

23 FEBRUARY 2024: TRURO SCHOOL NEWS AND UPDATES



## Dear Parents and Carers,

It has been a pleasure to welcome your children back to Truro School Prep this week. I hope that you enjoyed the half term break and that you managed to find some rays of sunshine amongst the torrential rain. I also hope that you enjoy the new look Achievements Section and I take this opportunity to thank Anna Ireland for putting this together.

Returning to the half term holiday, several important dates fell over the break; Valentine's Day of course, but also Shrove Tuesday, Ash Wednesday and the start of Lent. During her chapel assembly, Rev Helen helped us to explore the history of Lent and what it can mean for us.

Building on this, our focus for the week has been on what positive differences we can make in our own lives to help ourselves and others; from setting one's intention before getting out of bed in the morning, to the importance of optimism and service to others.

This concluded with a challenge to each member of our school community: namely to perform a random act of kindness each day between now and the end of term. Using basic maths, we identified that with some 350 children and staff in the school, and almost six weeks until the end of term, there is the potential for almost 14,000 acts of kindness - what a difference that would make!

Continuing the theme of service to others, I am delighted to share with you our plans for a community Discovery Morning here at Truro School Prep. The event is part of our wider community outreach programme (an integral part of the School's charitable status), and we are looking forward to welcoming Year 4 children from primary schools all over Cornwall. A [poster](#) for the event can be found in this Bulletin and I ask for your assistance in spreading the word to any parents of Year 4 pupils outside the Truro School family.

As for events here at Treliske House, the last few days have seen us welcome some new children into the school, some old friends returning, lots of hard work in the classroom, preparation for forthcoming drama productions, netball, football, swimming, a number of visitors to the school and Year 3 travelling to the Royal Cornwall Museum as part of their ancient Egypt studies. As ever, there is never a dull moment.

Shifting the focus to parents and carers, I draw your attention to the advice on 'healthy teeth' in the [Family Focus section](#) of this Bulletin. My thanks to Prep parents and dental health experts Hannah and Tom McHugh for providing this valuable information.

Finally, a reminder that we are in the process of developing a lecture programme (as outlined in the previous Bulletin) and my thanks go to those who have already volunteered their services. If you feel that you might be able to contribute (or if you know someone who might fit the bill), please do not hesitate to drop me a line.

With best wishes to one and all,

Mr Rob Morse  
Headmaster

## Monday 26 February

U11 Rugby v Truro High  
(A) 3.40pm-5pm (4pm KO)

U11 Football v Mount Hawke  
(H) 4pm

## Tuesday 27 February

Peninsula Independent Schools Judo League  
Kingsley School, Bideford (A) 9am-5.30pm

Year 3 & Year 4 Football v Polwhele  
(H) 2.30pm

Year 3 & Year 4 Netball v Polwhele and Truro High  
(H) 2.30pm

Football Training for Choristers  
4pm-5pm

## Wednesday 28 February

Year 5 and 6 Netball v Truro High & Polwhele Schools  
Truro High School (A) 2pm-4.15pm (2.45pm start)

U11 League Team & Year 5 A & C Teams Football  
Devoran School (A) 2.15pm-3.40pm

## Thursday 29 February

Year 4 'Comparing Churches'  
Truro Cathedral and Methodist Church 9.35am-1pm

Year 6 Swim Gala  
SBA 1.30pm-3.30pm

CANCELLED (due to gala) 5SL & 6DG Swimming  
SBA

## Friday 1 March

U11 Girls' County Hockey Tournament  
Penzance Astro Park (A) 9.30am-3.45pm (event 11am-3pm)

## 4 March - 8 March 2024

Details may change – please check next week's bulletin for updates

## Monday 4 March

Nursery Stay and Watch Swim  
(Parents welcome) 9am-10am

Year 4 Swim Gala  
(Prep Pool, regretfully parents not able to watch due to space restrictions) 2pm-3.30pm

