



Veryan CofE Primary

School News



Friday 17th July

Veryan, Truro, Cornwall, TR2 5QA

veryan.secretary@celticcross.education

So, this is our last newsletter of the term and indeed of the year...and what an interesting year it has been! Who would have thought at the beginning of the 2019-2020 academic year that we would have had months away from school with cancelled events, trips and a global pandemic!? I think we can all agree it has been challenging and difficult for everyone, but it has also highlighted some positive aspects of ourselves; community spirit, support for one another, a new appreciation for our freedom and where we live, to name but a few.

I would like to take this opportunity to once more thank the staff at Veryan for continuing to work throughout lockdown to support, teach and ensure the wellbeing of the children and families and to all the children and families who worked hard to complete home-learning or to look after each other in difficult circumstances. I know I have said through the weeks how pleased and proud I am of the children and the resilience they have shown and this has been even more apparent as some have slowly returned to school and embraced all the new changes.

We wish a fond farewell to our year 6 girls who leave us to move on to their secondary schools. It was, perhaps, not the final year any of us would have hoped for or expected for you, but I hope you move on with some memories to treasure and we wish you the very best of luck in your new schools.

For those of you just joining or coming back to Veryan School, we still have plenty of work to do in preparation for our return in September, when we can welcome everyone back. I feel certain that working together we can do it safely and sensitively making it a warm and positive experience for us all. We will be in touch before the new term starts so that everyone is clear on the expectations and routines before we come back into school on **Monday 7th September**. Until then, it just remains for me to wish you a peaceful, safe and enjoyable summer. Have fun everybody!

Best wishes

Caroline Jarrett

There will be guidance coming out soon to all parents with more detailed information about our planned return to Veryan School in September and any updates following this guide will be emailed to you before our new term begins on Monday 7th September.



In relation to attendance, we do know that:

- Currently, all children are expected to attend school as normal from September 2020, including those children who were previously shielding.
- Children who were shielding (or have a family member who was) will need to seek medical advice if they do not believe it is safe to return to school.
- Where medical advice is given that the child should be absent from school then school should provide education remotely.

With this in mind, we thought it would be prudent to give you advance notice of this information to give families plenty of time to liaise with their GP/medical teams and seek appropriate advice for your individual circumstances. If you have not already done so, please inform school as soon as possible if your child will not return full time to school in September due to medical condition, so we can follow the correct procedures and ensure remote learning is in place where needed.



<https://mailchi.mp/8a1309c4ab7b/sign-up-to-the-primary-times-cornwall->

newsletter

Normally Primary Times distribute publications with local information & activities in the local area through the summer. Please follow the link above to open the latest information and this will also take you to the option to receive future emails directly from the Primary Times Team.



Here is our beautiful ocean shed . Can you spot the three sea creatures painted by Y6 as reminders of them ? Apart from these the ocean is empty ... ready to be filled in September when (hopefully) all our little fishes will come back to school! Every child will then get the chance to add their own little fish on to the shed!



PE shed or relaxing beach hut??

Congratulations to our Year 6 Leaver's this year. We held a small ceremony in the playground to award our leavers and share in their Primary School Journey presentations. Trophies were awarded as follows:

Daisy—Coley Cup for drama achievement
 Daraka—Berridge Cup for contribution to school wellbeing and kindness.
 Eden—Effort and Achievement
 Rose—Academic Achievement

Eden - has always shown great effort in her learning . Although she struggled with maths, she was determined to improve and *did*, reaching the expected end of year standard; which is a high standard to achieve. In lockdown, Eden particularly impressed Mrs Cartwright with her focus in her home learning; she was very independent in this and has produced lots of work she can be proud of. Eden has even appeared in the Roseland Academy's art gallery!

Daraka - always kind and the first to offer to complete jobs around school. Daraka completes these jobs with a great level of independence—this has been invaluable when setting up the new classroom recently and Mrs Cartwright has really appreciated her help! Whenever we request things to be brought into school for school or classwork Daraka is always the one to be relied upon and with extra for others! She is a great mediator and ensures everything is fair.



