



13th January 2023

Dear parents and carers,

We began this week by discussing the Launcher One rocket that took off from Newquay airport. This really captured the children's interest and it was a great opportunity for us to talk about themes of aspiration and ambition, unfortunately we know that it didn't all go to plan. This did give us an opportunity to talk about other important values such as resilience and perseverance though!

This week we have welcomed a number of visitors to our school. On Tuesday Chris Gould, in his new role as Director for Education for our academy trust, and Isabel Stephens, the headteacher of Newlyn School spent the day with us. The purpose of the day was to explore and evaluate our curriculum across a range of subjects and we had a more in depth look at history throughout the school. This was such a positive day and highlighted some real strengths in our provision, subject leadership and most pleasingly in how willingly and confidently our children could talk about what they had learnt and were learning.

On Thursday there was a lot of excitement amongst the Acorns when they had some very special guests come to see them in school – the Fire and Rescue Service with a fire engine! This linked perfectly to their learning about heroes.



The children from the Seedlings also joined them and they had the opportunity to explore the fire engine and even let off the hoses! Miss Cookson loved having the opportunity to dress as a fire fighter!



A huge congratulations should also go out to our children that took part in the swimming gala on Wednesday. They performed brilliantly and were great ambassadors for the school. It was also a privilege to have our first pupil parliament meeting today, they have so many good ideas that we need to meet again, next week to firm up some actions!

Mr Hick

Pupil Premium

Pupil Premium funding is additional funding which the school receives for each eligible pupil and allows us best support the children both academically and across the wider school curriculum e.g. trips and residential.

Your child may be eligible for free school meals and pupil premium funding if you are in receipt of one or more of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods).
- Income Support (IS)
- Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance
- Child Tax Credit (CTC) with an annual income of less than £16,190
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Guarantee Element of Pension Credit (GPC)
- Immigration and Asylum Act 1999 (IAA) Supports

It easy to apply online by clicking [here](#) or speak to the office and we can provide a paper form.

Please note that **all** reception and key stage 1 children are entitled to a free school meal **but** the school will not receive any additional funding if an application is not made.

Times Tables

A quick and automatic recall of times tables is key building block for children in mathematics. Regular practice of these with your children really does make a difference and overtime will help to improve their



Times tables: the 21 facts*

1 1x1=1 1x2=2 1x3=3 1x4=4 1x5=5 1x6=6 1x7=7 1x8=8 1x9=9	2 2x2=4 2x3=6 2x4=8 2x5=10 2x6=12 2x7=14 2x8=16 2x9=18	3 3x3=9 3x4=12 3x5=15 3x6=18 3x7=21 3x8=24 3x9=27	4 4x4=16 4x5=20 4x6=24 4x7=28 4x8=32 4x9=36	5 5x5=25 5x6=30 5x7=35 5x8=40 5x9=45
6 6x6=36 6x7=42 6x8=48 6x9=54	7 7x7=49 7x8=56 7x9=63	8 8x8=64 8x9=72	9 9x9=81	

confidence in all areas of mathematics. The Oxford Owl

website [HERE](#) has some really good information, tips and games that are really helpful in helping you to support your children.

Children in key stage 2 also have access to **Times Tables Rockstars** which is great way to practice in a fun way.

Click [HERE](#) to play!

If we know the 21 facts highlighted below then we can use these to work out all of our tables.

Online Safety

Our latest online safety newsletter can be found [HERE](#). This is definitely worth looking at and includes some great advice in setting up parental controls.



Clubs

We have now allocated clubs to the children based upon the preference choices that were made and the children will be coming home with a letter that outlines this. As always, we have worked hard to accommodate as many choices as possible but it is not always possible to give the children all of their choices, however as a minimum, all children have at least their first choice of club.

School Places

If you have any children that are due to start school in September 2023 then please remember that the deadline for admission is the 15th January. You can apply via the local authority website [HERE](#). We are likely to have some available spaces in reception this year and so if you know children in the nearby area that might want to join our school, then I would be more than happy to show them and their families around in the coming weeks.

Inset Days 2023/24

We are in the process of confirming our inset days for 2023/24 and will be able to share these with our community next week.



<u>Dates For Your Diary</u>	
13.2.23 – 17.2.23	HALF TERM HOLIDAY
20.2.23	Start of half term
3.4.23 – 14.4.23	EASTER HOLIDAYS
17.4.23	Start of summer term
29.5.23 – 2.6.23	HALF TERM HOLIDAY
5.6.23	Start of half term
21.7.23	End of term for children



GOLDEN AWARD WINNERS

ACORNS	Reuben & Isabelle
SEEDLINGS	Grace & William
BUDS	Conor & Jake
YOUNG OAKS	Jackson & Millie
BUR OAKS	Archie & Jacob
RED OAKS	Ailla, Beatrice & Orla
MIGHTY OAKS	Bobbie-Jo & Sennen



Family Worker Drop In Sessions



Early Help FW Drop In Sessions 2023

Need support with your child -

- How to better understand your child's needs & behaviours
- Advice on positive parenting and how to keep your child safe
- How to better understand the importance of routines for your family

If you would like to be able to talk in confidence, just pop along, we are here to help and support you.

All parents and carers are welcome.

