

Trewirgie Infants' & Nursery School

Part of Truro and Penwith Academy Trust

Newsletter – Friday 2nd February 2024



We care, we help, we succeed. Ni a with, Ni a weres, Ni a sewen.

Head's Headlines of the week!

The take aways from this week at Trewirgie are:

We are very excited to see that the Trewirgie mural has started on the front of our office building - keep watching as the design reveals!!!!

Following a successful application, the school has won funding for a brand-new Library to be developed in the KS1 building. Work will begin on this in the summer term.

There are plans for a KS1 'Trewirgie Infants' School' football club to be created. We hope to offer places on the team after half term. The

team will practice after school on Wednesdays. We have obtained sponsorship from a local company to purchase football kits for the players. More details to come as we have them.

Thank you for all your support with the issue of parking outside the school. The situation has improved. We are still without a crossing patrol for the foreseeable, please continue to park responsibly and keep our children safe.

Have a wonderful weekend, we look forward to welcoming you back on Monday.

One more week of this half term to go!

Cath Callow – Headteacher



This week in the Nursery we have been celebrating National Storytelling Week. The children have been using the puppet theatre to tell their own stories and they have enjoyed listening to a range of stories such as the Magic Porridge Pot. We were very lucky to have a visit from Sarah the librarian from Redruth Library who shared some fabulous stories and explained how the children can loan books. The children also practiced their mashing skills to make some banana bread.



The reception children have had another fun filled week of Gingerbread Man activities. In maths there was a gingerbread bakery where the children were able to spend five pennies on decorations for their own gingerbread biscuit. They had to spend their money wisely as each decoration cost a different amount. They had to work out how much money they had spent and how much they had left, working out if they could afford the decorations they wanted. This was to help the children to develop early addition and subtraction skills.

In our Healthy Movers lesson this week the children enjoyed moving as different machines they would see on a building site - a digger, a crane and a cement mixer. Each machine had its own way of moving, encouraging the children to move on their tiptoes, stretch up tall, bend and pick up objects and roll and spin.



This week in Year 1, the children have been learning about the Geography of Redruth. They came up with some questions that they wanted to find the answer to, about the town - about the green spaces and about what the buildings are used for. They then planned a route to follow into town visiting the Fairfield on the way. They looked around the town and then once they were back in class, they then thought about what they had seen and whether they had answered their questions.



We are really proud of how independent the Year 1 children are becoming and we would like to start encouraging the children to walk from the bottom gate to their classroom independently, carrying their own belongings. This will be good to prepare them for Year 2. Well done to all those children who already have mastered this.

This week in [Go Cornish](#) Club, the Kryw Kernewek played the game “Chough Drive” (like Beetle Drive) and learnt the names for the parts of the body of a chough in Cornish. They then had a go at drawing their own chough with charcoal and pastels.



This week in Geevor, we have been using Google Earth in our geography lessons to locate where we are in the world. We have also used a map of the school to find some missing puzzle pieces!



Last week in Carn Brea the children worked with Mrs Wilson to colour mix and blend blues and greens to create some fabulous 'Mousehole Cat' seascapes from our shared reading text. Well done all! Mr Hill



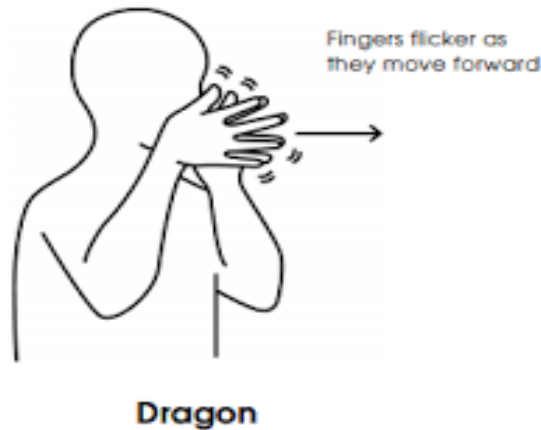
Cornish Word of the Week

As part of the Go Cornish Scheme, we are teaching everyone some Cornish words and phrases. Each week we will add a new word or phrase to the newsletter which you may like to use at home.