Daisy -has a long history—from beginning very young, in developing her dramatic ability by attending theatre schools in her spare time, including some productions by the local Veryan Players. In addition, she has gained awards and qualifications and even been in the newspaper. She has kept us entertained during our bubble in school and her dramatic skills have really come to the fore . Daisy always makes Mrs Cartwright laugh and she will really miss that.

Rose - has an excellent interest and enthusiasm for all things academic. She gained an exceeding or greater depth in all her subjects . Mrs Cartwright really enjoyed exploring maths challenges and revising for SATS with Rose as she was so enthusiastic! Rose's thirst for knowledge is unparalleled—this was even commented upon by Mrs Bell from the Roseland Academy. Rose you have certainly made a good impression already!

Is your child entitled to Free School Meals?

It has now been agreed that from September until the autumn half term our caterers will provide school packed lunches in school to allow the children to eat at staggered times in their own class bubbles, thus helping to reduce the risk of infection. A menu for these packed lunches will be available soon and your child's choices can be ordered in advance on Parentpay as before.



We wanted to also remind parents that your child will be able to get free school meals (Universal Free School Meals or UIFSM) if they're in:

- Reception class
- Year 1
- Year 2

BUT, even if your child falls into one of these categories and receives UIFSM, it is important to also apply to your local authority if you get any of the qualifying benefits below.

Your child's school can get extra funding if you do!!

Your child may be able to get free school meals if you get any of the following:

- * Income Support
- * Income-based Jobseeker's Allowance
- * Income-related Employment and Support Allowance
- * Support under Part VI of the Immigration and Asylum Act 1999
- * The guaranteed element of Pension Credit
- * Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- * Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- * Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

To make an application, see if you are eligible and for further information please visit the website(s) below:

<https://www.gov.uk/apply-free-school-meals>

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/>

Cornwall Council Free School Meals Team

E-mail - schoolmeals@cornwall.gov.uk

Telephone number - 01872 323298

If you are unable to apply online, please call the Free School Meals team and a member of their team will call you back to complete the application over the phone.



Using and developing our fine motor skills and using observations to recreate patterns.



Carne & Pendower Class Bubbles



Making new friends through play.



Pendower bubble created some parachutes and tested them outside!

Creating bubble print pictures....and quite a lot of mess!



Sensory play on the decking





Most libraries in Cornwall are now open again, offering a 'Click and Collect' service for now. Search on Facebook for a 'What to expect video'. Check on the library website on the poster above for opening times for specific branches as these will be different from usual.



The **BookTrust HomeTime** area has really good resources for under 5s.

Here is the link to [HomeTime for 2 and 3 year olds](https://www.booktrust.org.uk/news-and-features/features/2020/july/how-to-use-emotion-coaching-to-help-little-ones-with-their-worries/).

If you scroll halfway down, you will see the **Sing along with rhymes** section, which has some lovely singing for children to join in with.



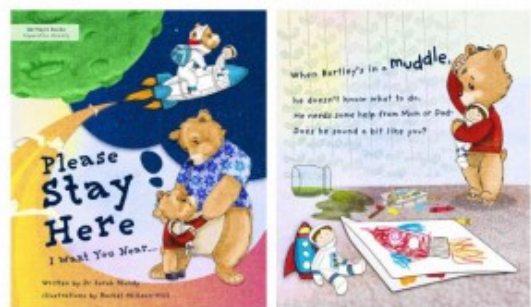
<https://www.booktrust.org.uk/news-and-features/features/2020/july/how-to-use-emotion-coaching-to-help-little-ones-with-their-worries/>

Parenting through stories—Please see pages 6 -12 for information on how to support your child in their return to school and top tips to help manage anxiety about school.

Below are links to further help, support and resources.

