

# Cardinham School

Grow your mind; aim high.



CARDINHAM, BODMIN,  
CORNWALL,  
PL30 4BN

Newsletter: 29  
Friday 15<sup>th</sup> May 2020

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

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Dear Parents and Carers,

Further to our Prime Minister's announcement on Sunday night we would like to share with you that plans to open our schools to Nursery, Reception, Year One and Year 6 pupils are being drawn up with pupil and staff health and wellbeing at their core, and that these will be shared with parents as soon as confirmed.

I know you will have many questions and we will endeavour to give you some answers as soon as possible.

In the meantime we thank you for your patience and understanding; it is very important that we look at the guidance thoroughly and come up with a plan that is practical and safe.

Best wishes,  
Mrs I Bennett

## 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/>

# Merlin MS Centre Charity Art Competition



Create your own  
version of our Logo

Show us your take on  
Myelin - Myelin is an  
insulating layer,  
or sheath, that forms  
around nerves.



Create a Rainbow



Or a sunshine



Step 1: Choose a Category or categories  
to enter: Merlin MS Logo, Myelin,  
Rainbow or Sunshine

Step 2: Create your artwork

Step 3: Pay via our Paypal  
[hello@merlinmscentre.org.uk](mailto:hello@merlinmscentre.org.uk) -  
recommended minimum donation  
£2 per entry

Step 4: Send a photo or scan of your  
artwork  
(no people in the picture please)  
to [tamsin@merlinmscentre.org.uk](mailto:tamsin@merlinmscentre.org.uk) by  
Wednesday May 27<sup>th</sup>.

Artwork will be posted on our Facebook  
page week commencing June 1<sup>st</sup> for the  
public to vote for a winner.  
Winner will be announced  
Tuesday June 9<sup>th</sup>

## A Message from Wheal Martyn

I hope this message finds you all well. The current times are strange for us all, juggling our work and home lives in such odd circumstances. To help families with the demands of home schooling, playing, having fun and keeping busy and positive, we have created some activities to use in whatever setting they find themselves. We hope that the activities are fun and offer a chance for some creative learning. We have endeavoured to link the activities to our beautiful and special local area and Cornish heritage, in particular, Wheal Martyn and the China clay industry. You can follow this link to find our **Activities At Home** page with a list of suggested activities and resources to keep you busy and learning:

<https://www.wheal-martyn.com/activities-at-home>



## Apply for Your Blue Peter 'Green Badge'

Now is perhaps the perfect time to apply to Blue Peter for your Green Badge. Green badges are awarded for sending in letters, pictures and 'makes' that are about or inspired by the environment, conservation or nature. For a step by step guide, click on the link below.

<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-green-badge>



# Barefoot

from Computing at School |

Who knew Computational Thinking could be so exciting! To view all of our home learning resources click the link below:

<https://www.barefootcomputing.org/homelearning>



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/>

# Understand Your Child's Anxiety (Infographic)

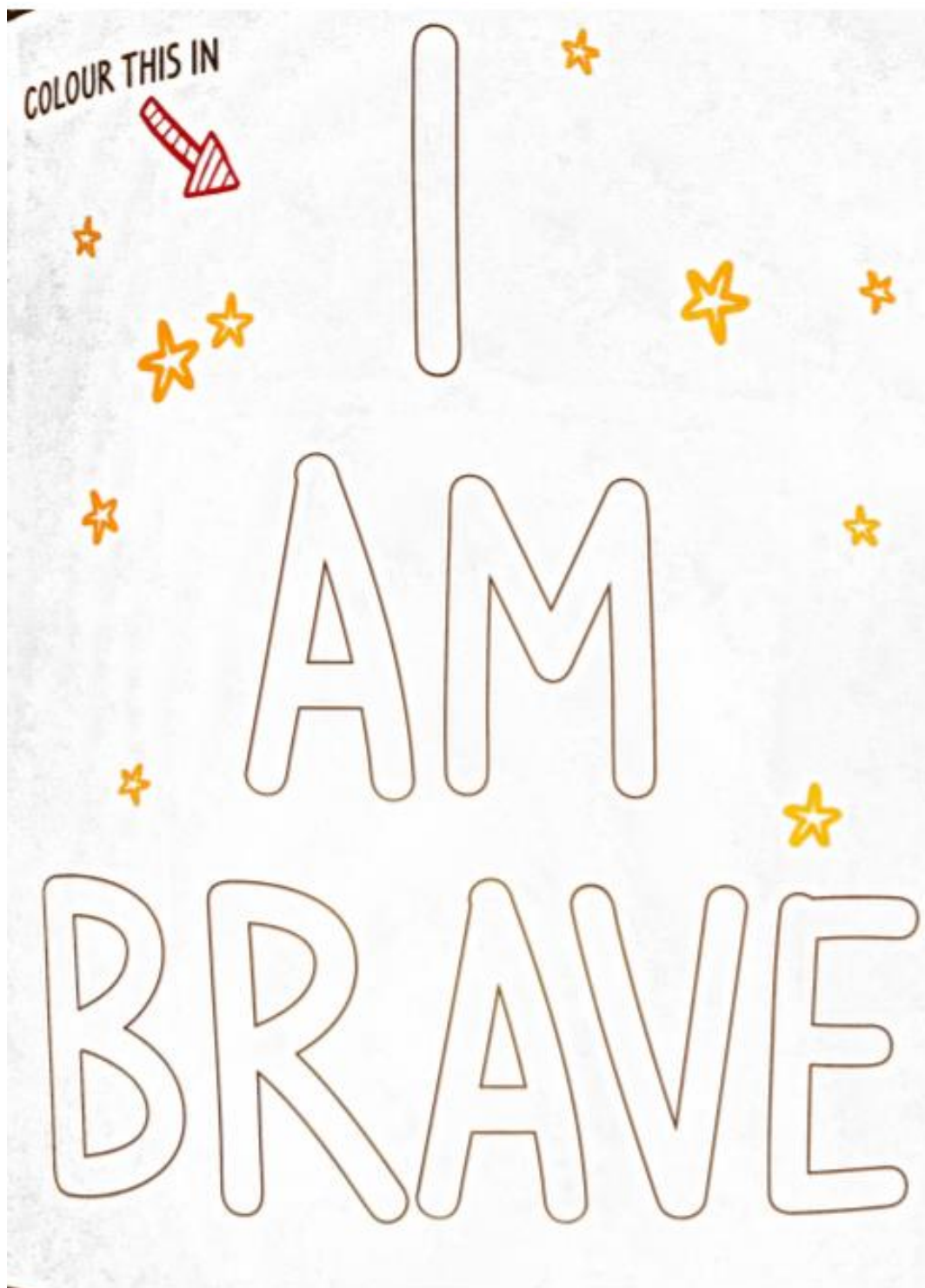
If you've never suffered from anxiety, it can be challenging to understand what a child is truly experiencing. For lots of helpful hints, tips and ideas to help support and understand a child with anxiety, please visit the website below.

<https://gozen.com/understand-your-childs-anxiety-infographic/>



## 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 colour in the sheet below. Afterwards, pin it up somewhere in your bedroom for you to read every day! Maybe you could even make your own with an affirming, positive message.



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