

Newsletter

Issue 30

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Our School Blog...

Congratulations to our Year Six Pupils!

We are filled with pride about the perseverance and focus of our year sixes this week, who've worked so hard to achieve their best in their SATs. We are amazed at how they tackled the tests with determination and positivity and we are so proud. We'd like to take this opportunity to thank the Key Stage Two team for their tireless support they have given to help them achieve their best. Also, our thanks goes to everyone at home for your support.

Announcement

You will have read the sad news that we will be saying goodbye to Mr Hobbs at the end of the summer term, as he has been successfully appointed as the Head of School at Ladock. He will therefore remain in the Celtic Cross Education Trust of schools. We wish him the best of luck with the new challenges that lie ahead.

Swimming

Well done to all pupils from Peacocks and Phoenix classes this week who attended their swimming lessons with focus and determination. Your teachers are extremely proud of you and the skills you have learnt so quickly! Next week, Pelicans class will be swimming each morning between 11am and 12pm.

Keeping your child safe...

We continue to hear of an increased number of online safety issues. It is strongly encouraged that you monitor your child's online device use and encourage open and honest discussion about their online activity. We must remind parents that Tik Tok and Whatsapp are not recommended for children under the age of 13. To keep your child safe from abuse online, remind them of the SMART rule.

If you are unsure about the age rating guidance for any games your child may be accessing on their devices, you can search the game to find out about the age restrictions by clicking here <https://pegi.info/> We've also included some top tips below to support your child.

1. Teach your child how to create secure passwords
2. Know the websites your child visits and help the child set privacy and security settings properly
3. Teach your child not to provide personal information on any website
4. Check history on computers used by your child to know what he/she is doing online
5. Check or request records from cell phones

Do not allow your child to have technology accessible 24 hours/per day e.g. mobile phones can be left in a charger in a public room; laptops are not in bedroom all night.

Have a restful weekend.

Miss Jane and Mr Hobbs.

S IS FOR SAFE
Never give out personal information to strangers on the internet. Personal information includes things like your home address and your birthday.

M IS FOR NEVER MEET
Never ever meet up with a stranger you have met online unless a parent or guardian has said it is ok and is present. Never, never, never, never, never.

A IS FOR ACCEPTING
Don't open emails from people you don't know, they could contain viruses. If you get a strange email from a friend and you think they might have a virus make sure you let them know!

R IS FOR RELIABLE
Don't believe everything you read online, check your facts! Did you read it on a reliable website like the BBC? Are other websites saying the same thing? Does it tell you where they got the information from?

T IS FOR TELL
If you have an online safety problem, make sure you tell someone. Tell a parent, guardian, or teacher as soon you can.

Our school vision is at the heart of all we do at Bishop Bronescombe. We feel it is important to share the achievement of a child who has worked hard to share their gifts and talents.



This week we celebrate all of the Year 6's for sharing their talent of knowledge, resilience and positivity. We couldn't be prouder of each and every one of them!



Food Bank Vouchers

Foodbank Vouchers

We wanted to remind you that here at BB we are able to issue Foodbank Vouchers. We recognise that families can find themselves unexpectedly without the means to purchase the essentials and that at times some are having to make very difficult decisions about their household priorities.

Please do reach out if you require support. Families who have never needed a foodbank voucher before as well as those who have accessed this support previously can be helped.



Dates for your diary

Monday 16th to Friday 20th May - Pelicans swimming lessons

Friday 27th May - Platinum Jubilee celebrations

Monday 30th May to Friday 3rd June - Half term (return on Tues 7th after inset day)

Tuesday 7th June - 2nd Fluoride Varnish application (YR/Y1 only)

Tuesday 7th to Thursday 9th June - Y6 Residential

2022 Inset Days Mon 6th June 2022 / Mon 25th Jul 2022 / Tues 26th Jul 2022

World Book Day 2022



These are the 162 books that we were able to order with the money raised from our sponsored read.

The books are already being loved by the children from the nursery, all the way through to year 6!

Thanks again for making this possible.

