



Godolphin Primary School
'living, learning and laughing together'

Newsletter Issue 13

14/04/2020

Newsletter available on our website

Dear Parents and Carers,

I hope you are all keeping well and safe, and have found time over the last three weeks to have some fun and enjoy the sunshine.

Now the Easter holiday period is over teachers will be providing you with some further learning resources that you can use at home, as well as giving you further direction.

Details will be provided on the school website (displayed as 'Home Learning', under the drop-down menu of 'Our classes'). We will also send you texts and emails to alert you once new material is available.

In the meantime, keep up with the work and activities which you have been doing so far. Remember to share learning with your children's class teacher via email.

Given that we are not in school together at the moment we thought it would be a good idea to share some of the great things you have been doing and learning about whilst at home. So please enjoy the collection we've shown here. Keep sending any pictures and updates or even examples of work to us as we intend to continue sending out regular newsletters.

We look forward to seeing everyone back in school when we can return. Until that is possible, please stay at home where you can, and stay safe.

Thinking of you all,

Lucy Wandless

Birthday wishes:



We wish all the children who have had their birthday over that last three weeks many happy returns and hope you all managed to have enjoyable days.

We look forward to being able to celebrate together soon!

Reminder:

As you'll all be aware, Godolphin Primary School is closed until further notice.

Essential provision for the children of key workers and vulnerable children will be available at Wendron Primary School (TR13 0PX). Please contact 01326 573187 if you require places.

For any further concerns/enquiries parents can contact the school by emailing the following members of the team: Mrs Lucy Wandless (Headteacher): head@godolphin.cornwall.sch.uk or Mr Colin Snook (Assistant Headteacher): c.snook@godolphin.cornwall.sch.uk

Home learning update:

We are planning to email out some new home learning guidance, activities and support materials in the next two days which contain all of the information you require to continue with your home learning. A separate email will be sent to each class.

Please email at least one example of your work each week to your class teacher, so your teacher can provide feedback. We will also be sharing pupils' work in the newsletter and on the school website. Please let us know if you're having trouble accessing the materials or activities.

Thank you.

Keeping in touch!

Thank you to all of you who have been in touch and shared some of the amazing and exciting things you have been doing since staying at home. Below is a selection of some of the activities and pictures so far.

Please continue to send us any news, pictures or details about what you've been up to and we will continue to share these with you in the newsletters. Please email your work to your class teacher, and any other news to the school secretary, Mrs Thomas

(secretary@godolphin.cornwall.sch.uk).

Thank you!

Harriet has been busy planting Cucumbers Peppers, Tomatoes and some Sunflowers. The Cucumbers have started to grow already! Harriet also enjoyed her online Spanish Lesson with Michelle and seeing her school friends on Zoom put a smile on her face!



Piran, Aaron and Elowen went on a rescue mission after noticing hundreds of tadpoles in a rapidly drying up puddle on Godolphin Hill. Armed with nets and Mum's tupperware they scooped up hundreds of wriggly tadpoles and a few newts! Elowen has really been enjoying Number Fun with Dave who has a live programme at 10am everyday on you-tube with lots of singing and dancing along with the maths.



Mia and Amelie have been really busy so far. They have done some school work, baking, learnt to sew, woodland walks, painting, writing letters to our friends, made a mud kitchen, done cosmic yoga each morning and lots more!



Bradley has had lots of fun in the garden. He has used the idea of a number line to map it and then learnt to read grid references, planting seeds, gardening and replacing the playhouse roof. He has also made a bug hotel, and a bird feeder with his sister, and he has taught his sister to ride her bike!

Thomas and Isla were 6 on the second Saturday of the 'lockdown', so their party has had to be postponed. Instead they had a party with their cuddly toys, who each gave them a present and shared a party food lunch with them, and their day was finished off with a BBQ. Isla helped to make and decorate their birthday cake the day before their birthday.



