

Blackwater Newsletter

Friday 24th April 2020

ISSUE 17

Dear Parents and children,

I do hope everyone is well, and that the unusual and unsettling times we find ourselves in are not proving to be too stressful. We have just reached the end of the second week of a very different summer term at Blackwater School. The key safeguarding services are continuing to run as before, albeit in a reduced form and any concerns that you may have can still be reported either to myself (head@blackwater.cornwall.sch.uk) or direct to the Multi Agency Referral Unit on 0300 1231 116 email: multiagencyunit@cornwall.gov.uk.

As for continued educational support, teachers are working so hard at home to provide home school learning activities for the children and most families have engaged with this. Through our parent survey, you seem overwhelmingly happy with how we are structuring the learning, including our daily videos.

Thank you for everyone for taking part and working with us. Teachers are always there to support you with any questions you may have via their email addresses. On Monday we started printing packs for parents who were finding it tricky to print resources. We now have a list of children who we will print resources on a Monday morning each week. They will be available from 10am outside school.

As an additional resource, this week the government started it's own home learning resource: <https://www.thenational.academy/> Please do pop over to have a look at this fantastic resource. It has daily videos for English, maths and topic work for every age group. We will continue to structure our learning the same however if your child needs a change or fancies something different, it is worth having a look.

Don't be too hard on yourselves if there is a day that your child(ren) just wont work - just try again tomorrow! Just being there and talking, communicating and having happy times with them will be helping their emotional wellbeing.

Best wishes

Mrs Evison

"What else do
you think?"



"I think" said the horse
"you are doing better than
you think."



Bake of the Week

Apple Pie Pocket

Ingredients

Metric

300g Plain White Flour
160g Butter (Unsalted)
3 tbsp Icing Sugar
3 tbsp Water (Cold)
3 Bramley Apples
1 tsp Cinnamon
1 Egg(s) (Free Range) (Large)
3 tsp Granulated Sugar (to finish)
3 tsp Billington's Unrefined Light Muscovado Sugar

Food process the flour and the butter and then add the sugar and water to make pastry.

Stew your apples by half filling a saucepan with water, peel and chop apple and put in water to stop from browning. Once all prepped, add to the saucepan with 3 tbs of sugar and 2 tbs of water. Stir in the cinnamon.

Roll out the pastry and cut into rectangles. Brush the base with beaten egg, top with pie filling and then add the lid.

Cook for 20 minutes at 220 C.

Enjoy!



Creative activity of the week

Chalk fun!

Why not have a go drawing on your hard surfaces at home or even on the pavement (as long as it is safe). These are great ideas to keep everyone active and happy.



THE EMOTIONAL CUP

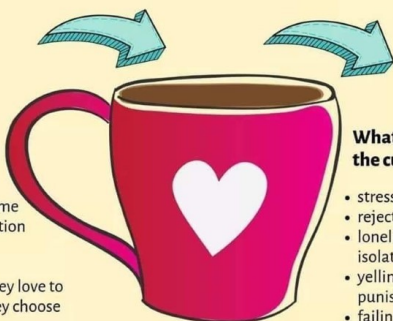
Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbilly

Publisher of Therapy Resources

Money update

Free School Meal Vouchers - On Thursday our vouchers came through to parents. HOORAY! These vouchers will be sent to you weekly by email / via school. Please make sure you apply if you think you might be entitled to them. Every little bit counts at the moment.

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

FYI this link only works on laptops / desktops, and not on mobile devices

This week, we are giving you four weeks worth collectively. These are from the first week we missed, this week and the next two weeks totalling £60

Your School Nurse

Your child can have access to a School Nurse at any time if you have any health concerns, in addition your School Nurse offers a full health assessment in reception and year 6.

The School Nurse can check:

- Your child is growing healthily and support with healthy eating
- Support with access to dental care and general support for dental hygiene
- Help with day / night time wetting or soiling
- Provide information about immunisations
- Guidance re healthy lifestyles
- Support with general hygiene issues including head lice and worms
- Support with general emotional health issues
- Support to access other health professionals
- Routines, including sleep

Additionally in Year 6:

- Friendships
- Relationships
- Development, including periods and puberty
- Access to specialist services – including dietician, healthy weight programmes and voluntary services
- Developmental issues
- Transition to secondary school
- Healthy lifestyles



Referrals via the Early Help Hub
www.cornwall.gov.uk/earlyhelp
Tel: **01872 322277**
Client advice line: **01872 322779**

 www.cornwall.gov.uk/schoolnursing

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EVERY DAY
MAY NOT BE
GOOD...
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.

Community News . . .

The Blackwater Village Trust has been successful at securing additional funding in a bid with the Princess Trust worth £1500. Such hard work happening in our community. If you would like £10 grocery vouchers to use at the Old Mill Village Shop, please email bookings@blackwatervillagehall.net or call/text the helpline: 07860 744336.

All details are confidential, and only used for hard-ship purposes. Thank you

★ Stars of the Week ★

Stars of the Week

Wheal Friendly: Jacob C - for really getting into his learning this week, he has been AMAZING!

Wheal Harmony: Perran A -for his amazing week at learning, such effort put into EVERYTHING he is doing!

Wheal Busy: Amelia V - for being really SWITCHED on this week; baking, planting and working so hard!

Wheal Luna: Sam W - is incredibly COMMITTED to his learning and determined to keep his progress going.

Above and Beyond

Jack M - For KINDNESS. For kindly helping his neighbours cut their grass and baking for them. One neighbour is elderly and then other is a police officer and he is checking whether either need anything regularly. So thoughtful.

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

Have no fear of perfection, you'll never reach it!

Salvador Dali

