



Autumn Term 2024: Newsletter 3
Friday 11th October 2024

MOUNT CHARLES SCHOOL

HEADTEACHER UPDATE



It has been wonderful to see our parents back on site at the end of the day. I have received such positive feedback from parents, staff and children alike.

Please continue to be prompt to pick up your child and be mindful of the congestion points near the ramp and gates. A polite reminder, please can you ensure that no phones or dogs are on site. Thank you for your co-operation and feedback, we are continually reviewing and I will update you with any future changes.

As a school we are always keen to hear your points of view and would encourage you to see our new 'You Said, We did' board, by the school office, to see how we have responded to your helpful suggestions, as I am mindful from last summer's survey, parents did not always see the impact of their voice. In light of this, later in the year, we are considering creating a parent role of 'class representative', giving us one spokesperson for each class. We would then meet together to discuss up-and-coming events and any suggestions you might have.

We are excited to begin our tours for prospective parents for our 2025-26 Reception cohort. This year, we will be welcoming our Head pupil team to the tour to give a short presentation about why MCS is so brilliant. We are already so proud of this group of leaders as representatives of our school.

On Saturday, myself and the Senior Leadership Team attended an exciting educational event at Penrice School. Research Ed provided an opportunity for specialist speakers from the field of education to share their research, expertise and passion for making education in Cornwall the very best it can be. It was a very thought-provoking day.



In other news, the School Council met this week and are very excited about their project to design plans for new outdoor area - so watch this space!

Four more days left of this half term. I hope you have a wonderful two week break and I look forward to welcoming the children back on Monday 4th November to begin Autumn 2.

Mrs Simpson



PERSONAL DEVELOPMENT

British Values—Individual Liberty

Within school, pupils are actively encouraged to make choices, knowing that they are in a safe and supportive environment. As a school, we educate and provide boundaries for young pupils to make choices safely, through provision of a safe environment and empowering education.

Pupils are encouraged to know, understand and exercise their rights and personal freedoms and advised how to exercise these safely, for example through our E-Safety, PSHE lessons and bullying and safety workshops. Whether it be through choice of learning challenge, child-initiated activities or participation in our numerous extra-curricular clubs; pupils are given the freedom to make choices.

Enrichment

A big thank you to Mount Charles Church for delivering a Harvest assembly to our children! The children have been reflecting on why we celebrate Harvest and how we can help others who are less fortunate to ourselves.

"All food is wonderful, and we must be grateful for it." – Year 2 child.

"We donate food for people who need it, to collect from the foodbank"– Year 4 Child

"Celebrate food that grows from the ground. Potatoes and carrots are my favourites!" – EYFS Reception child.



Eco Warrior representatives

Introducing our Mount Charles Eco Warrior representatives!

EYFS - Maia Year 1 - Winter Year 2 - Clara 3EW-Matilda

4SG - Wanessa 4HB - Matthew 5RW - Amyrah 5BW - Sam 6TW - Rhys 6JT - Lily



The children are proud and excited to be representing their class and school at meetings with the Mount Charles Eco Warrior Team. These children will be the ambassadors for raising the profile of sustainability and will promote the importance of protecting the environment.

We believe that everyone can get involved and help to make a difference, our Eco Warriors will champion this within their classes and help to make this happen. Our choices and changes will positively impact the school, our local community and the world.

PERSONAL DEVELOPMENT

Safeguarding

It has been lovely to see the children wearing something yellow for World Mental Health Day to make the day a little brighter. Every year, thousands of schools, companies and communities come together to make World Mental Health Day that little bit brighter. At school, we have different ways that we can support our children - please see the link to our webpage: [Mount Charles School - Mental Health & Wellbeing \(mount-charlessch.org\)](https://www.mount-charlessch.org)

In class we have been looking at a simple exercise to help us to stay grounded - you might like to try it at home too.

