

Newsletter

29th January 2021

REMEMBER:

Monday 15th to Friday 19th February is half term.

Monday 1st March is an INSET day.

The school will be closed on these days.

We hope you are all well and keeping safe. Thank you for all your kind messages of support at this difficult time. All the staff at Camborne Nursery School are working so hard to help all of our families and keep them safe.

If you have decided to keep your child at home during the latest lockdown, Carrie, Tamsin and Katie have lots of ideas for learning at home. If you have not heard from them contact Debbie on 01209 713607 or secretary@camborne-nursery.cornwall.sch.uk. We have loved seeing your photos so keep sending them in to Debbie.

If you would like to send your child back to nursery please contact us. We are open as usual. If you need resources such as paper, books, pens, sticking please contact us and you can collect a resource bag.

We look forward to seeing you all again soon.

Emma (Headteacher)

ACTIVITIES ON OUR WEBSITE

Last year we recorded lots of videos and put them on our website for all of the children at home. They are still on there under the "Latest News" section if you would like to take a look, or if your child is missing nursery.

<https://www.camborne-nursery.cornwall.sch.uk/>

There are videos of us:

- ♦ Singing our favourite nursery songs
- ♦ Cooking
- ♦ Reading stories
- ♦ And lots of activity ideas



PASTA PLAY

If you have a spare bag of penne pasta empty it on to a tray or dry washing up bowl.

- ♦ Make a necklace (put a bit of sellotape around the end of the string/wool to help with threading).
- ♦ Use big and little spoons to fill bowls, jugs, junk boxes.
- ♦ Thread onto a stick.
- ♦ Colour each one a different colour with felt pens or paint.
- ♦ Put on a tray with diggers and dumper trucks.
- ♦ Put in playdough and make hedgehogs, birthday cakes, patterns.....

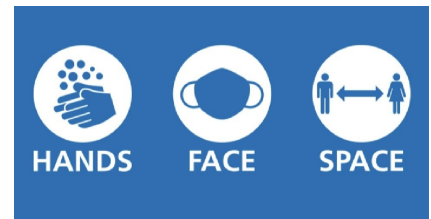


CORONAVIRUS ADVICE

The single most important action we can all take is to stay at home to protect the NHS and save lives.

You can also help by:

- ♦ Staying apart
- ♦ Wearing a mask
- ♦ Washing your hands
- ♦ Getting a test if you have Covid 19 symptoms



If you need to book a test you can call 119 or go to:

<https://www.gov.uk/get-coronavirus-test>

If you think you have symptoms you should stay at home and isolate and only leave home to get a test. You should isolate for 10 days.

HEALTH VISITOR ADVICE LINE

If you have any questions around eating, sleeping, toilet training, behaviour or your child's health, you can contact the Health Visitor team advice line.

Phone: 01872 322779

Email: hvsnadvice@cornwall.gov.uk

Or visit:

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/health-visiting-and-school-nursing/health-visiting/your-child-and-you-2-5-years/>

SELF CARE

It is really important that you look after yourself. As a parent you need to take time for yourself even if its just ten minutes a day. Be kind to yourself and give yourself permission to relax.

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

DO YOU NEED HELP RIGHT NOW?

This lockdown is proving difficult for all of us and if you do feel overwhelmed and need support here is an emergency service.

The AFC Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.

They can help with issues such as anxiety, worry, panic attacks, bullying and depression and are here to talk at any time of day or night.

If you need support, you can text **AFC** to **85258**.