## Tuesday 5 March

St Piran's Day

World Aims Day

## Wednesday 6 March

U11 Football and Netball  
St Agnes (H) 2.30pm-3.40pm

Learning Support Coffee Meeting  
Library 3pm-4pm

## Thursday 7 March

World Book Day

IAPS Swim Gala  
Millfield, Street, Somerset (A) 8.30am-7pm (event 12.45pm-4pm)

U9 Girls' BEE Netball & U9 Boys' Football Festival  
Plymouth College (A) 11.50am-5.45pm (2pm start)

5SL & 6DG Swimming  
SBA 1.30pm-3pm

## Friday 8 March

Nursery Stay and Watch Swim  
(Parents welcome) 9am-10am

U11 Boys' County Hockey Tournament  
Penzance Astro Park (A) 9.30am-3.45pm (event 11am-3pm)

## Saturday 9 March

Prep Open Morning 2024  
10am-12pm

For a full list of this term's clubs and activities, please click [here](#).

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## NOTICES:

### **Morning Drop Off:**

Can we please remind parents of children attending Pre-Prep that if you are dropping off your children before 08:15am, please keep to the left lane and stop outside the entrance to Treliske. From 08:15am onwards, you should pull into the right. Thank you for your help in this.

## Coast to Coast Adventures

Congratulations to our incredible Year 5 cyclists who took part in the Cornish Coast to Coast trail before half term. The epic ride, which runs across 11 miles from Portreath to Devoran, follows the route of the old tin mining trails. With some tricky terrain and the Cornish winter weather providing some additional challenges, our pupils showed great determination and positivity throughout.

The ride forms an important part of the 'Explore and Discover' section of the John Muir Award. This award encourages people to connect, enjoy and care for wild places.

Highlights of this year's ride include the section around Twelveheads which has some tracks to explore and the skills areas at Bissoe with small jumps, rollers and drops. Of course, the real highlight was the sense of achievement all of our pupils felt after having completed the challenge.

Thanks to all of the staff and pupils who made these days so enjoyable.



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## Exploring the Ancient Egyptians

Year 3 pupils had an exciting visit to the Royal Cornwall Museum this week to enhance their learning of the Ancient Egyptians.

The group enthusiastically engaged in various Ancient Egyptian activities, deepening their understanding as 'Egyptian spies'.

They had the opportunity to examine artifacts, learn about mummification, and discover the significance of the afterlife.

## Finessing Functional Fitness

Our Prep pupils have been learning the importance of functional fitness in their PE lessons this week. They engaged in a variety of exercises aimed at enhancing their balance, coordination, and stamina, all while understanding how these skills can positively impact their performance in their respective sports. Whether refining their throwing technique or testing their endurance with a wall sit challenge, each pupil gained valuable insights and acquired new skills from the lesson.

All of the strategies that the pupils have learnt across the week are a part of the wider Prep focus on supporting metacognition; empowering the pupils to think about ways to help themselves, both now and for use in the longer term.




**iFLY**

I'VE EXPERIENCED  
**THE DREAM OF FLIGHT**

**Greta**  
Date: 14 Feb, 2024 Instructor: Jack

**LEVEL 1 FLYER**  
☆☆ Rookie    ★★★ Intermediate    ★★★★★ Advanced

**SCAN HERE** to get your pictures, fly again, or share your experience

|                                      |   |   |
|--------------------------------------|---|---|
| 1. Belly fly enter/exit<br>☆☆☆       | 2. Neutral & stable belly flying<br>★★★☆☆ | 3. Belly fly forwards/backwards<br>☆☆☆☆ |
| 4. Belly fly left/right turn<br>☆☆☆☆ | 5. Belly fly up/down<br>☆☆☆☆              | 6. Belly fly side sliding<br>☆☆☆☆       |

Use your helmet number to get your photos & movies.

VISIT US AT [iFLYWORLD.CO.UK](http://iFLYWORLD.CO.UK)

## The Sky's the Limit for Greta

Congratulations to Greta in 3SM who has completed a whopping THREE indoor skydives at half term.

