



My LOCK-DOWN POEM

I really miss my friends.

So I hope isolation soon ends.

Oh it feels like such a long time.

Lets then order from amazon prime.

Are you staying safe inside?

Towns and cities are quite worldwide.

I hope you stay safe and don't distress.

Our thoughts and supports are with the

NHS

Ellie K



Noah, Isaac, Leo and Freddie brightening up our week with rainbows of hope. Well done Ellie K for a great poem too.

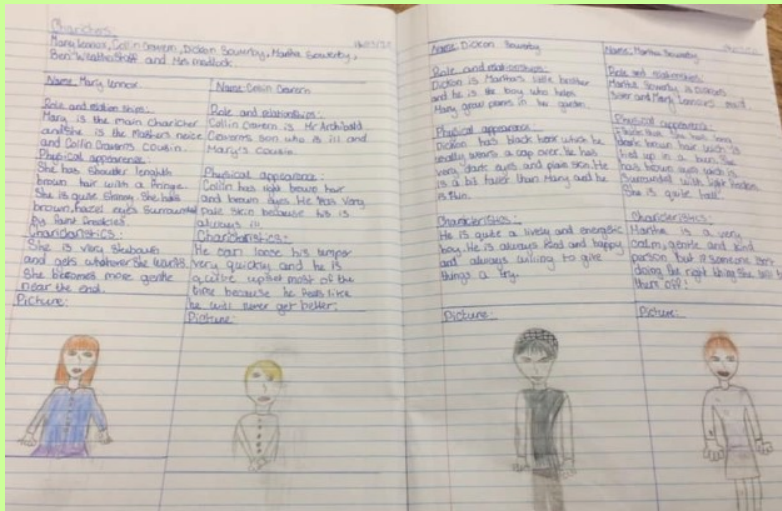


Mrs Cartwright has set some tasks based up- on the story of The Secret Garden. There have been some great ideas and inspiring pieces of work, we thought you might like to see some examples of what the children have been up to.



Daisy made some 3D secret garden paintings—what a fantastic idea!

Eden has created character profiles.



There's been plenty of maths and other work going on too—Daraka made some coordinates for her mum to follow, Charlie and Leo created these graphs and Sylvie wrote a Coronavirus report.



The conversation Ben had with his wife:

"Ee up Betty you'll ne'r guess what 'appened t'day. Tha' young besom Mary found the door to the secret garden an' took young master Colin with thee. Even Dickon was there. If I hadn't bin a good lad and held me temper than they would all have had a good slappin' from me."

"Ca'm down an' drink thy tea. I know that they should not 'ave bin there but they are only children what is the worst thy could do?"

"You jus' wait an' see. I tell you. Jus' wait an' see."

Ysella wrote as Ben the Gardener and used his Yorkshire dialect

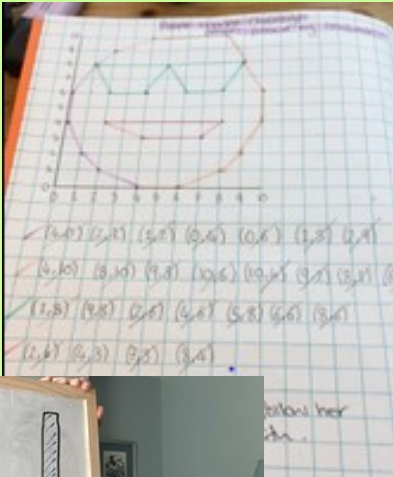


Owen and Benjie have made some new friends for their Nanny's garden

Dear Diary

Today I stood and waited in the garden. I love it there. It's magical. Mary told me today that she thought I was strange. I didn't mind because she also said that she was strange and so was Dickon. It's summer in the garden so Mary grows lots of flowers. Magic everywhere. Like magic. While all sat and waited for the magic, I went to help my Nanny and a secret from my Nanny. I'm sure she doesn't know. When I am 10, so Mary said, I am going to find out our dinner so we can have secret. I'll be back then. When I am a secret, I'll be back. I'll be back. So he could help us. He showed us he had brought food from his Nanny for us. Mary, when Colin and I were in the garden to find Dickon, some of my Nanny's friends for his Nanny because he has to find his Nanny and I wanted to make sure they have enough.

