



An Daras Trust
Igniting Curiosity Growing Capabilities

St Stephens Community Academy Fortnightly Family Newsletter



**“ Embracing Learning; Inspiring Ambition;
Celebrating Individuality.”**

**Friday 17th September
2021**

Mrs. Maura Furber -Headteacher



Dear Parents/Carers,

A very warm welcome back to the new term and a new school year. Its been lovely to catch up with so many of you over the past two weeks. I hope you all had a wonderful summer break and found time to recharge those batteries. The children have come back so positively and settled into their new classes well. It’s wonderful to have so many of the previous restrictions lifted. It felt like we were making history on the first day back, when we all met in the hall and held a whole school assembly, their singing voices almost lifted the roof off!

Our school theme of ‘Community and Inheritance’ has started well. Your child will have brought home their latest Knowledge Organiser and Curriculum Overview- make sure you read them together so you can help them with the learning that they are doing in class. Most of you will now have received information about when homework/ home learning is due in and where to place it. If you have any questions please don’t hesitate to ask your child’s class teacher. It’s good to get the routines sorted as early in the term as possible.

It is great to see all the clubs that we can offer this half term full and the children so enthusiastic to take part. We will try to offer different things each half term for the different year groups. We haven’t included the Foundation class in this first selection as, in our experience, they are rather tired at the end of the day and often find an extra hour of activity at school tricky to cope with. They will certainly have their turn in due course.

Finally, may I thank you all for your involvement and generosity today -our first charity event of this academic year. Celebrating Individuality is a high priority at St Stephens so raising money for the wonderful charity “Jeans For Genes” is close to our hearts.

Many thanks for your continued support.
Have a relaxing weekend and see you all on Monday to do it all again!

Maura Furber

School Improvement

Over the summer holidays the school was full of electricians, builders and plumbers! Each week I was in checking on the progress and it did worry me that we would have no ceilings in the classrooms, pipes and wires hanging from walls and dirt and dust everywhere when the children were due to return! However, we now have a brand new heating system so we can simply flick a switch and be warm when the time comes! This was a large project and I’d like to say a huge thank you to our site manager, Bob Willson, for being on call most days! Also thank you to the staff for the extra hours put into returning their classrooms into exciting, orderly places to teach in. This is a project that has been long overdue so we are delighted it has been completed before the cold weather.



As you will all have noticed the playground improvements I mentioned at the end of last term have started. Many thanks for your understanding with this, I know it has been tricky some mornings to find an exit!! The team building the shelters have battled against torrential downpours and supplies not being delivered so they will return next week to install the sail shelter in KS2. The children in KS1 and YF have LOVED watching the progress every day and a few have actually offered their help!



Our New Fabulous Foundation Pupils

It was wonderful to meet with all the new Foundation children last week during their transition days and we are so delighted they are all in every day from this week. What a busy group of learners they have been... the photos show you just a small part of what they have been up to! A HUGE thanks to the Foundation teachers for



spending many hours transforming the classroom environment, inside and out, during the summer break -what an exciting, enabling classroom the children have. Also a very warm welcome to our new Learning



Support Assistant in the class, Mr Mikey Houghton. Welcome to Team St Stephens Mikey-it feels like you've already been with us for longer than a few weeks -always a positive sign .

Thank you to all the parents for attending the meetings held by Mrs Lumby last week our partnership is key to your child's success right from the very first day.

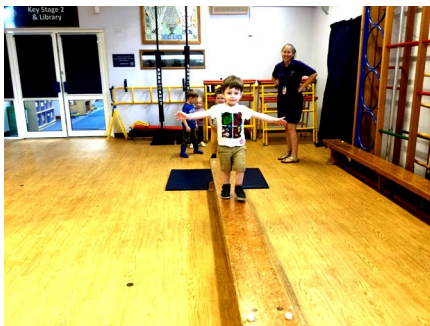


Pre- School children back with batteries fully recharged!

It has been truly wonderful welcoming back the children to Pre-School, this week we have also had the pleasure of welcoming new friends to our setting.

To support the settling in process, our focus story has been 'Owl babies', this helps the children to understand that their parents will return to collect them soon and has enabled us to discuss and share our feelings together.

During our P.E sessions in the hall we have been developing our balancing skills, the children are becoming increasingly confident in the way that they move in such a short space of time.



Next week our theme will be 'Ourselves and our families' to support this, please can send in a family photo for our display, this may also include extended family, special friends or pets.

If you would rather send the photo via class dojo, we can then print it for you. Thank you



Jeans for Genes Day

<https://www.jeansforgenes.org>

Once again Team St Stephens has demonstrated kindness, mutual respect and tolerance of others by taking part fantastically in our first charity event of the new school year. By wearing your jeans to school and donating money your impact is enormous. Thank you for your generosity. The Jeans for Genes campaign raises awareness of the daily challenges faced by those living with a genetic disorder and raises money to fund projects that make a tangible difference to the lives of those affected. Most importantly, the campaign:

- Brings together the genetic disorder community in order to make a loud noise about the issues that matter to them
- Shines a light on the organisations that work tirelessly to improve the lives of affected individuals; and
- Celebrates the achievements of those living with a genetic disorder.

