



SPRING NEWSLETTER 10 – 17.03.2023

Hi everyone,

I won't drone on too much in my intro this week as there is a lot to read in this newsletter (a day early as I am in Port Isaac tomorrow). It has been an odd week, what with the two-day strike and all, but still so much lovely stuff going on across the school. I really do love seeing the variety of activities, learning and memorable experiences that the children get at Carbeile.

Have a great weekend – a big shout out to all of those amazing mums out there for Sunday!
Take care

Mr. H

Teachers' Strikes

As I am sure you are aware, the two strike days this week were the last ones that have been planned by the NEU. I would like to repeat our huge thanks for your support with all of this. The disruption to parents (especially when they have one child at home but one then going to TNIS) has been understandably very frustrating, but it has been a vital stand to make for the education sector as a whole.

We currently have teachers doing 60-hour weeks but being paid for 33. This is not a 'poor old teachers' plea but it is important to understand why so many teachers are looking for jobs outside of education that pay better for less hours. We want to retain our amazing staff, but it is very clear that education is going in the wrong direction.

Our whole school budget is yet again catastrophic, with so many opportunities for the children being simply unattainable due to having zero money to play with. I am having to make decisions about various areas of the school that save a pound here and there to simply make the balances needed. This is not acceptable for the children of Torpoint (or anywhere else).

This is why we are so grateful for your support, not one parent moaned, and this means the world to all of our teachers. Thank you.

Year 6

As scary as this might be, we are nearing the end of the spring term, which means that the summer term is nearly upon us. I therefore thought it might be good to share some of the Year 6 events in case parents need to book some time off. If you have any questions about this, please let me know.

- 18th July – Year 6 play to parents (6.00pm)
- 19th July – Year 6 play to parents (1.30pm)
- 19th July – Year 6 play to parents (6.00pm)
- 24th July – Year 6 Colour Run (5.00pm)

Sports Day

And Sports Day is on Tuesday 13th June, Year 3 and 4 from 10.00am to 12.00pm, Year 5 and 6 from 1.00pm to 3.00pm.

Sail Flags

We have had all 5 flags sponsored since the last newsletter, what an amazing result (and we have even added a 6th). A huge thank you to Castle Motors, Huggins Boatyard, Friends of Thanckes Park and Rexel for their kind donations. Things like this make such a difference to our budget and what we can do for the children. Although we ran a competition to design the logos, there were very few entries so it is likely that we will do something different this time. We have also had an excellent idea from a parent about the team captains doing some fundraising for their teams, so we will get this started soon too.

Crossing Patrol

We were sent the image below as there have been a number of incidents regarding the crossing patrol staff. Please share this image if you can. Thank you.

Thrive and TIS (Trauma Informed Schools)

As you may be aware, the number of children experiencing difficulties with their mental health is on the rise across the UK (and has been since the Covid-19 lockdowns). As with any school, we do have children who may on occasion experience times of dysregulation (meltdown!) whilst they are here. We firmly believe that children will not learn unless they are emotionally ready, hence all of the interventions and systems listed below.

Carbeile has been a 'Thrive School' for a number of years. We have two trained Thrive practitioners in school, two fully trained ELSA practitioners (Emotional Literacy Support Assistants), a Mental Health Lead and an NHS Mental Health Practitioner that works alongside us to support our families. We are also part of the East Cornwall Mental Health Hub.

This week, we thought it might be helpful to share how we are supporting all our children in school if they have a 'wobble', a 'shut down' or a 'red mist'!

Research has shown that when children are operating with high stress or anxiety levels, they have no conscious control over their reactions - so it is impossible for them to self-regulate or calm themselves down. These are the steps that we follow as a Thrive School to support children when they are distressed:

Protect

Take the child to a quiet space with a trusted adult who can co-regulate them (help them to calm down). Make sure all the children in the class are ok and learning has not been disrupted.

