



## 20<sup>th</sup> January 2023

Dear parents and carers,

Well the week threw up a surprise – mainly in the form of SNOW! This caused much excitement amongst adults and children alike. For many of our children this was possibly their first encounter with the white stuff and after a late start we welcomed the opportunity to get outside and have a play. Although there wasn't lots of it, the children definitely made the most of what we did have and produced a range of snowmen and snowcreatures! A few pictures of our day are shared below.

We began the week by revisiting and talking about our key learning behaviours of **resourcefulness**, **resilience**, **reflectivness** and **reciprocity**; we will be looking at these more through the coming weeks. Over the rest of this week there has been some fantastic learning taking place, including:

- Acorns – have continued their learning about superheroes, with a focus on nurses in particular and they even had a visit from Reuben's mum who is a nurse (Thank you Reuben's mum!).
- Seedlings – following on from penguins last week, this week learning has focused on lions, culminating with the writing of a fact file. They have also been learning how to represent numbers from 11-20 using Base 10 for the first time.
- Buds - have been learning all about the features of a seaside town in Geography. They have learnt that a harbour is a place where boats may shelter. If you visit a seaside town, I wonder if you can spot any physical or human features? Do all seaside towns have harbours?
- Young Oaks - have had a fantastic week in English focusing on using inverted commas to show speech in their own stories. They have produced some outstanding work.
- Bur Oaks – have been amazing in maths. Utilising their tables knowledge to support written multiplication and problem solve.
- Red Oaks - this week, Year 5 became scientists, creating an investigation to find out whether materials are soluble or insoluble. They have been very impressive in their scientific explanations.
- Mighty Oaks - have been looking at different climate zones around the world. Did you know that Cornwall has a temperate climate?



I hope all have a good and **warmer** weekend.

Mr Hick



let it  
snow



## Term Dates

We have now confirmed our inset days for the next academic year. These can be seen below and found on our website [HERE](#).

Cornwall Council 2023/2024 School Term Dates for Community and Voluntary-Controlled Schools																						
<b>September 2023</b>							<b>October 2023</b>							<b>November 2023</b>							<b>School holidays</b>	
Mon		4	11	18	25		Mon		2	9	16	23	30		Mon		6	13	20	27	<b>Bank holidays</b>	
Tue		5	12	19	26		Tue		3	10	17	24	31		Tue		7	14	21	28	Christmas Day	
Wed		6	13	20	27		Wed		4	11	18	25		Wed		1	8	15	22	29	Boxing Day	
Thurs		7	14	21	28		Thurs		5	12	19	26		Thurs		2	9	16	23	30	New Years Day	
Fri	1	8	15	22	29		Fri		6	13	20	27		Fri		3	10	17	24		Good Friday	
Sat	2	9	16	23	30		Sat		7	14	21	28		Sat		4	11	18	25		Easter Monday	
Sun	3	10	17	24			Sun	1	8	15	22	29		Sun	5	12	19	26			May Bank Holiday	
<b>December 2023</b>							<b>January 2024</b>							<b>February 2024</b>							<b>Chacewater Inset Days</b>	
Mon		4	11	18	25		Mon	1	8	15	22	29		Mon		5	12	19	26		25 December 2023	
Tue		5	12	19	26		Tue	2	9	16	23	30		Tue		6	13	20	27		26 December 2023	
Wed		6	13	20	27		Wed	3	10	17	24	31		Wed		7	14	21	28		01 January 2024	
Thurs		7	14	21	28		Thurs	4	11	18	25		Thurs	1	8	15	22	29		29 March 2024		
Fri	1	8	15	22	29		Fri	5	12	19	26		Fri	2	9	16	23		01 April 2024			
Sat	2	9	16	23	30		Sat	6	13	20	27		Sat	3	10	17	24		27 May 2024			
Sun	3	10	17	24	31		Sun	7	14	21	28		Sun	4	11	18	25		26 August 2024			
<b>March 2024</b>							<b>April 2024</b>							<b>May 2024</b>								
Mon		4	11	18	25		Mon	1	8	15	22	29		Mon		6	13	20	27		<b>AUTUMN TERM (72 days)</b>	
Tue		5	12	19	26		Tue	2	9	16	23	30		Tue		7	14	21	28		4 September - 19 December 2023	
Wed		6	13	20	27		Wed	3	10	17	24		Wed	1	8	15	22	29		(HALF TERM 23-27 October 2023)		
Thurs		7	14	21	28		Thurs	4	11	18	25		Thurs	2	9	16	23	30		<b>SPRING TERM (56 days)</b>		
Fri	1	8	15	22	29		Fri	5	12	19	26		Fri	3	10	17	24	31		3 January - 28 March 2024		
Sat	2	9	16	23	30		Sat	6	13	20	27		Sat	4	11	18	25		(HALF TERM 12-16 February 2024)			
Sun	3	10	17	24	31		Sun	7	14	21	28		Sun	5	12	19	26		<b>SUMMER TERM (67 days)</b>			
<b>June 2024</b>							<b>July 2024</b>							<b>August 2024</b>								
Mon		3	10	17	24		Mon	1	8	15	22	29		Mon		5	12	19	26		15 April - 24 July 2024	
Tue		4	11	18	25		Tue	2	9	16	23	30		Tue		6	13	20	27		(HALF TERM 27-31 May 2024)	
Wed		5	12	19	26		Wed	3	10	17	24	31		Wed		7	14	21	28		195 days are included on the school calendar. Schools will be open to pupils for 190 days. The five additional days are allotted for In-Service Training (INSET). Schools allocate their own INSET days.	
Thurs		6	13	20	27		Thurs	4	11	18	25		Thurs	1	8	15	22	29				
Fri		7	14	21	28		Fri	5	12	19	26		Fri	2	9	16	23	30				
Sat	1	8	15	22	29		Sat	6	13	20	27		Sat	3	10	17	24	31				
Sun	2	9	16	23	30		Sun	7	14	21	28		Sun	4	11	18	25					

