

Cardinham School

Grow your mind; aim high.

Newsletter: 26
Friday 24th April 2020

Part of Truro & Penwith Academy Trust
& The Wheal Prosper Federation



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Internet Safety

At this time, children could be using the internet a great deal more than they usually would to access resources, pictures, videos etc... so it is more important than ever to think about using the internet safely. Below are six websites that we recommend visiting with your child(ren). There are a great deal of resources on each website to teach children how to be safe online. We advise spending a bit of time each week looking at a different website and learning something new. We will continue to display them on the front of our newsletter each week to remind families of the importance to be safe whilst online.



<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>



<https://www.thinkuknow.co.uk/>



<https://www.lgfl.net/online-safety/default.aspx>



<https://www.net-aware.org.uk/>



<https://www.internetmatters.org/>



<https://parentinfo.org/>

Reminder: A Gift from 'The Friends of Cardinham School'

Dear All,

The Friends of Cardinham School have very kindly offered their support to every family at Cardinham School: from their funds, they have made available £5 per pupil for parents to spend on resources and stationery to support home learning.

There are two ways that you can take up the offer:

1. Purchase the resources, keep the receipt and then hand it to Mr Jones when school reopens and he will be able to arrange for you to be reimbursed.
2. You can email Mr Jones with a list of the items that you need. The school will then order them online for you and have them delivered to your home address.

The offer of support will continue throughout the school closure so please keep this in mind.

CORONAVIRUS Support Received from The Cardinham & Millpool Community Magazine



CARDINHAM HELPLINE

Shopping, Prescription Collections,
Dog Walking etc.
Contact coordinators
Shirley 821304, Julia 821216 or Gill 821745



NEED TO TALK TO SOMEONE?

Samaritans Phone Number:
Freephone 116 123 or email jo@samaritans.org

THE FACTS AND ADVICE

<https://cardinhamparish.net/latest-news/>
<https://111.nhs.uk/covid-19>
<https://www.nhs.uk/conditions/coronavirus-covid-19/>
<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>
<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

FACTUAL NEWS

<https://www.bbc.co.uk/news/coronavirus>
<https://www.itv.com/news/topic/coronavirus/>

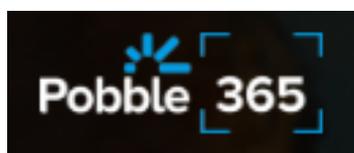
Inspire to Inspire Writing

Below are two wonderful websites packed full of exciting imagines to inspire writing and discussion.

Pobble 365

Pobble 365 has an image for everyday of the year and includes questions and writing ideas if you scroll down. It can be found by following the link:

<https://www.pobble365.com/>



Once Upon a Picture

Once Upon a Picture has a range of images in categories so there is something for everyone.

Click the link to find an image for you:

<https://www.onceuponapicture.co.uk/>



Bug Club Online Reading

Please remember that children have access to several books on 'Bug Club'. If your child has finished their books, please email their class teacher to arrange for more books to be allocated. Also, please email if you need a reminder of their username or password.

<https://www.activelearnprimary.co.uk/login?c=0&l=0>



Free Reading Sessions with Granny J!

...with 5alive Roadwise - a company who is working to help children to be wiser and safer when in the road environment, by using lessons that are fun to teach with children enjoying learning valuable life-skills.

5alive Roadwise are continuing to work towards this mission statement during lockdown through five, free, twenty-minute reading sessions with Granny J.

Click on the link below to listen to the introduction from Granny J.

https://www.youtube.com/watch?v=blpEXHy3IQc&feature=youtu.be&ct=t%28EMAIL_CAMPAIGN_3_10_2020_16_48_COPY_01%29

Sessions every Wednesday and Friday



It's Time for Some Science

If you're looking for a great science experiment you've come to the right place. Science Sparks is bursting with easy science experiments for kids of all ages. Discover our fun facts, cool science experiments, FREE science printables, awesome science fair projects and super STEM challenges!

Click on either of the two resources below to find out more.

<https://www.science-sparks.com/>

<https://pstt.org.uk/resources/curriculum-materials/Science-Fun-at-Home>



A Message on Behalf Bodmin Airfield

Unlike car engines, aero engines deteriorate rapidly when they are not used, especially if they are not "winterised".

The Department for Transport realises this, and are going to allow flights of 30 minutes per aircraft per month in order to meet (most of) the criteria set out in the Lycoming Service Letter.

They are not flouting the lockdown. This is a genuine problem and they are doing the absolute minimum to ensure engines remain safe to use. Only one person will be flying all the Club aircraft, although the owners of about twenty private planes will be doing the half hour.



