



An Daras Trust
Igniting Curiosity Growing Capabilities

St Stephens Community Academy Fortnightly Family Newsletter



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

Friday 2nd July 2021

Mrs. Maura Furber -Headteacher



Dear Parents/Carers,

Another two weeks full of exciting learning opportunities and enrichment activities. From first aid training and trips out, to sports days and celebrating individuality by wearing yellow!

As usual the children have impressed us with their growing resilience , determination and pride in their school and growing achievements.

We look forward to sharing more information with you about your child via our end of year reports. These go 'live' to you electronically on Friday 9th via your email address. The school

office has already sent out information to you regarding checking this link is ready. We have been delighted to

welcome the 'new starters' to our school for their transition sessions and these will continue weekly until our

whole school full day transition day on Tuesday 13th July-once again details have been sent to you via email

regarding where to drop off and pick up times. It does feel this year as if the children have just started the school

year and we are now preparing them for the next ! We are hoping to hold our leavers service for the current Y6,

but we will wait until the Prime Minister's briefing on the 19th before we confirm any details.

Another busy two weeks ahead so make sure your children recharge their batteries over the weekend! I know the staff certainly will be!

Best wishes

Maura Furber

School Improvement

Every Monday we enter the school building wondering what the inside will look like! The contractors employed to dismantle and replace our current heating system have been very busy every weekend. New radiators, pipework and boilers are disappearing (and appearing)and my regular meetings with the team and project managers at Kendall Kingscott inform me they are well on track to have our new system up and running by the Autumn Term- just in time for the weather becoming colder!

Perfect as this is not a small job.

We have also been informed this week that our Trust bid for new Fire precautions throughout the school has been successful. This project will be due to start in the second part of the Autumn Term 2021.

Making sure our school building is fit for purpose and meets all health and safety regulations is always a priority . As a school we have also recently undergone a health and safety audit that went very successfully and links to our Trust HR expectations.



SPORTS DAYS

Great sportsmanship and teamwork were demonstrated by all of those who participated in this week's Sport day events. All the children enjoyed running races and having fun in their 'bubbles'.



There was also lots of determination; competitive spirits made the events exciting and gave children the chance to shine in their physical achievements.



The winning team will be announced in Monday's assembly ,after the LKS2 sports afternoon on Thursday ,points will be totalled from all three Sports days.

Good Luck Priory, Zig Zag, Castle and Roundhouse!



Wild Tribe First Aid



Last week Y4 had a great time learning about First Aid. They thought about the different types of injuries you could get and what to do in case of an emergency. We identified the five main emergency services and when it is the right time to call them.

The children were taught how to react if they discover someone who has had a fall and what to do to help someone. They were amazing at being able to put each other in the recovery position and understood the importance of each element of the position.

After lunch, they had a go at putting on bandages and shoulder/arm slings. This was great fun, yet a really important skill

to practise; they did a great job!

Finally, we went out onto the field and had a go at making a stretcher out of tarpaulin and two branches...again the children were amazing and did a great job.



Go Yellow for Shine 2021

Shine is a registered charity that provides specialist support from before birth and throughout the life of anyone living with spina bifida and/or hydrocephalus, as well as to parents, families, carers and professional care staff. Shine enables people to get the best out of life. We celebrate individuality at St Stephens so we were delighted when a parent asked if the pupils could show their support for her son who has the condition.

A HUGE heartfelt thank you to everyone -the school was filled with sunshine yellow and to make matters even better the little boy's class won the attendance cup this week.

Smiles that Shine all the way.

We hope to fundraise for this charity next year as a school.





Studying Life Cycles in Pre School.



The children have been totally captivated in observing , learning new facts and discussing our caterpillars . The children read books and studied the process over time with magnifying glasses and lots of questions! The butterflies were released into the school garden, where they will be able to lay eggs on the leaves ready to repeat their amazing lifecycle. The children enjoyed getting a close up view when the butterflies landed on orange segments they held. First hand experiences play such an important part in our learning provision.

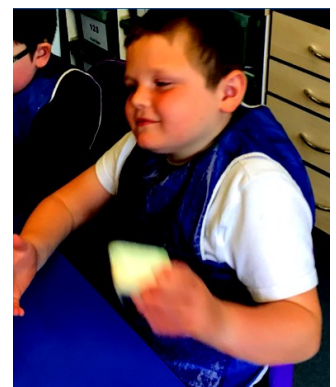


Making Butter

This week we have been learning about farm animals. Today we have been finding out what farm animals give us. We watched a film about cows being milked and learnt that the milk can be turned into butter.

Each of us had a small pot with cream in it- sealed so the cream didn't come out. Then we had to shake it really hard for such a long time. Our arms started to ache!

Finally, we could see the cream had started to make a lump of butter.



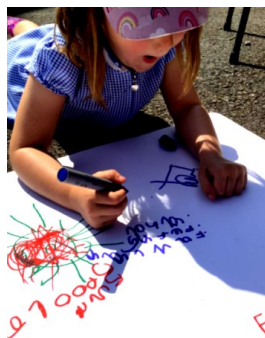
Creativity in Action.



