



Carclaze Newsletter - Autumn Term

Friday 8 October 2021

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Dear Parents/Carers

Sunday 10th October is World Mental Health Day. After the stresses and strains of the past 18 months, it is more important, than ever, to raise awareness of mental health education and the part we all play in creating a mentally healthy society.

Tips for looking after your mental health.

Making sure you look after your mental health is just as important as looking after your physical health. Here are some suggestions that everyone can try, to help manage stress and look after your mind.

Spend time with or in nature. You may go to a local park, find a tree-lined street to travel down, visit a nature reserve or go to an allotment or garden. Spending time in natural surroundings or with animals is proven to reduce feelings of stress and anxiety and improve your mood.

Practise meditation or mindfulness to calm and restore. There are lots of ways to include mindfulness in your day — you can take time to focus on your breathing or try out mindfulness colouring.

A few times a week, take time to move. Mind and body are one; so, whether it's going for a walk, climbing, swimming or attending a yoga class, movement is a great way to de-stress, increase feel-good hormones and improve your overall health.

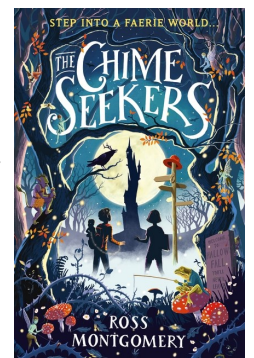
Have a digital detox. Phones and social media can cause us to feel anxiety and pressure. Taking some time away from technology, whether it's short breaks away from your phone or a day when you limit all technology, can be really helpful for reducing stress and worry.

Talk it out. If you're ever worried about your mental health or start to feel like you're becoming stressed or anxious, talking to someone you trust, such as a friend or family member, is a great way to calm yourself down and look after yourself.

Simon

Simon Pollard

- The Friends of Carclaze are looking for donations for their Prize Bingo which will take place before Christmas. Please drop any donations into the School Office.
- School Crossing Patrol - Unfortunately our Crossing lady has had to make a complaint to her bosses at Cornwall Council following an incident with a car driver being incredibly rude this week. The transport police will be looking into the matter.



Phonics Workshop

Monday 11th October

2pm

We would like to invite you to a Phonics Workshop on **Monday 11th October at 2pm.**

This will be a chance to hear about how your child is learning to read and write at school, discover more about the Read Write Inc. programme and collect some free resources!

We look forward to seeing you all there!



**free
resources**

Read Write Inc.
phonics

Patron of Reading



We asked Ross Montgomery to share a favourite poem for World Poetry Day (7/10/21) His choice was:

The Orange

At lunchtime I bought a huge orange
The size of it made us all laugh.
I peeled it and shared it with Robert and Dave
They got quarters and I had a half.

And that orange, it made me so happy,
As ordinary things often do
Just lately. The shopping. A walk in the park.
This is peace and contentment. It's new.

The rest of the day was quite easy.
I did all the jobs on my list
And enjoyed them and had some time over.
I love you. I'm glad I exist.

Wendy Cope.

I'm also a huge fan of Joseph Coelho - his books ZOMBIERELLA and the brand-new FRANKENSTILTKIN are brilliant, gruesome scary retellings of fairy tales with a great mix of prose, poetry and performance.

National Poetry Day

On Thursday 7th October, we celebrated 'National Poetry Day'. The children were challenged to write their own poem about a subject of their choosing. We have included some of their fantastic work below, along with some examples written by some of the adults...

Reading

Entertaining

Amazing

Dazzling books

Inspiring illustrations

Novels are intriguing

Great for learning

By A. May

Cheese can be yellow,

Cheese can be stinky,

My favourite cheese,

Is stringy.

Cheese on crackers,

Cheese on toast,

Cheese on top of a burger,

Is always the way to go.

Cows make cheese

Goats can too,

My brothers eats cheese made from plants

Do you?

By A.Gillard

My best friend is the best,

She helps me all the time.

When I have no one to play
with,

She plays with me.

When I feel sad,

She helps me to cheer up.

By L.May

Climate change is big,

Climate change is bad,

Climate change is a problem,

And it makes me really sad.

It's causing wildfires,

Of sizes big and small.

It's killing the koalas,

And driving them to the areas that are far too cool

There are flash floods here and there,

There are earthquakes everywhere,

Look what we have caused,

Don't you think it was better when it was more cold?

But please don't turn away,

There are ways that you can help today.

Start by turning off the lights,

Don't worry the switch wont bite!

Make sure to never leave taps running,

And hear the drum I'm banging.

If you help out today you've done something brilliant beyond
my words,

It's not all fun and games in life,

It always gives you a second chance

By D.Smeath

And here's one from one of the adults...

I know a very special place, I go there everyday,

"What makes it good?" you may well ask, there's so much I could say...

It has an amazing building with so much room and space,

A playground and a massive field, what a setting for a race!

There's lots of great equipment to learn science in the day,

Or if PE is more your thing, there's balls and games to play,

Whilst these are good, they're not the things that make this place stand
out,

Instead it is the people inside I want to shout about.

The most fantastic group of staff you could ever hope to meet!

They go above and way beyond - no team out there can compete,

And at the top they're headed by the most fantastic leader

Who everybody knows is also Cornwall's biggest reader!

But even these fantastic folks are only half the story

For it's the little people there who should take all the glory

They look after each other and show others that they **CARE**,

They **COMMUNICATE** their thoughts so well, such great ideas they share,

They **PERSEVERE** and try hard even when the work gets tough,

They **SPARKLE** and wow us every day, even when life's feeling rough

"Where is this place?" I hear you ask, of course you want to know,

Well if you want to find it, to St Austell you should go,

And listen carefully for the buzz of excited chat and laughter,

And let others know the secret—it's **Carclaze School** that you are after.