Family Worker Drop In Sessions

Perranporth Family Hub
Liskey Hill
Perranporth
TR6 0EU

Wednesdays - 25th January, 22nd
February, 29th March & 26th April
9.00am to 10.00am

St Pauls Family Hub
Moresk Road
Truro
TR1 1BP

Thursdays - 12th January,
9th February & 9th March
2.00pm to 3.00pm

Contact us for more information

Email: carrick.familyhubs@cornwall.gov.uk

Call: 01872 322661



Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



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*Survey of 2,000 adults by OnePoll, Aug 2021

Carrick Spring Term Parenting Schedule

January – March 2023

Being Passionate About Parenting 4 -11 years

A 3 week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer.

Day	Week1	Week 2	Week3	Time	Where	Availability
Wednesday	11 th January	18 th January	25 th January	10.00- 11.30a m	Virtual Microsoft teams	
Friday	27 th January	3 rd February	10 th February	10.00 - 11.30a m	Falmouth Family Hub	
Tuesday	21 st February	28 th February	7 th March	1.00 - 2.30pm	Virtual Microsoft teams	

Being Passionate About Parenting Early Years 1-3 years

A 3-week workshop for Parents / Carers of children aged 1 to 3 years (pre reception). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims include: - To build relationships with our toddlers. To develop top tips for positive behavior management. To give support and confidence to Parents/ Carers Topics in this workshop include: - child led play, special time, praise, limited choices use of language, routines etc.

Day	Week1	Week 2	Week 3	Time	Where	Availability
Thursday	19 th January	26 th January	2 nd February	10.00- 11.30am	Virtual Microsoft teams	

Being Passionate About Parenting with ADHD 4-11 years

A 3-week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The ADHD element of the workshop includes: - Fact and Fiction about ADHD, definition of ADHD and possible areas that may be a challenge, the use of language and effective communication, seeing behaviours from your young person's perspective and supporting them with practical strategies and top tips.

Day	Week1	Week 2	Week 3	Time	Where	Availability
Tuesday	10 th January	17 th January	24 th January	12.30- 2.30pm	Virtual Microsoft teams	Limited spaces
Monday	23 rd January	30 th January	6 th February	10.30- 12.30	Virtual Microsoft teams	
Monday	20 th February	27 th February	6 th March	10.00- 11.30am	Virtual Microsoft teams	Limited spaces

Wednesday	22 nd February	1 st March	8 th March	10.00- 12.00	Malpas Family Hub Truro	
Thursday	16 th March	23 rd March	30 th March	12.30 - 2.30pm	Virtual Microsoft teams	

Being Passionate About Parenting with Spectrum Awareness

4 -11years

A 3 week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The elements which are about the Spectrum includes: Fact and Fiction about the

Spectrum, looking at definitions/challenges and strategies to support your young person, sensory challenges, basic social scripts to support situations that may be difficult to understand, the use of language to support positive communication, and to understand behaviours from your young person's point of view.

Day	Week1	Week2	Week3	Time	Where	Availability
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Wednesday 25 th	25 TH January	1 st February	8 th February	6.30 - 8.30p m	Virtual Microsoft teams	Full
Tuesday	21 st February	28 th February	7 th March	10.00- 12.00	Virtual Microsoft teams	
Thursday	2 nd March	9 th March	16 th March	6.30- 8.30p m	Virtual Microsoft teams	
Friday	10 th March	17 th March	24 th March	10.00 - 12noon	Virtual Microsoft teams	

Take 3 12-17 years

5 weeks

A 10 hour workshop for parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work.

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Time	Where	Availability
Thursday	12 th Jan	19 th Jan	26 th Jan	2 nd Feb	9 th Feb	6.30- 8.30	Virtual Microsoft teams	Full
Wednesday	1 st March	8 th March	15 th March	22 nd March	29 th March	6.30- 8.30	Virtual Microsoft teams	

Take 3 12-17 years

10 weeks face to face

A 20 hour workshop for parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work.

Day	Wk1	Wk2	WK3	WK4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Time	Venue
Tues	10 th Jan	17 th Jan	24 th Jan	31 st Jan	7 th Feb	21 st Feb	28 th Feb	7 th Mar	14 th Mar	21 st Mar	10.00- 12.00	Newquay Family Hub
Mon	27 th Feb	6 th Mar	13 th Mar	20 th Mar	27 th Mar	17 th Apr	24 th Apr	1 st May	8 th May	15 th May	10.00- 12.00	Malpas Family Hub Truro

Being Passionate about the Teenage Brain

A 6 hour workshop for Parents / Carers of young people aged 12 to 17 (Secondary years 7 to 11). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims of the workshop include: To build relationships with our young people. To develop positive strategies to support behaviour management. To provide support, information and confidence to Parents/ Carers. Topics in this workshop include: boundaries and communication, emotions, keeping calm, praise, the teenage brain, parenting styles etc.

Day	Week 1	Week2	Week 3	Time	Where	Availability
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Thursday	23 rd February	2 nd March	9 th March	10am – 12noon	Virtual Microsoft teams	
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To book a place or for further information please contact the Early Help Hub.

- 01872 322277 Email: earlyhelphub@cornwall.gov.uk
- www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents-carers-early-help-requests