

Blackwater Newsletter

Friday 10th July 2020

ISSUE 27

Dear Parents and children,

It has been a real pleasure to see the learning continue in homes and at school this week. We hope the feature weeks have helped you add a bit of extra excitement into the week. A big thank you to Ms. Shuttleworth for creating our maths week, I am really excited to hear about our new tuck shop; what the children are going to sell in it and also what we are going to call it! For the next two weeks we will be concentrating on the environmental local issue of keeping our hedgehogs safe. Our guide will come out tomorrow full with practical activities to do around the home and school.

I am excited to say through this two weeks, we will be fundraising for a new 8m bell tent for school, which will give us another outdoor learning space for September. Please share our Just Giving page far and wide when it goes live on Saturday. All donations welcome. I would like to thank the Cornwall Wildlife Trust who kindly put the activities together for the children to enjoy!

Following further guidance by the government, we are coming to the final stages of organising our school for September. As you know we feel very passionate about the children's mental wellbeing at Blackwater and believe this should be at the forefront of all decisions in September. Through extensive research, we feel our thoughts and vision are in line with Dr Barry Carpenter, who is a Professor of Mental Health in Education. He has recently wrote a think piece called the 'Recovery Curriculum' (<https://barrycarpentereducation.com/2020/04/23/the-recovery-curriculum/>) which articulates the thoughts of how children will present when they return post lockdown. He explains that many schools will focus on the recovery of lost knowledge but his thoughts are to return to more humane approaches concerned with wellbeing.

The five areas in which he says to concentrate on are:

1. **Relationships** - we need to reach out to greet children and use the relationships we build to cushion the discomfort of returning.
2. **Community** - we need to listen to what has happened in this time, understand the needs of our children and engage them in the transitioning of learning back in school.
3. **Transparent curriculum** - we must show children and parents how we are addressing the gaps to help heal this sense of loss.
4. **Metacognition** - it is vital we make the skills for learning in a school environment explicit to our children to reskill and rebuild their confidence as learners.
5. **Space** - to be, to rediscover themselves, and to find their voice and passion on learning

We want to reignite the flame of learning in each child at Blackwater. We believe this is possible through careful planning, continued strong relationships between children and teachers and simply caring for each and every child. This is why we have felt it extremely important to continue with our videos throughout the whole lockdown. We will send a letter out next week explaining the logistics and safety of opening and will continue to explain how we are supporting your children's wellbeing and through the curriculum.

You will hopefully be receiving your child's End of Year Report by the end of the day via email. Please let us know if you would like a paper copy or if you haven't received it.

Can I again thank you for all your kind words and support at this time. Blackwater is really the best community.

Best wishes *Mrs Evison*

"THE CORNWALL WE WANT" For future generations

Last week, Cornwall County Council launched 'The Cornwall We Want' - their biggest ever listening project. Hundreds of residents have already joined up and are already starting to help shape the future of Cornwall.

Residents have talked about their desire to reduce our reliance on tourism, reduce traffic on our roads by encouraging safe cycling and walking, and made calls to make the climate emergency our number one consideration in our decision-making.

Never has there been a better time to re-think the way that we live in Cornwall and what an amazing prospect to be given a platform to share your thoughts and help shape our future

Join the conversation yourself, share your thoughts and help build a bright future for Cornwall and its future generations.

<https://www.cornwall.gov.uk/council-and-democracy/have-your-say/the-cornwall-we-want/>



What can I do to help my child bounce back from the stress of the coronavirus crisis?

As parents, we can't completely protect our children from the stress of this situation, but there are strategies we can use to support their mental health — now and as the challenges continue.

Adjust your expectations. "It's normal to not be yourself when so much is taken away from you," says Dr. Howard. "A lot of kids won't bounce back entirely until the crisis has passed."

Empathise with their feelings.

Clearly validating your child's emotions can make a big difference, even when you can't solve the problem. You might say, "It seems like you're really sad about how this summer is looking. I know how much seeing your friends means to you." Give your child space to talk about what's upsetting them, and don't rush to fix their difficult emotions.

Take a step back. Identifying a couple of big developmental milestones that are really important for your child right now. For example, this could be completing tasks independently or being more respectful of siblings — anything that your child needs to master as they continue growing and learning.