Facebook: [parentingthroughstories](https://www.facebook.com/parentingthroughstories)
Instagram: [@parenting_through_stories](https://www.instagram.com/parenting_through_stories)
Twitter: [@bartleybear](https://twitter.com/bartleybear)

An interactive children's book to support 2-4 year olds starting school or pre-school



A parenting handbook to help you and your child make sense of everyday challenges together



Helpful links and support

To help support parents, carers, and young people with additional learning needs, internet matters have created this hub to offer tailored advice on how to connect safely online across a range of social platforms.

<https://www.internetmatters.org/connecting-safely-online/>

Free online courses for parents and parents to be. Lifetime access from bump to 19 years

The Solihull Approach was developed by psychologists, psychotherapists, health visitors and NHS and education professionals to support emotional health and well-being in the early years and upto adulthood through training. Online courses are free for parents, grandparents and carers living in Cornwall.

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/childrens-community-health/free-online-parenting-courses-the-solihull-approach/>



Keeping Children Safe...

With the Summer break fast approaching, may we remind you that, if you become aware of any serious concern regarding a child's wellbeing, their safety or safeguarding, the Multi Agency Referral Unit, also known as the MARU, can be contacted. Please find their details below and a link to their website where you will find more information.

Telephone: 0300 1231 116

E-mail: multiagencyreferralunit@cornwall.gov.uk

Website: www.cornwall.gov.uk/



Reporting Concerns Online

The Child Exploitation and Online Protection Centre (CEOP) is the UK's national police agency for dealing with the protection of children online. If you're worried about someone's behaviour towards a child online, or the child's behaviour them self, you can report this at: www.ceop.police.uk.



HELPING YOUR CHILD MANAGE ANXIETY

AROUND STARTING SCHOOL

Transitions are always stressful, and even more so if you have been out of the swing of things for a while. I have pulled this information together to give you some ideas about the best ways to support your child with the anxiety that they may be feeling about going to school.

It's not surprising that the pandemic and the restrictions that have resulted from it are having an impact upon all of us. Whilst we are all in very different situations it is far from what any of us are used to and children will be noticing these changes. They are likely to be seeing more worried adults, hearing more stressful news, and will not have been able to see friends. For many, especially the little ones who struggle to talk about what they are feeling, this seems to be coming out in behaviour.

Lots of children are showing behaviour that they used to use to cope when things were hard, such as being more clingy, getting their comfort blanket back and sleeping with the lights on. This is a normal response to a stressful time and uncertainty about the future will still be around when your child starts school in September.

I've written this short pack to help you support your child with anxiety, particularly about starting school. I'll talk a bit about what anxiety is and how you can notice it in your child, then give you some tips to help your child understand and manage it.

If you have any concerns about how your child is at school please do let a teacher know. The more parents and teachers communicate the easier for children to learn that they have more than one adult to trust and that grown-ups can work together to make things easier for them.



WHAT IS ANXIETY?

Anxiety is the body's response to threat. It's worse when things are uncertain as they have been over the last few months. It comes from a part of the brain called the amygdala – which sort of works like a security guard. It's instinctive and aims to keep us safe. When the amygdala senses a threat it releases chemicals including adrenaline and cortisol (the stress hormone). These put us into fight or flight mode which is helpful if we need to escape from something but can make us feel confused or frightened.

We have all experienced anxiety, and most of us have probably had times when it has felt overwhelming. Even if we know that what we are worried about probably isn't going to happen, our brain can trick us into thinking it will and that we need to do whatever we can to get away from that threat.

When we are anxious, especially as children, we can show some big feelings – this helps other people notice and keep us safe. It may seem like an over-reaction to us, but for children it is their brain's way of calling in the troops (quite clever really!). Children often need help understanding what is happening, finding ways to calm their bodies, and get back into a state where they can start thinking more clearly again. This works best if they have an adult that they can trust to support them with this.

HOW CAN I TELL IF MY CHILD IS WORRIED?

