



Calstock CP School Newsletter

Phone: 01822 832646

email: secretary@calstock.cornwall.sch.uk

Spring Term - Number 3 - 1st March 2024

Diary Dates

- Mon 4th March - parents 'Meet & Greet' visit with the new Class 1 teacher Mrs Morgan from 3:15pm
- Thurs 7th March - World Book Day - dress up in either sporty clothes or as a favourite book character
- Weds 20th March - Federation Relationships & Behaviour Event 6:30pm - 8pm at Stoke Climsland
- Fri 19th April & Fri 26th April - Year 6 Bikeability
- Fri 26th April - Swimming Lessons begin (8 weeks)



Gardening club on Tuesdays with Mrs Utton

3.15 - 4.15pm

Thank you to everyone who has donated to the club, it's very much appreciated.

We have been working hard and will update you all with our progress as the growing happens!

Class One News

Class 1 have had a very busy start back after the holidays. In science we have been looking at animals, trying to describe them and put them into groups. In outdoor learning, we went on an 'Owl Hunt' and have been finding out facts about different types of owls. We also have started learning about robots and giving directions in computing. In English, we are looking at the deep, dark wood and Little Red Riding Hood, so thought we would go on a walk to the deep, dark wood in Calstock. This also



links in with our geography, looking at the different features we have in Calstock, before we start to compare these to cities like Plymouth. We had a great time on our walk and were able to spot lots of different animals on the way!



Class Three News

Class 3 had an amazing time in London. We had a speedy journey up on the train and got to Paddington on time. Luckily, the weather allowed us to enjoy the Diana Memorial Playground without getting wet. From there, we travelled by tube to Hamleys, the best toy shop in



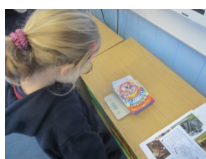
the world! Lots of spending money was spent as there were so many amazing things to buy. We also saw some incredible demonstrations of drones, remote control aircraft and magic tricks. Parliament was



interesting, learning how laws are made and then we took a trip up the river by boat to Canary Wharf, where we had a personal tour around 1 Canada Square and a sneak preview into some of the new buildings in London. The show, The Globe and The Tate were all great experiences and we will all remember a truly brilliant trip!



Class Two News



Class 2 have had a great start to the term. We have carried on our work on The Lion, The Witch and The Wardrobe and we have written our own amazing fantasy adventure stories. In maths, we have been looking at weight and we have become experts in estimating in grams and kilograms!



Our project this term is about the Anglo-Saxons. We have already found out about why the Anglo-Saxons came to Britain, where they came from and how they settled. In science, we have started to find out about the different ways in which sound is made and in Spanish, we are learning all about animal vocabulary. In DT, we are starting to learn different types of stitches in preparation for making our own pencil cases. A busy start to the term!



AGES 5-12

EASTER HOLIDAYS 2024

WEEK 1 - TUE 2ND - FRI 5TH APRIL
WEEK 2 - MON 8TH - FRI 12TH APRIL

FROM **£35** Per day including all X-tra Activities for everyone

WIN STARS FOR YOUR TEAM

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Annual attendance target: 96%+

Attendance so far this year: 93.57%

Year	Attendance for last 2 weeks
Class 1	93.38%
Class 2	96.97%
Class 3	96.08%
Whole School	95.69%

Easter Eggstravaganza

23rd March 10-2pm Calstock Village Hall

Join us at the village Hall for some Easter fun, face painting, children's crafts, teddy tombola, plant sale, Easter Egg Hunt, children's jumble, cake sale and lots more!

Free Entry

Dust off your bikes, pull out the scooters or walk your way around our Easter Egg Hunt

TAMAR VALLEY PRE-SCHOOL Fundraising in aid of Tamar Valley Pre School

RECYCLING FOR CHARITY project.

Keep up to date on our project by joining our Facebook group www.facebook.com/groups/recycling.for.charity
Or visit our web page www.south-hill.co.uk/charity-recycling

Drop off by Feb. 15th

Plastic sweet and cracker tubs and Milk Bottle Tops.

Drop off at **Calstock school** to be collected by Lorna or drop to **Glynn House** on the triangle opposite the entrance to Calstock train station car park.

The recycling project trailer will be outside the Tamar Valley AONB centre on **Tuesday February 6th from 12 until 12:15** for all your recycling questions and items.

