

# Blackwater Newsletter

Friday 8th January 2020

ISSUE 8

Dear Parents and children,

Well here we are again! After a very busy 24 hours, we managed to organise our remote learning, teaching in school for key workers and Nursery children. Thank you to everyone for being so swift at getting back to me with regards to everything you need for remote learning or provision hours in school.

Can I remind parents that wherever your child is learning, they are currently feeling a sense of loss from not being able to go to school. As the educationalist, Barry Carpenter, explained in the previous lockdown, this loss comes from five different areas: routine, structure, friendship, opportunity and freedom, which can trigger the emergence emotionally of anxiety, trauma and bereavement in any child. You will have more likely seen your child react stronger this week, possibly more upset and angry; this is the reason why. They will need support to get through this in ways including explaining why this is happening and also lots of big cuddles, attention and love. They will get into a new normal and so will we.

Please do call us if you are worried about anything, we are here to help. With home learning, behaviour, well-being and just for a general chat. I will be calling all the parents next week and then the teachers will be touching base the week after. We are here for you and your children.

Putting all this to one side, it has been a really positive week here at Blackwater. In school, the children have been busy with their learning from an alien landing in Wheal Harmony to Charles Darwin in Wheal Luna. We have launch our new topics:

**Wheal Friendly: Can I switch it on**

**Wheal Harmony: Moon Zoom**

**Wheal Busy: Rocks, Relics and Rumbles**

**Wheal Luna: Darwin Delights**

All of our learning will be based around these exciting projects for the Spring term. Whether the children are at home or at school, we hope you are enjoying our teacher videos, modelling the learning and I wait in anticipation of our Celebration Assembly on Zoom today! Fingers crossed it works.

I look forward to seeing all the Tapestry and Seesaw posts next week!

Best wishes

Mrs Evison



# Meet the Governors

## Jinny Clark

My name is Jinny Clark and I am a retired primary school teacher with many years experience both in England and Hong Kong. My children are grown up now but I am able to keep in touch modern educational trends and practices through my grand children who range in age from 14 to 2.



Whilst serving on Cornwall Council I was Chairman of the Children, Schools and Families Committee and I am currently Vice Chairman of St

Agnes Parish Council and the ward member for Blackwater. This means that I have, not only, a good overview of education, but of local practical issues such as parking, pressure on school places and the use of open spaces.

When things return to normal I look forward to spending more time in the classroom watching the children grow and learn in a positive and happy environment.

## Remote Learning

*The government expectation for Primary School children to take part in remote learning is '3 hours a day'. This includes reading, writing and maths but also physical activities, art and project work.*

*Our teachers are putting together a really exciting timetable of activities which is emailed out to you on a Sunday at noon. These are also available on the website under remote learning [http://www.blackwater.cornwall.sch.uk/web/whole\\_school/457649](http://www.blackwater.cornwall.sch.uk/web/whole_school/457649)*

*These resource are also being printed out for children on Monday morning by 10am.*

*The teachers are delivering videos daily to explain and model the learning on Tapestry and Seesaw.*

*And finally we will be celebrating our learning with a Friday Assembly live on Zoom!*

*What more do you need!*

*We will be asking you in Week 3 if you would like us to do anything different and as always, please look at our facebook page for daily updates on home and school learning.*

### Using Xbox or PlayStation to access Hwb

Accessing your remote learning. An alternative method of accessing remote learning during times of lockdown.

#### Xbox

1. Plug a keyboard in to the Xbox USB slot
2. Go in to my games and apps
3. Find Microsoft Edge and select
4. Type in: Hwb and log in as you would in school
5. You can then access your work through Google Classroom or OneDrive and use key packages including:
  - Word
  - Teams
  - Excel
  - PowerPoint
  - Your emails
6. To move around you use the Xbox control or plug in a mouse

#### PlayStation

1. Identify the PlayStation internet browser icon (it is WWW with dots around it)
2. Press the PlayStation logo on the controller
3. Go to the library and find options for games and applications
4. Go in to applications and you will find the internet browser
5. Type Hwb into the browser and log in as you would in school
6. You can then access your work through Google Classroom or OneDrive and use key packages including:
  - Word
  - Teams
  - Excel
  - PowerPoint
  - Your emails