Miss Moore

Platinum Jubilee Day — Friday 27th May

Menu change

To celebrate the Queen's Jubilee, we are planning an outdoor picnic.

This means a change to the previously published menu.


Sandwich fillings available will be ham, cheese, egg or tuna and will come with a mini pizza slice, mini sausage roll and cucumber and carrot sticks, shortbread biscuit or Jubilee cupcake.

THERE WILL BE NO HOT FOOD OPTIONS AVAILABLE ON THIS DAY.

If you have already ordered for Friday 27th May, you will need to re-select your choice of sandwich fillings.

More details of the planned celebration to follow!





This week's achievers

Well done to the children below for following our BB Rules for Life. This week, we are celebrating our achievements in PE.

Little Doves

Alice

For completing the orienteering first and solving all the clues!

Little Fish

Sophie

For your obvious enjoyment in the orienteering activities and your agility and speed in the 'tails' cool down

Little Lambs

Sam

For demonstrating great football skills in your lessons

Peacocks

Courtney

For showing determination and focus at your first session of lawn bowls—Mr Nicholas has been very impressed with your positive attitude and perseverance

Pelicans

Lily C

For showing great respect and enthusiasm at lawn bowls

Phoenix

Millie

For your outstanding effort and enthusiasm during swimming lessons this week. You have made excellent progress!

Angels

All of Angels

For showing great sportsmanship and respect towards each other during a game situation in rounders!

Faith

Lilly

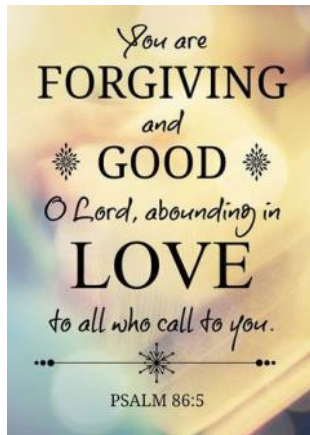
For your amazing stamina during the rounders game on Wednesday. You scored so many rounders for your team and were also brilliant by encouraging others - what great sportsman like behaviour!

Hope

Ellison

For showing great sportsmanship and for being respectful towards the umpire and other team mates

This week's achievers...



This week, we learnt about and celebrated the Christian value forgiveness. We learnt about the story of Peter and Jesus and the astounding forgiveness Jesus showed when Peter denied him. We reflected upon times it has been difficult for us to forgive one another and talked about the strength of Jesus. We reminded ourselves that we can be forgiven for our mistakes as Jesus' love for us is never ending.

Little Doves

Harry

For always showing our values and giving thoughtful answers during collective worship

Little Fish

Hannah

For showing forgiveness to another child this week

Little Lambs

Levi

For being able to talk well about how forgiveness makes us feel

Peacocks

Isaac

For always being very quick to forgive others after a disagreement, due to your empathetic attitude

Pelicans

Beth

For always showing forgiveness and understanding when people apologise for their mistakes

Phoenix

Riley

You are able to accept people's apologies and calmly reflect on a situation, or speak to an adult about how you feel. Well done

Angels

Issy

For showing a positive attitude and treating each day as a fresh start to work towards resolving fallouts.
It shows great resilience!

Faith

David

For having such a forgiving nature and being a great role model

Hope

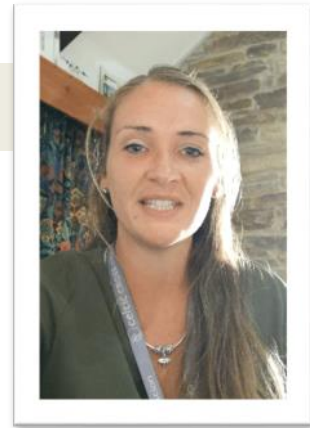
Seth

For having a naturally forgiving nature and overcoming obstacles that may be thrown at you

God, you are my help
and comfort; you shelter
and surround me in love
so tender that I may
know your presence with
me now, and always.

Amen

Parent Support Bulletin



PSA Bulletin

This week let's talk about 'Loneliness and Mental Health'

Why is this important?

The theme this year for Mental Health Awareness week is loneliness, giving us the opportunity to think about how we build meaningful connections with others.



