



THE CHOUGH



Date: Friday 17th January 2025

Dear parents and carers,

Welcome to our first newsletter of 2025! The children have started the year brilliantly, embodying our core values of being curious, kind, and connected in everything they do. It's wonderful to see so many students following our Diamond Rules and demonstrating fantastic behaviours for learning. To celebrate their achievements, many classes are enjoying reward time for reaching their in-class targets, including filling their marble jars.

IMPORTANT DATES:

Clubs start next week.

Half term week:
Monday 17th
February- Friday
21st February.

INSET day (no
children in
school): Monday
24th February.

Last day of
Spring term:
Friday 4th April.



Notice: Treloweth Primary School distributes fliers and magazines offering family services or posts details of local activities on the newsletter. Whilst we think that parents might like the information and find it useful, the school does not necessarily endorse these services.





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A special congratulations to 4K, who will be having a treat next Friday for having the best attendance last term. It's a great way to kick off the year with celebrations all around!

As always, if you have any questions or concerns, please don't hesitate to reach out to any member of our team. Here's to a fantastic year ahead!

Warm regards,
Mrs French

Well done to Kerthelyk who has been litter picking on school grounds to keep our local space tidy. If you'd like to join and support, he litter picks on the last Friday of every month.





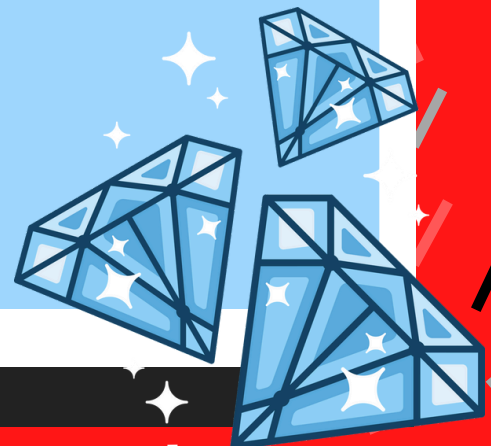
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DIAMONDS OF THE WEEK



Well done to our Diamonds
of the Week!





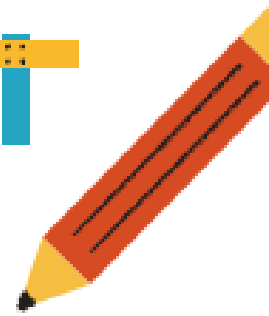
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NSPCC

Number

Day



Dress up with digits!

Friday 7th February

Please bring in a donation for the NSPCC.

#numberday



Number Day is supported by Man Group, Maths Circle and Oxford University Press, led by NSPCC.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

NSPCC is a registered charity for the purposes of English law. Registered office: 40 Lincoln's Inn Fields, London WC2A 3EE. Tel: 020 7323 8500. Website: www.nspcc.org.uk



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TALKING ASSEMBLY QUESTION:

If you could travel in a time machine, would you go forward or backward in time and why?
What would you do?

MATHS WHIZZ CHAMPIONS OF THE WEEK

WELL DONE 2F!

HOUSE POINT RESULTS

	10/1	17/1	24/1	31/1	7/2	14/2
Poldark	246	305				
Botallack	222	206				
Geevor	228	261				
Poldice	220	260				

THIS WEEK'S WINNING TEAM:  POLDICE!



Rainbows and Sunbeams

In Reception, as mathematicians, we have been comparing amounts using the language of equal and not equal.



Year 1

In year 1, we have been working systematically to partition numbers 6 - 10. We used our tens frames for support.

Year 2

In year 2 this week, to complete our DT learning we had the chance to create our own healthy salad.

We tasted it and discussed the foods we used and how we could make our salad even better.



Year 3

In science, we started our new unit on rocks. We used observational skills to look closely at many different rocks and used adjectives to describe each one.



Year 4

This week in science, we discussed the difference between conductors and insulators. Then, we created electrical circuits to test everyday classroom materials to determine whether they are conductors or insulators of electricity.

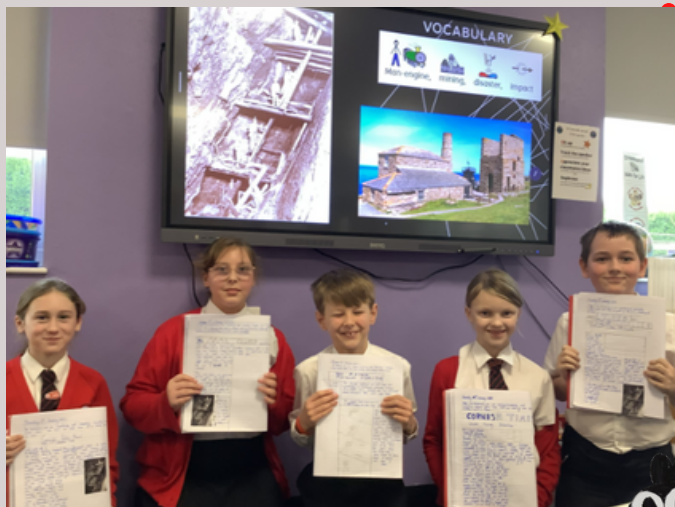


Year 5

This week, Year 5 have begun exploring ways to embellish fabric. We practised using ink to print designs into our sketchbooks. The results were fantastic!

Year 6

Year 6 have been writing newspaper reports using their knowledge of the Levant mining disaster. We have been so impressed with how much they have remembered from their trip to Kresen Kernow.





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10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

- 1 START SMALL AND EARLY**
 Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.
- 2 REVISIT THE SCHEDULE**
 Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help leaving to their schedule feel more engaging, when children understand and anticipate their personal timetable, they feel more secure and in control.
- 3 CREATE A SLEEP PLAN**
 Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.
- 4 ENCOURAGE FRIENDSHIPS**
 Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing your child to focus on the positive aspects of the new term.
- 5 GRANT RESPONSIBILITY**
 Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the music that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.
- 6 FOCUS ON NUTRITION**
 Make sure children are receiving balanced meals (with regular healthy snacks) to boost energy and concentration, starting their day in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.
- 7 COMMUNICATE OPENLY**
 Talk with your child about how they're feeling about returning to school, whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.
- 8 RECONNECT WITH LEARNING**
 Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading or browsing books, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have a helpful impact on their academic performance.
- 9 PREP TOGETHER**
 Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.
- 10 BE PATIENT AND FLEXIBLE**
 Transitions take time, and every child adjusts differently, so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert
 Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.

#WakeUpWednesday The National College

Source: See full reference list on guide page at: <https://thenationalcollege.com/guides/supporting-children-to-return-to-routine>

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2025 SAVE THE DATES

1st March	7th June	30th August	19th & 20th September	29th November

There's always something happening in Redruth, visit discoverredruth.co.uk

