

# Cardinham School

**Grow your mind; aim high.**



**CARDINHAM, BODMIN,  
CORNWALL,  
PL30 4BN**

Newsletter: 28  
Thursday 7<sup>th</sup> May 2020

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

**secretary@cardinham.cornwall.sch.uk  
www.cardinhamschool.co.uk  
Telephone: 01208 821326**

## A Word from Mrs Bennett

Dear Cardinham Families,

Another week is drawing to a close and we are looking forward to celebrating 75 years of freedom at VE day tomorrow, whilst in lockdown. Another unexpected juxtaposition. Whilst there is so much to celebrate and the sun is shining, I am also acutely aware how difficult life is for a lot of our families and I just wanted to write to you to say a great big thank you to you all.

Thank you for all you brave parents and carers who are home-schooling and uploading a phenomenal amount of work onto Dojo. You have had your children home now for over six weeks and you have nourished, educated and supported your children during a period of national and international uncertainty and fear. Many of us are feeling exhausted and unsettled but please know that you are amazing! You have juggled work, loneliness, boredom and emotional turmoil and as a community we stand together, appreciating everybody's efforts and understanding that all families have different circumstances.

Thank you for making the most of your time together with your family, time is the most precious thing we have and I hope that most of you will be able to look back on this period with some pride and good humour.

Thank you to all the staff who are working a few days a week at school looking after a small group of children and are also busy uploading work and giving feed-back to pupils at home. Thank you to everyone who is staying in touch, it's lovely to get messages via email, text, a safe chat over the gate or a phone-call. Thank you to our Admin team and thank you to our Free School Meal team, who make sure that around 40 families get their weekly lunch boxes.

We are starting to think about how the school might open again, but we know as much as you do and we will of course keep you informed as soon as we are given any directives.

We really miss you and we can't wait to see you all again.

Stay safe!  
Ingrid Bennett



We hope that you are able to safely celebrate VE Day tomorrow.

We have made available some resources on our school website which can be found by following the link:

<https://cardinhamschool.co.uk/home-learning>

### 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 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/>

### Audible

Audible have made hundreds of audiobooks free for children and teens whilst on lockdown. There is an app that you can use to access this opportunity and the screen is easy to navigate. Also, there is no need for payment details before signing up. You can access the free catalogue through a web browser and users don't require to enter any payment or personal details. Categories that fall under the free section include littlest listeners, elementary, tween, teen, and literary classics. The six languages that are currently available are - English, Spanish, French, German, Italian and Chinese Mandarin.'

Click on the link below - it really is that simple!

<https://stories.audible.com/discovery>



Everything you need at your fingertips

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

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.

Of course, twinkl have a timetable of lessons made available each day which can be accessed here:

<https://www.twinkl.co.uk/home-learning-hub>

However, to access some resources you have to subscribe to the website. The £5 PTA offer can also be put to this subscription if required.

## 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](mailto: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/>



### Plant Sale

In aid of St. Meubred's Church, Cardinham, from 1pm onwards every Monday in May. On the green outside of Tregell, opposite the church steps. Social distancing will obviously be observed. Money collected in a container & no change given. Please bring your own bags.

### Cornwall Councillor - Chris Batters

A reminder that Chris is still working and dealing with a variety of questions and concerns from residents.

He is happy to take phone calls direct:  
07714-323897 - or - 01208-269991

Or use email:

[chris.batters@cornwallcouncillors.org.uk](mailto:chris.batters@cornwallcouncillors.org.uk)

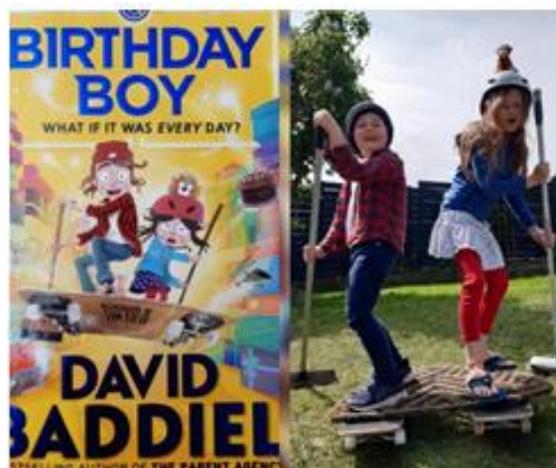
If you need his help or support on any issue.

### Mrs Foley's Book Cover Challenge #mrsfbookcoverchallenge

Inspired by the Getty Museum Challenge, where the public has been invited to recreate masterpieces in their own home, a new challenge was devised.

Can you recreate a front cover from one of your favourite books?

Here's one to get you inspired:

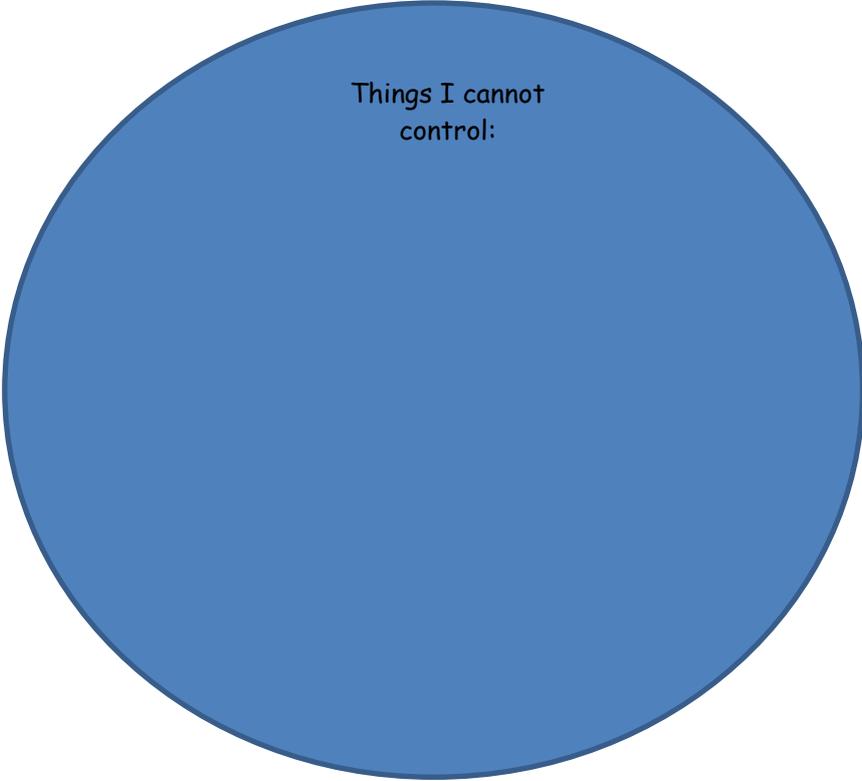


If you have Instagram, you can tag your pic with #mrsfbookcoverchallenge feel free to get family and friends involved too.

## 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, we would like you to complete the sheet below. Afterwards, as best you can, try to put the things that you can't control to the back of your mind and focus on the things that you can control.

Things I can control:



Things I cannot control:

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