



## SPRING TERM - NEWSLETTER - Issue 17 - 12 February

### Message from Ms Jarrett

Phew—We're almost at half term! I think we're all ready and very much deserving of a good rest! Well done for keeping all the work and activities going this term and for the level of engagement across the school. I know it's been challenging at times, but I hope you have enjoyed some of the experiences with your family; sharing in remote education, playing together, getting out for fresh air and walks etc. What a shame we haven't had a little bit of snow to enjoy—I imagine the children (and some grown-ups) would love the opportunity to get out and build snowmen and sledge for their daily exercise! Perhaps I speak too soon, and half term may bring us a bit of a flurry?!

Almost as unpredictable as the weather, is when or what the plans will be for the wider opening of schools and the return of all pupils to Grampound with Creed. We will update you with any information and our school specific plans as soon as we have more details.

I'm sure you can appreciate that our teachers and staff also need some rest time and ask that you do not contact them during half term. If you need to inform school of a positive Covid-19 test result, please follow the same procedure as during the Christmas break as outlined in the Track & Trace box beside this message.

We look forward to welcoming back our bubble into school and sharing with our remote education pupils on Monday 22nd February. I hope you all have a very safe and enjoyable half term break.  
With very best wishes  
Caroline Jarrett

### PE Stars

PE Stars for last week are

Lexe

Eva Rose

William

WELL DONE



### Half Term Track & Trace

If your child develops symptoms of Covid 19 within 48 hours of their last school day, please obtain a test immediately. If you receive a positive test result, please contact us as soon as you can via email on [enquiries@celticcross.education](mailto:enquiries@celticcross.education)

If you have no internet access a message can be left on the answerphone using this number 01208590150 stating your child's name, class and school.

There will be no Newsletter next week as it is half term.

We hope you have a lovely week.

Here is the link for Rev Salaman's latest assembly

[https://1drv.ms/v/s!Ak1P\\_GaFQnmwhBm0qqr3muQ\\_Xi7a?e=Jf4yH0](https://1drv.ms/v/s!Ak1P_GaFQnmwhBm0qqr3muQ_Xi7a?e=Jf4yH0)

At Celtic Cross Education...  
we nurture, we learn, we achieve together.

# WORLD BOOK DAY 2021

Thursday 4<sup>th</sup> March

Despite that our learning will be remote, we still want to celebrate World Book Day in style!

Check out the details below to get involved!



**IT WILL BE...**



**Dress up as a Word!**

We know that it might be difficult to buy or create a costume, so we thought we'd keep it simple - dress up as a word! Your costume should reflect the word you have chosen - get creative! There are some great ideas [here](#).

**Books for £1!**  
Amazon are offering books for £1 for World Book Day! Click [here](#) to find one you might like.

**STAY TUNED TO FIGURE OUT OUR THEME...**

## YOUNGmINDS

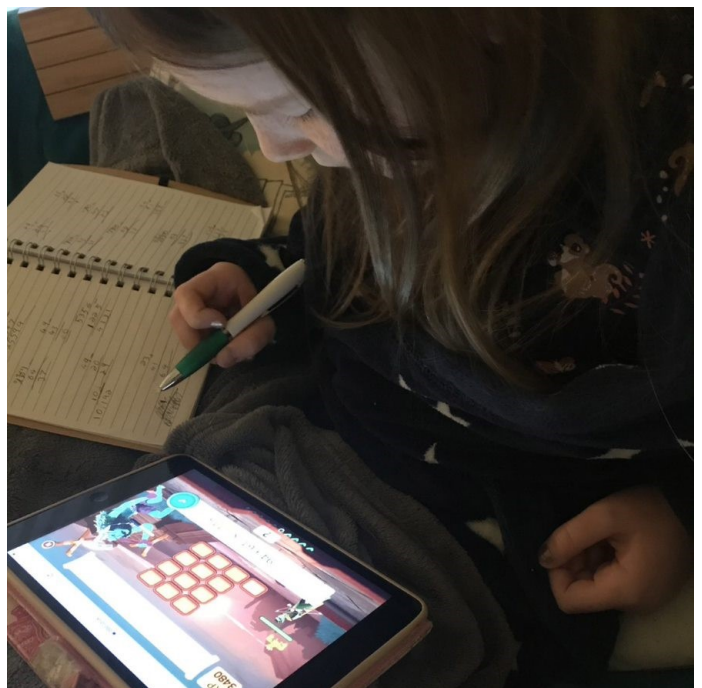
**Are you worried about your child's wellbeing? Are they feeling low, isolated, unmotivated? Maybe anxious or worried?**

Young Minds are a charity who support the mental health of children and young people. They have created a useful 'Supporting Parents Help Finder' on their website. Parents who are concerned about the mental health of their children can answer six simple questions online; with the outcomes you submit, parents can find out how to support their child's mental health through helpful tips, blogs and specific guides. Find the help finder here: <https://youngminds.org.uk/supporting-parents-helpfinder/>

Please also remember that support is available from school. You can contact Miss Molden on 01726 882644 who will be able to provide advice & guidance.



