

CARDINHAM SCHOOL

Grow your mind; aim high.



CARDINHAM, BODMIN,
CORNWALL,
PL30 4BN

Newsletter: 9

Monday 22nd January 2024

Part of Truro & Penwith Academy Trust

CARDINHAM SCHOOL



cardinham@tpacademytrust.org
www.cardinhamschool.co.uk
Telephone: 01208 821326

Headteacher's Update

Dear Cardinham Families,

I hope this message finds you well. I want to express my sincere appreciation for the fantastic two weeks we've had since the start of the new term. The energy and enthusiasm from both pupils and staff have set a positive tone for the rest of the academic year.

As we settle back into the routine, I would like to remind you about the need to book into After School Club and Breakfast Club. The number of pupils attending each session are monitored closely so we can ensure that we have an adequate number of staff available to support those pupils present. We ask that bookings are made a week in advance. The easiest way is to email cardinham@tpacademytrust.org by Friday for the week ahead - you can also call or drop into the office. Of course, we understand that there may be times when you need a last minute arrangement but please book in advance to avoid missing out.

Finally, I am excited to invite all parents and carers to our upcoming Family Forum. This will be a valuable opportunity to discuss various aspects of our school community and address any questions you may have. The Family Forum will take place on Tuesday after school, with a meeting point at 3:25 pm by the school office. Your involvement and feedback are crucial to the success of our school, and we look forward to seeing you there. Together, we can continue to create a positive and nurturing environment for our pupils to thrive every day.

Thank you once again for your ongoing support.

Best wishes,

Dave Jones
Headteacher

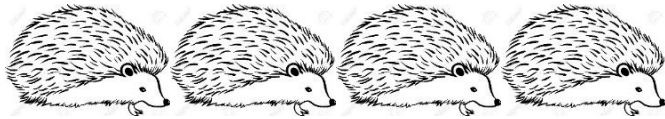
Chat Health

Chat Health is a quick and easy way for parents / carers to contact Health Visitors and School Nurses in Cornwall and the Isles of Scilly. You can get confidential help and advice about a range of health concerns, including: sleep, child development, support with behaviour, toileting, feeding and nutrition, childhood illnesses and support with medical conditions, emotional, mental health and wellbeing and much more...You can find out more about this great resource by clicking on the following link [Health advice for children and young people - Cornwall Council](#).



Hedgehog Class Update

What a frosty start to the year it's been! Our little explorers were greeted by ice, ice and more ice. Hedgehogs have delved into the fascinating world of science, exploring changes in state and the wonders of different seasons. They've dived into discussions about how ice forms, its properties, and even got to peek into the habitats of polar animals. Imagination soared in the nursery and reception as our young minds created stories and adventures within this frozen landscape. Plus, this icy wonderland gave everyone a chance to expand their vocabulary, describing this new environment.



Bag 2 School Fundraiser

A big thank you to everyone who donated clothes for recycling. £150 was raised for the school. There will be another collection on Wednesday 17th April 2024.

Out of Hours Contact

A reminder that Cardinham School is supported by Kestrel Guards. If you notice anything out of hours with regards to the school site that is of concern, please call 01209 313125.

They will be able to contact the necessary people or visit site for us.



Squirrel Class Update

Squirrel Class have enthusiastically embraced the challenge of exploring and creating abstract artwork. Squirrel Class has been channelling their creativity, experimenting with colours, shapes, and forms to express their unique perspectives. On Wednesday afternoon, Squirrel Class becomes a dynamic space filled with energy and excitement as the pupils engaged in various hands-on activities and projects. We believe that delving into abstract art not only nurtures our children's artistic skills but also encourages them to think critically and develop a greater appreciation for self-expression.



