



Veryan CofE Primary School News



Friday 5th February

Veryan, Truro, Cornwall, TR2 5QA

veryan.secretary@celticcross.education

Message from Ms Jarrett

I hope you enjoy reading this week's newsletter, there are some great photos of the children and some absolutely outstanding pieces of work and fun activities going on. Times continue to be challenging for us all; I know that every week I thank you for continuing to support your children with their school work and engaging with the teachers, but I truly mean it. On behalf of myself and all the staff, we would all like to thank you for everything that you are doing. We understand that some days will be harder than others and motivating yourselves and your children will inevitably be trickier. Please try not to worry, start afresh the next day and remember to stay in touch with us at school.

I really enjoyed our Zoom Collective Worship last week, it was so heartening to see all the children at home who were able to share pieces of art and writing that they had completed. It's wonderful to see you smiling and looking well. I am looking forward to seeing you all again this Friday at 10am...

Like everyone, we are waiting to hear news and updates regarding the plans for the wider re-opening of schools for all our pupils. All we know at this point is that it will not be before March 8th, as soon as we have any further information, we will be sure to share it with you and set about making plans for the children to return safely and positively. We do at least have experience on our side, we know how well the children settled back into their routines in September last year and took changes in their stride. I have no doubt that they will be just as flexible and amenable when the time comes later this term.

Wishing everyone a safe and enjoyable weekend and final week before our half term break.
With best wishes Caroline Jarrett

Rev'd Joachim Foot
Team Rector, Probus, Ladock, Grampound Creed and St Erme.

Collective Worship link—<https://youtu.be/jSj4MagKSXE>



February Half term—Free School Meals

Please be advised that those children in receipt of free school meals will receive supermarket vouchers via email from 'Wonde' 'Schoolvouchers.com' for the week of half term.

After half term, the vouchers will return to the Edenred Government voucher scheme as before.



Education Library Service: Would you like to help your school to win some books? Just name **any** book by **any** of the authors on the list to the right, to enter our draw.

All entries must be returned to els@cornwall.gov.uk

The closing date is Friday 12th February 2021

Good luck!!

<https://www.worldbookday.com/>

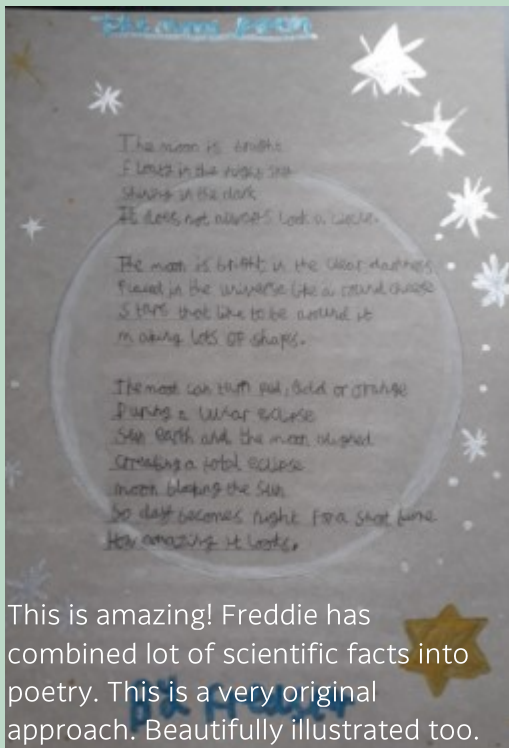


Katherine Rundell

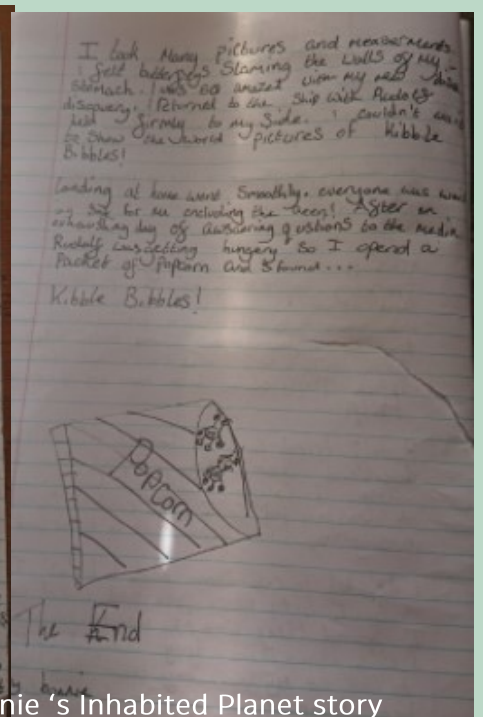
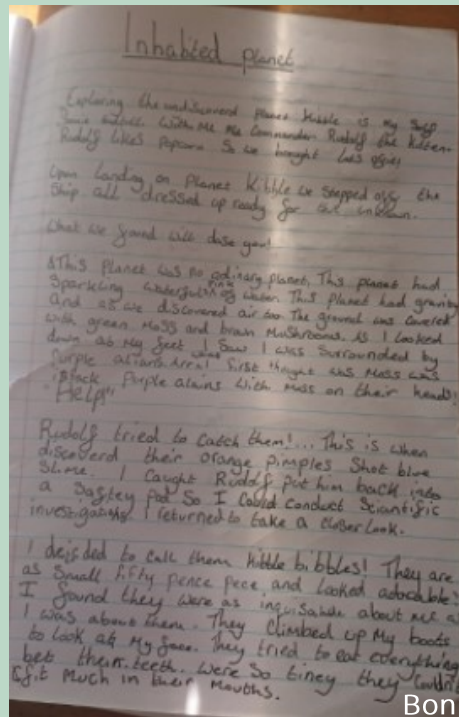
Tom Fletcher

