

# Foulanesend Community Primary School

CAWSAND  
TORPOINT  
CORNWALL  
PL10 1LR

Tel: 01752 822502

Email: [head@foulanesend.cornwall.sch.uk](mailto:head@foulanesend.cornwall.sch.uk)

Website: [www.foulanesendprimary.co.uk](http://www.foulanesendprimary.co.uk)

9th February 2024



**Message from Head teacher:** Despite this being only a five week half term it seems to have gone on forever! I hope you all enjoy a restful half term and hopefully next half term the weather will be more 'spring term' like. Please see accompanying letter from two of our parent governors who would like to share with you their insights on what it is like behind the scenes. As you can see we have already announced our theme for the Easter bonnets just in case anyone wants to start this on a rainy day. Please also note the parents afternoon/evening in March where you will have the opportunity to see your child's teacher and look at their books.

## Dates For Your Diary

**Mon 12th - Fri 16th Feb** - Half term.

**Mon 19th Feb** - Back to school.

**Weds 6th Mar** - Class Tamar solar & wind farm site visit at Chiverton.

**Thurs 7th Mar** - World Book Day.

**Weds 13th Mar** - Yr5 Junior Lifeskills at Liskeard Fire Station.

**Fri 15th Mar** - Comic Relief Red Nose Day.

**Fri 15th Mar** - Landrake run (KS2, optional).

**Weds 27th Mar** - Parents afternoon/evening.

**Thurs 28th Mar** - Last day of term and Easter bonnet parade.

**Mon 15th Apr** - Back to school.

**Mon 6th May** - May Day Bank Holiday & Black Prince Celebrations.

**Tues 21st - Weds 22nd May** - Class Tamar trip to Camp Kernow.

**Fri 24th May** - Sports Day.

**Mon 27th May - Fri 31st May** - Half Term.

**Weds 3rd - Fri 5th Jul** - Class Lynher trip to Mount Batten.

**Fri 19th Jul** - Last day of term.

## Parents of Children in Class Cremyll & Plym

Next half term we are offering a 6 session Jigsaw Families programme. Letters were sent out on Wednesday (7th Feb). This is an exciting opportunity to work jointly with your child on tackling issues such as building self-esteem, managing challenging behaviour and negotiating bed times etc. Refreshments will be provided and all children get a free Jonty plushie. Your children will recognise this character from the work we do in school using Jigsaw.

## BREAKFAST & AFTER SCHOOL CLUB AT FOURLANESEND 7.45am-8.45am 3:15pm-5:30pm

For more information and to book a place for your child, please contact the office.

Places **MUST** be booked at least 24hrs in advance.

### Changes to ParentPay

A reminder that after half term, starting on 19th February, all children in Class Lynher & Tamar who pay for a school dinner will need to have 'booked' and paid for a meal on ParentPay by 8.30am on the chosen day. This can also be done in advance. **Please note, you will not be able to do this if you have any debt on your account.** If a meal hasn't been booked and paid for, a packed lunch will need to be sent in from home. **For children in Class Plym & Cremyll, and children entitled to free school meals, this does not apply.** Thank you.

### Message from Millbrook Parish Council

Thank you to everyone who helped with the yellow rattle seed sowing and to the schools who visited the skatepark (the preschool are due for a visit at the end of the month). As agreed we have published photographs on the Council's website and Facebook page and we may use one or two of them for our next newsletter.

### Easter Bonnets - Thursday 28th March

Advanced notice of this year's theme for our Easter bonnets - Careers! For our new families who aren't aware of what we do - each year we ask all children to make an Easter bonnet with a particular theme as part of our Easter Celebration on the last day of term (28th March).

### World Book Day - Thursday 7th March

This year, children can come to school dressed as any character from a book with an explanation of who they are and why, to share with the class.

### Online Cookery Courses

Please see reverse of newsletter for details of a FREE online cookery course. The Foodbank provides the recipes and all the ingredients free of charge for you to collect from the Foodbank each week.