Photos of our pupils at school and at home





## Photos of our pupils at school and at home



### SPRING TERM

Mon 4th January 2021 to Thursday 1st  
April 2021

Half Term—Mon 15th February to  
Friday 19th February 2021

Easter Holiday Friday 2nd April to  
Friday 16th April 2021

### Final Inset Day

Friday 11th June 2021

### Cornwall's What's On for Families

Welcome to the February & March issue of DIGITAL BlackbirdPie Magazine - produced in Cornwall, for families across Cornwall. Surf across the topics and immerse yourself in articles. Find lots of free activities, vouchers, competitions, and resources for families. Make mini pizzas with a local chef, outdoor play ideas, indoor arts, crafts, story-telling, news & creative fun from local museums, attractions and artists. All FREE to download. Just click below. Don't forget to sign up and you will be emailed each issue and details of competitions.

[https://blackbirdreads.turtl.co/story/cornwallfebruaryhalfterm/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=blackbirdpie\\_magazine\\_february\\_2021&utm\\_term=2021-02-04](https://blackbirdreads.turtl.co/story/cornwallfebruaryhalfterm/?utm_source=newsletter&utm_medium=email&utm_campaign=blackbirdpie_magazine_february_2021&utm_term=2021-02-04)



Photos of our pupils at school and at home



## Carrick Spring Term Online Virtual Parenting Programs - February - May 2021

**To Book** - [www.cornwall.gov.uk//health-and-social-care/childrens-services/early-help-hub-request-for-help-form/](http://www.cornwall.gov.uk//health-and-social-care/childrens-services/early-help-hub-request-for-help-form/)

or call 01872 322277 where a member of the Early Help Team will be able to help.

### Being Passionate About Parenting 5 11 yrs

A 3 week workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other sup-

<b>Wednesday</b>	<b>6.00-8.00pm</b>	<b>24<sup>th</sup> February</b>	<b>3<sup>rd</sup> March</b>	<b>10<sup>th</sup> March</b>
<b>Tuesday</b>	<b>1.00-2.30pm</b>	<b>27<sup>th</sup> April</b>	<b>4<sup>th</sup> May</b>	<b>11<sup>th</sup> May</b>

### Being Passionate About Parenting Early Years 1-3 yrs (3 weeks)

A 3 week workshop for Parents / Carers of children aged 1 to 3 years (pre reception). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims include: - To build relationships with our toddlers. To develop top tips for positive behavior management. To give support and confidence to Parents/ Carers Topics in this workshop include: - child led play, special time, praise, limited choices use of language, routines etc

<b>Tuesday</b>	<b>10.00-11.30am</b>	<b>2<sup>nd</sup> March</b>	<b>10<sup>th</sup> March</b>	<b>16<sup>th</sup> March</b>
<b>Wednesday</b>	<b>10.00-11.30</b>	<b>12<sup>th</sup> May</b>	<b>19<sup>th</sup> May</b>	<b>26<sup>th</sup> May</b>

### Being Passionate About Parenting with ADHD 5-11 yrs

A 3 week workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The ADHD element of the workshop includes: - Fact and Fiction about ADHD, definition of ADHD and possible areas that may be a challenge, the use of language and effective communication, seeing behaviours from your young person's perspective and supporting them with practical strategies and top tips.

<b>Tuesday</b>	<b>6.30 - 8.00pm</b>	<b>23<sup>rd</sup> February</b>	<b>2<sup>nd</sup> March</b>	<b>9<sup>th</sup> March</b>
<b>Monday</b>	<b>6.30- 8.00pm</b>	<b>10<sup>th</sup> May</b>	<b>17<sup>th</sup> May</b>	<b>24<sup>th</sup> May</b>

### Being Passionate About Parenting with Spectrum Awareness 5-11yrs

A 3 week workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The elements which are about the Spectrum includes:- Fact and Fiction about the Spectrum, looking at definitions/challenges and strategies to support your young person, sensory challenges, basic social scripts to support situations that may be difficult to understand, the use of language to support positive communication, and to understand behaviours from your young person's point of view.

<b>Friday</b>	<b>9.30-11.30</b>	<b>26<sup>th</sup> February</b>	<b>5<sup>th</sup> March</b>	<b>12<sup>th</sup> March</b>
<b>Tuesday</b>	<b>1.00-2.30pm</b>	<b>21<sup>st</sup> April</b>	<b>28<sup>th</sup> April</b>	<b>5<sup>th</sup> May</b>

### Incredible Years 6-11 (12 weeks)

12 week course - 2 hourly sessions. Promotion of child social competence, emotional regulation, positive attributions, academic readiness and problem solving. Improved parent/child interactions, building positive parent/child relationships and attachment, improved parental functioning, less harsh and more nurturing parenting, and increased parental social support and problem solving. Classroom management skills and teacher/parent partnerships.

		<b>starts</b>		<b>ends</b>
<b>Wednesday</b>	<b>9.30-11.30</b>	<b>22<sup>nd</sup> April</b>	<b>No session half term week</b>	<b>1<sup>st</sup> July</b>





**National  
Online  
Safety®**

#WakeUpWednesday

# 14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.



## 1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

## 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



## 5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

## 6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



## 7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

## 8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.



## 9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

## 10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.



## 11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.



## 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



## 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school. Integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

