

Fourlanesend Community Primary School

CAWSAND
TORPOINT
CORNWALL
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22nd March 2024



Message from Head teacher: This is the last newsletter of the Spring Term. We look forward to seeing you all next Wednesday at parents afternoon. This is an opportunity for you to see your child's books and talk to the teachers about their progress. If you have anything else you wish to discuss please make an appointment for another occasion. You are all warmly invited to join us at The Church on the Rock on Thursday at 10am for our Easter Celebration. Every class will be presenting something, it will be great to see you there.

Dates For Your Diary

Tues 26th Mar - Higher Education talk to KS2 parents, 2.30pm.

Weds 27th Mar - Parents afternoon/evening.

Thurs 28th Mar - Last day of term and Easter Celebration. 2pm finish.

Mon 15th Apr - Back to school.

Tues 23rd Apr - Sports for Champions visit.

Mon 29th Apr - Football Match v St Germans (away).

Mon 6th May - May Day Bank Holiday & Black Prince Celebrations.

Mon 13th May - SATs week.

Tues 21st - Weds 22nd May - Class Tamar trip to Camp Kernow.

Fri 24th May - Sports Day.

Mon 27th May - Fri 31st May - Half Term.

Weds 3rd - Fri 5th Jul - Class Lynher trip to Mount Batten.

Fri 19th Jul - Last day of term. 2pm finish.

Guitar Lessons

Gavin visits every Friday and provides guitar lessons to children at school. If you are interested in your child learning the guitar please contact the office or look online at My Guitar Lessons Plymouth.

Cornwall Music Service Trust

If your child would like to start singing/violin/piano lessons, please sign up at: <https://cmst.co.uk/signup>. Jo Ballard teaches in school every Friday.

Comic Relief

A massive thank you to everyone who supported our red-themed mufti and cake sale last week for Comic Relief. The total raised was £205.40! An amazing amount, especially for a small school!

BREAKFAST & AFTER SCHOOL CLUB AT FOURLANESEND 7.45am-8.45am 3:15pm-5:30pm

For more information and to book a place for your child, please contact the office.
Places **MUST** be booked at least 24hrs in advance.

Menu Change - Thursday 28th March

Southern Fried Chicken Wrap or Quorn Dippers and Chips.
(Jacket Potatoes also available)

~
Yoghurt / Fruit / Ice Lolly

School Dinner Price Reduction

As a result of your support over the past three years and the support of suppliers together with a significant slowing of food inflation rates, we are delighted to say that the CATERed Board have made the decision to REDUCE the cost of a school lunch from 15th April to £2.75.

New School Dinner Menu

A copy of the new school dinner menu which starts after Easter has been sent home today. There is also a copy on our website.

Higher Education Talk

A reminder to parents/carers of children in Class Tamar & Lynher that you are invited in to school at 2.30pm on Tuesday (26th Mar) to listen to a presentation by Georgina Wilton - a former Fourlanesend pupil who is currently studying at Cambridge University. Georgina will be covering why to consider applying to university, why Oxbridge may be right for your child, the general university application process with comparisons to the Oxbridge process, different financing options for university and what a typical day in the life at Cambridge is like.

Jo Ballard's Music Lessons

As we are not in school next Friday, Jo will be in school on Monday 25th March for music lessons.

Lost Property

Noah. H has lost two PE kits in school which are named. Please can everyone check that they have the right kit at home. Thank you.

Class News

Class Lynher - We enjoyed our walking tour on Monday learning about the history of Plymouth. In science we have been learning about the circulatory system. We completed an experiment, testing our pulse after rest and exercise and comparing the difference. We are also creating 'catchy' posters about the circulatory system. We enjoyed playing mini football matches in PE. By Henri & Joey

Class Tamar - In RE this week we have been learning all about Palm Sunday and in computing we completed our final branching databases, classifying at least 10 minibeasts. In science, we made our own switches to control electric circuits and in DT we finalised our designs for our recycled plastic lamps. In PSHE, Trudy taught us some more decider skills and in French we recapped the 10 different fruits we have learnt, and which ones are masculine and feminine. By Maya & Autumn

Class Cremyll - In PE we had a fun game of 'bench ball'. In PSHE we had our final day with our visitor who has been teaching us techniques such as naming our emotion and what we can do to help us get out of certain emotions such as anxious or anger. We learnt about feeling fizzy and how we can scream, cry or talk to help us feel better. We also remembered that we could use 'rainbow breathing' to help us. In RE we reflected on why Easter is important to Christians and what all of the symbols represent and mean. By Louise & Louie

Class Plym - We have made hot cross buns out of salt dough to use as props for our Easter song next week. We have started our new book 'Supertato' and have designed 'super vegetables' to help him. In PSHE, we have been thinking about what strangers look like, and in PE we used our confidence on the climbing apparatus. By Amy

Residential Trips

Class Lynher & Tamar's residential trips in the summer term are on ParentPay. Please note, you are expected to make a reasonable contribution for these trips to take place. This is due to people making no contribution at all or only paying a nominal amount to residential trips. The school cannot afford to continue to cover non-payments. Any problems, please do not hesitate to contact us.

