



Dear Parents and Carers

There has been a great deal to be thankful for this week. Over the past 5 weeks, Mrs Hambly has been delivering a SPACE (Supporting Parents and Children Emotionally) course. At the end of the course, every parent evaluated that 'to a great extent' the course will be beneficial to them as a parent. Other comments include 'This has been an excellent resource/opportunity,' 'I love that there is a focus on ourselves as well as the children,' and 'I've managed to handle stressful situations more easily since the start of the course.' A big thank you to Mrs Hambly and to the parents who committed their time to new learning. During the summer term, Miss Sutton will be running the same course, we will inform you of details nearer the time should you be interested in attending.

Mayah and Frankie, our Year 5 Give Ambassadors, have worked really hard this week to get uniform ready for the Pre-loved Pop Up Uniform Shop that took place today. A big thanks also to Bridie Toft (parent) who helped during the sale. They raised the grand sum of £43.55 which will contribute towards curriculum funds. At St Francis, we are very keen to develop our Green agenda and this little step helps raise awareness of the benefits of recycling, re-using and reducing.

Finally, thank you to all the parents who have volunteered help to enable children from Year 3 to Year 6 to walk safely to Falmouth School for athletics competitions. Without your support, we would find it difficult to participate in such beneficial events and link with the wider community. I look forward to letting sharing their experiences and successes with you in the coming weeks.

Best wishes

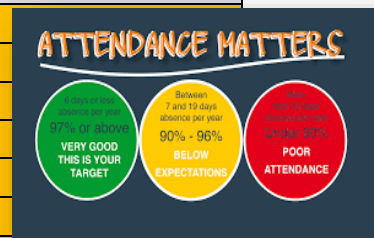
Rachel Marsh

Acting Headteacher

Our Core Christian Value:

It was lovely to end our week with worship led by Class E who were thinking about 'Extravagant Thanks'. Their worship reminded us that sometimes in life we make poor decisions, but God will show forgiveness. They concluded by thinking that every day is a 'fresh start' and that we should so our thanks for this. They concluded their worship by singing 'In Every Way'.

Year Group	This week's attendance
Reception	95%
Year 1	96%
Year 2	93%
Year 3	95%
Year 4	93%
Year 5	91%
Year 6	95%



Reception & Y6 Health Checks

Dates for the Diary:

The new date for these checks will be Monday 27th February

How we communicate with you

We have had a few parents mention about not receiving communication from the school or missing notifications. All communication from the school will now come via the new app – MyEd. If you have yet to download the app, it is free and easy to download from your phone's app store.

Ensure you have all MyEd notifications turned on within your phones settings to make sure you do not miss any messages. We use this form of communication to send most of our messages out to parents.

Letters including the newsletter and anything with attachments will come out via email.

If your email address or contact information has recently changed, or you do not seem to be receiving any communication from the school, please let us know.

Thank you



Open Afternoon

Our next open afternoon for parents of children in **years 1-6** will be Thursday 9th February from 2-3pm.

Year 5 will be performing their dance routine to parents on this day at 2:10pm and again at 2:20pm in the school hall.

Following this day, it will be an INSET day on Friday 10th February, and the school will be closed to all pupils



Year 4 will be visiting the woods during the morning on Thursday 9th February. Children will need to bring some old clothes that are okay to get dirty, also some suitable footwear such as wellie boots or trainers



The latest E-Safety newsletter can be viewed on the below link. Miss Harris is our e-safety lead for the school, so if you ever have any questions or concerns regarding this subject, get in contact with the school by emailing stfrancis@kernowlearning.co.uk

Reminder - Friday 10th February will be an INSET day for staff training, therefore the school will be closed to all pupils.

We will be back after the half term break on Monday 20th February



Panto Refunds

If you had paid for the cancelled pantomime trip, these refunds were processed yesterday. As the cinema kindly offered an alternative trip at a cost of £1.00 per child, this amount has been deducted from the refund amount.

**PLEASE!!
NOTE**

Any questions about this, please speak to either Zoe or Jackie in the office.

Year 6 BF Adventure Trip

As a pre-SATs team building treat, we have arranged for our year 6 children to visit BF Adventure. The trip will be split over 2 visits, class M (Giraffes) will visit on Wednesday 15th March and class N (Elephants) will visit on Thursday 23rd February.

Full information and details have been sent home with children today.

The cost of the trip to BF Adventure is free, but we are asking parents for contribution of £8.00 per child to cover the cost of the transport, which is to be paid online using your PlusPay details.

If you need a copy of the letter, it can be viewed from the website [here](#), or we do have copies in the office.



**£60 FOR 3 DAYS
OR £25 A DAY**

SWIM WILD ACADEMY FEB HALF TERM SWIMMING LESSONS FOR KIDS 5+



PENDENNIS LODGE, FALMOUTH
13TH-17TH FEB

[HTTPS://SWIMWILDCORNWALL.CO.UK/BOOK-NOW/](https://swimwildcornwall.co.uk/book-now/)

FEB HALF TERM SUPERCAMPS

Come and take part in our EdVenture holiday provision, offering children a fantastic opportunity to build friendships through team sports and outdoor adventures, and explore their creativity with themed group games and arts & crafts.