## Class News

**Class Lynher** - Yesterday in science we were looking at light phenomena. We were able to get an arrow to change direction by putting it behind a glass of water. We also saw how you can split light into rainbow colours through a prism. We finished our Alma unit. We wrote it up as a story and then illustrated it. We are looking forward to playing matches in our badminton session this afternoon. On Wednesday we watched a live ballet lesson with the Royal Opera House. We enjoyed dancing to the sword fighting scene in Romeo and Juliet and being at the Mad Hatters tea party from Alice in Wonderland. By Logan & Joey

**Class Tamar** - This week in art, we have continued looking at the work of Henri Matisse and produced our very own collages. In French, after learning how to say 'I am able' to do something, we then looked at how to say 'I am unable' to do something. In science, we have been learning all about the water cycle and the processes involved. All of Class Tamar really enjoyed Careers Day on Monday and found it fascinating listening to the different volunteers. By Colton & Max

**Class Cremyll** - We enjoyed listening to our visitors on Careers Day. We then created posters about what we would like to be when we are older and what values these jobs use. On Wednesday we had a zoom with the Royal Opera House and we watched some ballet and had a little go ourselves! In Music we listened to a chant and how many syllables it had. We had to chant and clap. We then had to compose our own melodies using C D E. By Robin

**Class Plym** - We designed our own pizzas and then we had fun making them. Yummy! For RE, we created a scene of the creation story in a tuft tray, including all the animals. In PSHE, linking to our Careers Day, we thought about what we would like to be when we grow up and what we would need to do to be able to be that. By Theo

## Scomis Online Safety Newsletter

Please see reverse of newsletter for the February edition of the Scomis Online Safety Newsletter for parents and carers.

## Welcome to the February 2024 Scomis Online Safety Newsletter for Parents and Carers

### Online Gaming

In the December 2023 issue of the SCOMIS Online Safety newsletter we recommended 'setting up devices' before wrapping up. In this issue we will sign-post you to advice and guidance available for parents and carers about Online Gaming. Knowing where to begin looking can be a challenge! The following websites have lots of information, summarised as follows:

Childnet—[Online Gaming: an introduction for parents and carers](#) includes advice on:

- How and where to play games safely
- The risks of Online Gaming
- How to report inappropriate behaviour
- Further support and guidance

CEOPS ThinkUKnow—[Gaming: what parents and carers need to know](#) includes advice and videos on:

- 3 ways to make gaming safer for your child
- how to find out about 'in-game chat'
- how you can tell what is an age appropriate game
- In App purchases

Internet Matters—[Online Gaming | Resources for Parents - Internet Matters](#) includes advice on:

- setting parental controls on games and consoles
- gaming guides for parents
- gaming guides for children
- gaming books

Family Lives—[Gaming | Family Lives](#) find out about:

- how to talk to your child about gaming
- how to game safely
- how to set boundaries
- why gaming is so addictive
- the positive sides of gaming
- how to encourage healthy screen time

watch the video on Pros and cons of social media: [top tips to help parents of teens](#)

NSPCC— Online Games: [understand the risks and get advice to help children play online games safely](#)

Find out more about:

- age ratings of games they play
- messaging and contact functions on the games
- trolling, griefing and scams
- how to report problems

Young Minds—[Gaming: A guide for parents](#) includes:

- what to do if you are worried
- finding professional help
- view their [guide for young people](#) on gaming and mental health

South West Grid for Learning—[Online Safety and Gaming](#) includes articles on:

- what is gaming?
- benefits of gaming
- [Online safety and gaming](#)
- basic privacy and security settings

Review the [Gaming Dictionary](#) and discover the meaning of: FPS, CCG, MMO and much more.



### Screen time—Benefits v Potential Risks

Learn about the impacts of screen time on children

Benefits of screen time identified by [Internet Matters](#) include:

- Online games and activities can enhance teamwork and creativity
- The internet gives children access to a wealth of information to help build their knowledge
- Interacting with computers improves both visual intelligence and hand-eye coordination

Potential risks include:

- Sleep cycles are affected by blue light from the screen
- Impact on behaviour
- Impact on brain development
- how to get support with screen time

Review [Internet Matters](#) article in full



Watch the [video](#) from [Common Sense Media](#) on the 5 signs to make sure your child has a healthy relationship with screen time

### Social Media Guides

Do you know if your child is using Social Media?

