

CARDINHAM SCHOOL

Grow your mind; aim high.



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

Newsletter: 8

Monday 8th January 2024

Part of Truro & Penwith Academy Trust

CARDINHAM SCHOOL



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Headteacher's Update

Dear Cardinham Families,

I hope this message finds you all rested, rejuvenated and ready for the new year ahead!

Welcome back to Cardinham School! It's an absolute joy to have our classrooms filled again this morning with the energy and enthusiasm of our incredible pupils. We return, brimming with excitement for the adventures and discoveries that await us in this new term.

Remember to take a glance at the updated dates at the end of the newsletter. More insightful information will be added every fortnight, ensuring you're always up-to-date with our school's latest news, events and accomplishments.

Additionally, we're thrilled to announce a series of enriching workshops advertised at the end of this newsletter. These workshops (put on by Cornwall's Mental Health Support Team) are fantastic opportunities for parents to engage, learn and connect with an incredible resource that's completely free. There really is something for everyone and your participation could make a significant difference in enhancing your child's development.

I also want to take this opportunity to commend two of our pupils. A huge round of applause for Tabitha, who bravely performed "Last Christmas" using Makaton at a signing event before the holidays - this was solo and in front of a huge crowd! Equally, a huge well done to Jess for her eloquence and poise while reading at St. Meubred's Church before Christmas. We're immensely proud of all our pupils' accomplishments beyond the classroom. We always cherish hearing about accomplishments outside of school, so keep sharing your achievements with us. They inspire us all!

As we step into this term, let's continue to create an environment where every child feels valued, encouraged and empowered to reach their full potential. Here's to a fantastic start filled with learning, laughter and countless memorable moments! Let's make this term one to remember.

Best wishes,

Dave Jones
Headteacher

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.



Admissions Arrangements Update & Consultation

Before Christmas, we sent out an email regarding the update to our over subscription criteria within the admissions policy.

If you haven't received this email, please let us know to ensure you're aware of the changes that are being proposed. Kindly note that the consultation period will conclude on January 11th. Your feedback and thoughts are invaluable to us, so please take the time to review and contribute before this deadline.



Cardinham Challenge

A huge thank you and well done to all those pupils who took part in the Cardinham Challenge this year. Certificates will be with pupils very soon!



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.



Extra-Curricular Clubs

Information about our exciting offer of extra-curricular clubs will be sent out tomorrow. Football Club can already be booked by clicking on the following link below:

[Book ECND 3 - Football After School Club - Cardinham Primary School from Argyle Community Trust](#)

Football Club continues to be available for all pupils in Reception through to Year 6 and will continue to be on Friday between 3:15pm and 4:15pm.

The first session is this Friday 12th January.



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! 🦌🦌

After School Club

Please be advised that there will be NO after school club on *Wednesday 17th January* due to whole staff training. Please make alternative arrangements on this day.



Message from Parish Council about Parking

"The Parish Council is aware that there is not a great deal of space for parking in the village, but consideration for pedestrians and other road users is important, particularly in an area where children will be congregating with their friends and where their attention may not always be on the road.

We would request that parents bringing their children to school by car exercise care and caution - allowing more time for the journey could help with this.

We would also ask that parking around the school is limited for the safety of those children walking to school and for the consideration of residents."



Tennis Club Info

A reminder to check your inboxes as we sent out an email with information on how to become a member with the Cardinham Sports Club. If you are interested but didn't receive this email, please let us know.



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.

Diary Dates: Cardinham School 2023/2024	
Mon 8th Jan	Pupils Return for Spring Term.
Weds 10th Jan	'EYFS Stay and Play Session' for Prospective Reception Sept 24 Starters at 9:30am
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
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

September 2023						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24		

October 2023						
Mon		2	9	16	23	30
Tue		3	10	17	24	31
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22	29	

November 2023						
Mon			6	13	20	27
Tue			7	14	21	28
Wed		1	8	15	22	29
Thurs		2	9	16	23	30
Fri		3	10	17	24	
Sat		4	11	18	25	
Sun		5	12	19	26	

December 2023						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24	31	

January 2024						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24	31	
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

February 2024						
Mon		5	12	19	26	
Tue		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23		
Sat	3	10	17	24		
Sun	4	11	18	25		

March 2024						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24	31	

April 2024						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24		
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

May 2024						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		
Sun	5	12	19	26		

June 2024						
Mon		3	10	17	24	
Tue		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

July 2024						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24	31	
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

August 2024						
Mon		5	12	19	26	
Tue		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24	31	
Sun	4	11	18	25		

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.