They know that finding the right support is important, especially if you need someone to talk to right now. They aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

WINTER COVID GRANT

If you are in need of some financial help you may be eligible for a Winter Covid Grant of up to £1500. This could help with things such as:

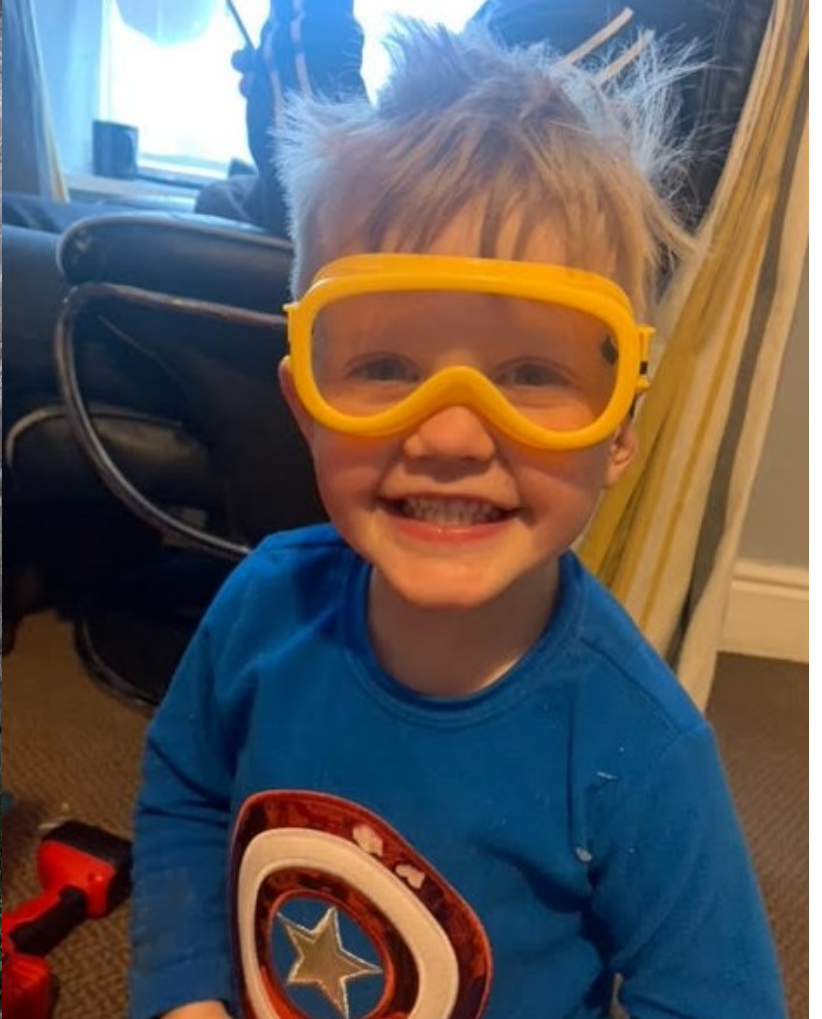
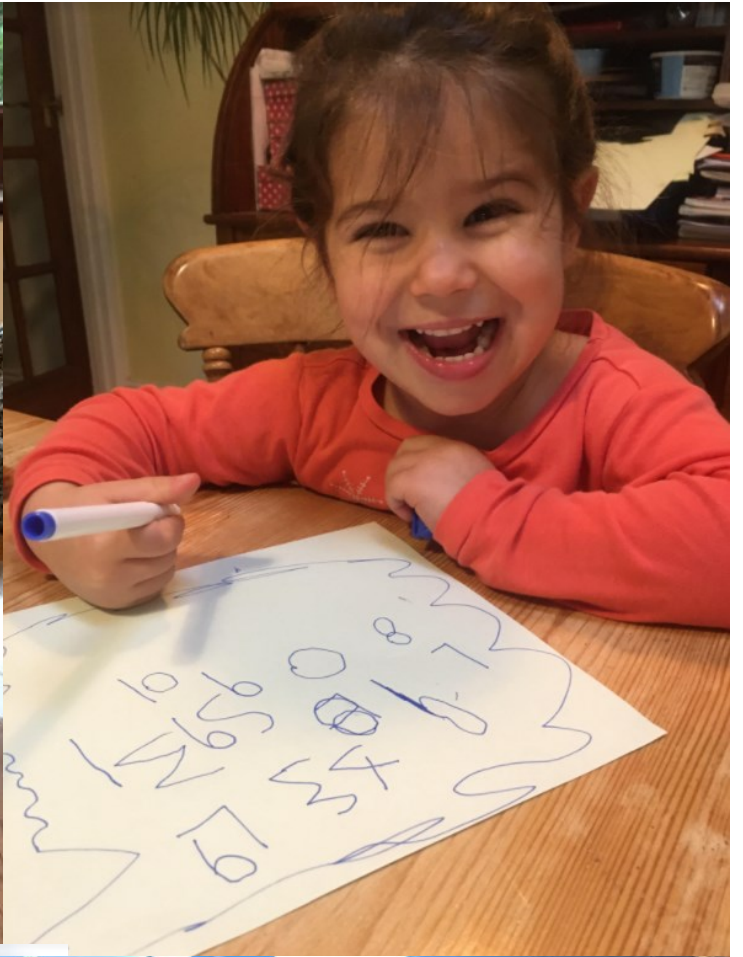
1. Food
2. Energy and water bills for household purposes (including drinking, washing, cooking, central heating, and sanitary purposes) and sewerage.
3. Other essentials (including sanitary products, warm clothing, soap, blankets, boiler service/repair, purchase of equipment including fridges, freezers, ovens, etc.)