## Trips

Details have come out recently from individual classes about curriculum trips/visits that are taking place this term, including:

- Bur Oaks – 7<sup>th</sup> February. River exploration trip.
- Seedlings – 9<sup>th</sup> February. Newquay Zoo
- Young Oaks – 9<sup>th</sup> February. Eden Project
- Buds – 22<sup>nd</sup> February. St Michael's Mount.



We are really pleased to be able to have a number of different experiences happening that we hope will enhance the children's learning. Payment and consent forms are all on ParentPay for these. Please remember to send back any school packed lunch requests for these.

## NEU Industrial Action

You may be aware from media coverage that the NEU (National Education Union) have proposed up to 4 days of industrial action which will take place on 1<sup>st</sup> February, 2<sup>nd</sup> March, 15<sup>th</sup> March and 16<sup>th</sup> March. This industrial action is taking place in response to a dispute between the NEU and the government over teachers' pay.

At this stage I do not think that school based learning will be disrupted in our school, however it is possible that some classes could be impacted by the industrial action. I will give any updates as early as possible should any situation change.

## 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 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.

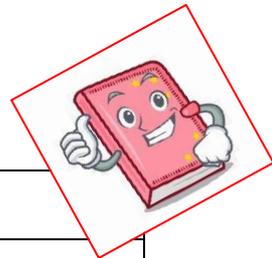
**Times tables: the 21 facts\***

1	2	3	4	5
$1 \times 1 = 1$	$2 \times 2 = 4$	<b><math>3 \times 3 = 9</math></b>	<b><math>4 \times 4 = 16</math></b>	$5 \times 5 = 25$
$1 \times 2 = 2$	$2 \times 3 = 6$	<b><math>3 \times 4 = 12</math></b>	$4 \times 5 = 20$	$5 \times 6 = 30$
$1 \times 3 = 3$	$2 \times 4 = 8$	$3 \times 5 = 15$	<b><math>4 \times 6 = 24</math></b>	$5 \times 7 = 35$
$1 \times 4 = 4$	$2 \times 5 = 10$	<b><math>3 \times 6 = 18</math></b>	<b><math>4 \times 7 = 28</math></b>	$5 \times 8 = 40$
$1 \times 5 = 5$	$2 \times 6 = 12$	<b><math>3 \times 7 = 21</math></b>	<b><math>4 \times 8 = 32</math></b>	$5 \times 9 = 45$
$1 \times 6 = 6$	$2 \times 7 = 14$	<b><math>3 \times 8 = 24</math></b>	<b><math>4 \times 9 = 36</math></b>	
$1 \times 7 = 7$	$2 \times 8 = 16$	<b><math>3 \times 9 = 27</math></b>		
$1 \times 8 = 8$	$2 \times 9 = 18$			
$1 \times 9 = 9$				

6	7	8	9
<b><math>6 \times 6 = 36</math></b>	<b><math>7 \times 7 = 49</math></b>	<b><math>8 \times 8 = 64</math></b>	<b><math>9 \times 9 = 81</math></b>
<b><math>6 \times 7 = 42</math></b>	<b><math>7 \times 8 = 56</math></b>	<b><math>8 \times 9 = 72</math></b>	
<b><math>6 \times 8 = 48</math></b>	<b><math>7 \times 9 = 63</math></b>		
<b><math>6 \times 9 = 54</math></b>			

\*The 21 facts are the 21 multiplication facts that are not covered by the 9 times tables (1-9) and are the only facts that cannot be derived from other facts.