Amy's diary entry from the perspective of Colin



Wednesday 15th April 2020

WNT wrote a news paper report

Coronavirus Catch up !!!

Top Stories !

- Corona broke out
- helping our NHS
- helping

About this virus

Corona is made by germs. Spreads each family. That means that we must stay at home at all times the only times we can go out is when we need to go out. Like food, your 1 exercise a and building sites.

2m !! apart

Working !

Most people are working at home eight hours a day. Some people are busy for whole hours going to work and getting sick of it.

We are still going to follow the government advice so stay at home and help the NHS !!!



George, Annie and Joe start their morning with a HIIT workout!

Do you dress up on a Friday as well? We'd love to see some of those photos too!

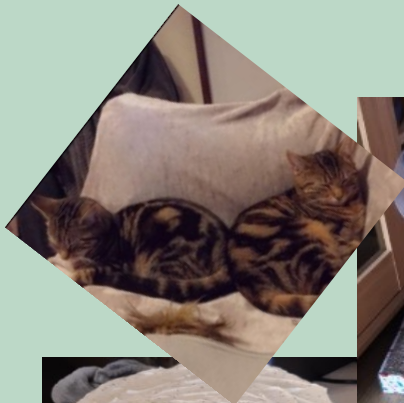
Which one of Joe's outfits have been your favourite so far?



Ruby and Ellis have been keeping fit climbing their new favourite tree



Eliza has been investigating the size of different animals—a challenge set by Miss Blayney. Here she is measuring her rabbit.



Miss Blayney has been busy making some treats—we hope she carries on baking when we're all back to school so that everyone gets to try some!

When she's not baking she can be found looking after Tilly and Milly. Poor Milly has had to have a few visits to the vet lately, she doesn't seem impressed by her new outfit!

I wonder if Miss Blayney has taken up the challenge to compare animal sizes with these two?

We'd love to see what our Carne class children are getting up to! Miss Goodall is having some technical issues so can't share the photos you've sent her so far, but please feel free to email anything to veryan.secretary@celticcrosseducation so we can all see their smiling faces again!

Domestic Abuse

On Saturday, the Government launched a new public awareness campaign highlighting that if anyone is at risk of, or experiencing, domestic abuse, they are still able leave and seek refuge. The campaign, under the hashtag #YouAreNotAlone, will create a community around those affected by domestic abuse and reassure victims that support remains available.

We would be hugely grateful for the following support:

- Please post a picture or video of yourself or someone from the organisation with the symbol of a heart drawn on their palm. Tag 5 or more people asking them to do the same to spread the message. Please use the hashtag #YouAreNotAlone in your post.
- Alternatively, please post the attached campaign asset on your channels and tag 5 or more people asking them to reshare, using the #YouAreNotAlone hashtag in your message.

Share the gov.uk/domestic-abuse address where people can find out more information, including helplines. Again, please include the #YouAreNotAlone hashtag.

Here is some suggested text to accompany your social media post:

At home shouldn't mean at risk. If you or someone you know is suffering from #DomesticAbuse, isolation rules do not apply. Police response & support services remain available. Find support at gov.uk/domestic-abuse or call 999 if you are in immediate danger. #YouAreNotAlone

BiteBack 2030 has offered some suggestions on how to spend your government £15 voucher and some menu ideas that everyone may find useful.

How best to spend it?

Along with [School Food Matters](#), we've pulled together a simple shopping list with some ideas for balanced meals to give an example of how these vouchers could be spent. And this isn't just for those receiving vouchers. Hopefully this will also work for anyone on a budget and for families with limited time.