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## Preparing to be Pitch Perfect

The Truro Boy Choristers have changed pitch to the sports field, training for their upcoming football match against the Exeter Cathedral Choristers. Under the guidance of Mr. Goddard and Mr. Jeffers, the boys are tuning up their skills in preparation for the match, which promises to be a great day.

Set to take place on March 3rd combined with a day of singing, this unique blend of song and football promises to foster compassion between the two sides. It showcases the diverse opportunities that being a chorister can offer, with singing at its core but also opening doors to a range of experiences. We look forward to sharing their progress.



## U11 Netball Finals

The mixed U11 netball team has had a busy couple of weeks taking part in the Peninsular Netball Tournament. The first round of the tournament was held in possibly the wettest of conditions when even a dry robe could not keep the rain out. However the team played some careful netball, keeping possession of the ball and scoring some great goals. Winning 5 of their 7 matches we did not think we had done enough to gain a place at the second round of the tournament however we were surprised to find out that the results of the other games had not been predictable and we qualified in first place for our cluster!

This meant a trip to Penryn for some guaranteed dry netball as it was to be played indoors! The team started a little tentatively but grew into the tournament, confidence started to build with successful shots being taken from the edge of the circle and interceptions being capitalised on quickly. After 6 very tough matches we were thrilled to finish runners up, winning 5 and losing just 2. Huge congratulations must go to the whole squad, it was a real team effort!

Hetty, Maya, Lowenna, Rex, Lexi, Isabella, Gracie, Amelia, Tilda, Ellie, Amaya



## Exeter Chiefs Go Back to School

Truro School Senior and Prep hosted players from Exeter Chiefs Rugby Club this week, supporting them on a career insight day with the Rugby Players' Association. The day was designed to give the players valuable insight into what working in an independent school entails. The players met with our Heads of both schools and our Director of sport, Dan Sanderson, while pupils were delighted to meet their rugby heroes in the flesh and ask them some questions in return. It was a worthwhile experience for all involved.

# Pre-Prep

## Achievements



### Our Learning This Week:

It has been lovely to see all the children back with us this week for another busy week in the Pre-Prep. The children returned to a new carpet and furniture as a part of our planned update of the Pre-Prep library, it looks fantastic.

In the Nursery, we enjoyed a visit from a large lorry as part of our ongoing transport topic.

In Reception, the children have been hard at work and particularly enjoyed learning about 'sharing' in their maths lesson, In Year 1, the children have been learning about poetry. They have started to plan a haiku about animals, which they will finish next week.

In Year 2, the children have, among other topics, written a thank you letter to Wheal Martyn Mine after their fantastic trip just before the half term break.

On Thursday, all Pre-Prep children took part in a celebration of 'all things pancake'. Rev Helen used her assembly to talk about Shrove Tuesday and what it means to the Christian Faith. The children then took part in a carousel of activities, similar to the 'light party' in the Autumn Term.

### Class Dojo Winners KS1

Harry RLS

Chloe 1LK

Bethany 1SC

Rupert 2CB

Finn 2KM

### Golden Awards

Evie 1SC

### Gold Commendations

Sophia 5CD for English: 'Ten things found in a Mermaid's purse'

Comment: Imaginative writing – some wonderfully impossible items.

Annie 5CD for English: 'Ten things found in a Mermaid's purse'

Comment: Highly imaginative and impossible items, Annie. Beautifully presented work.

Rozalia 5LJ for English: 'Covid rebuild' poem

Comment: An effective structure and strong, clear message to your poem.

Hugo 5SL for English: 'Ten things found in a Mermaid's purse'

Comment: Imaginative, descriptive writing.

Roen 5SL for English: 'The two lovers' – Rotary Story

Comment: A beautifully proof-read story, with good descriptive detail.

Logan 6DG for English: 'Rebuilding friendships with the enemy'

Comment: Great characterisation of the two main characters!

