

17 MAY 2024: TRURO SCHOOL NEWS AND UPDATES



Dear Parents and Carers,

After the beautiful weather last weekend, returning on Monday morning felt like stepping back into November. Whilst this was almost universally unpopular, it was almost perfect for one small group of Truro School Prep pupils, namely the Under 11 boys' football team who took part in the county cup final. After a tense match, the scores remained tied and even extra time failed to separate the teams. Penalties ensued and after much nail-biting and drama, we fell just short of the line. That said, Mr Goddard reported that the boys had played admirably and that he was incredibly proud of all that they had achieved.

This time of year sees us enter the assessment season and Year 6 have led from the front during their examinations this week. They have remained calm throughout and are clearly becoming ever more comfortable and confident in such situations. The rest of the Prep School follow suit in the weeks ahead and I am sure that you will join me in wishing them the very best of luck.

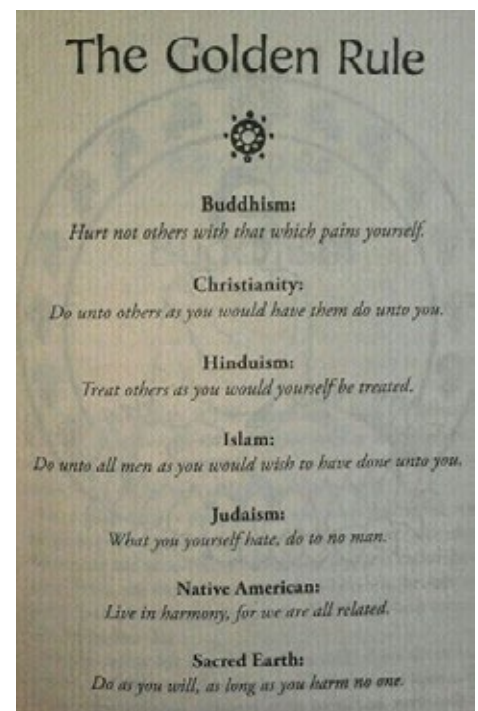
Changing focus to the Arts, Thursday evening witnessed the performances of the two Year 4 productions: Macbeth and Romeo & Juliet. Members of the audience were kept entertained throughout the evening and there is clearly no shortage of dramatic talent within the year group. I take this opportunity to thank both casts and the staff supporting them for a wonderful evening of entertainment. We look forward to sharing the photos with you next week.

Looking to next week, we will be hosting the Truro School Prep 'Book Fair', an opportunity for children to browse the library and create a wish list of potential titles which will then come home to parents. There will also be the opportunity for parents and carers to visit - please see the information from Lottie Morse for full details.

Turning away from the children, and in response to a number of questions from within the parent body, Chris Dove has penned some guidance on mobile phones. Please see the online safety section entitled 'Managing the Mobiles' within this Bulletin.

Finally, and rather aptly given my communication with Prep School parents earlier this week, our theme for the week has been based upon respect and consideration for others, and we have used the Golden Rule to underline this message. For those who are not au fait with the Golden Rule, it is a near perfect example of the importance of a common theme of kindness, regardless of culture or religion.

With every good wish,
Rob



Monday 20 May - Friday 24 May 2024

Details may change; please check the online calendar for updates.

Monday 20 May

Book Fair
Prep Library - all week

Tuesday 21 May

U11 hardball cricket tournament v Connor Downs & Devoran schools (A)
Hayle Cricket Club 11.15am-5.30pm (12pm start)

Wednesday 22 May

Year 6 surf day with Global Boarders
Gwithian Towans 9.15am-3.40pm

Thursday 23 May

Chat with the Chaplain (6AG)
Conservatory/picnic area 10.20am-10.40am

5CD sailing

Stithians reservoir 1.15pm-4.30pm

Friday 24 May

FTS Coffee
Dining hall 8.45am-9.30am

Year 3 & 4 mini red-ball tennis
Truro LTC 9am-11.45am (event 9.30am-11.30am)

Grandparents' tea party
Truro Prep 1.45pm

Monday 27 May to Friday 31 May

Half term

Sunday 2 June

Year 6 Normandy trip departs
Truro College 4.30pm

Monday 3 June - Friday 7 June 2024

Details may change; please check the online calendar for updates.