Little Fawns Update

🌟🌟 News for our Little Fawns Stay and Play Group! 🦌🦌

📅🌟 Due to a few changes, we're switching things up and making the Little Fawns sessions a monthly get together! 📅🌟

🏠 We'll now be hosting these fantastic sessions at [Cardinham School and Nursery, PL30 4BN!](#) 🏠

📅 Mark your calendars for the upcoming dates:

📅 Friday, 26th January

📅 Friday, 23rd February

📅 Friday, 22nd March

🕒 Sessions will run between 9:30 and 11:30

🌟🦌🌟 More information will be sent out in the New Year 🌟🦌🌟

Spread the word, invite your friends, and let's make each session a magical experience for our little fawns! See you there! 🦌🦌



Squirrel Class Request

Please can Squirrel Class bring in a 'painting top' that can be worn during their art lessons. This could be a large old shirt from a relative, an old jumper etc... This will need to stay in school and will mean they can really get stuck into their abstract art topic. Thank you in advance.



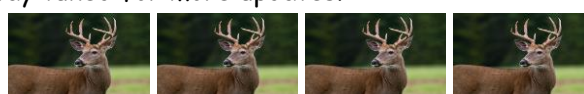
Fox Class Update

Over the past weeks, Fox Class have eagerly dived into the fascinating world of ancient civilizations. Fox Class has been on an exploration of the cultural, technological, and societal advancements that laid the foundation for the world we know today. Fox Class showed remarkable curiosity and enthusiasm in their pursuit of knowledge. They have engaged in insightful discussions, conducted hands-on activities, and even embarked on virtual tours to explore the remnants of these ancient societies. Witnessing their eagerness to learn and their ability to connect with the past has been truly inspiring.



Deer Class Update

During the second week of the Spring Term, Deer Class took part in a unique and educational project - a podcast! Pupils come up with a variety of engaging ideas for podcast topics. Once the ideas were solidified, Deer Class dove into the recording process. From scriptwriting to recording sessions, pupils demonstrated exceptional teamwork and dedication. We hope that the podcast project will not end here! Deer Class are looking to continue this exciting venture within the school environment. We extend our gratitude to everyone who supported and encouraged the Deer Class throughout this project. Stay tuned for more updates!



PE Timetable for Spring Term

See below for the PE timetable for the Spring Term. The timetable comes into effect from this week so please ensure your child comes prepared for their PE lessons.



Spring Term 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hedgehog Class Nursery & Reception	Come to School wearing PE kit. REAL PE with Mrs Purser on the playground				Come to School wearing outdoor learning clothes.
Squirrel Class Year 1 & 2				Come to School wearing PE kit. REAL PE with Mr Jones on the playground	Come to School wearing PE kit. Games outside on playground or field (if dry).
Fox Class Year 3 & 4			Come to School wearing PE kit. REAL PE with Miss Mackenzie on the playground		Come to School wearing indoor PE kit. Dance in Parish Hall.
Deer Class Year 5 & 6		Bring trainers to school in bag. REAL PE with Miss Horsington on the playground.		Bring trainers to school in bag. REAL PE with Miss Horsington on the playground.	Come to School wearing outdoor learning clothes.

Spring Term 2 (after half term)

	Monday	Tuesday	Wednesday	Thursday	Friday
Hedgehog Class Nursery & Reception	Come to School wearing PE kit. REAL PE with Mrs Purser on the playground				Come to School wearing PE kit. Games outside on playground or field (if dry).
Squirrel Class Year 1 & 2				Come to School wearing PE kit. REAL PE with Mr Jones on the playground	Come to School wearing outdoor learning clothes.
Fox Class Year 3 & 4			Come to School wearing PE kit. REAL PE with Miss Mackenzie on the playground		Come to School wearing outdoor learning clothes.
Deer Class Year 5 & 6		Bring trainers to school in bag. REAL PE with Miss Horsington on the playground.		Bring trainers to school in bag. REAL PE with Miss Horsington on the playground.	Come to School wearing indoor PE kit. Dance in Parish Hall.

Cold Weather

As the weather turns colder, we want to ensure pupils stay warm and comfortable while they enjoy their time outdoors. Please remember to send your child to school equipped with the necessary gear to brave the chilly temperatures. Coats, gloves, scarves and hats are essential to keep them cosy and protected from the cold.



