

Cardinham School

Grow your mind; aim high.



CARDINHAM, BODMIN,
CORNWALL,
PL30 4BN

Newsletter: 27
Friday 1st May 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/>

ON-LINE KEYBOARD LESSONS

Mr Warwick will be available to teach on-line to current keyboard pupils who have a keyboard at home. Please e-mail (benwarwick17@hotmail.co.uk) if you would like a slot in the timetable and he will reply with a lesson time and details.



Cornwall Music Service Trust

To 'scratch the musical itch' whilst at home, as well as Mr Warwick's music challenges, families can also access CMST for an online bank of resources. They can be found by following the link below:
<https://www.cornwallmusicservicetrust.org/online-resources>

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/>

Tinkture

Tinkture is a Cornish company that normally makes gin who are now also making hand sanitiser! They are providing a click and collect service through their website <https://www.wearetinkture.com/shop/mobile-tinkture>. They have a mobile van for people to collect their orders, which can also include freshly roasted coffee, hand-made pasta & sauce and hand-picked flowers. You can also order online for home delivery.


THE CLEAN ALCOHOL COMPANY™

Village Greens - some statistics on the local 'Farm to Fork'

In the first 5 weeks since Village Greens changed from a Shop and Cafe to an online store, offering Cluck and Collect (*sic*) (for egg lovers) and Deliver-Ewe (*sic*) (lamb sausages) the food trade into our local community has been brisk. We've dispatched almost 200 litres of milk, from a herd of cows living at East Taphouse, and almost one tonne of fruit and vegetables, plus lots of baked stuff, groceries and household products. While some of the fruit has arrived from further afield, much of the veg has been UK grown, a large proportion from Devon, and some from within our own parish boundaries. The food miles are also a fascinating set of statistics. If each collection from Warleggan Jubilee Hall is an average round trip of 4 miles, and replaces an average round trip of 14 miles to visit a supermarket, then that's 400 less road miles per week, totalling a (slightly staggering) 2000 fewer road miles over the 5 weeks so far.

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

@villagegreensmount



Arena PE and Outdoor Learning at Home

Arena have recently launched their Arena PE and Outdoor Learning at Home YouTube channel. We have worked with Arena Schools over the last year through our Wild Tribe outdoor learning with Mrs Blackbird. We have been asked by Mrs Blackbird to share the link (see below) with our families and encourage you to subscribe to the channel which is absolutely free.

On there, you will find PE, daily challenges and Wild Tribe Outdoor learning. They will update the channel on a weekly basis. They have included all age groups in outdoor learning, PE and Daily challenges with a range to choose from. If there is anything you would like to see please on the channel then they have encouraged people to comment on the videos.

The link to the channel is below:

<https://www.youtube.com/channel/UCCStjKIMICO-Em7zMJoHR3A>

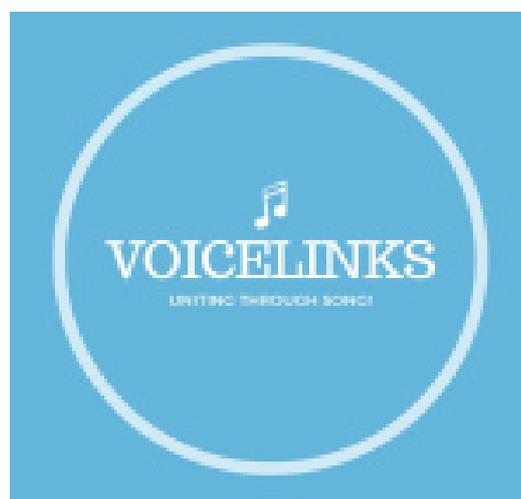


Voice Links

On 'Voice Links' you will find a new set of song resources. There are a range of vocal resources for you to use at home along the theme of 'My Cornwall, my home'. We have been encouraged to share the resources remotely with our families.

By following the link below, you will find a song to learn written by Harry Glasson called 'Cornwall My Home'.

<https://voicelinks.org/my-cornwall-my-home/>



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 places where young people and their carers can go for advice and support with emotional health and wellbeing.

Help and Support for Young People

Local Support in Cornwall and the Isles of Scilly

www.kooth.com Free online support for young people in Cornwall and the Isles of Scilly



www.mindyourway.co.uk Mental health and wellbeing services for young people in Cornwall



www.savvykernow.org.uk Friendly advice and services in Cornwall and the Isles of Scilly



www.youthkernow.org.uk A website designed and developed by young people in Cornwall for young people in Cornwall. Things to do, places to go, education, jobs and volunteering...



Websites to support emotional health and wellbeing and mental health



www.youngminds.org.uk The voice for young people's mental health and wellbeing



www.epicfriends.co.uk Advice on how to help friends who are struggling to cope emotionally



www.thesite.org Non-judgmental support, information, discussion boards and live chat for 16-25 year olds



www.childline.org.uk ChildLine offers free, confidential advice and support whatever your worry, whenever you need help.



www.samaritans.org 08457 90 90 90 Telephone support for anyone who needs to talk



www.kidscope.org.uk/ We equip young people, parents and professionals with the skills to tackle bullying and safeguarding.



www.lifesigns.org.uk User-led information and support for people who self-harm



Podcasts on emotional health and wellbeing and mental health

www.mentalhealth.org.uk/help-information/podcasts free podcasts from the Mental Health Foundation can help you relax and improve your sense of wellbeing and help you live a mentally healthier life.



www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx a series of eight mental wellbeing podcasts that you can listen to in your own time, that may help you through times when your mood is low or you're facing an anxious time in your life.

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