Imagine that each of us has an "emotions bucket". Every day things happen that fill up our bucket, this could be a different start to the day, fall outs with friends and anything else that makes us feel sad or worried. Eventually our bucket becomes so full that we just can't carry it around anymore and it starts to overflow. When this happens we may start to feel really overwhelmed and like we can't cope. Practicing grounding or mindfulness each day puts a tap on this bucket and helps us empty it a little bit each time we practice.

How to do 5-4-3-2-1 grounding

1. Look around and name five things that you can see around you. These could be a picture on the wall or a plant in the house. Think about the colours and shapes of what you are looking at. What do you like about it? What don't you like about it?
 2. Focus on four things that you can feel. This could be the chair you are sitting on or the feel of your clothes on your skin. Think about how they feel, are they soft or hard? Smooth or rough? Cold or warm?
 3. Name three things that you can hear around you. You may be able to hear people outside or the wind blowing. Think about how loud or quiet the noises are. Are they noises you hear often?
 4. Notice two things that you can smell around you right now. This could be a flower, the smell of your clothes or the shampoo in your hair. Think about what you like about that smell.
- Focus on one thing that you can taste. If you can't taste anything, then instead you can choose your favourite thing to taste.

BoomReader raffle

Hopefully your child has told you about our new BoomReader raffle: each week we are celebrating those who have read three times at home and recorded it on BoomReader by entering them into a raffle to win a book! The draw happens during assembly on a Friday and the children get to pick their book straight away.

Our first winners were really excited with their choices.



Reading regularly is so important to your child's development and using BoomReader means no log is ever lost or wasted. Your child's record builds over time and provides a full, meaningful picture of their reading all the way through school. This enables us to work together to support your child to make the best progress in their reading.

If you'd like any support with BoomReader, please contact your child's teacher or Miss Blizzard.



Reading supports children to develop better mental wellbeing, social skills and strong relationships

They have healthy routines and habits

- Shared reading plays a role in promoting a relaxing and reassuring bedtime routine. Language-based bedtime routines such as reading are associated with better parental emotional availability and parental attention.¹⁷ Routines can support a safe, stable and predictable environment that's needed to facilitate children's healthy development.¹⁸
- Reading for pleasure also supports routines later in life. Children aged 11–14 who read for pleasure are more likely to adopt healthy behaviours.¹⁹

They have better socio-emotional skills

- Children who read more perform better in tasks of attention and have lower levels of hyperactivity.²⁰

- Reading is associated with improved interpersonal and social skills, helping children form meaningful relationships.²¹

They have better mental wellbeing and self-esteem

- By providing escapism and relaxation, reading can act as a protective factor against the adversity some children face.²²
- Children who regularly read for pleasure have better self-esteem and emotional regulation, with lower levels of emotional and behavioural challenges such as anxiety and aggression than those who don't.²³
- Children who read have higher levels of mental wellbeing and happiness.²⁴



Reading Recommendations

This newsletter's recommendations come from 'No Shelf Control' by Mr Boddington (Facebook -No Shelf Control). Sometimes you just have to read something to makes you laugh!



Please let us know what you think of these books by emailing the school office:

enquiries@mcs.celtrust.org

Next time - recommendations from our Reading Ambassadors.

9 books about Poo



Recently I have heard people claiming that there are too many books about poo and how it is not funny... I think they are, so enjoy these 9 books about that thing that we all do...

