



## SUMMER TERM - NEWSLETTER - Issue 28 - 28th May

Together we grow in God's love... Loving, Learning, Living

### Message from Ms Jarrett

Another half term has whizzed by! I hope you have all got some exciting plans for next week's break and are looking forward to meeting with friends and family that you may not have seen for some time and getting some time to relax and refresh ready for, what is always, a busy half of the summer term.

Sadly, we still have to consider the possibility of Covid-19, and we will need to be informed of any pupils who test positive **within two days of being in school**, so that we can assist in identifying close contacts and reduce the spread of infection. If your child has a positive test having developed symptoms more than 2 days since being in school, no action is needed and you should follow contact tracing instructions provided by NHS Track and Trace.

If you need to inform us of a pupil who tests positive within two days of being in school please email:

[grampoundwithcreed.head@celticcross.education](mailto:grampoundwithcreed.head@celticcross.education)

I do hope you all have a lovely, safe and healthy half term and look forward to seeing everyone on Monday 7th June—where the children will be gently eased back with a 4 day week!

With best wishes  
Caroline Jarrett

### Dojo Pointers

Kwiklyn - Ricco & Evie

Lostledan - Ivy & Xavier

Pedrean - Izzy

### Heads Award

Chase, Mabel & Oliver M

Well done to you all

### AFTER SCHOOL CLUBS

Wed - Multi Skills Club EYFS with Mr Webb

Thurs - Plymouth Argyle Football Club  
Years 3/4/5/6

Fri - Rugby Club Years 1 & 2 with  
Mr Banks

### Half Term Holiday

We hope you all have a lovely Half Term Holiday and we look forward to seeing you on Monday 7th June 2021.

Just a reminder that Friday 11th June 2021 is an Inset Day.

### Collective Worship

This Collective Worship focuses on the  
Trinity

<https://youtu.be/Sc30BSO5Ryg>

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

### DIARY DATES

Half Term Holiday Monday 31st May to  
Friday 4th June 2021

11.6.21	Inset Day
14&15.6.21	Bikeability Y5
18.6.21	Year 6 Sailing
25.6.21	Year 6 Sailing
7.7.21	Sports Day (tbc)
14.7.21	Y5/6 Surf Day
21.7.21	School Play (1.30 & 6 tbc)
23.7.21	Last day of Summer Term

### Inset Days 2021 - 2022

6th & 7th September 2021

1st November 2021

25th & 26th July 2022

Jubilee Bank Holiday 6th June 2022

### Accelerated Reader

Well done to this week's  
Accelerated Readers

### Weekly Attendance

Our Attendance for the week 17th May to 24th  
May was

Kwikyn Class 96 %

Lostledan Class 97.69 %

Pedrean Class 93.64 %

**TOTAL 96.29 %**

### Reading Karate

The reads required to achieve each band going  
forward are as follows:

White - 25 - Well done Sam

Yellow - 50 - Well done Chase & Jack

Orange - 75 - Well done Sebastian, Ben & Tom

Blue - 100 - Well done Evie & Henry

Purple - 115 - Well done Izzy

Red - 130 - Well done

Brown - 145 - Well done Isabel

Black - 160 - Well done William & Indigo

Gold - 200

### Reminder - Contact Details

Please can we remind you to keep  
the school informed of up-to-date  
emergency contact details and  
additional contact details of  
extended family/trusted adults.

Thank you

### Weekly Walkers

The number of steps for last week's weekly walk  
are

Pedrean - 287,157

Lostledan - 463,933

Kwikyn - 432,167



## Whole School

### Outdoor Environment

We have been working as a whole school to improve our outdoor areas





# LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

## TOP TIPS FOR EVERYBODY

## #WAKEUPWEDNESDAY

### UNDERSTAND WHAT 'EMPATHY' IS

**EMPATHY** IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



### FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

### # DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



### ★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.



### TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



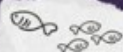
### BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



### DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND. YOUR COURAGE COULD SAVE A LIFE.



### UNDERSTAND THE **IMPACT** OF YOUR **ACTIONS** **WORDS**

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

## \*#BEKIND\*



**National  
Online  
Safety®**

### 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.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>





## **Welcome to Pilgrim Explorers!**

Looking for something to do  
over the half term?

Four new *FREE* micro pilgrimages  
are now available.

All the guides and maps are  
available *FREE* here:

**[pilgrimexplorers.co.uk](http://pilgrimexplorers.co.uk)**

and on Instagram:

**[instagram.com/pilgrim\\_explorers](https://www.instagram.com/pilgrim_explorers)**