Colgate are changing their packaging, from Feb. 3rd we will no longer be able to accept toothpaste tubes and boxes. We can still take your old toothbrushes, electric brush heads, interdental brushes, floss sticks and floss packets and all the packaging.

Thank you for the amazing support, we have raised over **£13,000** for Kicks Count charity.

CROSS COUNTRY

The Landrake cross country race provided some great results. Well done to all our cross country runners who gave it their all and some who even managed to beat their personal best! We are so very proud of all who took part. Thank you to parents who very kindly transported children to these events. Our runners are off to Liskeard today for the final event of the season. We wish them the very best of luck!

ALLERGY ALERT NO NUTS

Allergy Aware AllergyUK

Our school is nut free zone!

There are children in our school who have severe life threatening nut & sesame seed allergies and we would like to ask for your continued support in keeping them safe.

- NO** cereal bars for snack time or in packed lunches
- NO** peanut butter or nutella sandwiches in packed lunches
- NO** nuts in cakes donated for cake stalls at fundraising events

Thank you for your support

Celebrating Achievements

Each week teachers choose pupils in their class who have demonstrated a key value which we encourage and celebrate in school.

Values Certificates were presented to:

Inspiration
Nessa, Danny, Lifa, Willow M and Poppy, Elsa, Willow A, Bryher and Rosa O

Integrity
Pupil Parliament (Ort, Elowen, Kensa and Zacary)

Persistence
Kiti, Jacob, Ustym, Beau, Ori and Logan

Well done to all!





Term Dates 2023/2024

Autumn Term	4th September 2023 - 19th Dec 2023
Half-term	23rd October 2023 - 27th October 2023
Spring Term	4th January 2024 - 28th March 2024
Half-term	12th February 2024 - 16th February 2024
Summer Term	15th April 2024 - 24th July 2024
Bank Holiday	Monday 6th May 2024
Half-term	27th May 2024 - 31st May 2024
Training day closures are:	4th & 5th September 2023, 18th & 19th December 2024, 15th April 2024

WELLBEING NEWS

SEND Notice Board

The SEND team for Calstock and Stoke Climsland School are as follows:

Staff Name	Role
 Steph Cook	SENDCo Calstock & Stoke Climsland
 Beth Parsons	SEND Assistant – Calstock & Stoke Climsland
 Amy Hicks	Inclusion Assistant – Stoke Climsland
 Natalie Utton	Inclusion Assistant – Calstock School

If you need to contact a member of the SEND team to discuss your child, please contact the relevant school secretary in the first instance – secretary@calstock.cornwall.sch.uk (Calstock School) or secretary@stoke-climsland.cornwall.sch.uk (Stoke Climsland School).

Upcoming Events

Date	Time	Location	Event	Description
19.03.2024	11:15am-4:45pm (45 min appt. slots)	Calstock School	SEN Parent Reviews with Mrs Cook and class teacher	A review meeting to discuss your child's progress and development.
20.03.2024	9am – 3:45pm (45 min appt. slots)	Calstock School	SEN Parent Reviews with Mrs Cook and class teacher	A review meeting to discuss your child's progress and development.

If your child is on the SEND register, please book your appointment by contacting Mrs Eagles in the office by telephone 01822 832646 or email: secretary@calstock.cornwall.sch.uk

Together for Families

Early Help Parenting Newsletter – Spring 2024

Free information, support and guidance for parents and carers.

Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit: www.cornwall.gov.uk/parenting

The programmes currently available are:

Solihull: Understanding your Child – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

Take 3 – Supporting parents/carers of teenagers aged 12-17 (10 x 2-hour sessions)

Living with Parents – a one day workshop for parents and their young person aged 12 to 17 years.

Supporting Healthy Relationships – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

Understanding your Child with Additional Needs – a self-guided course accessed through Solihull: <https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (12:30 – 14:30) delivered by our parenting team to support on a wide range of topics. Please book on by visiting www.cornwall.gov.uk/parenting

Date	Bitesize Child (for parents/carers of children aged 4-11)
06.02.24	Remaining Calm
13.02.24	Praise and Rewards
20.02.24	Technology and Safety
27.02.24	Sibling Rivalry and Conflict
05.03.24	Bullying
12.03.24	Special time with your child
19.03.24	Supporting Education and School
26.03.24	Routines and Boundaries
Date	Bitesize Teen (for parents/carers of young people aged 12-19)
07.02.24	Sibling Rivalry and Conflict
14.02.24	Teenage Brain
21.02.24	Supporting Education and School
28.02.24	Mental Health and Wellbeing
06.03.24	Remaining Calm
13.03.24	Drugs and Alcohol
20.03.24	Technology and Safety
27.03.24	Body Image

“I found the agreements and I-statements to be valuable tool to tackle this week. You (the facilitator) have been amazing. Very clear messaging every week.”