This week's word is: Dragon - Dragones



Makaton sign of the week



Dates for your Diary

Wednesday 7th February – RLG Dance event.

Friday 9th February – Junior School inset day – Infants' school OPEN.

12th – 16th February – Half Term – School CLOSED.

St Piran's Day – Pasty lunch – book on the App – date to be confirmed.

Thursday 7th March – World Book Day

Tesco Blue Token Scheme – We are taking part in the Tesco Blue Token Scheme at both Tolgus and Tesco Extra sites. If we are lucky enough to get the most tokens, we will be awarded a grant to help build an area outside for the Nursery children to help their physical fitness and mental wellbeing.

Attendance

The class with the best attendance this week goes to
Class 5
Well done!

Learners & Superstars!

	Learner	Superstar
Class 1 – King Edward	Arthur for his increased confidence when expressing his opinion. During carpet times, Arthur has expressed some well thought out ideas and has been able to lead conversations in new directions. You have tried so hard this week.	Alice for her optimistic point of view. She always has a smile on her face ready for the day and speaks to everyone with her beautiful manners. Alice makes everyone around her feel so happy.
Class 2 – Wheal Uny	Jacob M for showing fantastic listening skills during our Healthy Movers session this week. He listened carefully and followed the instructions perfectly to make the different movements. Well done Jacob!	Rosina for always working hard and trying her best and for the brilliant contribution she makes to class discussions. She is a super learner and we are very proud to have her in our class.
Class 3 – Robinson	Damsire for how well and how hard she has been working on writing her name. We are so proud of you!	Enzo for showing great perseverance in his reading this week. It is great to see you 'never giving up!'
Class 4 – Wheal Basset	Robert blew me away this week with his incredible Maths skills and knowledge. Keep it up Robert, well done!	Nikola has been focused and engaged during carpet times this week and has been eager to complete her learning with care and determination. Well done!
Class 5 – Grenville	Benjamin for taking pride in his work and working really hard in his English lessons.	Harlow for doing a great job in Read Write Inc and being super helpful and respectful in the classroom.
Class 6 – Pednandrea	Ronnie for trying so hard with his reading - carefully spotting the special friends in each word and then reading it confidently.	Leo & Darcy for thinking carefully about answers to questions on our Geography trip.
Class 7 – Carn Brea	Elijah, Rufus and Amayah for fabulous writing this week.	George for being helpful and kind in class.
Class 8 – Dolcoath	Kenza has produced beautiful work in writing - working especially hard on her handwriting and spelling.	Louie has settled into our class so well and has shown super sitting all week. Well done, Louie!
Class 9 – South Crofty	Ava for her wonderful maths and letter formation.	Eli for his positive attitude and enthusiasm in all his learning.
Class 10 Geevor	Harry for his brilliant effort with his letter formation this week.	

Safer Internet Day 2024 | Tuesday 6 February

Coordinated by the UK Safer Internet Centre

Next Tuesday is Safer Internet Day and the children across the school will be finding out how to stay safe online. This year at Trewirgie we will be focusing on how to stay safe while taking photographs.

There are also lots of information and events for Parent/Carers as well which I have put below.

Free Parent Online safety event - Hosted by APPLE

It is designed to help how parents and guardians can help children manage their relationship with technology. Will Gardner - CEO, Childnet International and Director of the UK Safer Internet Centre - will provide an overview of how to stay safe online.

https://events.apple.com/content/events/pst/gb/en/default.html?token=xww6uj7woR0X9A3f9q4OQk9VdH60MurN7MAvJSY75sHQxWqaTEhMiEmaIXqC7MMJuZhb5cjK2_RsJEnGDWirXhcGlvVfbeOSca2wjYDoLAT3GkRLh-DcTmEHQI72rxQfFw&a=1&Locale=en_GB&l=e