Welcome to the March 2024 Scomis Online Safety Newsletter for Parents and Carers

Access to advice/help for parents and carers

With the Easter break almost here, SCOMIS is reminding parents and carers of where they can find advice and/or help with Online Safety Issues. Knowing where to look and what to look for can be a challenge! The following websites have lots of information, summarised as follows:

Find out how to keep children safe online with the NSPCC's guides, including:

Online safety advice

How to start Age-appropriate Online Safety conversations with your child, including:

- links to resources for under 11s – watch the [video](#) 'Talk PANTS'
- positive [Parenting Guide](#) for older children and teenagers
- how to talk to children about [difficult topics](#)
- [online safety quiz](#)
- [online safety resources for children](#)

Online safety guides for parents

Advice for parents to understand the [risks of online games](#)

Find out about [different social media platforms](#) and how to help children stay safe

Get advice about how to keep children safe using [internet connected devices and toys](#):

- Smart speakers - Google Home and Amazon Echo
- Wearables, such as Fitbit and Apple Watch
- Robots, drones and other mechanical toys
- Smart TVs
- Tips for keeping your family safe

Online wellbeing

Discover 6 Top Tips to support your child's online wellbeing and take the [quiz](#)

Get the family together, have a discussion before you answer each question and choose your answer together!



Resources for children with SEND

NSPCC Partnered with Ambitious about Autism to create online safety tips, advice and activities for parents and carers of [children with SEND](#) including:

Sharing personal details

Friendships online

One-page profile

Cyberbullying for children with SEND visual article

Talking to people online for children with SEND visual article

Need help or to talk to someone?

Call the NSPCC on 0808 800 5000

Email: help@nspcc.org.uk

Complete the NSPCC [online form](#) to get advice and help from safeguarding experts.

Support for Grandparents!

The [UK Safer Internet Centre](#) has published a resource to support grandparents with online safety. The guidance includes:

- how to support your grandchild in using the internet safely and responsibly
- know when to speak to their parent/carer
- how to respond if something goes wrong
- how to understand the latest technologies and trends?
- what you should know about parental controls?
- how to talk to your grandchild about their online life?
- where to go for help or to report something worrying or inappropriate?

Find out more [here](#)

Online Gaming

Scomis has previously included articles on advice and guidance for parents and carers on Online Gaming. With the Easter break about to commence, check the following websites :

Childnet—[Online Gaming: an introduction for parents and carers](#) includes :

- introduction to online gaming
- how and where to play online games
- the risks
- SMART rules
- online gaming FAQs

Parentzone—[Gaming: a parent's guide](#) | [Parent Zone](#) includes advice on:

- the links between gaming and gambling
- what you need to know about gaming communities
- top tips on helping your child play games safely
- inappropriate content
- how much time is too much time?

Family Lives—[Gaming | Family Lives](#) includes advice on:

- key points
- talking to your child about gaming
- keeping teens safe

Check the [South West Grid for Learning's Gaming Hub](#) to find out the benefits of gaming and:

- why people game
- about the gaming community
- explore virtual reality
- Esports

Where to get help

Visit the [UK Safer Internet Centre's](#) website to access details and links for a number of organisations that can help with:

- [Safety tools guide](#) for Social Media
- [Reporting on Social Media](#)
- Reporting Criminal Content Online and much more!

Remember FREE advice is just a phone call away from Childline: 0800 1111

SCOMIS
Your ICT Partner



Marie Curie Cornwall
Care and support through terminal illness

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**CAKES AND
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**Freshly-Picked
DAFFODILS
FOR SALE**



**FEATURING THE WORK OF
LOCAL
MEMBERS OF "CRAFTY CREW"**

MAKER WITH RAME INSTITUTE
Saturday 23rd March 10am - 12



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Marie Curie Cornwall
Care and support through terminal illness



WE UNDERSTAND...