For items relating to home heating such as fuel bills or breakdown in heating equipment such as oil tanks or boiler repair please contact Community Energy Plus by emailing advice@cep.org.uk or phoning **0800 954 1956**.

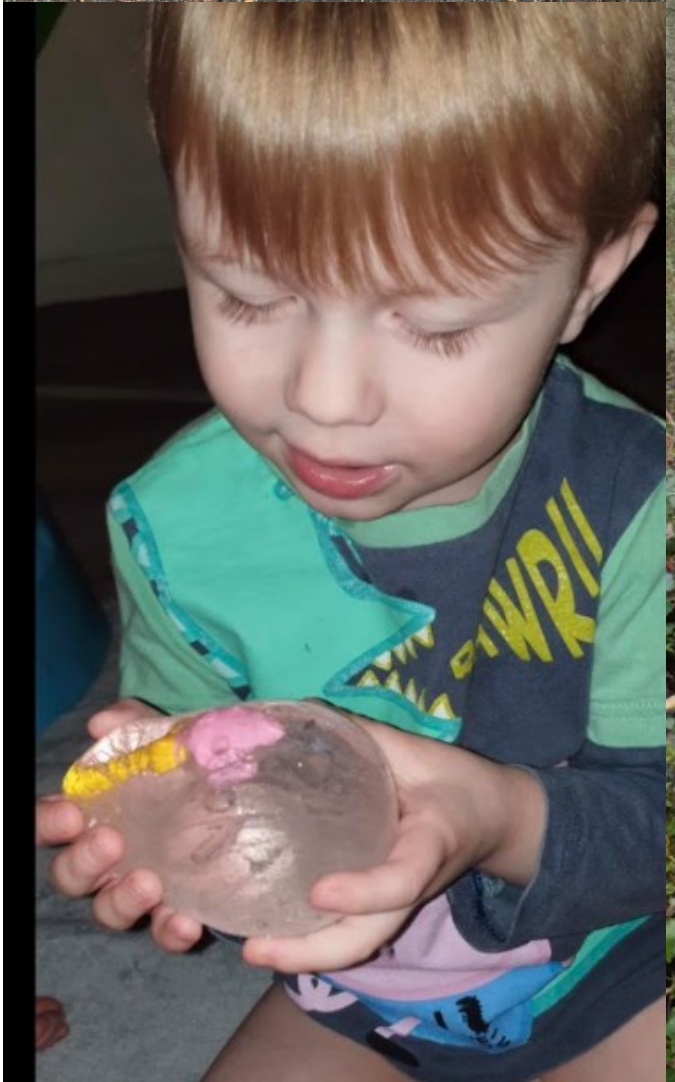
For help with food and other essential household items visit:

<https://www.cornwall.gov.uk/advice-and-benefits/benefits/crisis-and-care-awards/>

If you need help with the application please contact Emma on 01209713607









**Don't forget about the Big Garden
Birdwatch this weekend!**

For all the information go to:

[https://www.rspb.org.uk/get-involved/
activities/birdwatch/everything-you-
need-to-know-about-big-garden-
birdwatch/](https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/)



Photos of Carrie's class this week



Photos of Katie's class this week





DIARY DATES

15th to 19th February - Half term

Monday 1st March - INSET day

2nd to 16th April - Easter holidays

Monday 3rd May 2021 - Bank holiday

Tuesday 4th May 2021 - INSET day

31st May to 4th June - Half term

Friday 23rd July - Last day of the school year

September 2020					
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thurs	3	10	17	24	
Fri	4	11	18	25	
Sat	5	12	19	26	
Sun	6	13	20	27	

October 2020					
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	

November 2020					
Mon		2	9	16	23 30
Tue		3	10	17	24
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

December 2020					
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thurs	3	10	17	24	31
Fri	4	11	18	25	
Sat	5	12	19	26	
Sun	6	13	20	27	

January 2021					
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

February 2021					
Mon	1	8	15	22	
Tue	2	9	16	23	
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	

March 2021					
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	

April 2021					
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	
Sun	4	11	18	25	

May 2021					
Mon		3	10	17	24 31
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

June 2021					
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thurs	3	10	17	24	
Fri	4	11	18	25	
Sat	5	12	19	26	
Sun	6	13	20	27	

July 2021					
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	

August 2021					
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

Top tips to help families work together and support one another during the coronavirus outbreak



Families play a hugely important part in supporting each other at times of uncertainty or concern.

Be alert to how each other is feeling. You might show your worry in different ways to one another – so, if one of you is not feeling worried right now, that's fine too. With changes to daily and weekly routines, keep sight of what family life feels like and what you can continue to do. These can be the things which make life feel 'normal', so they're important.

You will probably be spending more time together because of home working, school closures, and other public health measures. Keep your days varied. Think about how you can make the most of the space you live in. If possible, work together to organise your days – perhaps via a family timetable (attached to the fridge door!). It may help to create time slots for mealtimes, homework, friends (even if via social media), TV, exercise, etc., and do make sure you all maintain good sleep habits. This routine can shape family life. But remember to be realistic about what you can achieve and don't put added pressure on yourselves.

Children's emotions, including anxiety, are well regulated by the structure in their lives. Try and create consistency, even in unpredictable circumstances. With young children (aged 3-7), playing together may be your best way of identifying what their concerns are. Often, what they play is what they are thinking about. You could introduce a playful element into these discussions, and making other children (or even pets) the focus may make it easier for your child to share what worries them.

With older children, openly talking may help bring worries to the surface. Worries are important to label and, where possible, to normalise. Sharing your own worries may be helpful, as long as you are also clear about how you manage your feelings. For example, if distracting yourself helps you, then it

is also likely to help your child. But be aware that something you find distracting (e.g. reading) may not be so helpful to them.



Living with anxiety over a period of time can impact on the wellbeing of us all. Explore ways in which you – as individuals but also as a family group – can take care of yourselves. Think about what you have as self-care strategies, and how you can use these. Obvious examples are taking exercise, watching a film, listening to music, and enjoying a meal together. But also remember the ones which are special to you as a family.

Take advantage of being together, but also make sure you have time of your own. Maintaining our routines, so the world has its familiar things as well as its uncertainties right now, feels helpful to us all.

For more information and advice about looking after your mental health during the coronavirus outbreak, visit www.annafreud.org/coronavirus