Does your child use chat sites, Apps to talk to family and friends?

Do you know if your child is sharing selfies?

Have you set up parental controls?  
If you answered 'no' to any of the above questions visit

[Internet Matters](#) and review their advice and guidance on:

Facebook Messenger Facetime Instagram Skype  
TikTok Whatpad Whatsapp Youbo (and more!)

Remember if your child is gaming online, they could be chatting and communicating with other players (strangers) or friends. [Internet Matters](#) has provided safety guides and videos to help you keep your child safe on:

[Steam](#) [Xbox live](#) [Twitch TV](#) [Roblox](#) [Minecraft](#) [PlayStation Network](#) [Nintendo Network](#) – NB Nintendo's consoles are more family-friendly than most, its chat functionality is a lot more geared to safe interaction for younger players.



Check the following websites:

[Childnet's Parent and Carer's Toolkit](#)

[ThinkUKnow's advice for Parents and Carer's](#)

[ThinkUKnow's interactive website for 4-7 year olds](#)

### Need Help in the holidays?

Remember FREE advice is just a phone call away from the [NSPCC helpline](#):

0808 800 5000

[Childline](#): 0800 1111

**SCOMIS**  
Your ICT Partner





**Second-hand charity clothes sale**

**The Brook at  
Millbrook Football Club**

**Sunday 11th February 2024  
2-4pm**

**Donations welcome**

**Cash only**

Eat  
Well



One online cooking session per week for five weeks, that will show you easy ways to feed the family without emptying your purse!

The online cooking session is two and a half hours long and will be cooking step by step alongside our online tutor at home in your own kitchen

The numbers are limited to 8 people, plus our tutor.

We provide the recipes and ingredients free of charge for you to collect from the Foodbank each week.



Eat Well,  
Spend Less



If you want to join in or know more about any of our training courses,

contact **Eccabi** on

01579 343693 or [admin@eccabi.com](mailto:admin@eccabi.com)

Or **Liskeard & Looe Foodbank**

07512 011452 or

[liskeard.foodbank@gmail.com](mailto:liskeard.foodbank@gmail.com)

**Multiply**



Healthy  
Cornwall

Liskeard &  
Looe  
**foodbank**  
Including Torpoint &  
Barnes Parva

**ECCABI**



Funded by  
UK Government



ChatHealth  
Cornwall and the Isles of Scilly

# ChatHealth Parent Line 5-19

School Nursing messaging service for parents and carers of children and young people 5-19 years in Cornwall and Isles of Scilly

TEXT



# 07312 263 499



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To read our full privacy notice please visit [www.cornwall.gov.uk/tffprivacynotice](http://www.cornwall.gov.uk/tffprivacynotice)

We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.



# School Support Careers

**FULLY FUNDED  
Online Course**



**Available in  
Levels 1, 2 & 3**

Are you looking for a job that fits in around your family? Gain the necessary qualifications to support you, fully funded by the ESFA (Education Skills Funding Agency).

Levels 1, 2 & 3 for School Support Course with a Guaranteed Job Interview.

- **Our classes are based online - Run only in term time - During school hours to fit in with the school run -**

#### Course Times

- Total of 5 days per week (Mon-Fri) for 6 weeks
- There are 2 lessons per day (9.30am – 11am) & (1pm – 2pm)
- Must have internet access and a laptop or tablet.

- **No prior experience necessary -**

#### Eligibility Criteria

- Must Be Aged 19+
- Must Claim Benefits (Universal Credit, JSA, ESA, PIP, Income Support, Housing Benefits or any type of Tax Credit including Child Tax Credit). If you live in Merseyside, you do not need to claim any benefits.
- You Can't be a student or an International Student
- You Must have lived in the UK for a Minimum of 3 Years (Except if you are from the Ukraine).

**[www.studysmartuk.online](http://www.studysmartuk.online)**



# Parent Carers Cornwall

## Drop-in Information Event

March 7<sup>th</sup> 2024

10.00am-1.00pm

Long Gallery, Eden Project

Some of the  
Organisations  
attending are

**CAMHS**

**Transport**

**EHCP  
Team**

**Direct  
Payments**

**Social  
Care**

**And  
many  
more**