FEBRUARY HALF TERM: TUE 14TH - THUR 16TH

3 DAY SUPER CAMPS

5-7 YEARS | 8+ YEARS

FEATURING A RANGE OF ACTIVITIES INCLUDING:

**DODGEBALL, DEN BUILDING, GYM,
PAPER PLANE FLYING, ARTS & CRAFTS,
DANCE OFF, FOOTBALL GOLF,
CAPTURE THE FLAG, BOARD GAMES,
FILMS, TEAM CHALLENGES
& LOTS MORE!**



**OTHER ACTIVITIES ALSO AVAILABLE:
FOOTBALL, CLIMBING, RUGBY, CLAY/CRAFTS**

FOR MORE DETAILS ON THE COURSES & HOW TO BOOK:

**WWW.MYEDVENTURE.CO.UK
01326 372379**



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Where every person matters, every person helps, every person succeeds so that each of us can live 'life in all its fullness' (John 10:10)

A message from Miss Sutton about Children's Mental Health Week

Next week, **6th-12th February**, is Children's mental health week and the theme this year is the importance of connecting with each other. Below you will find a parents / caregiver's guide with information and links to activities, should you want to take part at home.

There is also a challenge, set by 'Taskmaster Education,' (like the program) where Little Alex Horne, will set tasks each day for children to join in with at home. There will also be a treasure hunt, with daily clues to solve: if these are solved correctly over the course of the week, families or groups will make it onto the Wall of Fame... and have a chance of winning the Taskmaster Treasure Hunt Grand Prize! The link is as

https://taskmastereducation.com/?dm_i=54XV,PIYT,534IAA,33GG6,1

We began thinking about our connections in our P.S.H.E this week and will continue this next week.

I hope you are all well and all manage to enjoy some down time this half term, connecting with your families and friends.

LET'S
CONNECT



LET'S
CONNECT



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways
Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections
This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends
As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

Curriculum News Week beginning 6th February 2023



Reception	We will be learning about Superheroes and practicing our large motor skills.
Year 1	We are looking forward to being scientists and hunting bugs in Tregonnigie woods this week.
Year 2	As writers, we are looking forward to writing and performing our innovated poems
Year 3	As geographers, we are looking forward to using our own compasses
Year 4	We are looking forward to our trip to the woods on Thursday.
Year 5	We are excited to perform our dance on Thursday afternoon.
Year 6	As mathematicians, we will be learning about decimals and percentages.

Golden Awards



- Class A Ellis & Elliot
- Class B Jago & Lottie
- Class C Cohen & Harry
- Class D Mila & Thomas
- Class E Jack & Jowan
- Class F Bella & Harley
- Class G Olivia & Zachary
- Class H Eliza & Paisley
- Class I Mia & Paige
- Class J Alfie & Layna
- Class K Frankie, Lily, Mason & Mayah
- Class L Finley F & Jessica
- Class M Nevaeh & William
- Class N Chloe A & Molly

We are honest

We listen

We work hard

We look everyone & everything

We are gentle

We are kind and helpful



What's on at St Francis

February

- 3rd – Class E (Frogs) parent assembly @ 9:10am
- 7th – Last swimming session for class M (Giraffes)
- 9th – Y4 Tregonigie Woods visit in the morning
- 9th – Current parents open afternoon for years 1-6 2-3pm
- 10th – INSET DAY – SCHOOL CLOSED
- 13th – 17th – HALF TERM
- 20th – Return to school
- 21st – Class N (Elephants) swimming lessons begin
- 23rd – Class N (Elephants) BF Adventure trip
- 27th – Reception and year 6 health checks

March

- 2nd – World Book Day
- 8th – Year 1 Trip (details to follow)
- Week beginning 13th – Year 6 Mock SATS week
- 15th – Class M (Giraffes) BF Adventure trip
- 17th – Red Nose Day
- 20th – 31st – Sustrans Big Walk and Wheel event
- 20th -24th – Reception year parent consultation week
- 23rd and 24th – Class Photos
- 27th – 31st – Years 1-6 parent evening week
- 30th – Year 5 Trip (details to follow)
- 31st – Break up for Easter Holidays



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Key Dates 2022/2023

- Monday 5th September 2022 – INSET Day – SCHOOL CLOSED
- Tuesday 6th September 2022 – New school year begins
- Monday 24th – Friday 28th October 2022 – HALF TERM
- Friday 16th December 2022 – Break up for Christmas Holidays
- Monday 19th December 2022 – Monday 2nd January 2023 – Christmas Holidays
- Tuesday 3rd January 2023 – Return to school
- Friday 10th February 2023 – INSET Day – SCHOOL CLOSED
- Monday 13th – Friday 17th February 2023 – HALF TERM
- Friday 31st March 2023 – Break up for Easter Holidays
- Monday 3rd April – Friday 14th April 2023 – Easter Holidays
- Monday 17th April 2023 – Return to school
- Wednesday 26th- Friday 28th April 2023 - Y5 Barton Hall Residential
- Monday 1st May 2023 – Bank Holiday – SCHOOL CLOSED
- Monday 8th May 2023 – Bank Holiday for Kings Jubilee
- Tuesday 9th May – Friday 12th May 2023 – Y6 SATS week
- Tuesday 23rd May – Friday 26th May 2023 – Y6 Bristol Residential
- Monday 29th May – Friday 2nd June 2023 – HALF TERM
- Monday 5th June 2023 – INSET Day – SCHOOL CLOSED
- Friday 21st July 2023 – Break up for Summer Holidays
- Monday 24th and Tuesday 25th July 2023 – INSET Days – SCHOOL CLOSED



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every person succeeds*