#BiteBackLunchList

• Sliced wholemeal loaf (400g)	£0.79
• Baked beans in tomato sauce (reduced salt and sugar if available)	£0.30
• A block of store brand cheddar cheese (220g)	£1.55
• Store brand sweetcorn in water (325-380g)	£0.50
• Store brand tuna chunks or salmon in spring water (3 X 80g)	£2.00
• Store brand couscous	£0.45
• Store brand lower fat mayonnaise or light cream cheese (400-500g)	£0.90
• Shredded iceberg lettuce (140g)	£0.69
• Clementines x 1	£0.24
• Store brand bag of mini apples x 6	£0.62
• Loose tomatoes x 1	£0.28
• 6 large free-range eggs	£1.20
• Jacket potatoes (700g)	£0.58
• 2pt semi-skimmed milk	£0.80
• Crunchy peanut butter	£0.85
• Loose bananas x 3	£0.39
• Greek-style yoghurt (500g)	£0.69
• Sliced chicken (240g)	£1.99

£14.82

School Nurse—Melanie Goodwin and Lisa Woodhead our Falmouth/Truro District School nursing team have been in touch and shared the following links which may be helpful for health and wellbeing for you and your families.

<https://www.cornwall.gov.uk/education-and-learning/coronavirus-advice-for-children-and-families/emotional-resilience-and-mental-health/?fbclid=IwAR2F8Qg8fs7Z0k1v3ZGvsxUhCaUWzoUik2pXXPN7w6pA347fS0SeKZNTiHA>

NSPCC: [Coronavirus \(COVID-19\) advice and support for parents and carers](#)

PHE: [Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak](#)

Staying safe online

<https://www.thinkuknow.co.uk/>

Explore one of the 6 Think you know websites for advice on staying safe when you're on the phone, tablet or computer. Follow the link above.

You can download activity packs with simple 15 minute activities to complete with your children.



#OnlineSafetyAtHome

SIMPLE 15 MINUTE ACTIVITIES TO DO WITH YOUR CHILD



DOWNLOAD THE PACKS FOR AGES:

4-5 5-7 8-10 11-13 14+

Meal Ideas

#BiteBackLunchList

Sandwiches:

Tuna mayo and sweetcorn
Cheese, tomato and lettuce
Chicken and mayo
Egg and tomato

Toast:

Scrambled, poached and boiled eggs
Baked beans and cheese
Peanut butter and banana

Jacket potatoes:

Tuna mayo with sweetcorn
Cheese and baked beans
All of these can be served with lettuce

Couscous:

Chicken and sweetcorn
Salmon and tomato

Dessert (or a snack):

Banana with half a tablespoon of peanut butter
Yoghurt and fruit



Just a friendly reminder.....

If you do all the activities and watch all the videos and that makes your day a little easier then that makes us really happy to be of help. If your child needs some motivation and accountability to help them to function in a positive way, then we can provide that for you.

However, if doing the activities, watching the videos or trying to teach your child things that are complex and difficult to understand causes you stress and anxiety.... STOP!

There will be children and families who are barely getting through the day let alone getting any formal learning done. Your child will not fall behind. We are all in this storm together, how we ride it out is individual to us and the needs of our families. Please remember this and communicate it well to your child. If something is too hard and causes emotional pain, stop and do something that feels good. Your one and only requirement for this period is to do your best to be happy, feel safe and secure and pass that feeling on to your children. Do the things that you are confident doing, leave the rest.

Read that again.

Much love to all our wonderful families. You are constantly in our thoughts and we are here if you need anything; an ear to offload to, more resources, permission to do less, whatever it is. We are your school and we are here to help you in any way we can. xxx



Dear children, parents and carers.

As we draw to the end of another week away from school, I hope this newsletter finds you all well and managing with life in lockdown. The sun has been out again in force and hopefully you've managed to enjoy it.

I have been really impressed with the way that families have been engaging with school and I have been invited onto Class Dojo to see some of the wonderful things that you have uploaded and shared. It is very reassuring for me to see so many smiling faces and positive comments.

My main concern at the moment is knowing that all our children and families are safe and well but this is not always easy to find out...

It would be wonderful if you could make sure that every child makes some sort of contact with their teacher each week, even if it's just a message to say hello and send a smile.

I collect contact records from all the staff every Friday and I would love it if this week I had a tick to say everyone had been in touch - it would mean that I know you are safe.

Please keep in touch and take care.

With all my best wishes.

Caroline Jarrett