1. My Big Fat Smelly Poo Diary

Jim Smith

2. Poo in the Zoo

Steve Smallman & Ada Grey

3. Poo Bum

Stephanie Blake

4. The Dinosaur That Pooped A Planet

Tom Fletcher, Dougie Pointer & Garry Parsons

5. The Boy Who Cried Poo

Alessandra Requena & Guilherme Karsten

6. Poo! Is That You?

Clare Helen Welsh & Nicola O'Byrne

7. A Day in the Life

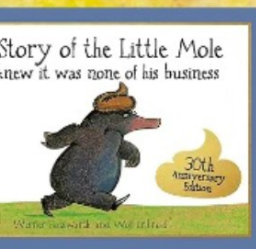
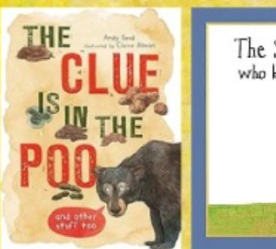
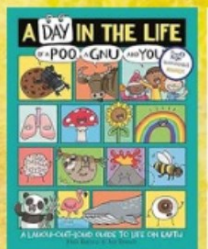
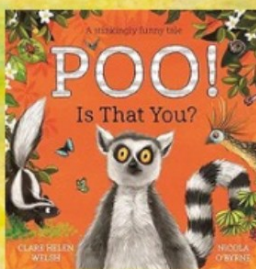
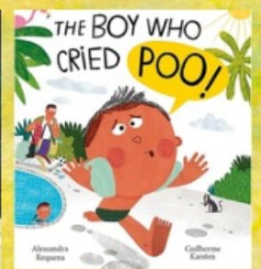
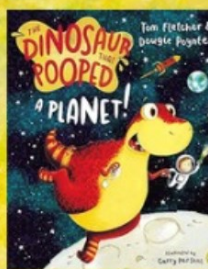
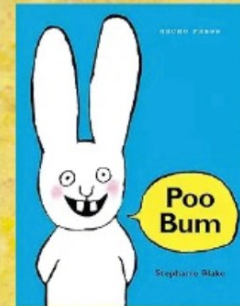
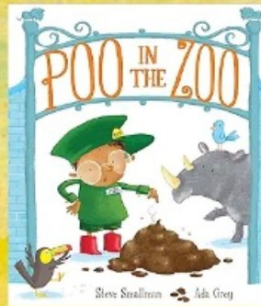
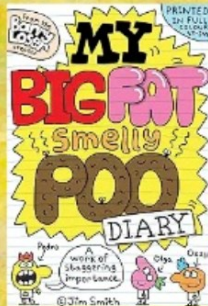
Mark Barfield & Jess Bradley

8. The Clue is in the Poo

Andy Seed & Claire Almon

9. The Story of the Mole Who Knew it was None of His Business

Werner Holzwarth & Wolf Erlbruch



Just a small advertisement here for the next few months. In April, No Shelf Control is running the London Marathon for charity. So if you enjoy the newsletter, we'd love a donation for such a great cause. Check out the QR code for more information.



Attendance



Last week was another great week for attendance at Mount Charles - well done everyone.



For the last week we want to see if we can get over 97% - if we can this it will be the best start to the autumn term in the last three years - we can do it!

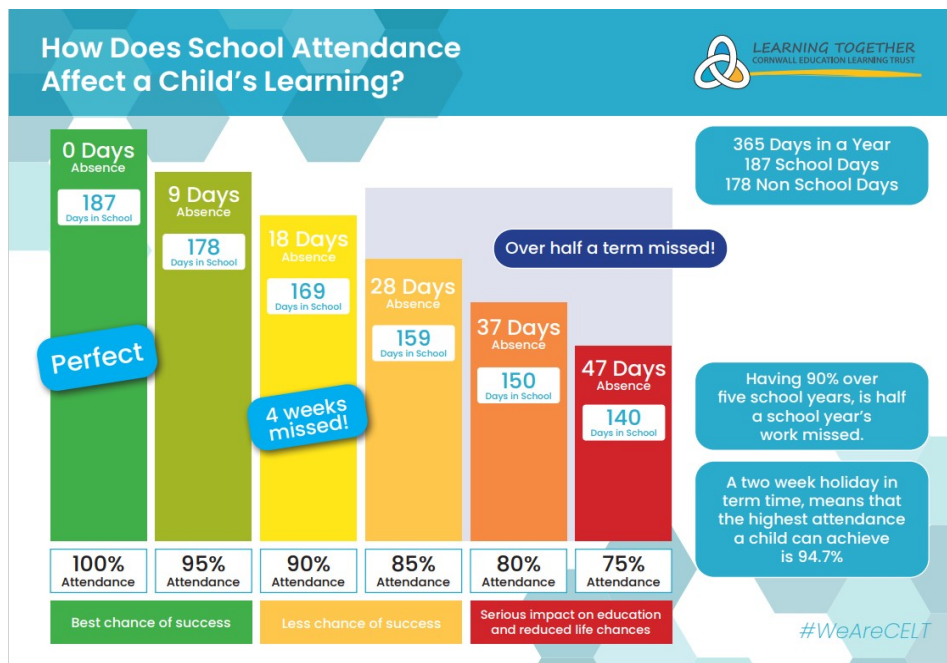
We do have a few children coming into school late - please remember the gates open at 8:25 and shut again at 8:30. Please do speak to the class teacher or Miss Nile for some help if you need it.

