

9th October 2026

COMMUNITY NEWSLETTER



Ms Williams
Headteacher

Dear Carclaze Families,

It has been another busy and successful fortnight at Carclaze, with lots to celebrate across the school.

This week, learners took part in Hello Yellow Day, enjoying a range of activities to promote positive mental health and wellbeing. It was wonderful to see so many children wearing yellow accessories and coming together to show their support.

Last week we were delighted to welcome author, Julie Sykes, to school. Learners in Years 2 and 3 enjoyed an inspiring visit, hearing about her books and gaining valuable insight into the world of storytelling and writing.

I am also incredibly proud of our learners for their recent engagement with our Times Tables Rock Stars Day. Carclaze has been performing exceptionally well, demonstrating great enthusiasm and determination when practising their multiplication skills on the platform [here](#).

Thank you, as always, for your continued support. We look forward to sharing more exciting achievements and opportunities with you throughout the term.

Have a wonderful weekend.

Emma Williams
Headteacher



Hello Yellow Day



Visit from Unicorn Academy
author, Julie Sykes



**Cornwall
Education
Learning Trust**



[View Full Calendar](#)

COMING UP AT CARCLAZE



Monday 12th October

Year 2 and 3 Wheal Martyn trip



**Wednesday 14th /15th
October**

Parents' Evenings - [book here](#)



Wednesday 14th October

Friends of Carclaze, Christmas Artwork - Last day to send in!



Thursday 15th October

Harvest Festival - More Information on the next page



**Monday 19th to Friday 30th
October**

October half term



Monday 9th November

Hemmick Class swimming all week

A FEW CAR PARK REMINDERS

We are very lucky to have a large car park available for our school community. To help keep things safe, smooth and considerate for everyone, we would like to remind everyone of a few simple points:

- Please reverse into parking spaces to help improve visibility and safety when leaving.
- Please display your Blue Badge clearly when using one of the designated disabled parking spaces.
- Please do not drop off or pick up children from the allocated staff parking spaces. These areas need to remain clear for safety reasons.
- Please be courteous and patient when the car park is busy. If there are no spaces available, please wait for one to become free rather than blocking other cars in.

Thank you for your cooperation and for helping us to keep our car park safe and accessible for everyone.



HARVEST FESTIVAL Foodbank Appeal



As part of our Harvest celebrations on Thursday 15th October, we will be collecting donations for St Austell Foodbank.

The food bank supports the members of our community who are facing hardship, and over the three weeks leading up to Harvest, it will provide more than 110 food parcels to those in need.

Every donation, no matter how small, can make a real difference.

Donations can be brought into school any time before our Harvest celebration. Thank you for helping us support our local community and those who need it.

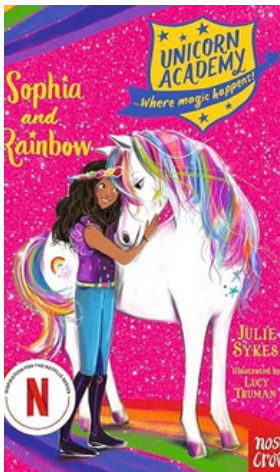
Suggested donation items:

-  Tinned fruit
-  Pasta sauces
-  Small instant coffee
-  Long-life milk
-  Biscuits
-  Long-life fruit juice
-  Tinned rice pudding
-  Tinned soup
-  Jam



AUTHOR VISIT

Julie Sykes



Our year 2 and 3 learners were delighted to welcome children's author, Julie Sykes, for a special visit.

Julie, best known for her popular Unicorn Academy and Woodland Magic book series, spent time sharing stories, talking about her journey as an author and explaining where she finds inspiration for her books.

The visit gave our learners a fascinating insight into the world of writing. They had the opportunity to ask questions about the characters and stories, as well as discover how an idea can grow into a finished book.

We would like to thank Julie Sykes for taking the time to visit us!



HELLO YELLOW DAY

9 October 2026



We brightened up our Friday by taking part in Hello Yellow Day, raising awareness of the importance of children and young people's mental health.

Everyone was encouraged to wear their brightest yellow accessories. We saw lots of yellow socks, hair bows and yellow braces!

Everyone began the day with a mindfulness activity and learnt about what Hello Yellow Day is really about.

The day helped our learners understand that it is okay to talk about their feelings and seek help when they need it.

We are proud to support the initiative and helping every learner feel happy, safe and supported.



Top Tips for Educators

PUPIL WELLBEING CONVERSATIONS

It can feel difficult to know how to start a conversation with a pupil about their wellbeing, either because you do not feel equipped with the information you think you need, or because you do not feel confident opening it up. You do not need to be a specialist. This guide covers how to start, what to say about confidentiality, and what to do with what you hear.

1 NURTURE WARM, TRUSTING, & KIND RELATIONSHIPS

When pupils have a consistent, emotionally available adult who shows they care and who holds them in mind, they thrive. They are also far more willing to open up and seek support. Positive, trusting relationships are an important part of supporting pupil wellbeing and complement more formal wellbeing programmes or sessions.

2 KEEP CALM, EVEN IF YOU'RE WORRIED

When a pupil discloses, stay calm while showing that you take it seriously. Panic can raise their anxiety and teach them that telling an adult makes things worse. Your steadiness can help them to keep calm and give them enough space to say the rest. Calm does not mean unmoved, and it is fine to tell them that what they have said is important and will be heard.

3 HAVE SIDE-BY-SIDE CONVERSATIONS

Many pupils find it easier to talk when a conversation does not require them to sit face to face with an adult. For example, conversations might take place while walking, tidying the classroom, or taking part in a lunchtime club. Sitting alongside someone removes the demand of eye contact, allows longer thinking time and lowers the intensity of the exchange. This can be particularly true for neurodivergent pupils, and for anyone who needs a moment before answering.