Jonny Duddle

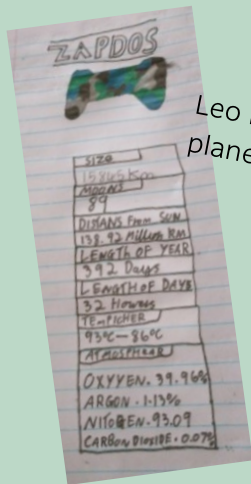
Humza Arshad



This is amazing! Freddie has combined lot of scientific facts into poetry. This is a very original approach. Beautifully illustrated too.



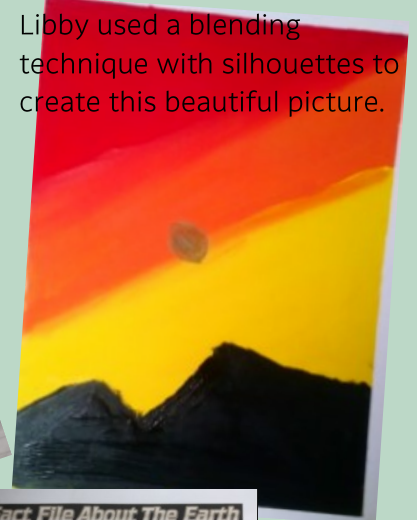
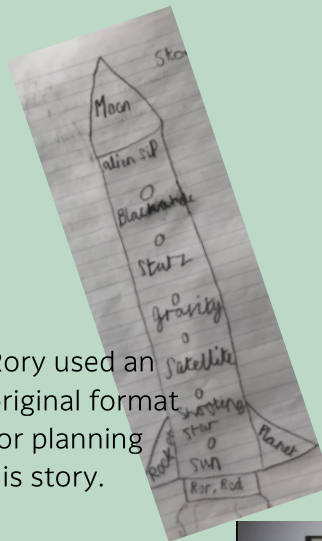
Bonnie's Inhabited Planet story



Leo made a planet profile.



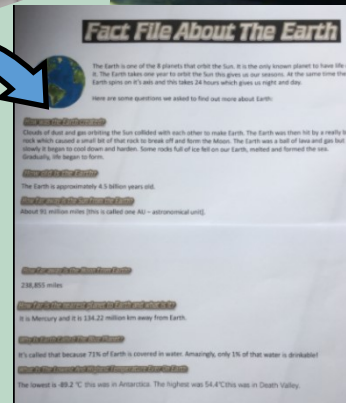
Rory used an original format for planning his story.



Libby used a blending technique with silhouettes to create this beautiful picture.



Ysella and Sennen made a fact file about planet Earth.



Sylvie and Florence painted their own solar system on rocks.



PE Stars of the week

Well done to:

Eliza for practising her football skills with her brother.

Iago for continuing to develop his speedy scooting skills.

Look out for M Webb's PE Challenges on Dojo each week!

Ruby's rocket design



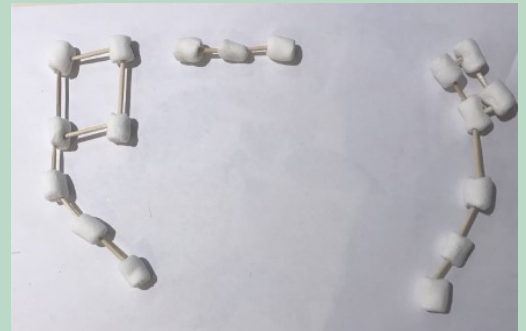
Evie's rocket design in space.



George created papier-mâché planets



Jasmine's marshmallows constellations look delicious!



Ellie's solar system drawing.