Fergus 6AG for English: Rotary Writing Competition

Comment: A very funny and endearing story. Your main character – Cam (a dog) is a star.

Archie 6AG for English: A description – 'a busy place'

Comment: Great sensory writing. I really enjoyed this description – set in the mountains, of waiting for the ski lift.

Luca 6AG for English: 'Rebuilding my friendship'

Comment: A well presented and carefully proof-read story for the Rotary Writing Competition.

Lowenna 6JL for English: 'The Hunger Games – the new beginning'

Comment: A super story – with effective descriptive detail.

# Prep

## Achievements



### House Point Form Champions

3ME Teddy J  
3SM Percy J  
4LL Hennie T  
4SC Samuel P  
5CD Bo C  
5LJ Alex H  
5SL Arthur T  
6AG Edie H  
6DG Atti G  
6JL George B

### Horseriding

Congratulations to Delilah 6AG who has qualified for the Hartpury Championships and the National Championships at Hickstead on Thursday 15th February.

Together with her pony Magnus, Delilah took first place in both 70cm and 80cm showjumping. She also jumped 1m for the first time - a huge achievement.

### Heads Commendations

#### Erys 6DG for English:

A super story, packed with great vocabulary and a strong narrator's voice. I really enjoyed the characterisation in 'My life in Nevermore' - especially an annoying 'Queen Bee' who needs to be taught a lesson.

### Merit Awards

#### Bronze Merit Awards

3SM: Zander, Elodie, Percy, Joseph  
5LJ: Alex, Rupert, George

### Handwriting

**Pen Licences have been awarded to the following pupils:**

4LL: Louis, Ollie G, Rohan, Edward

### Times Tables Challenge

3ME: Poppy, Max  
3SM: Zander, Percy, Seren  
4LL: Maya  
5LJ: Elliott  
6JL: George, Maya

### Times Tables Rockstars

**Times Table Rock Star of the Week:**  
Edward Year 3

#### Top Rock Performers:

Year 3: Max  
Year 4: Sienna  
Year 5: Aubrey

## NEWS & INFORMATION FOR PARENTS

### Healthy Teeth

Ensuring your child has a healthy diet is essential for their oral and general health. Surveys consistently highlight that the population of the UK is eating too many 'free sugars', which leads to dental decay. Dental decay, often caused by excessive sugar consumption, can be prevented with the right diet and oral hygiene habits. This leaflet aims to provide you with practical tips and information to help reduce your child's sugar intake and prevent tooth decay.

#### Free Sugars:

The term 'free sugars' includes all sugars added to foods and drinks including sugars naturally present in honey, syrups, smoothies, fruit juices, dried fruit and dairy-alternative drinks. It does not include sugars found naturally in whole fresh fruit and vegetables and those naturally present in milk and milk products.

Free sugars can be harmful to teeth as they provide a food source for bacteria, leading to acid production and eventual tooth decay.

#### Free sugar in the diet:

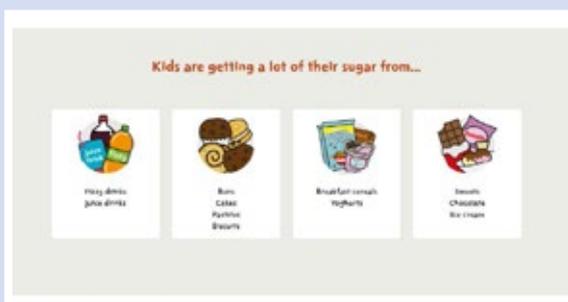
Free sugars, if consumed, should only be consumed in small amounts.

It is recommended that the intake of free sugars should not exceed

5% of total dietary energy. This is illustrated in the diagram. Amongst children and young people, girls aged 11-18 years and boys aged 4-10 years had the highest mean free sugars intake as a percentage of total energy.



The main sources of free sugars consumed by children are: soft drinks and fruit drinks, cereal and cereal products and sugar, preserves and confectionary.



The main impacts of the consumption of sugar-containing foods and drinks is dental decay, diabetes and obesity.