THE COST OF LIVING AND PRICE INCREASES
HAVE BEEN DIFFICULT FOR EVERYONE.



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THE COST OF A HOT, FRESHLY
PREPARED SCHOOL DINNER TO

£2.75

FROM 15TH APRIL 2024



THANK YOU



FOR YOUR SUPPORT OVER THE LAST 3 YEARS



**£15
PER DAY**

EASTER MULTI- ACTIVITY CAMP

Join us this Easter for Pro-Coachings multi-activity camp! Dive into a world of sports excitement while enjoying the added bonus of creative crafting, including bracelet making.

Join us for a sport-centric adventure with a sprinkle of crafty fun this Easter holiday

**2ND- 5TH APRIL 2024
TORPOINT YMCA**

What can you expect:

- ✓ Multi-Sports Games and Skills
- ✓ Dedicated craft station
- ✓ Nutritious Lunch
- ✓ Friendly Staff



**Times: 9am - 2pm
Age: 5-13 Years**

**Lunch and nutritional
snack included**

**Use QR code or head to
www.pro-coaching.co.uk**

**For more information contact us at
info@pro-coaching.co.uk**





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ChatHealth
Cornwall and the Isles of Scilly

ChatHealth Parent Line 5-19

School Nursing messaging service for parents and carers of children and young people 5-19 years in Cornwall and Isles of Scilly

TEXT



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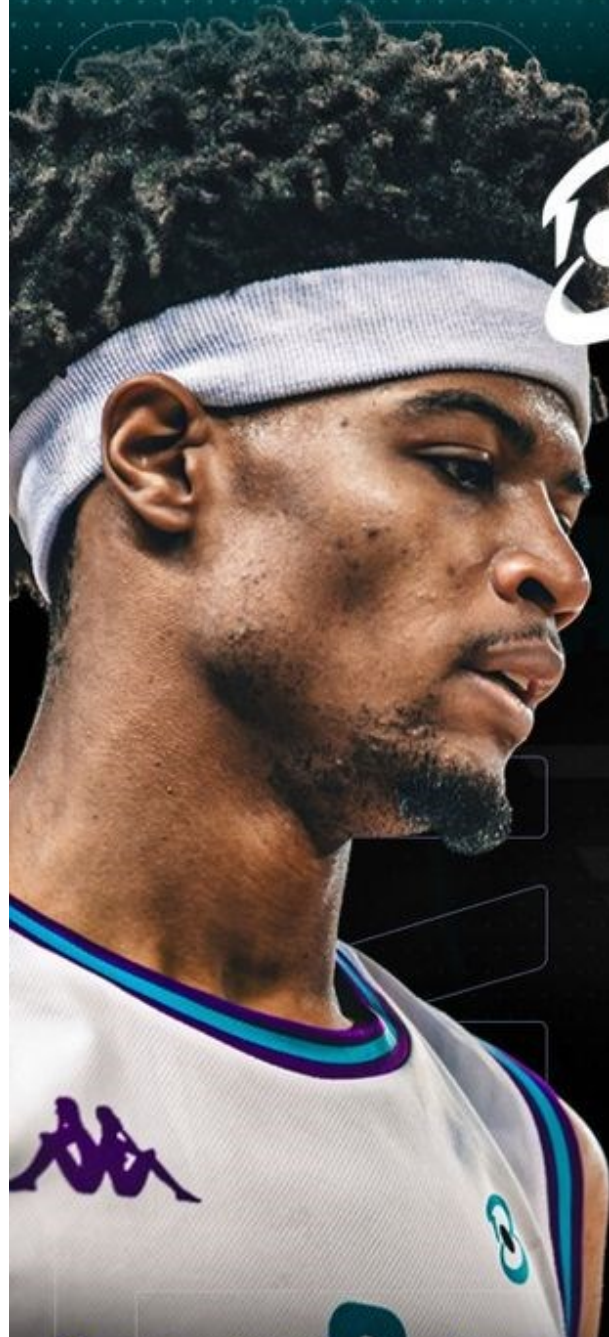


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www.cornwall.gov.uk/chathealth

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We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.



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BASKETBALL
LEAGUE**



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24/3

~~PLYMOUTH CITY PATRIOTS
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29/3

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VS CHESHIRE PHOENIX**

05/4

**PLYMOUTH CITY PATRIOTS
VS MANCHESTER GIANTS**

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**PLYMOUTH CITY PATRIOTS
VS CHESHIRE PHOENIX**

12/4

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VS LONDON LIONS**

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