At St Stephens we are proud to **'Celebrate Individuality'**. A HUGE thank you to the newly elected Pupil Forum for organising this event - the first of many I am sure. Thank you to Mrs Lumby for leading the Forum -they have another meeting next week together to identify their key roles.

Total raised TBC



Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together

A Healthy Start to the New Term.

Year 6 have been practicing and refining their core physical skills during their circuit training this week in PE. Speed, accuracy, timing and co-ordination all under review and how improvements can be made.
Practice makes perfect



Cricket Champion

A HUGE congratulations to Tyler who was part of the Werrington Cricket Team (under 11's) who won the County hard ball cricket final during the summer holiday. All that extra practice on the school playing field with his dad has certainly paid off!

In Tyler's own words the win means ...
"We are the best in Cornwall!"

Great job young man.



Working in the Mud Kitchen

The children have been having such wonderful active learning in their new Mud Kitchen that was built in the summer break, in the Key Stage 1 playground.

We would like to say a **HUGE THANK YOU** to Mrs Lumby's wonderful dad who built it, her brother for donating some wood and to a local builder for donating some pallets and wooden planks.

Their kindness and hard work is very much appreciated by us all at St Stephens.



St Stephen's
Church Hall

Messy
Church

Everyone
welcome!

3rd Tuesday of each month

3.15-5.00

Messy
crafts

Yummy
food

Super
stories

For more info contact Esther:

07533011446 / eeritchie@live.co.uk

Messy Church '21

Pre-Loved School Uniform.

Our wonderful PTFA will be selling pre-loved uniform at a VERY reasonable rate on the **last Friday of every month** in the school hall @ 8.45-9.15. Not only is this good for the environment but it saves you money and makes money for your child's school.

What a win-win situation.

The next sale will be on **24th September** .



Main symptoms of Covid

Covid 19 Information



Fever



Cough



Loss of smell/taste

Other symptoms may be present, however, **testing and isolation** are **based on these three symptoms**.

The three key symptoms have not changed.

- Children who are unwell should not attend the setting and should remain at home until their **acute symptoms** resolve (+24 hours for a fever). **This has always been the case.**
- **IF** these symptoms develop into cough, temperature, changes to taste and smell, should isolate and test.
- **IF** test negative to COVID-19, still need to remain at home until at least 24 fever free and acute symptoms resolved.
- Parents and settings should not try and 'second guess' diagnosis – if have the key symptoms, isolate and test.
- *Examples of acute symptoms with which children should not attend school/nursery include fever, muscle aches, hacking cough.*
- *Examples of symptoms with which children could attend school/ nursery include persistent runny nose, irritable cough (if COVID-19 positive, they must have completed the appropriate isolation period).*

COVID-19 Disease course



Incubation period – time when you are infected but not showing any symptoms:

- Usually 5-6 days (can be between 1 to 14 days).



Infectious period – time when you can infect others:

- From 2 days before to 10 days after onset of symptoms (recovered and at least 48 hours fever free).



You are **no longer infectious after 10 days** and if you have recovered:

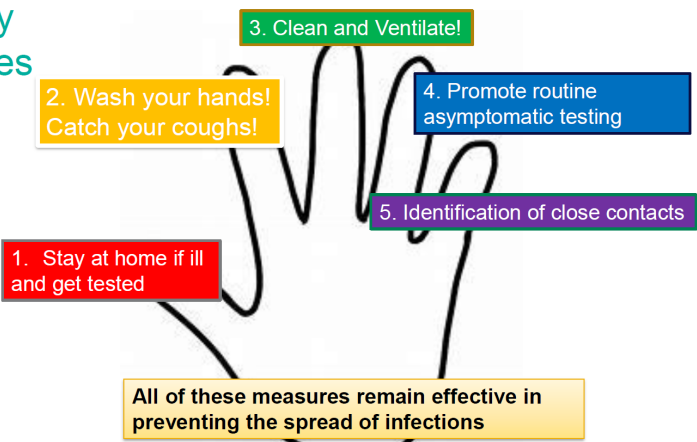
- Ongoing cough and/or loss of taste/smell is not a sign of ongoing infection and may continue for weeks after.



PCR

Tests may remain positive for up to 90 days – this does not mean someone is infectious but if they have symptoms again, they would need to self-isolate still.

Five key principles



Isolation is not needed for those who are exempt – i.e. If you are double vaccinated or under 18 you do not need to isolate .

Staff who do not need to isolate, and children and young people aged under 18 years 6 months who usually attend school, and have been identified as a close contact, **should continue to attend school as normal**. They do not need to wear a face covering within the school, but it is expected and recommended that these are worn when travelling on public or dedicated transport