Our bubble made star constellations—do you know which ones?



The bubble have been busy with some splatter paintings to create the solar system .

Red wrote this exceptional poem.

Rogue Planet by Red Shreck

A rogue planet is a planet that has no sun to orbit
So it wanders the galaxy in a focused straight line
Seeking a sun to orbit
In perfect silence

Although it is hard being lonely
There is a peaceful side to it
You have space, you have quiet
You have time to think

It is travelling the galaxy
Aimlessly to find something
It doesn't know what that something is
But it knows it will find something eventually

The planet feels gravity overtake it
Being pulled into the solar system
Now it's found it's new home
Even if you are pointing aimlessly you will always
find a destination



Pendower Purplemash Positive Power

CHILDRENSMENTALHEALTHWEEK.ORG.UK

#CHILDRENSMENTALHEALTHWEEK



Sunshine is the best thing waking up to.



A day at the beach is amazing.



I love deers and animals there so cute.



I love whenever I get a burger or a big mac.



Edward

Things that make me happy



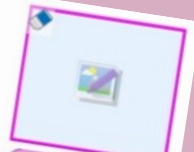
Fishing is so cool and I feel so happy when I catch some.



playing games



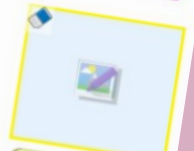
doing shopping especially clothes



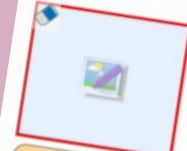
spending time with my family



Lottie



playing in the garden



seeing my friends ever day



Going for a walk



playing cars



being silly



Ben

Things that make me happy



watching TV



Spending time with my family.



Seeing friends and playing football.



Going on my bike/quadbike.



George

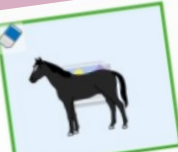
Things that make me happy



Going to Grandad Chris's and using his swimming pool.



Going for walks.



Horse riding. I dream of having my own horse one day. A black stallion.



I love penguins, watching the nature programmes with them in is lots of fun.



Christmas time at home with my family.



Florence

Things that make me happy



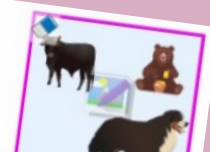
I love icecreams speshully at the beach



playing computer games.



I love chismas.



animals make me happy



William

Things that make me happy



Dinosars are cool.



my family.



What makes you happy?

ART

WHAT IS SELF-EXPRESSION, AND WHY IS IT IMPORTANT?

Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance. Self-expression can help you to showcase your true self – your story, your thoughts, feelings and emotions. But this can also make us feel vulnerable, so you might want to take things one step at a time. We often get told by our family, friends, school, communities and through social media how we 'should' look, think, speak, and act. These constant messages about what we ought to do, and who we ought to be, can make it difficult to let go of expectations and express our true selves.

DRESS TO EXPRESS



SELF-EXPRESSION HELPS US CONNECT TO OUR TRUE SELF

Self-expression is a great way to relieve yourself of stress and free your mind. Self-expression can help you to reflect on your life, actions, decisions, relationships, beliefs, and thoughts — rather than keep them buried deep down.

SELF-EXPRESSION HELPS US CONNECT TO EACH OTHER – IN GOOD TIMES AND BAD

By expressing ourselves thoughtfully, we can better communicate, collaborate and build a community with others. At times of crisis, people come together to express themselves individually, and as a group, through the arts.



EXPRESS
YOURSELF

THIS CHILDREN'S
MENTAL HEALTH WEEK

CHILDRENSMENTALHEALTHWEEK.ORG.UK
#CHILDRENSMENTALHEALTHWEEK

MUSIC

MOVEMENT

Covid Winter Grant

Many families are facing financial hardship due to the impact of the pandemic and many are struggling to put food on the table, stay warm, and buy essentials. Cornwall Council has secured a government grant to provide additional financial and practical help to our families.

The Covid Winter Grant can be used to provide financial help to any households who are facing financial hardship and who would benefit from this support. Over £650,000 of this funding has already been allocated towards funding Free School Meals provision during the Christmas holiday period and February Half Term.

The conditions of the grant specify that financial help can be given in the following areas:

1. Food
2. Energy and water bills for household purposes (including drinking, washing, cooking, central heating, and sanitary purposes) and sewerage.
3. Other essentials (including sanitary products, warm clothing, soap, blankets, boiler service/repair, purchase of equipment including fridges, freezers, ovens, etc.)

All grants must be allocated by the end of March. We want as many eligible families as possible to benefit

To apply for the Covid Winter Grant, please use the contact information below.

For items relating to home heating such as fuel bills or breakdown in heating equipment such as oil tanks or boiler repair please contact Community Energy Plus by emailing advice@cep.org.uk or phoning [0800 954 1956](tel:08009541956).

