



# KEEPING CONNECTED

## NUMBER 2



### WHAT'S HAPPENING - 'DOWN YOUR WAY'

We would really like to receive your photographs or short videos sharing how you are keeping occupied and passing the time. If we get enough, we will create another 'Community' page on the website for everyone to view – so make sure you give us permission to publish.

### OUR HERO'S

Among our Old Truronians there are many, many doctors, nurses, allied health professionals, farmers, scientists, pharmacists, researchers, teachers, IT and software specialists and other key essential workers. Sincere thanks and huge appreciation for all you are doing. Please send us a quick photo if you can. [tsa@truroschoo.com](mailto:tsa@truroschoo.com)



[Thank you NHS – poem by Matt Kelly](#)

### LOOKING AFTER YOURSELF AND OTHERS!

During these unusual times, it's now more important than ever that we look after ourselves, our families and our wider community.

We thought that we should share some recent thinking that might help you, your families and communities.

### SAFEGUARDING MENTAL WELLBEING

At times of isolation & stress, our ability to process information and make decisions can suffer. One important point is to stay connected: Chatting with friends and family through Skype, Facetime or Zoom is a great way to feel closer to people and feel part of their lives. This 'normalisation' is important.

Excessive media consumption can also alter our state of mind as the levels of uncertainty and fear can be heightened. Instead, do something positive for yourself like reading that book you never got around to, or do something creative or perhaps learn a new skill such as a new language. If we can try to reframe the current situation during this new-found time, we can use it to our advantage in a positive way.



It's not new information that physical exercise has a massive impact on the way we feel. Serotonin, and dopamine (the 'happy neurotransmitter') are released as your body works and balances stress hormones. You don't need to be a super fit gym goer to benefit. Anything is better than nothing, so take a walk in the fresh air (whilst still following the social distancing guidance staying 2m apart from anyone other than fellow members of your household) or do some light stretches, breathing exercises or yoga. There are now a huge range of free programmes available on YouTube for all ages and levels of fitness.

Looking after your Nutritional Health is key to good vitality. Staying hydrated allows your body to function at its optimum level. The recommended level is that you drink two litres of liquid daily. There have been increases in veganism and vegetarianism in the UK for some time now. Whilst we may not wish to go that far, eating our 5 a day fresh fruit and vegetables is important in keeping a balanced diet.



## LET'S ALL SHOW COMPASSION



Finally, it is scientifically proven that feeling and practising gratitude has numerous health benefits that can support your wellbeing. Showing empathy and compassion for those in more difficult situations and appreciating all the positives in our own life can have an amazing effect on sleep, self-esteem and your mental/physical health.

[Click here for 7 Scientifically Proven Benefits of Gratitude](#)

## THINGS OF INTEREST:

During the Easter holiday break, the staff of Truro School and Truro School Prep continue to care for the children of key workers during the hours of 8am to 6pm at the Treliske site.

[Chris Baker, Head of Design & Technology and his team make PPE equipment](#)

[Truro School Choristers](#)

[The National Theatre](#)

From April 2, under the banner of National Theatre at Home, every Thursday (7pm) there will be a new National Theatre play released – free to watch for one week – along with bonus content including cast and creative Q&A's and post-stream talks.

[April 2: 'One man, Two Guvnors'](#)

[April 9: 'Jane Eyre'](#)

[April 16: 'Treasure Island'](#)

[April 23: 'Twelfth Night'](#)

## THINGS OF INTEREST:

### CORONAVIRUS SUPPORT

#### House Competition - Quarantine Contest

These are some (hopefully) fun competitions for the students to pass the time whilst not at school.

We know our Old Truronians have fond memories of their old School House so thought you might like to follow the progress of the competition.



#### Celebrations

Taking the school into home has been a new experience for everyone in the Truro School community, with pupils, parents, and teachers adjusting to remote learning. Take a look at what the students have been doing in our Celebrations gallery.



#### Headmaster's Updates

*"In truth this is unlike any term any of us have ever experienced... and we have had to collectively and rather rapidly design a new system for the school within the framework of this different set of priorities."* [CLICK HERE TO WATCH](#)

#### Remote Teaching

Learn how the teachers and School has adapted to support the students with amazing support from the IT team.



#### Tips from Teachers

For those who are adapting to teaching their children from home, here are a few helpful hints from the teaching staff.

## FEEL GOOD FOOD SERIES - TRURO COOKERY SCHOOL

Maria Taylor CO86 and her team are creating a series of videos to share with the community. So [CLICK HERE](#) to start watching the series and treat your family to some lovely food ideas or keep the children occupied with some cooking lessons.

Maria is also very kindly going to include a recipe here each week - so here is our first one:



## HOT CROSS BUN RING WITH SPICED HONEY BUTTER



### INGREDIENTS

300 mls milk  
50 g butter  
500 g strong white bread flour  
1 teaspoon cinnamon  
85 g caster sugar  
2 sachets easy blend fast action dried yeast  
1 teaspoon salt  
1 large egg  
100 g dried mixed fruit

### FOR THE CROSSES

75g plain flour

### FOR THE GLAZE

2 tablespoons honey  
 $\frac{3}{4}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon ground ginger

### FOR THE SPICED HONEY BUTTER

200 g softened butter  
1  $\frac{1}{2}$  teaspoons cinnamon  
 $\frac{1}{2}$  teaspoon ginger  
4 tablespoons honey