The pandemic has forced many people to change their social habits. People who have previously never experienced isolation or perhaps low confidence are now finding that it's quite hard to 'get back out there'. If you worked from home (and perhaps continue to do so) you're probably finding you see far fewer people on a day to day basis. If you need a health appointment or perhaps a professional meeting, so many of these now happen online, meaning again that we spend much of our time more isolated than we ever have before.

We must remember that anyone can feel lonely...even when in the company of others.

What can we do?

Let's work on 'CONNECTING'. Take action to meaningfully make contact with others and to spend time in the company of those who boost your wellbeing. Find time to reach out to someone; friends, family, colleagues. Checking in on those who seem to be finding it harder, meeting them with compassion and stepping into their world where they perhaps feel more comfortable. We can even connect safely with those we don't know; a warm smile and a friendly "hello" go such a long way, particularly after such a long period of keeping ourselves intentionally apart!

Maybe you're not yet feeling able to reach out and connect in person just yet? View this short video if you haven't heard about [CLIC](#) (a free online community to support everyone with their mental health).

Maybe you are worried about someone else's mental health?

This can be daunting and somewhat tricky if the individuals themselves do not identify as having an issue with their mental health at this time? This could be because they lack awareness and understanding of the types of things that impact mental health as well as not fully recognising the symptoms of ill mental health. Some people are simply not ready to acknowledge that this is where they are at and find it hard to engage with support. You can access some really helpful advice about [how to begin conversations about mental health](#) and also download information about how to [help yourself](#)



How to contact me: It's never too soon to make contact if you have any concerns. You can reach me via text on the PSA mobile **07903 613074** or via email, terri-anne.old@celticcross.education. Normal working days are Tuesday and Wednesday 8.00-16.00 and Thursday 8.00-13.00

Parent Support Bulletin continued...



MENTAL HEALTH AWARENESS WEEK
TIPS ON HOW TO COPE WITH LONELINESS
9 - 15TH MAY 2022

Do the things that stimulate the mind
Other activities can occupy your mind, such as a training course, word search, or listening to an interesting podcast. Physical activity is very stimulating for your mind, and can make you feel less alone. Take a simple stroll through the park, or go to the gym.

Do the things you love
Keeping busy by doing the things you enjoy is a great way to combat feeling lonely. Like gardening, going to the gym or a fitness class, jigsaws, puzzles or knitting. These will give you energy and feelings of happiness.

Engage with other people daily
Trying to connect with people around you will help you feel positive, happy and less alone. You might find you lift someone else's spirits too.

Using social media
Social media platforms can be positive for your mental health, but also quite damaging. Use it to learn and develop your knowledge, engaging with others online to share your interests and passions.

How can we help children to think about loneliness?

Families can explore this theme in a number of ways – getting children thinking about their friendships and support systems, about the importance of treating others with kindness, and what they can do if they ever feel lonely.

Help them to think about the people around them who they might talk to if they were feeling stressed/anxious/scared/isolated (use this [‘helping hand’](#) diagram facilitate this conversation)

Promote self-kindness and practicing activities that boost wellbeing and self-esteem

Encourage empathy and acts of kindness towards others

Check on how their ‘media’ use impacts on their mood

Support children to ‘join in’ (join clubs, try sports, spend less time in their room alone)

Prioritise ‘family time’ to reinforce the sense of belonging

Loneliness is something that we all feel at times but when it is chronic or long-term it can have serious effects on our mental health. We all have a part to play in reducing loneliness.

Support for children and young people

[The Mix](#) - a UK-based charity that provides free, confidential support for young people under 25. Young people can get support from the trained team, either by [phone, webchat, or email](#)

[Shout 85258](#) - a free, confidential, 24/7 text-messaging support service.

[Samaritans](#) - a UK-based charity that provides support at any time, from any phone for free. Call free on 116 123 or email jo@samaritans.org

This Mental Health Awareness Week is the ideal time to boost your mental wellbeing or to gain the confidence and skills to support others.

You can do both with free online mental health training from our public health team and NHS Kernow.

