

Newsletter for 2nd February 2024

THE GOOD SAMARITAN



Our Good Samaritan awards this week go to

Pendeen— Tillie for always showing kindness and tolerance to others.

Trevose— Ryley for helping his friends.

Tater Du— Elwin for always being a great friend but especially this week.

Wolf Rock— Thomas S for helping a friend when he was hurt.



Thank you to Dylan and Isaac for helping to clean up some spilled water in the bathroom without even being asked.

A lovely prayer we would like to share with you written by one of our pupils

Dear God, thank you for all of our healthy food and drinks. Thank you for all of our cosy beds to have a good nights sleep in. Thank you for the schools and churches for us to learn and pray in. Please can you help the homeless and the poor for some food and drink and a nice cosy bed too.

Amen.

NURTURE

This week in our KS2 nurture group we carried on exploring about our window of tolerance and explained about our stress response systems, helping them to recognize what sorts of situations can kick them out of their window of tolerance! We then started to talk about individual ways to communicate when they might be beginning to leave their window of tolerance. The group were very self-reflective and very open with their conversations. The group are recognising that in a familiar, safe space with trusted people they can talk more openly.

The KS1 nurture group is developing really well, with visual timetable helping the younger children to know the routine, which is so important to have consistency and routine in helping to manage behaviours. The group are chatting well in "rectangle time"(one of the children noticed that we have circle time, but the table we sit around is rectangle!!!) We played a game matching emotions to faces and talked about our body sensations again when we feel angry, sad, worried, excited and happy.

Snack time in this group is a really sociable time and the children take turns to help set up and pack up the snack.

Have a great weekend everyone and enjoy your family time.

Miss T



1. Take a piece of black construction paper to serve as the background and three pieces of colored paper to serve as the different zones of arousal (i.e., hypoarousal, hyperarousal, and optimal zone within the window of tolerance).
2. Help the child determine the size that each zone should be and cut the colored paper accordingly: green (optimal) in the middle, red (hyperarousal) on the left, and blue (hypoarousal) on the right.
3. Have the child glue each panel to the black construction paper. The entire paper should be covered to create a three-pane window.
4. While working on each zone, invite the child to draw symbols of what it feels like to be in and out of their window of tolerance. For example, the child might feel super excited when they move toward the hyperarousal zone, but this excitement may turn to anxiety or fear if they leave their window of tolerance. Help the child recognize their warning signs, and invite the caregiver to participate in the detective work.
5. The caregiver and child should work together as a team of window detectives, learning to manage the child's big feelings before they move out of their window and creating a regulation action plan. The caregiver might identify what the child can do whenever they notice that their heart is beginning to race, such as taking three deep, diaphragmatic breaths.
6. The child and caregiver should be encouraged to use the language of "being out of my window" to communicate the presence of big feelings and the need for a co-regulator.

SPRING TERM CLUBS

These start week commencing 15th January and end week beginning Monday 18th March 2024.

KS1 YOGA Monday Miss Wilton

KS2 Netball Tuesday Mrs Maker (now full)

KS1 Drawing Tuesday Mrs Prins

KS2 Teck Deck Thursday Mr Hollebon

KS2 Running Thursday (Mrs Wilson and Mrs Wicks)

Miss Katie Dance on Thursday—contact Miss Katie on 07788653977

Library, choir and recorder club will be running during lunchtime—no need to sign up this is organised in school for those wanting to attend.

CROSS COUNTRY AT THE ROSELAND

What a fabulous afternoon in the sun for Cross Country, at The Roseland. First time I have been to The Roseland and I was so impressed! Stunning views and professional sports leaders.

In true Grampound Road team spirit we worked together to overcome nerves, falls and tears.

Despite a number of barriers, Team GR showed resilience throughout and never gave up.

Mrs Wicks and I were so proud of the children that took part and thoroughly enjoyed every moment (even the 3 laps each that we did - phew!)

We look forward to future sporting events - Mrs Wilson and Mrs Wicks





STARS OF THE WEEK



Class Name	Star of the week	Values Resilience	Whole Class
P E N D E E N	Rocco for impressing adults with recalling information that he learnt on bats.	James for showing real resilience in your literacy work this week. Super!	Class award for working really hard on your doubling work in maths this week. Super effort!
T R E V O S E	Lowenna for her beautiful handwriting and hard work in Literacy. Fantastic!	Elliott for having resilience in all his learning. Well done!	Class award for a fabulous walk. 
T A T E R D U	Lilly for all the amazing art she has been doing this week. Fantastic!	Blake for great resilience in cross country running this week. Well done!	Class award for some lovely Mosque work in RE. Great effort by everyone!
W O L F R O C K	Fred for really good listening and participation in maths. Brilliant!	Amber for beautiful reading with LOTS of expression in Fresh Start lessons. She is doing so well with her reading!	Class award for your incredible learning behaviour during Geography with Mrs Wilson and Mrs Scott.



Dates for your diary

February

Monday 19th—Class photos and Year 6 leavers photographs

February Half term 12th February

March

Tuesday 5th—St Pirans Day

Thursday 7th— World Book Day

Week commencing 11th—British Science Week

Friday 15th— Comic relief non school uniform day

Wednesday 20th—Parents evening

Thursday 21st— Parents Evening

Friday 22nd—Funfest at The Roseland

Easter Half term Friday 29th March return to school Monday 15th April

May

Wednesday 1st— Benchball @ The Roseland

6th May Bank Holiday

Thursday 16th—Sports Day

Tuesday 21st— World Diversity Day

Thursday 23rd— Reserve sports day

May half term—27th May

June

Tuesday 11th June and Tuesday 18th June—Global Surfing (Wolf Rocks Class)

July

Monday 8th—Reports

Wednesday 10th—Athletics Yrs 4,5,6 @ The Roseland

Wednesday 17th—Friday 19th July KS2 Porthpean residential

Summer holidays begin Friday 19th July

Return to school Wednesday 4th September 2024