Willow has been planting potatoes in the veg patch and has planted all sorts of veg in the greenhouse.





Useful information on our health & wellbeing

We are acutely aware that in at the current time many of us are facing personal and mental challenges that we have not had to deal with before. Likewise, we are aware that children too will be facing their own worries and anxieties, as well as dealing with missing their friends, and their daily lives and routines being very different.

We therefore thought it might be helpful to pull together a list of resources and websites that offer support and guidance on a range of issues at this difficult time.

We hope you find the list below useful. We will endeavour to keep updating it as and when we become aware of other useful websites and information.

Headspace – this is a useful website offering a range of mindfulness techniques (articles and meditations) to help with a range of different issues. They are also offering some free support to help with these challenging times:

<https://www.headspace.com/covid-19>

British Red Cross – They promote the importance of small acts of kindness making a big difference. They have developed a 'Kindness Calendar' which highlights the power of kindness in helping children and young people to learn about and carry out kind acts:

<https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar>

Every Mind Matters - this is the NHS website page focusing on the importance of us looking after our own mental health at this challenging time with an emphasis on maintaining your mental wellbeing whilst staying at home and dealing with anxiety:

<https://www.nhs.uk/oneyou/every-mind-matters/>

Nosy Crow – this is free information book which has just been released explaining the coronavirus to children and is illustrated by the Gruffalo's illustrator Axel Scheffler.

https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/?fbclid=IwAR01bIyk0GdRDH2n_EQ1hFMC-eXMBGGaSaiwrU4DT76TmHisuERr8gABTUw

Mindheart – the owner of this website has produced a great little book to help explain what Covid-19 is to young children. The booklet is available to download for free:

<https://www.mindheart.co/descargables>

The British Psychological Society – have produced a couple of leaflets about talking to children about coronavirus and illness generally. They include some useful tips on talking to children of different age ranges, and what children of different ages may do or say, and advice on how to help:

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

and

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf>

Public Health England – Public Health England has just released guidance for parents and carers on supporting children's mental health and wellbeing during the coronavirus outbreak:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19#additional-advice-for-groups-with-specific-mental-health-needs>

Young Minds – is a leading UK charity focussed on supporting the young minds of children and young people in society. The website has a huge amount of advice and support, but the following link is particularly useful if you wish to support and talk to your child about coronavirus if they are anxious or worried about it:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Action for Happiness – This is a global movement of people committed to building a happier and more caring society. They have produced a calendar (that can be downloaded) and shows thirty suggested actions to look after ourselves and each other as we face this global crisis together. <https://www.actionforhappiness.org/coping-calendar>

NSPCC – The NSPCC have some helpful tips and advice on their website for both parents and children particularly if you're working from home with your children for the first time or supporting children with anxiety due to coronavirus:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Unicef – This infamous charity supporting children around the world has some useful advice on supporting children at the current time:

<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>

Our Safeguarding Children Partnership Guidance & Support (OSCP) from Cornwall & the Isles of Scilly - this website contains useful information about safeguarding children:

<https://ciossafeguarding.org.uk/scp>

Penhaligon's Friends – a local Cornish charity that support bereaved children have a document on supporting children to deal with bereavement. Please visit:

<https://www.helston.cornwall.sch.uk/web/support-from-penhaligons-friends/468287>

Online security

We are also aware that with more of us online, and allowing our children to use and access online resources, online security is particularly important.

Below is a list of useful websites which offer support and advice for parents and carers on how to help keep children safe online:

- [Thinkyouknow](#) (advice from the National Crime Agency to stay safe online)
- [Internet matters](#) (support for parents and carers to keep their children safe online)
- [Parent info](#) (support for parents and carers to keep their children safe online)
- [LGfL](#) (support for parents and carers to keep their children safe online)
- [Net-aware](#) (support for parents and careers from the NSPCC)
- [LGfL](#) (guidance and support from LGfL's Digisafe team on safeguarding)