It's not just the amount of sugar consumed but also how often it's consumed that affects dental health. Frequent snacking or sipping on sugary drinks throughout the day exposes teeth to acids continuously, increasing the risk of decay.

#### Recommendations:

Keep sugary foods and drinks to mealtimes only. It is important to recognise that honey, fruit smoothies, fresh fruit juice and dried fruit all contain free sugars and should not be consumed as a between-meal snack. Do not add sugar to food or drinks.

Fizzy drinks, soft drinks, juice drinks and squashes sweetened with sugar are strongly advised to not contribute to a child's daily diet. Only drink water or milk. There are various reasons to choosing alternative-milks. These all contain free sugars. Please look at the labelling and choose unsweetened (lower sugar) versions and those fortified with vitamins and minerals.

Fresh fruit is a recommended snack for between meals. Other snacks could include plain rice cakes, oat cakes, cheese cubes, vegetable sticks, homepopped popcorn, fish, eggs, plain yoghurt, seeds, bread sticks, brown bread, crackers,

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peanut butter, marmite, cream cheese, humous and nuts.

Combine a few of the above to make healthy snacks, such as rice cakes with peanut butter, crackers and cream cheese and celery and humous. Try to prepare as many meals and snacks as possible. This way you know how much sugar (added and naturally present) is in what you're eating.

Most free sugars in the diet are contained in processed and manufactured foods and drinks. Do get used to checking labels carefully to find out how much sugar a product contains. And notice the several guises for sugar on the ingredients list; glucose, fructose, maltose, sucrose and corn syrup are some of the many. Useful apps for seeing the sugar content of well known branded food and drink items is the 'Food Scanner' app (the 'Food Scanner' app also includes sugar, saturated fat, salt and calorie content).

Set a positive example by modelling healthy eating habits and minimising sugary snacks and drinks in the household. Involve your child in meal planning and grocery shopping to teach them about making nutritious choices.

Educate your child about the importance of oral health and how sugar can affect their teeth and general health.

### **Tooth brushing:**

In addition to dietary changes, maintaining good oral hygiene and fluoride is crucial for preventing tooth decay. Brush twice a day. Brush last thing at night and again in the morning.

Use a small-headed toothbrush with medium-texture bristles. This can be a manual or electric (rechargeable not battery operated).

For under 3 year olds use a smear of toothpaste containing 1000 parts per million (ppm). In children over 3 years use a pea-sized amount of toothpaste containing 1350-1500 ppm. Spit out after brushing and do not rinse.

Supervise and brush your children's teeth until they are 8-10 years old. Brush for 2 minutes. This can be achieved with all sorts of techniques:

- 1) Use a simple 2 minute egg timer
- 2) There are 'apps' available to encourage brushing for the full 2 minutes such as Brush DJ
- 3) Hey Duggee has made a clip of 'The Toothbrush Song' which is catchy and fun.
- 4) Regularly use disclosing tablets to highlight plaque and aid effective tooth brushing.

Regular dental check-ups are essential for early detection and prevention of dental problems.

Further information is available on the following links:

<https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention/chapter-10-healthier-eating>

<https://www.gov.uk/government/publications/the-eatwell-guide>

***With thanks to Prep Parents and dental health experts, Hannah and Tom McHugh for this valuable information.***





**TRURO  
SCHOOL  
PREP**

# YEAR 4 STEAM DISCOVERY DAY

## **DREAM, CREATE AND INNOVATE**

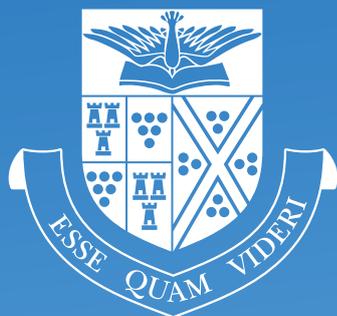
Truro School Prep warmly invites Year 4 pupils from across Cornwall to join them for a Year 4 STEAM Discovery Day. The morning will allow pupils to experience a range of STEAM subjects including DT, Computer Coding and Art and Design.