The training is hosted by the Sound Doctor - a company that creates film and animation content and online courses to help people self-manage health conditions better.

It's available to all working people across Cornwall and the Isles of Scilly and features videos of Cornish residents, as well as NHS Kernow and Cornwall Council staff.

The training aims to help you:

- * Understand how someone's lifestyle and workplace can affect their mental health
- * Learn how to recognise signs of stress, anxiety and depression
- * Learn how to manage stress and anxiety effectively
- * Discover useful and practical coping and relaxation techniques
- * Understand trauma in mental health and how to manage it
- * Become happier and more productive at work and at home

Free online workplace mental health training

the Sound Doctor

Online training courses
Mental Health Awareness
Psychological First Aid
Trauma-informed care

To register, visit

www.thesounddoctor.org/Cornwall

 Cornwall and the Isles of Scilly
Health and Care Partnership

Visit bit.ly/3yxULzI to find out more.

Amazing Work



Winston the Autism Dog

For those of you that have not yet seen Winston with Matthew—here he is! Winston is settling in well with his new family and Matthew is loving his new best friend.

Thank you to everyone that has respected the rules of not approaching or petting Winston - we know how hard it is not to, but it's so important not to distract an Assistance Dog.

This very important K9 is doing a very important role!



Our 'Special' member of staff



After 10 long, challenging months, last week Miss Dwan took part in a special Passing Out event and is now officially a Special Police Constable.

We are extremely proud of you and couldn't be happier for you.



Other Notices

Please remember to book your child's school lunch, by 9.30am. We cannot guarantee choice for orders received after this deadline.

Reminder: For safeguarding reasons, if your child arrives late to school (9am or later) an adult must accompany them to reception to sign them in.

All absences must be reported to reception. If leaving a voicemail please communicate clearly about the reason for the absence / type of illness etc.

Online safety

Workshop factsheet



Key risks

- Who they're **talking to**
 - This includes grooming and cyberbullying
- What they're **seeing**
 - Innocent searches can lead to not so innocent results
 - Children are often a few clicks away from inappropriate/harmful content
- What they're **'oversharing'**
 - Personal information, location and nude images/videos
 - Remember that when young people share online, it may never be fully private

Signs of online abuse

- **Children may not know what's happening to them**, so the signs may not always be obvious
- **Sudden, unexplained changes** are usually an indication that something's wrong
- Consider what's **age-appropriate** for your child

A child's experience online

- **Remember to focus on what your children are doing online**, not how long they spend online
- The apps and games they're using can be **multi-use** and the risks can lie in these features, eg a game can have chat features and chat apps can have games
- **The things children like to do offline are the same as online**, and the same can be applied in keeping them safe

Top tips for staying safe online

- **Talk with your child** about online safety
- **Explore their favourite apps, sites and games**, and look at the safety features, together
- Make **going online a family activity** where you support each other

Practical advice

- Keeping **younger children** safe online:
 - Supervise what they're doing
 - Check games and videos before they watch and play
 - Turn off autoplay settings
 - Put safety settings on their apps and games
 - Agree rules and boundaries together using the NSPCC family agreement
- Keeping **older children** safe online
 - Ask them what they like to use online and set these things up safely together
 - Use the latest app challenges, like TikTok dances, as a chance to explore together
 - Watch the Childline's YouTube channel films
 - Be realistic with rules, setting ones which you could follow as well
 - Remind them where they can go for support if something worries or upsets them

Getting support for you and your child

- Share **knowledge** with other parents/carers
 - What apps and games young people use
- Share **tips**
 - How do other parents keep their child safe online?
- Share **supervision**
 - Take turns supervising and supporting your child and their friends when they're online, just like you would if they were at each other's houses

Top tips for talking with your child:

1. **Always start with the positives.** Ask your child to show you what they like doing online as this will show your child that you care about what they enjoy and don't always focus on the risks
2. **Make sure they know the basics to stay safe online**, eg how to report and block
3. **Explore apps and games together** so you understand the apps they like to use and can make them safe to use, together
4. **Remind them they can always come to you or Childline** for support about anything

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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