When children attend school every day, they benefit from:

- **Consistent Learning:** Staying on track with learning.
- **Stronger Connections:** Building relationships with teachers and classmates.

Let's continue to strive for excellence and make every day count. Together, we can achieve great things!

Please see the chart below which shows how attendance affects a child's learning.



If you have any questions or concerns regarding attendance, please contact Mrs Nile via the school office. We are here to help and support.

If your child is unable to attend school, please contact the school office via telephone **before 9am**. Please give **full details** of the reason for absence so that our admin team can code the absence appropriately. Please avoid using phrases such as **"poorly"** or **"sick"** and instead give details of symptoms.

Repeat this for **every day** of absence. If you know you may need to request leave from school for **exceptional circumstances**, such as national sports competitions or visa appointments, please complete a leave request form from the office.



EYFS NURSERY

Nursery class have been busy exploring the season of Autumn and learning about Harvest. The children have created leaf and bark rubbings in Butterfly Woods, explored autumn treasures, named different fruits and vegetables and have started to compare similarities and differences between these seasonal fruits and vegetables.



EYFS RECEPTION

The children in Reception have been discussing people who are special to them and why. They have learnt the sign for 'thank you' and have recorded a thank you message for a someone who is special to them. "Thank you mummy for giving me the biggest cuddles!"



YEAR 1

Year 1 have been boosting their understanding of numbers through engaging with Winning with Numbers. The children have been using their rekenreks to recall number facts and number lines to count in 2s and compare numbers. This has helped the children become confident with using inequality signs to compare numbers too. We are very pleased with the children's positive attitude towards NumBots where lots of children are achieving certificates already!



YEAR 2

Year 2 had the most incredible day using Charlestown as an outdoor classroom. The children were able to use their science learning about microhabitats and be biologists by exploring the rockpools. They had some incredible finds - the highlights were a starfish and a very nippy crab! They then explored Charlestown harbour and spotted human and physical features for their geography learning. The day ended with the children using their artistic and creative skills making artworks out of beach materials.



YEAR 3

Year 3 have been enjoying their RE learning all about Diwali this half term. They celebrated this by being creative and making their own Rangoli patterns on the playground in chalk. The children then used this to show one way people celebrate Diwali and the importance it



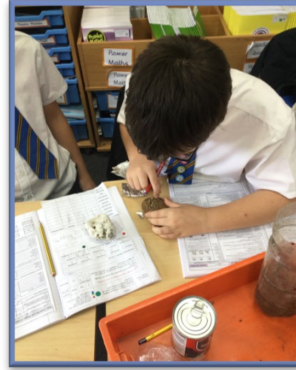
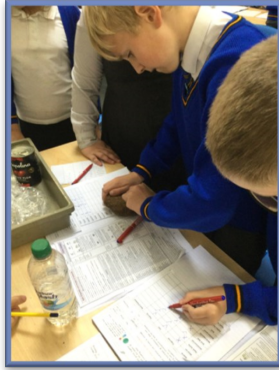
YEAR 4

Year 4 had an awesome day at the National Marine Aquarium, Plymouth. As part of the day, they had a tour of the aquarium, investigated marine artifacts and 'dissected' the stomach of a whale. On the tour they learnt about different marine habitats and loved meeting Friday, the turtle, and all the sting-rays and sharks. When 'dissecting' the whale, they discovered what was in its stomach and discussed whether or not it should have been there - some children were even brave enough to touch the dead fish! Many thanks to the PTA whose donation paid for the coach and towards entry costs.