Children show anxiety in lots of different ways including becoming irritable, having problems sleeping, going back to behaviours they have shown before, having bad dreams, finding it hard to concentrate, being restless, having a sore tummy and being demanding and controlling (the list is long!). They can take their worries out on you and can find it hard to understand what is going on.

Anxiety presents itself in many different ways...

www.thepathway2success.com

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

www.thepathway2success.com

Clipsart by Kristy Johnston
© Sarah Peckham

WHAT IS SEPARATION ANXIETY?

Separation anxiety is a normal developmental process – you probably experienced it with your children when they were younger. It's normally a sign that your child has started to know that you are available to help and shows you that they feel safer by your side. They need to explore the world to learn, but, when they feel a bit wobbled they return to you as they know you can help them (before they go off on their curious little ambles again!).

Separation anxiety often increases when a child is feeling more worried in general and when they are trying new things – both might be relevant to your little one now. They might show this by finding it hard to leave you when they start school and by saying they don't want to go. There are lots of things we can do to help your child with this (some of which I have outlined in a list of "Top Tips" on the next pages).

Separation anxiety is likely to be even more pronounced at the moment - most children have been in a safe little bubble at home for some time. It must be hard for them to understand how things that were unsafe are now safe and that, if things are safe, why they can't do things that they would have done before (like be close to and play with friends).



I hope that this pack is helpful and that you and your child have a great start to school!

A handwritten signature in black ink, which appears to read 'Sarah Mundy'.

Dr Sarah Mundy
Consultant Clinical Psychologist
hello@parentingthroughstories.com
www.parentingthroughstories.com

TOP TOPS FOR MANAGING ANXIETY ABOUT SCHOOL

THINK ABOUT YOURSELF

- It's really important that you, as their trusted adult, can **show your child that you can cope**. It's quite normal to feel worried about your child going to school (we too can have separation anxiety). It's helpful if you can notice this and try to find ways to manage your own feelings.
- **Emotions are catching** and if our children see us as worried this is likely to increase their own anxiety. We regulate our children's nervous systems - our responses can affect their breathing, heart rate etc.
- **Ask yourself what you are feeling worried about**. It might be something you need to check out with teachers so you can have some reassurance about how they will support your child at school. The more information you have the easier it is for you to feel that your child is in a safe place where they can learn and have fun (and for you to show them that you believe that!).
- Think about your own anxiety more generally - have you been more preoccupied or less available during the lockdown? Remember that we might be present physically but sometimes more absent emotionally.

FOCUS ON YOUR RELATIONSHIP WITH YOUR CHILD

- Children are better able to manage stressful situations if they feel safe with you - you are the most influential and important person in their lives. Starting school will probably mean that your child wants you around more.
- Try to have more **special time** with them outside the school day. They might need more comfort than usual and to check that you are still available to them. Try to include lots of cuddles as there is so much less physical contact for children anywhere outside of family at the moment.
- **Let them know that you still want to be with them** and will miss them, but that school is an exciting new step and there will be lots of fun things there that you don't do with them.
- It can be helpful for them to **have something that reminds them of you** - it will probably be difficult to bring in belongings to school (due to COVID) but you could draw a little picture on their arm (not on their hand as it will probably wear off due

to the amount of handwashing that they need to do at the moment). An alternative is that they wear a wrist band (like those you get at festivals or from charity shops).

- When things are a bit more stressful the fun can go. Try to include **playfulness** in your relationship as much as you can.
- If your child is struggling with their behaviour try to **connect with them before you correct** what they are doing.
- Try to show your child that you **accept** what feelings they have and that you have **empathy** for them. This helps them feel better understood and brings you closer together. Don't just think about what you are communicating through words but with your body too - anxiety registers non-verbal communication much more easily than words.
- Working with your child is an important way of overcoming everyday challenges. I talk about ways you can do this and give some useful insights into children's emotional and behavioural development in my *Parenting Handbook*. The handbook is aimed at parents of 2 to 4-year olds but lots of the ideas and principles can be applied to older children too.