Relate

Have a non-judgemental conversation that validates the children's emotions underneath the behaviour they have shown. For example 'You look very cross. Your face is very red and sweaty, maybe you should take your jumper off?' or 'Yes I know it can be annoying when people push in the line.' It is very important to make a connection with the child before you attempt to address the behaviour (*connection* then *correction*).

Regulate

This is often done using breathing exercises (such a snake breathing, grounding, figure of 8), dim lighting, soft blankets etc. Often play-based activities are used to help decrease the high levels of stress hormones. This does not reward poor behaviour, it is a necessary developmental experience to enable the child to reflect on their behaviour (recommended by Julie Harmieson, Direct of Education and National Strategy at TIS).

Reflect

Once a child is calm, the trusted adult will begin to 'unpick' what has happened and will support the child in taking responsibility for their behaviour.

Repair

It is important for all adults to allow time to re-connect with the child and to help them re-join their class.

Thrive's approach to understanding and working with children and young people's social and emotional development has evolved in accordance with current findings in neuroscience. We are committed to using this approach as a school and go to great lengths to ensure that all children are supported in developing emotional resilience and positive mental health. We also strive to have a good balance between using a relational approach to behaviour with learning - ensuring minimal learning time is lost and all our children make good progress.

Stars of the Week

The super-duper learners from this week are:

- Year 3:
- Year 4:
- Year 5:
- Year 6:
- Mathematicians:
- Golden Tokens:

A huge well done to everyone who was awarded a certificate in our assembly this afternoon.

Earth Day Concert

On Friday 24th March there is an Earth Day concert at TCC, starting at 6.00pm. There are a number of our choir that are performing at the event, so if you would like to buy tickets, they are on sale in the office now.

Flying the Flag for the Commonwealth

On Monday this week, our Head Boy and Head Girl represented the school at the annual event at Sparrow Park. They were asked by the Mayor to help her raise the flag; Mr. Long was extremely proud of them. Well done Megan and Freddie.

Songfest

Mr. Tamblin and I were lucky enough to attend the Songfest 2023 concert in Liskeard on Monday evening. The musical talent on show was stunning, from local bands to young song writers, and then of course the main event, the children's choir. Our children had to learn 9 songs (yes, NINE), all with historical themes and then sing them to their adoring audience. Eleven of our children took part and their energy and dedication were simply superb. A huge well done to Bessie, Mikey, Lacey, Flo, Holly, Tilly, Gracie, Aiylah, Isla

Most Awesome Person of the Week

This week I have thought about someone who simply shows the most fabulous commitment to so much in school. If there is something that they can volunteer for, or represent the school in, they will! From choir to

Dates for your diary:

Date	Event
Tuesday 21st March	Parent Reading Hour, from 10.00am
Wednesday 22nd March	Year 3 Celebration Assembly (1.45pm)
Thursday 23rd March	Year 5 Celebration Assembly (1.45pm)
Friday 24th March	School choir Earth Day concert at TCC at 6.00pm
Monday 27th March	Year 6 Celebration Assembly (2.15pm)
Wednesday 29th March	Girls' Biggest Ever Football Session (rearranged)
Thursday 30th March	County Cross Country Final in Newquay (4 Carbeile children involved)
Thursday 30th March	Easter Extravaganza (parents in from 1.15pm)
Friday 31st March	Last day of spring term

3rd – 14th April	Easter Holiday
Monday 17th April	INSET Day, children not in school
Tuesday 18th April	First day of summer term, children back to school
Wednesday 19th April	Year 3 FizzPop Science
Thursday 20th April	Year 4 Paignton Zoo
Friday 21st April	Earth Day
Monday 1st May	BANK HOLIDAY
Monday 8th May	BANK HOLIDAY
3rd – 5th May	Year 5 Residential to the Ultimate Adventure Centre
9th – 12th May	Year 6 SATs week
Tuesday 13th June	Sports Day
Friday 14th July	Year 3 Sleepover with the sharks