– Parent of teenager attending Take 3




EATING DISORDER AWARENESS WEEK

This week is Eating Disorder Awareness Week.

The Charlie Waller Trust has some amazing resources to help anyone with an eating disorder or anyone caring for someone with one. Head on over to their website at charliewaller.org

Young people and eating disorders: spotting signs and supporting

Tuesday 16 April 12pm-1.20pm
Host: Ros Rea

This webinar is for anyone supporting or working with a young person with an eating disorder, or whom they suspect may have an eating disorder. It will focus on exploring the different types of eating disorders, how to spot the signs and what to say, alongside thinking of support networks and self-care.

Supporting a child with an eating problem

If your child is experiencing difficulties with eating or has been diagnosed with an eating disorder, it can be worrying, isolating and distressing for you as a parent or carer.

In this resource, you'll find knowledge and skills to support your child from expert mental health trainers, Jenny Langley and Ros Rea.

Eating disorder workshops for parents and carers

Our **free** workshops aim to alleviate anxiety and distress in family members by providing practical communication tools, skills and techniques. These courses have helped so many families to navigate their way through a seemingly impossible task.

We have courses throughout the year. We vary the days of the week and times of day the workshops are held – so there's something for everyone.

To reserve a spot on one of our upcoming New Maudsley Carer Skills Courses, please see the available options on our website.

Service Spotlight


Parent Carers Cornwall is run by parents and carers and our aim is to support and offer guidance to families who have a child with SEND 0-25 years of age.

Our aim is to gather information from Parent Carers and using these unique shared experiences, we take part in consultations and participation work which helps us to shape the development and delivery of services to our children. We also pass on information to families via a newsletter and e-bulletin, arrange coffee and chat sessions and organise training and workshops for parents.

Support is offered to families to help complete DLA/PIP forms if required.

We are on all social media channels as Parent Carers Cornwall or for any information please contact us through our website <https://parentcarerscornwall.org.uk/>





We're talking mental health.

Following the Five Ways to Wellbeing can protect and improve our mental health. If you can't do all five every day, just start with one – you'll soon see a difference!

CONNECT

Good relationships help our brains produce chemicals that make us happy. They give us a sense of belonging and self-worth.

BE ACTIVE

Physical activity is good for our minds and bodies, reducing stress and anxiety and boosting confidence.

KEEP LEARNING

Learning new things gives you new perspectives on the world around you and opens doors to new opportunities.

GIVE TO OTHERS

Acts of giving and kindness towards other people in your community create positive feelings and a sense of reward.

TAKE NOTICE

Stopping to take in the present moment can give a more balanced outlook on life and help keep us from worrying about the past or future.

Federation Relationships & Behaviour Event



Federation Relationships and Behaviour Event



Wednesday 20th March

6.30 – 8.00pm

Stoke Climsland School

Monday 26th February 2024

Dear parents and carers,

As a Federation we recognise that relationships have a direct bearing on children's capacity to succeed both academically and emotionally. Relationships and a sense of belonging are key to good mental health for all. We aim to promote a school ethos that generates strong relationships between staff, pupils and parents/carers. It relies on creating a positive school culture and climate that fosters connection, inclusion, respect and value for all members of the school community.

We'd like to invite you to an informal event in which we can share and discuss our federation approach to relationships and behaviour.

A range of staff with key roles in our schools will provide contributions and explain a little bit more about what they do and why it is so important.

We'd also like to offer some dedicated time for round table input, discussion and contributions from parents and carers. This will be facilitated by a member of staff. Your voice is valued greatly and is critical in ensuring our approach is 'owned' and understood by us all. Please also be aware that we won't be able to discuss any individual children or specific incidents, due to confidentiality. Thank you.

We will be providing some refreshments. Therefore, if you are able to attend the event, please either email the school office or complete the slip below and return to the school office in person.

Best wishes,

Ben Towe

Executive headteacher

Name(s):

I/we will be able to attend the relationships and behaviour event on 20th March 2024