HELP YOUR CHILD UNDERSTAND THEIR FEELINGS

- Explain to your child what anxiety is. Tell them how, when our body thinks something is unsafe (even if it isn't) it prepares itself to fight or run away. Let them know that their heart beats faster, their breathing gets quicker, and their muscles might get hard or wobbly. Let them know that sometimes our body gets it wrong and we need to train our brain to calm down so we can think more clearly and feel better.
- Help your child notice how their body feels when they are worried. It can help if you draw a body and show on it where you feel anxiety.
- You can also help them learn ways to calm their bodies by doing some mindfulness, breathing, yoga or relaxation with them. A couple of examples are below:
 - A simple breathing exercise which calms the body is to pretend you have just taken out a baking tray of hot cookies from the oven. Ask them to pretend to smell them, breathing in through their nose, and then blow on them to cool them down.
 - It can also be helpful to ask your child to pretend different parts of their body are like spaghetti - sometimes uncooked (hard) and sometimes cooked (soft). This helps them learn the difference between feeling tense and relaxed in their bodies.

- Let your child know that you have **noticed how they are feeling** (if you don't know what they are feeling then try to guess - be curious and try to work it out together).
- Help them understand that it is **OK to be worried** and that you can help them with this. My interactive children's book, *Please Stay Here - I Want You Near*, helps children understand that **anxiety about being away from parents when they go to school is normal**. As well as a story about a bear going to school, there are prompter questions (under lift-the-flaps) which ask about your child's own feelings - helping you explore this together.
- It's so important **not to dismiss their feelings** - they will feel much better if they are understood and you can come up with some ways together to help them.
- Try not to say "don't worry" or "don't be silly". Whilst we want to make things easier for our children by saying this, what they actually **need is to feel understood and learn that you can help them manage their big feelings**. Instead, say something like *"you're probably feeling a bit wobbly...that's not surprising when you are going somewhere new without me and you haven't seen your friends properly for ages"*.
- Try to help your child learn that their behaviours (however annoying they might be for you!) are likely to relate to a feeling driving them.

PREPARE YOUR CHILD FOR WHAT HAPPENS AT SCHOOL

- Children feel more secure when they are appropriately prepared and know what to expect.
- **Start by thinking about what questions you might have** as a parent and what questions they might have (even at the age of four they should be able to give you an indication of what they think school might be like). Try to find out as much as you can from their school about what it is going to be like.
- **Help them understand what is going to happen at school** and see whether they have any questions about this. It can be useful if this is not just through talking but pictures, videos and play too.
- Try to **get into a routine** that you can carry on when they start school. You could even practice your journey to school before they start there.
- Don't forget to **tell them about all the fun things** that they will enjoy at school. Making friends, doing art, playing, learning etc.

- They may have been to childcare before starting school and it can be helpful to **think with them about how this might be different**. There is a useful book that explains what school might be like at the moment, here is a link: <https://bit.ly/3hAaaV2>



WHAT TO DO BEFORE AND AFTER SCHOOL

- If you can, have a **calm bedtime with a little extra time together** the night before they start school.
- **Consider how you will manage drop off** - talk to your child about this. Try not to make the goodbye too prolonged or sneak away without saying goodbye.
- Show them that you **trust the teacher** you are handing them over to. You can show this through a brief conversation and through non-verbal communication.
- After school **check in with them about how they felt the day was**, find out what they enjoyed and what they found difficult. Make plans with them for what you could do next time to make the difficult times easier. Try to keep in touch with their teacher about the tricky times so you can come up with ways they can help your child when they are at school.

FURTHER SUPPORT AND INFORMATION

Parenting Through Stories social media pages and website have regular blogs, top tips, and Instagram live sessions to answer any questions you might have about supporting your little ones emotional and behavioural development.