Diary Dates: Cardinham School 2023/2024	
Tues 23rd Jan	Spring Term Family Forum. Meet by School Office at 3:25pm.
<i>Spring Half Term - 12th Feb to 16th Feb</i>	
Mon 19th Feb	Pupils Return after Spring Half Term
w/b Mon 19th Feb	Scholastic Book Fair in School. More information to follow.
Thurs 28th March	End of Spring Term. Pupils collected at 2pm. No After School Club.
Mon 15th April	Pupils Return for Summer Term
Mon 6th May	May Bank Holiday
w/b 13th May	Key Stage 2 SATs Week
<i>Summer Half Term - 27th May to 31st May</i>	
Mon 3rd June	Pupils Return after Summer Half Term
Fri 7th June	INSET DAY
Weds 24th July	End of Summer Term. Pupils collected at 2pm. No After School Club.

Cornwall Council

2023/2024 School Term Dates for Community and Voluntary-Controlled Schools



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School holidays

Bank holidays

Christmas Day	25 December 2023
Boxing Day	26 December 2023
New Years Day	01 January 2024
Good Friday	29 March 2024
Easter Monday	01 April 2024
May Bank Holiday	06 May 2024
Spring Bank Holiday	27 May 2024
Summer Bank Holiday	26 August 2024

AUTUMN TERM (72 days)

4 September - 19 December 2023
(HALF TERM 23-27 October 2023)

SPRING TERM (56 days)

4 January - 28 March 2024
(HALF TERM 12-16 February 2024)

SUMMER TERM (67 days)

15 April - 24 July 2024
(HALF TERM 27-31 May 2024)

195 days are included on the school calendar. Schools will be open to pupils for 190 days. The five additional days are allotted for In-Service Training (INSET). Schools allocate their own INSET days.



The Mental Health Support Team invites you to book your place on our Behaviour as Communication Workshop

This workshop introduces the concept of behaviour as communication, and aims to teach parents the reinforcement and attention rule.

The workshop will give parents practical strategies for developing more positive behaviour at home. It will also support parents to create an action plan moving forward to support their child to manage their behaviour in helpful and happier ways.

Upcoming Sessions:

- Monday, 29th January at 10:00 AM and 4:00 PM
 - Wednesday, 31st January at 4:00 PM
 - Thursday, 1st February at 9:30 AM and 5:00 PM
- Further workshops will run w/c 11th March 2024

To request a place, complete
the online form or scan the QR
code provided:

<https://forms.office.com/e/3DDPu9JHD7>



The Mental Health Support Team invites you to book your place on our Decider Skills Workshop

Decider Skills are a set of life skills based on cognitive behaviour therapy (CBT). The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health. They also include basic problem solving and conflict de-escalation skills, and have a strong focus on supporting children in regulating their own emotions.

Upcoming Sessions:

- Monday, 19th February at 10:00 AM and 4:00 PM
- Wednesday, 21st February at 4:00 PM
- Thursday, 22nd February at 9:30 AM and 5:00 PM

Further Resilience courses will run w/c 18th March 2024

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/YepS04KNBz>



Sign up will close on Thursday 15th February

The Mental Health Support Team invites you to book your place on our Introduction to Resilience Workshop

This is a single, hour-long session aimed at parents. The session covers how to encourage young people to develop greater resilience, and provides psychoeducation around what mental health and resilience is.

When young people are resilient, they are more able to cope with challenges and stress, and can therefore be more curious, adaptable and able to extend their reach into the world.

Upcoming Sessions:

- Monday, 5th February at 10:00 AM and 4:00 PM
- Wednesday, 7th February at 4:00 PM
- Thursday, 8th February at 9:30 AM and 5:00 PM

Further Resilience courses will run w/c 18th March 2024

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/W4hqrSM68q>



Sign up will close on Thursday 1st February