

# Blackwater Newsletter

Friday 10th April 2020

ISSUE 15

Dear Parents and children,

I hope you have enjoyed your Easter holidays and the warm weather has given you the time and space to spend with your families.

We continue to open our school for Blackwater and Kehelland key worker children, thank you again for only using this provision if you absolutely need to. Our community continues to thrive in other means: through the generosity and kindness of the Blackwater Village Trust and through our communication apps, we can see children taking part in learning and daily challenges.

After the bank holiday weekend, we have a letter coming to you with gives you more direction and focus for your home learning, this will be followed up by a phone call in the coming weeks by your child's teacher. We want to support you as much as possible, without adding stress or worry. After much discussion, we have decided our home learning should be centred around:

- ⇒ **to preserve children's mental health, provide them with reassurance**
- ⇒ **to consolidate previous learning**
- ⇒ **to practice key skills (handwriting, times tables, spelling, the four operations(+,-,x,/.))**
- ⇒ **to keep them entertained.**
- ⇒ **to get them outdoors and active**
- ⇒ **to help with family relationships in lockdown**

As you can see, our approach is similar to our school vision: putting the children's health and wellbeing first, whilst maintaining high aspirations.

I look forward to another week of home learning, please continue to get in contact with me if you have any worries or questions  
([head@blackwater.cornwall.sch.uk](mailto:head@blackwater.cornwall.sch.uk))

Best wishes

Mrs Evison



## Bake of the Week

### Rainbow Pizza

Pizza dough: 650g flour, 7g dried easy-blend yeast, 2 tsp salt, 25ml olive oil, 50ml warm milk, 325ml warm water.

Mix the flour, yeast and salt together and then add the liquids. Leave to rise for 2 hours. Then divide dough into 6 balls and roll out. Use lots of colourful vegetables to create a rainbow effect!

Enjoy!



## Creative activity of the week

### Small world sinks

Many parents are finding new and creative ways to entertain their children.

Have a look at these sinks that some parents have transformed into small worlds. Brilliant!



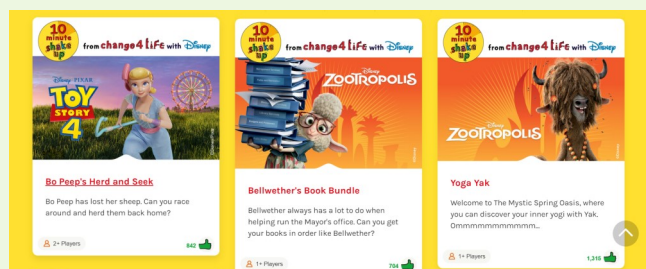
STAY STRONG,  
BE POSITIVE.

WWW.THINKPOZITIVE.COM

## Getting Active tip of the Week

Change for life have brought out a new guide for Indoor Activities for kids. It has loads of fab ideas which give you easy ways to keep children active during lockdown.

<https://www.nhs.uk/change4life/activities/indoor-activities>





## Resilience for Children & their Families 3: Overcoming Fear during Covid-19

Hi, it's Dr. Macheille! Let's discover what to do when you're afraid.

Your brain is so special. Close your eyes. Imagine a huge magical bird. What colors are the feathers? How do the wings look? What sound does it make? If you could ride your bird, where would it take you? Open your eyes. That is your brain! It can create many beautiful things. Your brain is amazing!

**But, what if my brain thinks of scary stuff?**



When you are afraid,  
Your brain might shout:

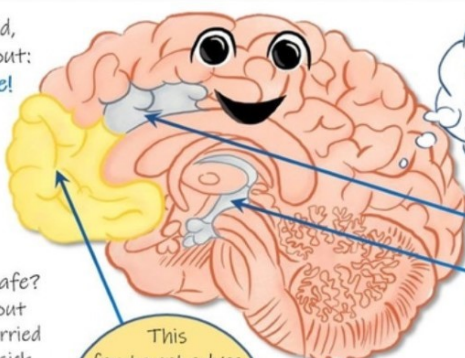
**Run Away! Freeze!**

**Defend!**

I send power  
to your heart,  
arms, and legs  
to go so fast!

**But wait!**

What if I am home safe?  
But, I'm thinking about  
COVID-19. Or, I'm worried  
about someone who is sick.  
My brain is going too fast!  
What can I do?



Hi, I'm  
Brain Buddy!  
I'm going to help you  
learn about your brain.

The gray  
parts feel scared.  
They may  
help you survive.  
But, they don't  
know how to fix  
a problem.

This  
front part solves  
problems. It knows  
about feelings  
and getting along.  
We need to build  
this part!

You have power to  
help these parts  
connect! Remember  
and think about  
what to do when  
things get hard.

**So, when you are afraid:**

1. Take **5** really deep breaths.
2. Remember when you did a really good job even though you were scared.
3. Figure out one way to solve the problem you are thinking about.
4. Think of someone who loves you so much. What does their face look like?  
What would they say to help you?
5. Find a way to talk to that person about what makes you scared.
6. Think of one safe thing you can do now to feel better. Go do it!

*Psychology Today, 2019  
Harvard Health, 2019  
Meham & Bessler, 2015*

Macheille Madsen Thompson has been a resilience expert with children's individual & group counseling, teaching & researching for 25+ years with 12 years at Primary Children's Hospital & 15 years at Florida State University.

Brain Buddy art by Sable Thompson, M.D. Candidate, University of Virginia School of Medicine.  
Dr. Macheille art by Rachel Smith, Resilience Builder #3 (Reading 1.6) ©BisResilient, LLC, 2020

## Money update

**Free School Meal Vouchers** - We have applied for the FSM vouchers which hopefully will come into effect on Tuesday 14th April. We are just awaiting the government's email to give us the go ahead. We will keep you updated. Remember if you have had a change of circumstances, please apply for free school meals, we will be able to organise vouchers for you within a week.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/>

**Refunds for camps, trips, swimming and clubs** - Mrs. Courts has been working hard, collating a list of who needs a refund. She will start refunding money next week.

If you paid through School Gateway, you will be refunded immediately. If you paid by cash, I am afraid we cannot refund you until school opens again. If you have paid by cheque, we will rip these up so they will not be used.

Thank you

### Tricky questions . .

What they might say...	What you could try...
 I want to go back to school/college	 I know there's a lot of change right now and that might feel really tricky, what could we do to help?
 I'm bored	 It's okay to feel bored, what would you like to do together?
 I miss my friends	 I bet they miss you too. It's hard when we can't see our friends.
 Why can't we go out?	 It's really tricky to understand why we can't go out whenever we want and that might be frustrating.
 When can I go back to school/college?	 That's a tricky question to answer because I don't know.

This is a really tricky time to explain to young children what is happening. Here are a few ideas of how to answer those challenging questions.

It is okay to tell them that you don't know the answer and that things are tricky at the moment. They will feel comfort in feeling listened to, not necessarily knowing the answer.



# Stars of the Week

## Stars of the Week

Wheal Friendly: Isabelle C (especially making the hedgehog rolls!)

Wheal Harmony: Billy T-R (especially the den making!)

Wheal Busy: Ned D (especially the dressing up challenge!)

Wheal Luna: Sam W (effort with all the challenges!)

## Above and Beyond

Flora - for making the most wonderful Easter bunny creation!

Each star will get a special certificate flying into the inbox of their parent's email.

Be thankful for what you have, you'll end up having more.  
If you concentrate on what you don't have, you will never  
have enough. Oprah