Monday 3 June

Year 6 Residential trip to Normandy
All week

Year 2 Beach trip
Castle Beach 9.15am-2.30pm

Tuesday 4 June

SW Independent Schools Judo League
Mount Kelly School 8.50am-5.30pm

Year 3 & 4 athletics v Polwhele (H)
Truro Prep 2.30pm start

Wednesday 5 June

3ME workshop Prehistoric Cornwall
Kresen Kernow 9.30am-12.25pm

3SM workshop Prehistoric Cornwall
Kresen Kernow 12.50pm-3.40pm

Year 5 athletics v Polwhele (H)
Truro Prep 2.30pm start

Thursday 6 June

Royal Cornwall Show
5CD sailing
Stithians reservoir 1.15pm-4.30pm

Friday 7 June

Royal Cornwall Show
Year 4 Quadkids athletics (A)
Carn Brea track 8.50am-12.30pm

Year 6 return from Normandy
10.30pm

Saturday 8 June

Royal Cornwall Show

REMINDER - ESSENTIAL INFORMATION

It has come to our attention that cars are queueing/parking on both sides of the drive at pickup time. This renders the school completely inaccessible to emergency services should there be an incident.

As a matter of highest importance, please ensure that the left-hand side of the drive is kept entirely clear.

In addition, we would politely request that you do not arrive too early at pickup time which will help to ease the traffic pressure before the gates are opened at 3.20pm each day.

With sincere thanks for your understanding and cooperation.

SCHOOL TRANSPORT

Truro School Transport Service has teamed up with Vectare, a specialist school transport management company. Using this system, parents are now able to book a seat on the school buses for both regular travel and/or on an ad hoc basis, subject to availability.

Please be aware that you are required to open an account in the first instance and full instructions can be found via the link below. Please note that ad hoc bookings are payable by card at the time of booking and that no refunds are available. Ad hoc bookings may be made up to an hour prior to travel. A booking is required in order to travel.

<https://www.truroschoo.com/parents/transport/>

10 MAY 2024: TRURO SCHOOL NEWS AND UPDATES

Stage Fighting Workshop at Prep

Ahead of their annual end-of-year performance, our Year 4 dramatists were treated to a Stage Fighting Workshop with Head of Drama from Truro School, Mr Ben Oldfield. The year group will be taking to the stage next week in two fantastic takes on Shakespeare's Macbeth and Romeo and Juliet and, thanks to Mr Oldfield, our pupils were able to glean some professional tips on how to make their fight scenes look super realistic.

Safety and discipline were top of the agenda throughout the session; Mr Oldfield explained, "Discipline is key to good stage fighting. It is the discipline that makes it look like real fighting. The 'fighting' then becomes a choreography or dance, but it must always be done safely."

The pupils learnt how to position their bodies and hands so as not to hurt each other as they learnt how to hold their weapons and make it look as if they were really dragging their peers around by their hair or throttling them. We can assure you that no pupils were hurt during the training!

At the end of the session, the Year 4s got to grips with swordplay. With Sophie on hand to help with the demonstration, Mr Oldfield taught the pupils how to hold their swords safely and always be mindful of the "pointy bit". He demonstrated how to position the body so that the point of the sword and the arm become one straight line, thereby avoiding contact. With the parry also mastered, it was then the turn of the Year 4s to put their skills into practice, with some impressive and safe swordplay on show.

A big thanks to Mr Oldfield for taking the time to run the workshop; we look forward to seeing all of the Year's hard work come together for their performance next week.



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Junior Maths Challenge; Accepted!

A group of Year 6 mathematicians recently took part in the UK Maths Trust Junior Mathematical Challenge, a competition aimed at the best young mathematical minds in the UK. Targeted at a Year 8 higher level, it involves a 60-minute test of 25 multiple-choice questions that encourage mathematical reasoning, precision of thought and encourages deeper-level thinking.

Our Year 6 team did incredibly well, showing outstanding levels of courage and critical thinking. They used their metacognitive skills to break down some of the more advanced problems, some of which were extremely difficult. Thanks to our pupils' hard work in preparing for the competition, we achieved a high number of bronze, silver and gold awards. Well done to all of the pupils who took part, Ayden, Jensen, Oliver, George, Mia, Atti, Rosie, Jenny, Edie, Isaac, Charlie, Maya, Jack, Sylvie, Sophie, Ben, Otilie and Rex.

A special mention must be made to Ayden, Jensen, Oliver, George and Mia who all received gold awards and who all qualified for the next round – the Junior Maths Kangaroo challenge. Congratulations again to everyone who took part and thanks to Mr Goddard for his support.

Tayto, the Magnifi' dog'

Tayto, the beloved Prep School support dog, has been making appearances at Evensong, much to the delight of our choristers. Tayto, with his calm demeanour, has been sitting patiently in the probationer choristers' stalls during the services. While the choristers raise their voices in song, Tayto observes attentively, though he has yet to lend his own vocal talents to the choir.