- Date: Saturday 16 March
- Time: 10.00pm - 12.00pm
- Location: Truro School Prep TR1 3QN

There is no charge for the event and all Year 4 children are welcome. Spaces are limited and will be allocated on a first-come basis.

More information and [sign up here >](https://forms.office.com/e/fTEMZ3Sies)  
<https://forms.office.com/e/fTEMZ3Sies>

Any questions? Please email [prepenquiries@truroschool.com](mailto:prepenquiries@truroschool.com)



**TRURO  
SCHOOL  
PREP**



# Open Morning Saturday 9 March



**Independent School  
Girls & Boys 3-11**

[truroschoo.com/prep-school](https://truroschoo.com/prep-school)



Scan the QR  
code to find  
out more.



# Friends of Truro School Family Beach Clean

Date: 21/04/2024 @12pm

Location: Watergate Bay

HELP PROTECT OUR  
BEACHES AND MARINE  
LIFE BY TAKING PART IN  
OUR BEACH CLEAN WITH  
BEACH GUARDIAN!

CALLING ALL  
VOLUNTEERS TO JOIN  
US IN PICKING UP LITTER  
AND DEBRIS FROM  
WATERGATE BAY.



TRURO  
SCHOOL

Background : Robert Organ - *School Children* (1981)

## The Truro School Art Collection Goes On An Outing

ROYAL CORNWALL MUSEUM

In the early 1980s David Heseltine, then Head of Art at Truro School, found himself frustrated that the independent status of the school barred it from borrowing artworks from the Cornwall Council Schools Art Collection. He was convinced that the school should begin its own Collection in order that generations of students might learn from looking at the real thing. Today, the Collection encompasses nearly 300 artworks representing a veritable A Z of late 20th and early 21st century artists, the majority of whom lived and worked in Cornwall and some of whom attained international recognition.

The Collection is rarely seen, and it is only the second time that the Collection has featured in an exhibition at the Royal Cornwall Museum in forty years. The exhibition draws from David's unique personal archive and anecdotal reminiscences that amplify the personal generosity of the many artists whom he visited in their studios who either gifted to the Collection or whom he purchased from.

TUESDAY 30 JANUARY - SATURDAY 18 MAY 2024



Royal Cornwall Museum



ARTS COUNCIL ENGLAND

## Adult and Child Easter Egg Decorating



WWW.TRUROSCHOOLCOOKERY.COM

### Saturday 23rd March

10:00-13:00

£110



Pastries will be served upon arrival. Next, in a 'cook-along' format, you'll build and decorate your own Easter eggs following Stuart Pate our guest patisserie chef who will share his techniques for a professional finish to your eggs.



Special Guest Teacher, Patisserie Chef- Stuart Pate

## Research Charity Spring Ball

FALMOUTH HOTEL, TR11 4NZ

26 APRIL 2024 19:00 - 23:00

£50 PER TICKET

BLACK TIE AND 3 COURSE DINNER

MUSIC AND LIVE AUCTION

RESEARCH PATIENT STORIES



SCANME for tickets



SCANME to learn more

Proceeds for the Cornwall Research Charity Fund  
[rcht.researchcharity@nhs.net](mailto:rcht.researchcharity@nhs.net)



BURRELL THEATRE

## FIFI LA MER

PRESENTS

A JOURNEY INTO FRENCH MUSIC...FROM OFFENBACK TO GAINSBURG



8 MARCH 2024

[burrelltheatre.com/whats-on](http://burrelltheatre.com/whats-on)

FABULOUS FRENCH MUSIC AND JAZZ.  
LISTEN TO THE MUSIC, CLOSE YOUR EYES...  
YOU'RE IN PARIS!



## Wraparound



Please use this QR code to register your child for Wraparound care or via the Forms link.

<https://forms.office.com/e/VZUiYbg1Ff>