Here are some helpful links to make sure home is a safe online space

- **NSPCC:** <https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>
- **Talking to your child about online safety:**
 - [Teaching Your Child about Internet & Online Safety](#)
 - [Conversation starters for your child's online life](#)
 - <https://www.childnet.com/parents-and-carers/have-a-conversation/>
- **Setting up parental controls:**
 - [Deciding what's appropriate for children to see online](#)
 - [Parental Controls & Privacy Settings Guides](#)
- **Guide to apps:**
 - [A parent's guide to apps for kids](#)
 - [13 great apps to keep your kids amused in the school holidays](#)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCG18

For secondary children: bit.ly/3LBD2wK

CHILDRENSMENTALHEALTHWEEK.ORG.UK

What is a Mental Health Support Team (MHST)?

Mental Health Support Teams (MHSTs) work in partnership with schools and other services to offer a wide range of mental health and wellbeing support for children and young people, as well as the adults who support them.

Who are the Mental Health Support Team?

The Mental Health Support Team in Schools has been introduced as part of a national project to support children, young people and their families within education settings.

Working in primary schools in Cornwall we provide short term, low-intensity mental health interventions and support. We may work directly with the parent/carer or the young person, depending on the support needed.

We are a team of qualified and trainee Educational Mental Health Practitioners (EMHPs) and Supervisors, supported by Team and Service Managers. Together, we have a wealth of experience in supporting children and young people with their mental health.

Contact us

Mental Health Support Team

Shaw House, Porthpean Road,
St Austell, PL26 6AD

Call: 01726 873204

Visit our website: www.cornwallft.nhs.uk/mental-health-support-teams

More help...

Childline | Call 0800 111 (free)

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years old.

Mental Health Response Line

Call 0800 038 5300 (free)

Open 24 hours a day, 7 days a week.

CRISIS Text Service | Text SHOUT to 85258

Open 24 hours a day, 7 days a week.

NHS Helpline | Call 111

Open 24 hours a day, 7 days a week.

In an emergency, call 999 or go to hospital.

Kooth | Visit kooth.com

For young people aged 10-18 years.

Online chat open until 10pm every night.

Headstart Kernow

Visit www.headstartkernow.org.uk

Information for parents and carers.

Your Way | Visit your-way.org.uk

Services for young people aged 10 and over.

Children's Mental Health Support Team Cornwall (MHST)



Information for parents and carers of primary school-age children

IN PARTNERSHIP WITH



What support can the MHST offer?

Our aim is to build resilience and empower children and young people (and the adults in their lives) to get the help they need, when they need it.

The kind of support we can offer includes:

- Help for individuals (normally between 6 and 8 sessions)
- Supporting staff to offer emotional wellbeing sessions within a class or to a smaller group of young people
- Working closely with an adult who children spend time with, including school staff, a family member or carer.
- As a team we are trained to use guided self help resources with children, parents or carers, and to support staff at school to understand more about mental health. We also help schools to develop a whole-school approach to emotional health wellbeing.

Why is early mental health support important?



Did you know?

- Over 50% of all mental health difficulties will start before the age of 14.
- In Cornwall there are many services offering mental health support to families and young people. We aim to get and offer early help.
- We are not a diagnostic service. We would not be the right services for parents concerned about conditions such as ADHD and ASD.
- Specialist services can be accessed through talking to your own GP or through a referral to the Early Help Hub.
- There are also a range of online self help support services available to support young people and families.
- Our services aim to make a difference by offering support early when possible mental health difficulties may be emerging for children.

Mental Health Practitioners can help children displaying mild to moderate signs of:

- Anxiety
- Stress
- Low Mood
- Mild behavioural Difficulties
- Worry Management
- Panic Management
- Resilience
- We can also help support parents, carers and schools

You're not alone

If you have any further questions or concerns, or you'd like more information...

To begin with, please speak to your Mental Health Lead at school. They can decide if the Mental Health Support Team may be able to offer the help your young person needs, or identify another service that can offer more appropriate support.