Despite his good behaviour, Tayto can't help but express a bit of confusion. As the choristers sing the Magnificat, he raises his head quizzically, perhaps wondering when they'll introduce the Magnifidog, a piece that would surely be more in line with his interests. Nonetheless, he remains a cherished presence in the cathedral, bringing joy and comfort to our choristers.



West Cornwall County Cup final

On Monday evening our Year 6 A team took part in the West Cornwall County Cup final. They were up against a strong Ludgvan side, who had dominated the competition so far. We were amazing! We fought for every ball, we attacked with speed and purpose, and we stopped Ludgvan from playing their usual flowing football. In fiercely contested battle, the game ended 0-0 and we moved on to extra time. After 10 minutes of extra time the teams were still unable to be separated so it was the dreaded penalties. Unfortunately, they didn't go our way and the win was not meant to be. I was proud of the effort, sportsmanship and attitude shown in the game. The players did themselves proud and were fantastic ambassadors for our school. Although they were disappointed to not get the win, I hope they look back on their season with pride and remember just how brilliant they have been. Thanks to all the parents for coming to support and your continued support throughout the season. Mr D Goddard

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Life on the Water

As the water rat once said to the mole in the classic tale, 'The Wind in the Willows', "Believe me, my young friend, there is nothing – absolutely nothing – half so much worth doing as simply messing about in boats". This Summer Term, our Year 5 pupils have been exploring the joys of being on the water themselves.

Our Year 5 & 6 pupils enjoy Thursday afternoons off timetable, allowing them to delve into a rich array of extra-curricular activities including BMX, sports leadership and gardening.

Some of our Year 5s have been enjoying sailing and kayaking this term, with sessions at West Cornwall's largest inland lake, Stithians Reservoir.

Resplendent in their wetsuits and life preservers, our intrepid children undertake a course that teaches them the basics of sailing and kayaking in a fun and safe environment.

Led by fully qualified and experienced instructors, the course gives the children an introduction to the skills needed for both sports; with ample time for joy along the way. With 5CD now taking over from 5LJ, all of our pupils have so far shown amazing courage and fantastic listening and we look forward to seeing how they progress.



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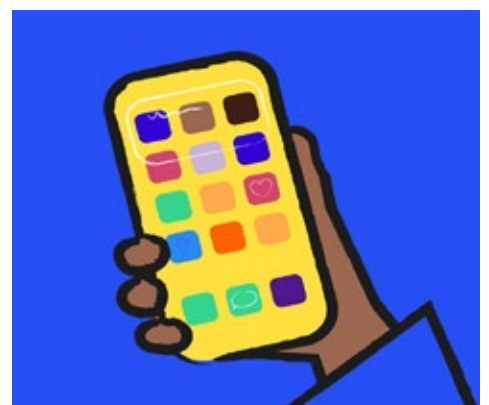
Managing the Mobiles

Taking the step to buy your child their first mobile phone opens a technological Pandora's box from which there is almost no going back. Although there is almost an inevitability around the decision (when, not if), there is clearly much to consider. Walking the line between recognising the responsibility that comes with a smartphone whilst at the same time, having the security of an instant connection with a child is tricky. These are not considerations that may trouble a child, but peer pressure and 'fear of missing out' very much are, and these can lead to tension when conversations around mobile phones are started.

This decision certainly comes to head for our Year 6 children as they prepare to make the transition to their chosen Secondary School, but the age with which children are entrusted with their own mobile phone is getting younger: around 55% of 8–11-year-olds in the UK are reported to own one. The Safer Internet Organisation offers some advice on choosing when to buy a first mobile phone. Click here to read more > <https://saferinternet.org.uk/blog/experts-answer-when-should-my-child-get-their-first-phone>

As with every aspect of internet safety, involving your child in the decision making and the reasons for your choices will encourage them to make informed choices with their device and ensure a mutual understanding. Online etiquette, what they can access/view online, time spent on their phones and which apps are available/ suitable are just some of the many considerations. A child will no doubt be more concerned with the brand and model, and the line between 'my (the child's) phone' and 'the phone the parent pays for' can quickly become blurred. Starting off on the right foot with your child is central to a positive relationship around phone usage; take the time to explain the basic ground rules around expectations and usage. Childnet offer advice in starting these conversations; click here to read more > <https://www.childnet.com/parents-and-carers/have-a-conversation/>

The Childnet first phone checklist is particularly useful and includes a link to a family agreement which can be drawn up to regulate use. Click here to access the list > <https://www.childnet.com/wp-content/uploads/2022/04/First-phone-checklist.pdf>