### Need some reading books . . .

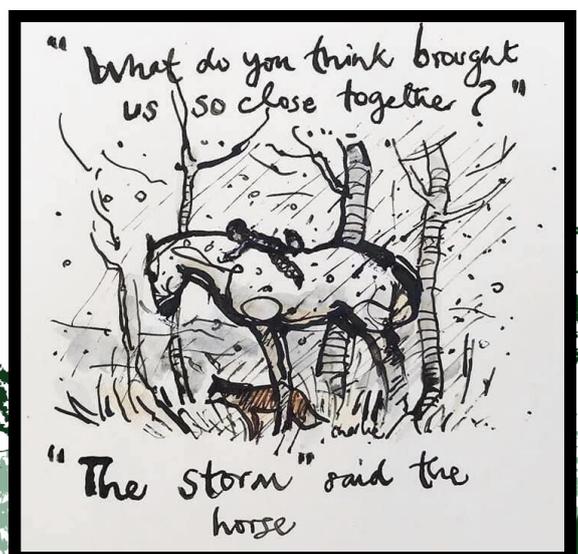
There are two fantastic websites where you can access as many books as you like:

<https://www.borrowbox.com/> which lets you access our Cornwall Libraries

and

<https://home.oxfordowl.co.uk/> with a free E-Book library.

There are so many books on there for your child to read everyday.





**citizens  
advice**

0344 411 1444

**ON YOUR SIDE  
NO MATTER WHAT**

0800 58 58 58 THECALMZONE.NET/WEBCHAT

SPM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN AGAINST LIVING MISERABLY CALM



If you have any concerns or worries, you can always speak / email us at Blackwater. We are here for all the families in Blackwater.



**COVID-19 isolation** may cause tensions to rise and domestic abuse to increase. Help is available.

YOU ARE NOT ALONE

**NHS**

**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



mind  
for better mental health

"It's alright to ask for help"

**SAMARITANS**

116 123

**ChildLine**  
0800 1111

family action | Family Line  
0808 802 6666

HM Government

**AT HOME SHOULDN'T MEAN AT RISK**



#YOUARENOTALONE

FIND SUPPORT AT: gov.uk/domestic-abuse

**NATIONAL DOMESTIC VIOLENCE HELPLINE**

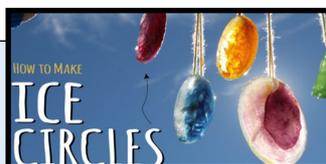
**0808 2000 247**

24/7 CONFIDENTIAL FREEPHONE



## Ice Circles

With all of these frosty mornings, have you ever tried to make ice circles? It is so easy as all you need is a mould (this can be a ice cube mould or an old yogurt pot or anything you can find!), food colouring and some string. Pop the water and the food colouring into the mould, drape the string over and leave outside overnight. Voila!



W.B.

14th Dec

### Learners of the Week

Wheal Friendly: Addy H

Wheal Harmony: Hattie B

Wheal Busy: Ned D

Wheal Luna: Mia E

### Citizens of the Week

Wheal Friendly: Indy R

Wheal Harmony: Kye N

Wheal Busy: Blake L

Wheal Luna: Bradley L

### Above and Beyond

Bodhi R

W.B.

5th Jan

### Learners of the Week

Wheal Friendly: Artie A

Wheal Harmony: Ronnie E

Wheal Busy: Blake L

Wheal Luna: Sam W

### Citizens of the Week

Wheal Friendly: Tegen LP

Wheal Harmony: Poppy S

Wheal Busy: Travis G

Wheal Luna: Riley C

### Above and Beyond

Kane L

Well done to these children for showing excellent behaviour and learning attitudes. We are proud of you! Your certificate will be in the remote learning pack box on Monday at 10am along with a hot chocolate cone for you to enjoy at home.

### Letters home

Remote Learning - Parent's Guide

Key Workers - Parent's Guide

Acceptable use policy for live lessons.

Home learning packs for each class.



**Physical Activity for Children and Young People**

Yorkshire Sport Foundation

Children should be physically active for at least 60 minutes every day

60 active minutes should be split between schools (30 minutes) and outside of school time (30 minutes).

- Active break times
- PE lessons
- Extra-curricular clubs
- Active lessons
- Sport and physical activity events
- W.A.-Day
- Walking to and from school
- Sports clubs
- Play in the park
- Swimming
- Junior parkrun

Drink more water instead around 6-8 glasses per day

A can of soft drink with added sugar takes a child over their maximum recommended daily intake of sugar.

Physical activity and sport is linked to:

- Improved concentration
- classroom behaviour
- pro-social behaviour
- peer relationships

Nearly a third of children aged 2 to 15 are overweight or obese.

Children aged 11 and from the poorest income groups are 3 TIMES as likely to be obese compared to their most well off counterparts.

Children who are aerobically fit have higher academic scores.

"Act as is what you do makes a difference. It does."

William James