For help with food and other essential household items visit our website here: <https://www.cornwall.gov.uk/advice-and-benefits/benefits/crisis-and-care-awards/>

For Families with children under five Health Visitors have direct access to vouchers which can be given to families for immediate use, please direct families to Health Visitor advice line on 01872 322779 or email hvsnadvice@cornwall.gov.uk



ONLINE SAFETY

With children currently spending more time playing games online, or chatting online with their friends, it's worth sharing some information and tips on preventing, or dealing with online bullying and harassment. We hope you find this guide useful.

Cyberbullying and online harassment

Cyberbullying and online harassment can be extremely distressing. They can be classed as criminal offences but there is lots of help available to support you.

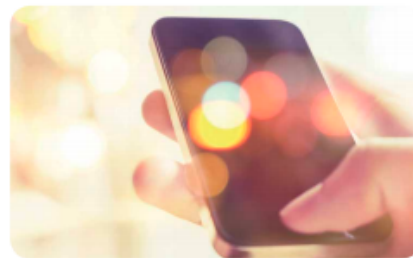
Tips to stay safe online

Think before you post - when posting or commenting on the internet, consider what you say and what effect this may have. Never post comments that are abusive or may cause offence to others.

Keep personal information personal - do not say anything or publish pictures that might later cause you or someone else embarrassment. Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.

Make the most of privacy settings - keep your profiles closed, allowing access only to your chosen friends and family.

Report cyberbullying to internet service providers - lots of content on social media that is offensive or upsetting is not necessarily a criminal offence. However, cyberbullying often violates the terms and conditions established by social media sites and internet service providers. Report cyberbullying to the social media site so they can take action against users abusing the terms of service.



Social media help sections can show you how to block users and change settings to control who can contact you. You can get advice and support on using the following social media sites including the ability to report content to them.

Facebook - facebook.com
Twitter - twitter.com
Instagram - instagram.com
LinkedIn - linkedin.com
Google+ - google.com
YouTube - youtube.com
Pinterest - pinterest.com
Tumblr - tumblr.com
Snapchat - snapchat.com

If you believe that you are the victim of an offence, always keep a record of the content, by taking a screenshot, for example. If you are worried that your child or a loved one might be the victim of cyberbullying here are some signs to look out for:

- Low self-esteem.
- Withdrawal from family and spending a lot of time alone.
- Reluctance to let parents or other family members anywhere near their mobiles, laptops etc.
- Finding excuses to stay away from school or work including school refusal.

For further signs and advice visit bullying.co.uk

Advice for parents and guardians

The internet can be a valuable resource for children, allowing them to connect with friends and learn new things. But there are also risks when going online, and children can be particularly vulnerable. Talking to your child is one of the best ways to keep them safe online.

By understanding the risks and keeping yourself up-to-date on the latest technology, websites and social networks you can help your child enjoy the internet safely and securely.

For further help and advice, please click on the links to our partners websites, where you will find additional help and support. We are proud to be working alongside a range of charities on this important subject.

NSPCC nspcc.org.uk
BullyingUK bullying.co.uk
mumsnet mumsnet.com
kooth kooth.com
Internet Matters internetmatters.org
kidscape kidscape.org

Help protect your children online

- Keep computers and games consoles in family rooms where you can monitor activity. Also make sure the games your child plays online are age appropriate.
- Install parental control software or activate parental controls through your internet to prevent access to inappropriate content.
- 'Friend' or 'follow' your child on social networking sites, so you can see how they are using them.
- Check they are old enough to join any websites or social networks with age restrictions.
- Advise your child not to post personal information or any images they wouldn't want everyone to see.
- Avoid using webcams unless talking to close friends or family. Consider covering your webcam when it's not in use.
- Monitor your children's internet usage, and be watchful for any secretive behaviour.
- Encourage your child to be open about what they do online and who they talk to.

Further advice is available for parents and carers of children at gov.uk



Advice for schools

Advice by the Department for Education:

Preventing and tackling bullying

Advice for headteachers, staff and governing bodies can be viewed at gov.uk

Cyberbullying Advice for headteachers and school staff gov.uk

What can the police do?

If we consider a message or post to be potentially criminal, we will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someone's life is threatened will be treated seriously.

We will look at all of the circumstances when considering the best response to a report of cyber bullying. We will assess how vulnerable the victim is and what resources are required to trace the offender via social networking sites, which often operate abroad and to different legislation. In certain cases it may be difficult to take action if the offender isn't in the UK.

We will work with the victim to bring about the most suitable and proportionate conclusion. This could include alternative options that include the officer in the case using their discretion and working with the offender to record an apology to the victim.