Breakfast Club - Please note - We can now offer a breakfast option of cereal, cereal bars, toast etc. Please just add £1.00 to your booking if you require a breakfast for your child.

Please can we remind parents that due to staffing and numbers - All Wraparound Care bookings must be made and paid for by the Friday before. This must be done using your Parent Pay Account. WE cannot accept late bookings or payments.

Many Thanks

School Lunches

Please don't forget to book your child's lunches via Parent Pay for the following week. The cut off is midnight on the Sunday evening. After this you will not be able to book and will be asked to provide a packed lunch for your child for that week. If your child is entitled to free school meals, they still need to be booked in advance in the same way. You can book a whole half term if this is more convenient for you. Thank you.



Certificate Winners

8 October 2021

Porthpean - Celebration - L.Bannister for working hard at all times. M.Cooper for always being kind and considerate and working hard.

Greenaway - Celebration - O.Hockaday for communicating her happiness as a cheerful member for Greenaway. E.Allen for really persevering in all her school work.

Perrenporth - Celebrating A.May, F.Atherton and L.Hutchings

Harlyn Bay - Celebration - V.Flanagan for going above and beyond with her Viking balance argument. Responsibility - L.Trevenna for always looking for ways to improve her work and for never giving up when being challenged .

Porthluney - Celebration - L.Waite for consistent improvement and perseverance in all key subjects. H.Kellow for his positive attitude to his peers and adults all the time.

Bamaluz - Celebration - D.Smeath for her detailed writing and thinking carefully about the new skills learnt. M.Hodgeson for his increased concentration and listening carefully to instructions.

Polzeath - Celebration - C.Isted for being an excellent team player and for always showing kindness to those around her. I.Cockayne, for preparing and delivering a confident and convincing argument in our class debate.

Prefects: M.Hicks, LM.Harris

Hemmick - Celebration - A.Bundy for persevering superbly with her maths work this week, to improve her long division. L.Jordan for showing determination and care with his work in both maths and English.

Prefects - I.M Sloggett, A.Robins, A.Thompson

The Foundation Stage welcomed some new visitors to their classrooms last week. A hands-on experience from Screech Owl Sanctuary brought their novel study 'Owl Babies' to life. The children enjoyed learning about the different types of owls and their features.

'We got to touch a real owl!'

'I loved it so much. It was the best day ever!'

'The owl was so soft.'

'My favourite owl was the barn owl.'



DATA COLLECTION SHEETS

You will have by now received a data collection sheet for your child. Please check it carefully and make any changes that are required then sign it and return it to your child's class teacher or direct to the office. Many thanks.

Please Help

We cannot hold our events and sales

But the school and children still need your support and here's how you may help

Friends of Carclaze School

Charity no. 1178902



Just use these links to help raise money when you shop on line

<https://smile.amazon.co.uk/ch/1178902-0>

<https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?char=211700>

Start of Day

Thank you for your understanding over the past few days whilst we settle in to our new routines. Your patience is greatly appreciated. Please continue to bear with us whilst we refine our procedures to ensure the smoothest morning for everyone.

From Monday 6th September:

Arrival time	Year group	Where	Registration Starts
8.45 am	Foundation Stage	Patio gates	8.50 am
8.45 am	Year 1	Field gates	8.50 am
8.40 am	Year 2	Patio gates	8.45 am
8.35 am	Year 3	Bike shed	8.40 am
8.35 am	Year 4	Bike shed	8.40 am
8.35 am	Year 5	Bike shed	8.40 am
8.35 am	Year 6	Bike shed	8.40 am

In order to reduce congestion - If you are waiting to drop younger children please move away from the gates, or back to your car, to allow space for others.

DATA COLLECTION SHEETS

You will have/or will be receiving a data collection sheet from your child's class regarding the information we have on our database in relation to your child.

Please check this, very carefully, for any mistakes, sign it and return it to your child's class teacher as soon as possible please. The correct information is vital in the School being able to contact you should there be an emergency at school. Thank you.



Picture News

at Home

11th October 2021

What's going on this week?







11th-17th October

**What does a
good role
model look
like?**

Children's TV channel CBeebies has hired George Webster as its first ever presenter with Down's syndrome. The 20-year-old, from Leeds, is an actor, dancer and ambassador for the disability charity, Mencap. In a video posted on social media, he said, "I feel so proud and I'm feeling so excited to start", adding that he was looking forward to cooking and dancing in his new role.

Things to talk about at home...

-  Who are your role models?
-  What qualities do you think make a good role model?
-  Can you ask someone else who their role models are, are they the same as yours?
-  Do you think you can be too old to have a role model?



Hello Autumn!

Welcome to the Friends of Carclaze Page

WELCOME

Welcome to the Friends of Carclaze page. We are a group of parents and staff who do all we can to fundraise for the School. In the past we have bought a new stage, outside play equipment, funded a cinema trip for the whole school and much much more.

If you would like to know more about what we do and how you can help, please see Alisa Shopland in the office or email friendsofcarclazeschool@outlook.com for more information. We are always looking for new parents with new ideas to help us.



Look out in next week's newsletter for more information on our Christmas Bingo - our first event in school since the Pandemic began! We look forward to welcoming lots of you to this event.

DATE OF NEXT MEETING:

Wednesday 3rd November at 7.30pm