Find opportunities for practice. Once you know what areas of growth to prioritise, see if you can find small ways for your child to work on these skills. Maybe it's rewarding cooperative play between siblings, working up to 20 minutes of reading independently or practicing doing chores without help.

Don't sweat the rest. Right now, keeping up with these major skills is plenty for most kids and families to deal with. "Resilience means putting one foot in front of the other and meeting your developmental milestones," says Dr. Howard. It doesn't mean learning new languages and reorganizing your whole house, and it doesn't mean that your kids need to be doing everything you might have expected before the coronavirus crisis. Letting go of the idea that everyone should be on their best behaviour can make things a little easier on you and your kids alike.

For more ideas on how to help kids stay mentally healthy during the coronavirus crisis, [explore a full list of COVID-19 resources for parents at—www.childmind.org](https://www.childmind.org)



To stop the spread of coronavirus (COVID-19), you should try to avoid close contact with anyone you do not live with. This is called social distancing.

Stay at home as much as possible.

It's very important to stay at home as much as possible.

There are only a few specific reasons to leave your home, including:

- for work, if you cannot work from home
- going to shops to get things like food and medicine, or to collect things you've ordered
- to exercise or spend time outdoors
- for any medical reason, to donate blood, avoid injury or illness, escape risk of harm, provide care or help a vulnerable person.

When outside your home, it's important to try to stay 2 metres (3 steps) away from anyone you do not live with.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



Cornwall Partnership
NHS Foundation Trust

The Trust has its own Out of Hours telephone support provided by Support Matters Cornwall. This service operates from 5pm to 9am on weekdays and 24 hours a day at weekends and bank holidays. The service is open to all patients (aged 16+) under the care of the Trust's mental health services. Support can be delivered over the telephone, via text, email or web chat. Call free on **0800 001 4330**.

This is an unusual time and we are conscious that some people and families will be finding it difficult. We have included some helpline numbers on this page in case anyone finds them useful.

0300 123 3393



"It's alright to ask for help"



116 123



NATIONAL DOMESTIC VIOLENCE HELPLINE

0808 2000 247

24/7 CONFIDENTIAL FREEPHONE



Summer Reading Challenge



JOIN THE CHALLENGE

Get rewards, play games and earn badges as you discover awesome books to read this summer!

I'M IN THE CHALLENGE

Already a member? Awesome! Tap login to jump back into your challenge!

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

Why not join the Summer Reading Challenge this year. This year it is about the silly squad! Get rewards, play games and earn badges as you discover awesome books to read this summer.

What a perfect way of spending your summer than reading amazing books online. This is how it works:

1. Join the silly squad and pick your avatar.
2. Discover awesome books to read.
3. Play games earn points and more.
4. Unlock badges throughout your challenge!

We would love to have more children at Blackwater School join in with this challenge. It is so easy to join and get your child motivated to read over the Summer. Everyone who takes part will get a super certificate from us in September.





The wildlife trust website has some brilliant resources that can be used at home to help your children understand the natural world around them. I will pop a new activity in the newsletter each week but why not have a look together?

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

How to go rockpooling

wildlife watch

You will need:

- Buckets or clear lidded containers
- A field guide or ID sheet
- Sturdy footwear
- Camera and/or pens and paper
- An adult to help you keep an eye on the tide

1 Half fill your buckets or containers with sea water. Have more than one to keep bad tempered animals apart!

2 Use your hands to carefully lift crabs, starfish and other sea creatures into your containers. Watch out for spines and pincers! Nets can cause damage to rockpools and are best avoided.

3 Use a guide to identify your creatures. Take notes, sketch them or photograph them.

4 Return the animals to where you found them when you've finished looking and wash your hands before eating.

Be careful not to damage delicate animals



www.wildlifewatch.org.uk

★ Stars of the Week ★

Stars of the Week

Wheal Friendly: Oliver L - for his amazing teddy bear house that he has made.

Wheal Harmony: Bodhi M - for her amazing learning this week and also super chess skills

Wheal Busy: Lucas B - for his enthusiasm and effort for learning this week.

Wheal Luna: Riley B - for being an amazing mathematician this week!

Above and Beyond

Mia E - for being a star footballer, a meditation queen and a super writer. What a brilliant week for you.

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

"Think like a proton, always positive."

Unknown