Mental Health Support Term Webinars Below

We have been asked to advertise a number of workshops that Cornwall's Mental Health Support Team are putting on. We are extremely lucky to have a resource like this that is completely free of charge! Please make the most of this opportunity. Booking information can be found on the next few pages.



Children's Mental Health Support Team



Children's Mental Health Support Team



Children's Mental Health Support Team



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

A single, hour-long workshop aimed at providing psychoeducation around the importance of cultivating healthy sleep habits, including why we sleep and what might impact sleep. The session aims to help identify ways you and your child could develop good sleep hygiene and includes some strategies you can both use to do this.

Upcoming Sessions:

- Monday, 15th January at 10:00 AM and 4:00 PM
- Wednesday, 17th January at 4:00 PM
- Thursday, 18th January at 9:30 AM and 5:00 PM

Further Sleep courses will run w/c 26th February 2024

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

<https://forms.office.com/e/ZBJ9Lcp6mA>



Sign up will close on Thursday 11th January

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



A single, hour-long workshop aimed at providing psychoeducation around What is worry and Why does my child worry? We also aim to provide practical strategies for supporting your child with managing their worries.

Upcoming Sessions:

- **Monday, 22nd January at 10:00 AM and 4:00 PM**
 - **Wednesday, 24th January at 4:00 PM**
 - **Thursday, 25th January at 9:30 AM and 5:00 PM**
- Further Anxiety courses will run w/c 4th March 2024**

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

<https://forms.office.com/e/cAknWmy2N3>



Sign up will close on Thursday 18th January



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

The
deadline for
applications is
**15 January
2024**

Do you have a child born **between 1 September 2019 and 31 August 2020?**

If so, you will need to apply
for a place in a reception
class in September 2024 for
that child by the deadline
of **15 January 2024**.



Please note: you will need to apply even if your child attends a school's nursery or pre-school class. If a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

Visit **www.cornwall.gov.uk/admissions** for more information and to access the online application system

www.cornwall.gov.uk/admissions



The
deadline for
applications is
**15 January
2024**

Starting school

September 2024

Applying for a place in
a reception class for
children born between
1 September 2019 and
31 August 2020



Attending a nursery or pre-school

You will need to apply even if your child attends a school's nursery or pre-school class. Please note that if a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

Information and guidance

Website and application form: www.cornwall.gov.uk/admissions

Email: schooladmissions@cornwall.gov.uk

Post: **School Admissions Team, County Hall, Truro, TR1 3AY**

Telephone: **0300 1234 101**

www.cornwall.gov.uk/admissions



Applying for a **reception class** place for **September 2024**

Special Educational Needs

If an Education, Health and Care (EHC) Plan has been issued for your child you do not need to complete an application form. Please contact the Statutory SEN Service for more information: Tel: **01872 324242** Email: **statutorysen@cornwall.gov.uk**

1 Decide on your preferred schools

You are strongly advised to name **three** preferences on the application form. **Naming a second or third preference does not give you any less chance of getting a place at your preferred school.** When making your decision you should...

...think about **how you will get your child to school.** Go to **www.cornwall.gov.uk/schooltransport** for more information on whether your child would be entitled to home to school travel assistance.

...look at the **admission arrangements** on our website that will be used to allocate places for each school.

...consider naming your **nearest or designated school** as one of your preferences. You can find your nearest or designated school on our website.

...look at the detailed **admissions information** on our website, also available on request.

2 Submit your application by 15 January 2024

Apply online at **www.cornwall.gov.uk/admissions**

3 Wait to find out which school you have been allocated

If you applied on time you will be notified of your allocation on **National Offer Day: 16 April 2024.** **Apply on time!** Late applications will only be dealt with after National Offer Day and there may not be any places left at your preferred schools.