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Having a degree of control over your child's phone is a priority and there are a range of apps you can use to manage access, location, time spent and down time. Click here for more information from the Internet Matters website > <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>

Checking the settings on a child's phone is also an important precaution; click here to find out how > <https://eephonesmart.co.uk/online-safety-tips/guide-to-parental-controls/>

Barnados provide advice on the potential wider effects of social media and the relationship between that and self-esteem. They also recommend being a digital role model for a child, which, certainly from personal experience, is a good way to reflect on habits and routines with smart phone use! Click here to find out more > <https://www.barnados.org.uk/blog/keeping-your-child-safe-their-smartphone>

Finally, the Moving Up videos are especially useful for initiating conversations and giving advice for children getting ready for Secondary School and navigating the digital world through their smart phone. Click here to see the selection and watch/discuss with your child > <https://www.childnet.com/resources/moving-on-up/>



Making the decision to buy your child their first mobile phone is very much a subjective choice for each household, but as with most aspects of growing up, having fun comes with a responsibility. The more we can engage and educate our children when making choices, the easier that responsibility will be to manage.



Understanding and Supporting Childhood Anxiety: A Guide for Parents

As parents, guardians, and caregivers, one of our most significant responsibilities is ensuring the emotional well-being of our children. In today's fast-paced world, children are increasingly vulnerable to stressors that can lead to anxiety. Recognising the signs of anxiety in children and knowing how to offer support is crucial for their mental health and overall development.

Signs of Anxiety in Children:

- **1. Physical Symptoms:** Children may express anxiety through physical complaints such as stomach-aches, feeling sick, headaches, skin picking, needing the toilet more often than usual, having a racing heart or feeling fatigued. These symptoms can often occur without a clear medical cause.
- **2. Behavioural Changes:** Look out for changes in behaviour such as avoidance of certain situations or activities, excessive worrying, irritability, restlessness, difficulty concentrating, eating more or less than usual or repeating certain behaviours actions or rituals.
- **3. Emotional Reactions:** Anxiety can manifest in emotional responses such as worrying too much, negative thoughts, tearfulness, mood swings, clinginess, or fearfulness. Children may also express fear of being separated from caregivers or exhibit perfectionist tendencies.
- **4. Sleep Disturbance:** Anxiety can disrupt sleep patterns, leading to difficulties falling asleep, frequent awakenings, nightmares, or reluctance to sleep alone.
- **5. Academic Changes:** Anxiety may impact a child's academic performance, leading to difficulties with attention, focus, or participation in class. Children may also exhibit perfectionism or avoidance of school-related tasks. Some children may try to avoid going to school altogether.

Ways to Support a Child with Anxiety:

Create a safe and supportive environment where your child feels comfortable expressing their feelings. Encourage open conversations about emotions and reassure them that it's okay to feel anxious sometimes. Let your child know that their feelings are valid and understandable. Avoid dismissing their concerns or telling them to "just relax." Instead, acknowledge their emotions and offer reassurance.

Teach your child practical coping strategies to manage their anxiety, such as deep breathing exercises, mindfulness techniques, or progressive muscle relaxation. Encourage them to practice these techniques regularly.

Establishing a predictable routine can provide a sense of stability and security for children with anxiety. Set regular mealtimes, bedtime routines, and schedules for homework and activities.

Promote a healthy lifestyle by encouraging regular exercise, nutritious eating habits, and adequate sleep. Physical activity can help reduce stress and anxiety while promoting overall well-being.

If your child's anxiety significantly impacts their daily life or if you're unsure how to support them, consider seeking help from a mental health professional. A therapist or counsellor can provide guidance and support tailored to your child's needs.

Some very useful websites:

<http://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/#Whatmakesyoungpeopleanxious>

<http://www.barnardos.org.uk/get-support/support-for-parents-and-carers/mental-health/supporting-your-child/anxiety>

Pre-Prep

Achievements



Our Learning This Week:

What a wonderful end to the week. After some rather interesting weather on Monday and Tuesday, we have been able to make the most of our outside areas and have had a blast. In Nursery, the children have continued their fascinating topic about transport. They have explored many different types of maps and learned how to plot a route in preparation for next week, where they will create their own treasure maps.

In Reception, the children have enjoyed the opportunity to learn of a little bit more about life in Year 1. They have spent some more time in the Year 1 classrooms and Mr Keveren led an assembly on Change; how change makes us feel and who we can speak to if we ever feel anxious.

In Year 1 the children have finished their acrostics ready for entry into a national competition. We will keep our fingers crossed for every single one of them.

In Year 2 the children have continued their work on telling the time and have made impressive progress - please ask them about it.