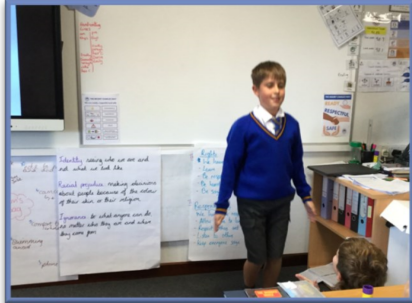
YEAR 5

Year 5 have been working scientifically and classifying materials based on their properties. Children attempted to scratch materials with their finger nail, a coin and paper-clip. They then ranked the materials from softest to hardest and estimated their position on Moh's scale. They were surprised to find out that a paper-clip is quite a hard material and also how hard their fingernails could be.



YEAR 6

Year 6 have been learning all about the circulatory system in science this half term. This week they conducted an experiment investigating what happens to your heart rate when you exercise. The children worked like scientists by making predictions, recording results and writing conclusions.



ARB



The children in the ARB have had a fantastic time making fruit kebabs which linked to their story 'Handa's Surprise' and celebrating harvest.

REMINDEERS

Healthy Snack

We have noticed an increasing number of children bringing in chocolate/crisps in for breaktime. We want to promote healthy eating amongst our children, so please try to provide a healthy snack for breaks and lunchtime.

Fruit

Veg sticks—carrots/peppers/celery with houmous

Cereal bar

Yogurt

Cheese and crackers

What should my child bring every day?

A named coat—the weather can be changeable.

Water bottle.

Celebrating

Yr1— Finley, James, Jacob, Francesca

Yr2— Toby, Sienna, Rafael, Emily

Yr3— Matilda, Ruan

Yr4— Wanessa, Ellie, Emma, Toby

Yr5— Ruby, Sennen, Amyrah

Yr6—Olivia, Harvey, Emily, Lexi

Sports Superstar— Leo J

Success

Our attendance trophy was won by:

Last week: 4SG 99.3%

This week: 5RW 99.7%



Attendance!



TOP THREE!



Biggest improvement in accuracy in last 14 days:

- 1st place: Rafael Da Costa
- 2nd place: Jack Wilkins
- 3rd place: Jack Dobbs

Most correct answers given over the last 14 days:



- 1st place: Brynley Gilbert
- 2nd place: Harley Foster
- 3rd place: Blake Foster

Biggest improvement in studio speed over the last 14 days:

- 1st place: Collins Kelechi
- 2nd place: Lauren Perryman
- 3rd place: Harley Foster



TOP THREE!

Biggest increase in number of minutes played in the last 14 days:

- 1st place: Madeline Grant
- 2nd place: Skylar Gordon
- 3rd place: Edith Everington



Biggest increase in correct answers in the last 14 days:

