **Tuesday 24**<sup>th</sup> **November 2020**. In order to access the online consent form, please enter or click on the following link

https://www.kernowimmunisations.co.uk/Forms/Flu PLEASE ENSURE YOU QUOTE THE FULL UNIQUE SCHOOL REFERENCE CODE. The code for your school is: EE142668. Please submit your consent form by Friday 20<sup>th</sup> November 2020 to ensure your child receives their vaccination. If you experience any problems accessing the form please telephone 01872 221105 and the team will be happy to help. Please note that as in previous years you must opt in to the programme. If a consent form is not submitted your child will not be vaccinated. For your information, the children's health screening services will be paused for the time being but hope to resume next year.

Please can all children ensure that they bring their reading record book, reading book and home reading book (if they have one) each day. Reading books are changed each Monday and Friday and there will be an opportunity to change library books each Monday for KS2 children and Friday for KS1. Unfortunately, we are only able to change books on these days due to the need for them to be quarantined between use. We ask that children read at least four times a week and that their reading record book is signed. Thank you