Baker Tom

Baker Tom is now delivering fresh bread to Cardinham at 1pm on Mondays. For more information, call 01209 218989, email info@bakertom.co.uk or visit his website <https://www.bakertom.co.uk/bread-van/>

Baker Tom's Bread

Village Greens

Updates and stock list at <https://warleggan.wordpress.com/village-greens/> and https://www.facebook.com/pg/villagegreensmount/posts/?ref=page_internal.

Currently offering Online Ordering and Food Box Collection/Delivery Services Only.

. We stock organic vegetables, fruit, salad, meat and dairy products. We supply a wide range of organic and/or Fair Trade dry goods and cleaning products.

@villagegreensmount



Chipper Club



Meet Chipper, the adorable pup here to entertain and inspire your kids through lockdown. Chipper Club was originally created between the wars to entertain kids and more 165,000 children across the country earned a Chipper badge. The Chipper Club was so popular that it even enrolled one of the Queen's dogs, also called Chipper, onto its books in 1981.

We've now reinvented Chipper for a new generation of homeschooled kids and we're inviting parents across the country to sign their kids up to the club and get involved in Chipper's Challenges.

Each week the Chipper Club will set a brilliant new project for kids that they can do without leaving the house. The projects will incorporate Chipper's traditional themes of friendship, helping and obeying their parents, imparting a cheerful spirit and being kind to animals. Each project will be designed with input from primary school teachers so will also be lots of fun to do.

Once each project is done, we'll ask parents to submit a photo of their child's work to the Chipper Club for publication online and in our local newspaper titles across Reach Plc. At the end of the lockdown period, we'll send all Chipper Club members a certificate to take back to school with a special gold certificate for children who have completed all the challenges.

To sign your child up to the Chipper Club and to Chipper's weekly newsletter, all you need to do is fill in the form [at this link](#). You'll find more details of how to get involved, all our Easter holiday projects and loads of Chipper Club submissions from across the country at inourarea.co.uk/chipperclub



Join the Chipper Club and get weekly Chipper Challenges for kids, certificates to take back to school and brilliant lockdown ideas

Go to www.inyourarea.co.uk/chipperclub or search [Chipper Club on Facebook](#)



Wellbeing

In a time like this, it is important that we take the time to look out for our own mental health and the mental health of others. We will upload one Wellbeing focus each week.

This week, see below for a range of free apps to support emotional health and wellbeing that you can download on your iPad, iPhone or Android. They have all been reviewed and approved by the NHS.



Free apps to support emotional health and wellbeing that you can download on your iPad, iPhone or Android!
(NHS Reviewed)



moodscope
...with a little help from your friends

Moodscope enables users (to accurately measure and track their mood every day so they're able to learn what causes their ups and downs.



Happy Healthy All the healthy choices you make during a day affect your mental wellbeing. Rate yourself daily on key categories and receive motivating expert advice. Lifestyle, exercise, nutrition and sleep are tracked along with overall wellbeing.



SAM: Self-help for Anxiety Management SAM is a self-help app for people who want to learn to manage their anxiety.



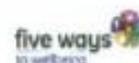
Panic Attack Aid is designed to bring instant calming relief from panic and anxiety attacks through breathing techniques, reassurance and distraction exercises.



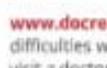
The Stress & Anxiety Companion app draws on the fundamentals of Cognitive Behavioural Therapy to provide a useful 'CBT in your pocket' tool to help people manage their stress and anxiety.



Five ways to wellbeing. Reflect on your wellbeing, set activities to help you improve your wellbeing and track your progress



School Nurse Matters is a new and exciting mobile app for young people aged 10 to 18. The app provides students with easily accessible information relating to a wide range of sensitive topics which are NHS assured, in a setting that is familiar to them, safe and user friendly.



www.docready.org We know that it can be difficult to talk to people when you're having difficulties with your mental health. Doc Ready helps you get ready for the first time you visit a doctor to discuss your mental health.



www.thesite.org/apps-and-tools/stressheads Stressheads was developed by the charity YouthNet. We worked with young people to find out what would help you feel calmer during moments when life gets too much. You told us you wanted a way of managing stress that could be carried in your pocket, and so we created Stressheads - the de-stress app for young people



www.headspace.com Meditation app for mindfulness techniques. Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.



These apps have been reviewed by the NHS Choices website or by Young People in Cornwall. All the apps are available free of charge (although there are paid for versions for some of them) More information about apps at <http://apps.nhs.uk/>

Diary Dates	Cardinham School
Fri 22 nd May	Half Term Begins
Mon 1 st June	Start of 2 nd half of Summer Term
Thurs 23 rd July	Last day of Summer Term