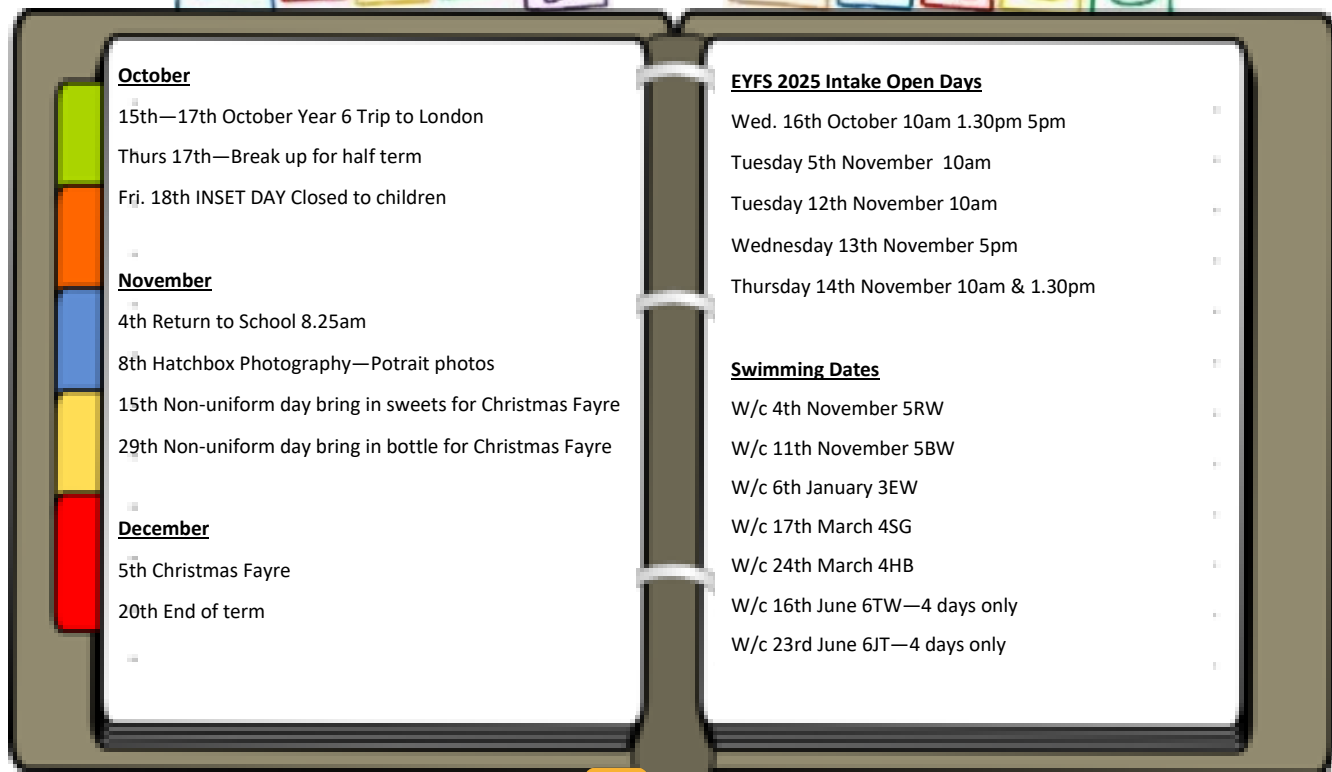
- 1st place: Edith Everington
- 2nd place: Madeline Grant
- 3rd place: Rudy Lochrie

Highest improvement in accuracy in the last 14 days:

- 1st place: Samuel Commons
- 2nd place: Ellen Launder
- 3rd place: Carlo McGregor



Diary Dates



TERM DATES

Autumn term 1 2024: Thurs. 5th September 2024 - Thursday 17th October 2024

Autumn term 2 2024: Monday 4th November 2024 - Friday 20th December 2024

Spring term 1 2025: Monday 6th January 2025 - Friday 14th February 2025

Spring term 2 2025: Monday 24th February 2025 - Friday 4th April 2025

Summer term 1 2025: Tuesday 22nd April 2025 - Friday 23rd May 2025

Summer term 2 2025: Monday 2nd June 2025 - Friday 25th July 2025

INSET DAYS: Friday 18th October 2024 Friday 20th June 2025 Monday 23rd June 2025

2025-2026

Autumn term 1 2025: Thursday 4th September 2025 - Thursday 16th October 2025

Autumn term 2 2025: Monday 3rd November 2025 - Friday 19th December 2025

Spring term 1 2026: Monday 5th January 2026 - Friday 13th February 2026

Spring term 2 2026: Monday 23rd February 2026 - Thursday 2nd April 2026

Summer term 1 2026: Monday 20th April 2026 - Friday 22nd May 2026

Summer term 2 2026: Monday 1st June 2026 - Friday 24th July 2026





SPACE

Supporting Parents And Children Emotionally

Due to the popularity of the S.P.A.C.E course there are now three available sessions that parents can sign up to.