4 THINK ABOUT WHERE YOU ARE

Consider whether the pupil can speak without being overheard or interrupted. If a pupil has already started talking, avoid unnecessarily disrupting the conversation by moving elsewhere. Where a more appropriate location is needed, explain why you need to move and give the pupil the opportunity to continue what they were saying.

5 BE HONEST ABOUT CONFIDENTIALITY

Never promise to keep information to yourself. Schools have a legal duty to share information relevant to a pupil's safety or welfare. Tell them at the start that you may need to pass something on, and who to. Then involve them in what happens next, as far as their age and understanding allow. Ask what they want to happen, what they want to say, and who they want to be told. Be honest that some things will need to happen whether they agree or not. A pupil who helped shape next steps is far more likely to tell someone again.

6 CREATE A SAFE ENVIRONMENT

Provide a classroom free from belittling and shame-based behaviour management. Pupils who expect to be humiliated will not disclose. Where they feel listened to and see that difficulties are acted upon, they share worries earlier and whilst those worries are still small. If pupils hear adults belittling or talking about other pupils openly, it damages trust and they are likely to assume their worries will also be handled this way.

7 DO NOT CARRY IT ON YOUR OWN

Hearing something difficult can stay with you. When informing your designated safeguarding lead, share with them how it left you feeling and whether you feel you need further support. Your role as a trusted adult is what makes all of the above possible, and just as you have a responsibility to protect pupils' welfare, your school has a responsibility to protect yours.

HELPFUL OPENERS

- I've noticed you've been quieter. How's your week been?
- You don't seem your usual self, when might be a good time to catch up today?
- Sometimes it's hard to know what to say, but I'd like to understand?
- You don't have to talk now. I'll check in with you later?

Meet Our Expert

Anna Bateman is a mental health and wellbeing specialist with nearly thirty years in education. She is a multi-academy trust director, special adviser, and a former adviser to the Department for Education on its mental health green paper.

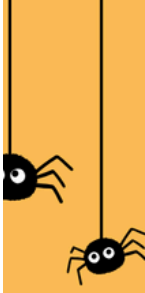


#WakeUpWednesday

The National College

COMMUNITY CORNER

EVENTS IN OUR AREA



Activity Camps

October Half Term

Week 1	Tuesday 20 Oct Arts & Crafts Autumn Crafts 6-12 Years 10am - 4pm Library 	Wednesday 21 Oct Bushcraft 7-13 Years 8:30am - 5:00pm Truro School Prep	Thursday 22 Oct Bushcraft 7-13 Years 8:30am - 5:00pm Truro School Prep
	Monday 26 Oct Multi-Sport Theme: Ultimate Sports Challenge 6-12 Years 8:30am - 5:30pm Sports Centre	Tuesday 27 Oct Multi-Sport Theme: Wizard Games 6-12 Years 8:30am - 5:30pm Sports Centre	Wednesday 28 Oct Multi-Sport Theme: Zombie Survival Academy 6-12 Years 8:30am - 5:30pm Sports Centre
Week 2	Thursday 29 Oct Halloween Party Day! Fancy Dress Party, Multi-Sport, Pumpkin Carving & More! 6-12 Years 8:30am - 5:30pm Sports Centre  	Friday 30 Oct Bushcraft Halloween Special 7-13 Years 8:30am - 5:00pm Truro School Prep  Arts & Crafts Autumn Crafts 6-12 Years 10am - 4pm Library 	

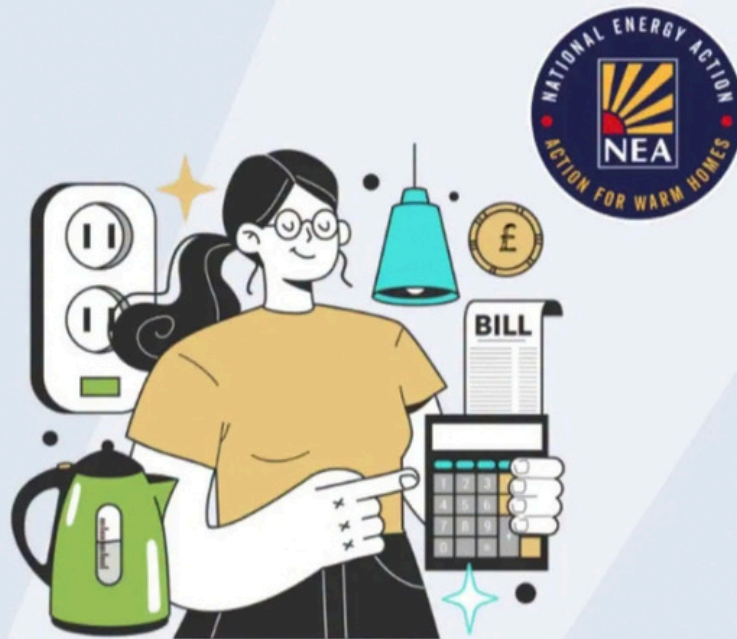


Book Now: www.sirbenainsliesportscentre.com



COMMUNITY CORNER

EVENTS IN OUR AREA



ENERGY ADVICE AND SUPPORT

Speak to **RACHEL GARSIDE** from National Energy Action for expert energy advice. Get practical guidance on keeping a healthy home temperature, support available from energy suppliers, tips on saving energy, and important carbon monoxide awareness.

FREE!
Carbon monoxide
alarms

WIN!
An air fryer or slow
cooker in our prize
draw

14 October 2026, 10.30am-12.30pm
St Austell Library, 2 Carlyon Road, St Austell, PL25 4LD

National Energy Action is an independent charity, Registration No. 290511. www.nea.org.uk



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