As ever, please remember to send the children into school with hats, sunscreen and water bottles. Finally, all Pre-Prep children will return home with a letter about a charity tea towel, so please check their bags for this information.

Class Dojo Winners KS1

Archie
Zola
Nola
Evie

Prep

Achievements



House Point Form Champions

3ME: Malhar

3SM: Athena & Seren

4LL: Emir, Ashleigh, Rafe & Hennie

4SC: Audrey, Sam, Emily & Anantveer

5CD: Toby, Woody, William V

5LJ: Florence, William

5SL: Emmeline

6AG: Jacob

6DG: Jenny

6JL: Raif

Taekwondo

Greta 3ME has achieved her yellow belt grading.

Gold Commendations

Amaya 5LJ for Maths: Problem Solving

For excellent application and logic.

Emmeline 5SL for Maths: Problem Solving

For excellent application and logic.

Merit Awards

Bronze Merit Awards

3ME: Kai

3SM: Elodie, Niah, Joseph, Seren

4LL: Aubrey

4SC: Fjola, Ollie, Anantveer, Ethan

Times Tables Challenge

3ME: Oliver, Boe, Harleen, Wilf

3SM: Percy, Athena, Hugo, Theo

Times Tables Rockstars

Times Table Rock Star of the Week

Louis Year 4

Top Rock Performers

Year 3: James

Year 4: Connie

Year 5: Rupert

Year 6: Mairi

Prep

Achievements



Football

Alyssia 5LJ took part in the SCI Youth Football Festival in Brean in Somerset last weekend, playing for Newquay U10s. They finished in 3rd place, winning four matches and losing one.

Horseriding

Delilah 6AG won the following rosettes with her pony Magnus on Saturday 11th May:

1st place:

BS Club 80cm showjumping

5th place:

BS Club 70cm showjumping

Rugby

James 3SM received the Player of the Year award 2023/24 for Wadebridge Camels U8s.

Running

James 3SM has received a medal for taking part in the 5km Race for Life at Stithians last weekend.

Rugby

Mabel 3SM has received an award for Most Improved Player 2024 for Falmouth RFC U8s.



Prep

Reading Awards



Dahl Club (60 Books)	6AG: Otilie
Kinney Club (80 Books)	3ME: Malhar
Pullman Club (90 Books)	3ME: Malhar
Rowling Club (100 Books)	3ME: Malhar

FTS | Friends of
Truro School



UNIFORM
Sale

Coffee Morning

Please join us for an informal meet-up on
the last Friday of every month; old and
new faces are always welcome.

Friday 24th May: Prep Dining Hall

from 8.45 am



**TRURO
SCHOOL**



MAY HALF TERM

MULTI SPORT ACTIVITY CAMP

28TH - 31ST MAY

SWIMMING, GAMES
YOGA, MULTI SPORTS,
AND MUCH MORE!

SIRBENAINSLIESPORTSCENTRE.COM

£32
per child
per day



TRURO
SCHOOL
PREP

Week
Beginning
20th May!

Scholastic Book Fair 2024

 SCHOLASTIC

Our Truro School Prep Library will be hosting the annual Scholastic Book Fair from the 20th of May 2024. Books will be on display in the library and pupils in Prep and Pre-Prep can view and choose a book to purchase. Every book purchased helps to fund free books for our School!



PENINSULA Hockey Academy

TUESDAY 28TH MAY - TRURO

- ▶ 9.00AM - 3.00PM
- ▶ FOR CHILDREN AGED 8-16 ALL ABILITIES WELCOME
- ▶ LEARN FROM PREMIER LEAGUE LEVEL 2 COACHES
- ▶ PRIZES TO BE WON!

£40.00 PER CHILD



SCAN QR CODE FOR BOOKING FORM

FIND US ON FACEBOOK



CLICK HERE TO LINK TO FORM



SCAN ME



OUR LOCATION

TRURO HIGH SCHOOL
FALMOUTH ROAD
TRURO, TR1 2HU

Half Term Holiday Camps



Cornwall
Cricket

Softball

Tuesday 28th May

5 to 8 year olds: 10am to 12pm £16

8 to 11 year olds: 1pm to 4pm £24

Hardball

Wednesday 29th May

8 to 13 year olds: 10am to 12pm £16

Club hardball players: 1pm to 3pm £16



At Cornwall
Cricket Centre

Truro College Campus
Truro
TR1 3XX

To book scan the QR Code or use the link in the text



Pre Prep

Wraparound

Each Monday morning the registration sign up will be cleared and then reopened for the following week's Wraparound care.

Please use this QR code or the Forms link to register for wraparound.

<https://forms.office.com/e/VZUiYbg1Ff>