If you could share these start dates with parents/carers, and please see links below to sign up:

Monday 4th November at 10.00am - <https://forms.office.com/e/qFxfQicqxe>

Monday 4th November at 6.00pm - <https://forms.office.com/e/2xA1tY62sC>

Monday 4th November at 8.00pm - <https://forms.office.com/e/nsdVXmD4YN>

BALANCED MIND, BALANCED HOME EMPOWERING MALE CARERS TO PROTECT YOUNG MINDS

Join other male parents and carers at our live online workshop, which lasts up to two hours. We're here to give you the tools to protect your own mental health and that of your children.



We'll talk about things like:

- stress
- anxiety
- mental health
- grounding techniques

Ask questions, meet other parents and carers or just sit back and listen - the choice is yours.



LEARN STRATEGIES TO SUPPORT YOUR CHILDREN WITH ANXIETY/WORRIES



Wednesday, 20 November 2024 at 10am OR
Thursday, 16 January 2025 at 10am



SIGN UP USING OUR QR CODE OR CLICK HERE



CHILD & FAMILY SAFETY INSIDE THE HOME

This is a live online workshop made up of one session, lasting up to one and a half hours.

This workshop will include:

- Safety to consider, room by room, in your home
- Poisons
- Button batteries
- Blinds and curtains
- Nappy sacks
- Food safety
- Toy safety



JOIN US

Tuesday, 22 October 2024 at 10am OR
Thursday, 12 December 2024 at 10am



SIGN UP USING OUR QR CODE OR CLICK HERE



CORNWALL VIRTUAL FAMILY SPACE WORKSHOPS

These are live virtual workshops, with each session lasting up to 2 hours



Potty Training: this workshop includes the three step 'Let's Go Potty' approach, preparation to use the potty, practising potty skills, and stopping using nappies as your child gains confidence.



Child & family Safety in the Home: this workshop can help you think about safety in each room of your home to minimise risks of accidents and injuries to your family. Focusing on falls, burns, scalds, drowning, poisoning, button battery safety and other potential at-home hazards.



Child & family Safety outside the Home: this workshop will cover sun safety, water safety, garden safety, car seat safety, road safety and firework safety.



Mini First Aid: an interactive Virtual Class for parents and carers. This award-winning, CPD-accredited class covers CPR, choking, bumps, burns, breaks, febrile seizures, sepsis and meningitis awareness. Includes a handy digital first aid guide.



Balanced Mind, Balanced Home: this session, for male parents and carers, will cover stress, anxiety, mental health, grounding techniques and more...



TO BOOK, USE OUR QR CODE OR CLICK HERE



Barnardo's in partnership with MINI FIRST AID

This is an Interactive Virtual Class for parents and carers and will last for two hours.

This award-winning, CPD-accredited class covers:

- CPR and choking
- Bumps, Burns, Breaks
- Febrile Seizures
- Sepsis & Meningitis Awareness

Includes a handy digital first aid guide



ASSOCIATION
OF
DRAGONS' DEN

Your workshop with Kate Ball will be informative and memorable. Kate's informal style of teaching will have everyone who attends feeling engaged and empowered that they could save a life.



JOIN US

Wednesday, 6 November 2024 at 1pm OR
Wednesday, 27 November 2024 at 10am OR
Tuesday, 17 December 2024 at 10am OR
Thursday, 23 January 2025 at 10am



SIGN UP USING OUR QR CODE OR CLICK HERE