This week in Year F we have been thinking all about witches, wizards, potions and spells! We have been making our own potions in the mud kitchen and writing our recipes for this. We have also been practising the vocabulary linked with capacity: full, empty, nearly full, nearly empty and half full.

We have enjoyed being creative by making various junk models and some of us have made wands to help us with our magic spells.

Our drawing club book this week has been 'What's in the Witch's Kitchen?', which we have thoroughly enjoyed reading.



Kindness in the Community

Once again our community has shown its generosity and kindness towards St Stephens. When Penny Mc Millan from 'Merchants and Makers' heard that we needed textiles for Design Technology and Art she came laden with fabric samples and design prints.

Thank you so much Penny, you can be rest assured all these wonderful resources from your interior design studio will be put to very good use by artists and designers of the future!



Jump Back Up July 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

SUNDAY

- 1 Take a small step to help overcome a problem or worry
- 2 Adopt a growth mindset. Change "I can't" into "I can't...yet"
- 3 Be willing to ask for help when you need it
- 4 Find something to look forward to today
- 5 Get the basics right: eat well, exercise and go to bed on time
- 6 Pause, breathe and feel your feet firmly on the ground
- 7 Shift your mood by doing something you really enjoy
- 8 Avoid saying "must" or "should" to yourself today
- 9 Put a problem in perspective by seeing the bigger picture
- 10 Reach out to someone you trust and share your feelings with them
- 11 Look for something positive in a difficult situation
- 12 Write your worries down and save them for a specific 'worry time'
- 13 Challenge negative thoughts. Find an alternative interpretation
- 14 Get outside and move to help clear your head
- 15 Set yourself an achievable goal and take the first step
- 16 Find fun ways to distract yourself from unhelpful thoughts
- 17 Use one of your strengths to overcome a challenge today
- 18 Let go of the small stuff and focus on the things that matter
- 19 If you can't change it, change the way you think about it
- 20 When things go wrong, pause and be kind to yourself
- 21 Identify what helped you get through a tough time in your life
- 22 Find 3 things you feel hopeful about and write them down
- 23 Remember that all feelings and situations pass in time
- 24 Choose to see something good about what has gone wrong
- 25 Notice when you are feeling judgmental and be kind instead
- 26 Catch yourself over-reacting and take a deep breath
- 27 Write down 3 things you're grateful for (even if today was hard)
- 28 Think about what you can learn from a recent problem
- 29 Be a realistic optimist. Focus on what could go right
- 30 Reach out to a friend, family member or colleague for support
- 31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together



Adult Education

2021/22

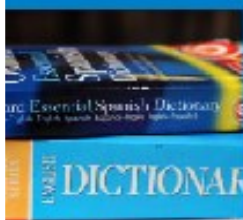
Online brochure now available

www.cornwall.gov.uk/adultlearning

We are working towards a **Carbon Neutral Cornwall**, doing our bit to save the planet's resources.



We still want to talk to you, if you want to chat through your options, enrol over the phone or request a printed version of the brochure call us on **0300 1231 117**



FREE Wellbeing support for you and your child

HeadStart Kernow working in partnership with Creative Education are offering parents and carers across Cornwall and the Isles of Scilly **FREE** access to an online, on demand library of resources to support wellbeing both for you and your child(ren) in these challenging times.

Currently there are **over 100** resources available and the platform is growing all the time. The content includes a mix of webinars, short online courses and bite-size information for **primary / secondary ages** and covering topics such as:

- *Self-care for parents and carers*
- *Supporting your child when they start a new school*
- *What to do when your child is being bullied*
- *Parental awareness of self harm*
- *Worries and anxiety (including simple coping strategies)*
- *Helping children with friendship issues*
- *Laugh your way to stronger connections*
- *Understanding the teenage brain*
- *10 ideas to boost family wellbeing*
- *Top tips to help improve children's sleep*



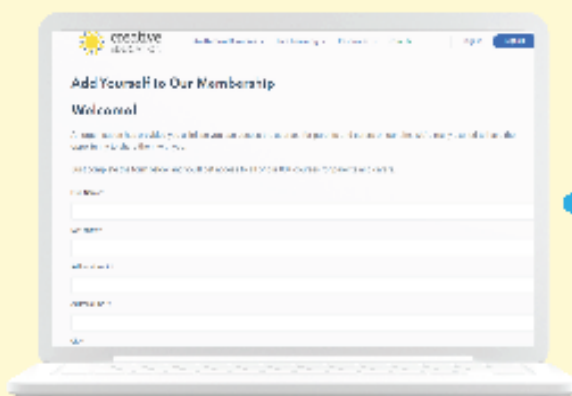
and many more...

How can I sign up?

To get your **full and free access** (lasting until 31st August 2022) follow this link:

<https://bit.ly/CornwallParentsHSK>

or scan the **QR Code**



The link will take you to the **Creative Education Website** and a page where you can sign up to the **existing Headstart Kernow Membership page**.

Once signed up you can access all of the parent / carer resources for free on any device / anywhere / anytime.

For more information visit:

www.headstartkernow.org.uk/parents-carers/online-wb-courses/

or e mail: headstartyouth@cornwall.gov.uk

Find more resources for Children & Young People at our YP website

www.startnowcornwall.org.uk

HEADSTART
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