<b><u>Dates For Your Diary</u></b>	
7.2.23	Bur Oaks' School Trip – Truro River exploration.
9.2.23	Seedlings' School Trip – Newquay Zoo
9.2.23	Young Oaks' School Trip – Eden Project
22.2.23	Buds' School Trip – St Michael's Mount
13.2.23 – 17.2.23	HALF TERM HOLIDAY
20.2.23	Start of half term
27.2.23	Year 4 - two week swimming block begins. <b>Hats and goggles needed.</b>
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	Charlie & Lacey
SEEDLINGS	Neve & Pippa
BUDS	Jenny & Gabe
YOUNG OAKS	Lauren & Zachary
BUR OAKS	Leo & Jack
RED OAKS	Tom & Freya
MIGHTY OAKS	Iga & Teddy



# 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** - 25<sup>th</sup> January, 22<sup>nd</sup>  
February, 29<sup>th</sup> March & 26<sup>th</sup> 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](mailto: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 <sup>th</sup> January	18 <sup>th</sup> January	25 <sup>th</sup> January	10.00- 11.30a m	Virtual Microsoft teams	
Friday	27 <sup>th</sup> January	3 <sup>rd</sup> February	10 <sup>th</sup> February	10.00 - 11.30a m	Falmouth Family Hub	
Tuesday	21 <sup>st</sup> February	28 <sup>th</sup> February	7 <sup>th</sup> 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 <sup>th</sup> January	26 <sup>th</sup> January	2 <sup>nd</sup> 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 <sup>th</sup> January	17 <sup>th</sup> January	24 <sup>th</sup> January	12.30- 2.30pm	Virtual Microsoft teams	Limited spaces
Monday	23 <sup>rd</sup> January	30 <sup>th</sup> January	6 <sup>th</sup> February	10.30- 12.30	Virtual Microsoft teams	
Monday	20 <sup>th</sup> February	27 <sup>th</sup> February	6 <sup>th</sup> March	10.00- 11.30am	Virtual Microsoft teams	Limited spaces

Wednesday	22 <sup>nd</sup> February	1 <sup>st</sup> March	8 <sup>th</sup> March	10.00- 12.00	Malpas Family Hub Truro	
Thursday	16 <sup>th</sup> March	23 <sup>rd</sup> March	30 <sup>th</sup> 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 <sup>th</sup>	25 <sup>TH</sup> January	1 <sup>st</sup> February	8 <sup>th</sup> February	6.30 - 8.30p m	Virtual Microsoft teams	Full
Tuesday	21 <sup>st</sup> February	28 <sup>th</sup> February	7 <sup>th</sup> March	10.00- 12.00	Virtual Microsoft teams	
Thursday	2 <sup>nd</sup> March	9 <sup>th</sup> March	16 <sup>th</sup> March	6.30- 8.30p m	Virtual Microsoft teams	
Friday	10 <sup>th</sup> March	17 <sup>th</sup> March	24 <sup>th</sup> 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 <sup>th</sup> Jan	19 <sup>th</sup> Jan	26 <sup>th</sup> Jan	2 <sup>nd</sup> Feb	9 <sup>th</sup> Feb	6.30- 8.30	Virtual Microsoft teams	Full
Wednesday	1 <sup>st</sup> March	8 <sup>th</sup> March	15 <sup>th</sup> March	22 <sup>nd</sup> March	29 <sup>th</sup> 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 <sup>th</sup> Jan	17 <sup>th</sup> Jan	24 <sup>th</sup> Jan	31 <sup>st</sup> Jan	7 <sup>th</sup> Feb	21 <sup>st</sup> Feb	28 <sup>th</sup> Feb	7 <sup>th</sup> Mar	14 <sup>th</sup> Mar	21 <sup>st</sup> Mar	10.00- 12.00	Newquay Family Hub
Mon	27 <sup>th</sup> Feb	6 <sup>th</sup> Mar	13 <sup>th</sup> Mar	20 <sup>th</sup> Mar	27 <sup>th</sup> Mar	17 <sup>th</sup> Apr	24 <sup>th</sup> Apr	1 <sup>st</sup> May	8 <sup>th</sup> May	15 <sup>th</sup> 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 <sup>rd</sup> February	2 <sup>nd</sup> March	9 <sup>th</sup> 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](mailto:earlyhelphub@cornwall.gov.uk)
- [www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents-carers-early-help-requests](http://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents-carers-early-help-requests)



SCAN THE QR CODE  
TO REGISTER



# GIRLS CRICKET 2023

## REGISTER TO PLAY!

OPEN TO AGES 7-18 | ALL ABILITIES WELCOME

FOLLOWING THE REGISTRATION PHASE ALL PLAYERS WILL BE GROUPED  
INTO GEOGRAPHICAL TEAMS TO PLAY FIXTURES IN THE SUMMER

CONTACT KELLIE WILLIAMS FOR MORE INFORMATION:  
[wgdo@cornwallcricket.co.uk](mailto:wgdo@cornwallcricket.co.uk)