### METHOD

1. Warm the milk until steaming then remove from the heat and add the butter. Stir gently until the butter has melted then leave to cool to hand temperature.
2. Place the flour, cinnamon, sugar, yeast and salt into a large mixing bowl.
3. Beat the egg with a fork and add to the flour along with the warmed milk. Mix with a table knife until a sticky dough is formed.
4. Tip the dough onto a lightly floured work surface and knead until smooth and elastic. The finished dough should bounce back when pressed with your finger.
5. Place the dough back into a clean oiled bowl and cover with oiled cling film. Leave to rise for at least one hour until it has doubled in size.
6. Tip your dough back onto a lightly floured work surface and knead again to knock out any large air bubbles. Make the dough into a large disc then tip the dried fruit into the centre and fold the edges of the dough over. Carefully knead again until all the fruit is evenly distributed throughout the dough.
7. Divide the dough into 11 equal pieces (to represent the 11 faithful apostles!) and shape each piece into a smooth ball.
8. Arrange the balls onto a lightly floured baking tray in a neat circle leaving a small gap between each.
9. Cover again with oiled cling film and leave for a further hour until doubled in size again. Heat the oven to 180 c.
10. Mix the plain flour with enough water to make a thick paste then transfer to a disposable piping bag.
11. Snip off the corner and use the paste to pipe crosses over each bun. The easiest way to do this is to pipe one large circle around the ring then put a line across the middle of each bun.
12. Bake for 20 – 25 minutes until golden and hollow when tapped underneath.
13. Whilst the buns are cooking make the spiced butter by beating together the butter, spices and honey using an electric hand whisk. Spoon into a small bowl to serve in the centre of the ring.
14. Finally, gently warm the honey, cinnamon and ginger for the glaze - the easiest way to do this is in a small dish in the microwave – then brush over the hot cross bun ring taking care to coat all sides.

## AN EASTER MESSAGE - REVEREND AUBIN DE GRUCHY

*Dear All,*

This evening, 8th April 2020, Jewish students, family and friends will begin celebrating the Passover in their homes. May this annual reminder be a real blessing to all of you as you do so. Way back then, at the time of the Exodus, there was hardship, fear and anxiety but also in the midst of all the suffering a hope that there was to be liberation, a way out of captivity and slavery, a journey, although into the unknown, to something new.

Wherever we are in the world, in whatever community we live in or organisation we work for, we are deeply affected by the uncertainty, the anxiety, the enormous loss of life affected by the coronavirus. It does drive us to reflect on our core beliefs or faith.

Over the past few weeks I have been reading some of the letters written by Henri Nouwen. He writes:

*"I am always struck that poor people are so attracted to images of the suffering Christ. In Spain and Latin America, Good Friday often seems more important than Easter. There is a certain realism here. People are looking for strength to live their hard life faithfully. They often find more consolation in knowing that God is with them in the struggle, in the agony and even in the experience of being abandoned by God, than in the knowledge that finally life will prove stronger than death. For many people the most burning question is: how to make it another day."*

*"Looking at the crucified Jesus in his desolation they can say: 'But we are not alone, he is with us.' There we come to understand fully what it means that God is compassionate, that God is a God who suffers with us."* Letter to Senator Hatfield April 8, 1986, Henri J. M. Nouwen, Love, Henri – Letter on the Spiritual Life, p129

My prayer for all who will receive this, especially to any who are struggling, who have contracted the virus or lost a loved one, is that here will be a real awareness of the mystery of God with us. One of the shortest verses in the Bible, if not the shortest, is also one of the most profound - *"Jesus wept."* God in Christ showed compassion throughout his earthly life.

*"God is always where we are. Not in the past (with its disappointments) nor in the future (with its worries) but in the present where love can touch us."* Henri J. M. Nouwen, Love, Henri – Letter on the Spiritual Life, p.115

The Exodus also promised to be an incredibly exciting and challenging journey. Our present journey is similar. It has been amazing to see the generosity of spirit, the creativity and the dedication of so many in this present struggle and going forward. There are many examples:

- Our former pupils and parents who are consultants, doctors and nurses and all others working to provide essential services.
- Old Truronian, Joe Healey CO04 and his team at Healey's Cyder Farm are using their facilities to produce handwash for Treliske hospital.
- Amber Cowburn CO12, another Old Truronian, is offering mental health support and training.





- I spotted a picture of Maisy Vincent, one of our Sixth Form students serving tea at the Royal Cornwall Hospital, in a Voluntary Services email. (She was given the award of the Young Volunteer of the Year by the NHS earlier in the year.)
- Chris Baker and his team in the D.T department have been producing and donating face shields to provide protection for those who need this.
- Truro school has donated the use of its catering facilities and cookery staff to help the Hive Cornwall, batch produce nutritious food for people suffering from food insecurity.
- I see daily art challenges from art teacher Vicky Cucknell and the results being posted each day.
- The car parks at school are being used for car and minibus hire vehicles that are not being used.
- The choristers and cathedral choir and staff recorded Holy Week services before the lockdown and these are now available each day.
- Dan Sanderson, director of sport, has been running a holiday club at the Prep school for children of frontline workers and in term time. alongside the online lessons provided for all our pupils by our teaching staff.
- A skeleton staff has been taking care of the children of parents working in essential roles at the Prep school.

I could go on but I am sure Nicky Berridge will have to shorten this! Amazing possibilities on this new journey we are all on.

The Easter message is essentially also a message of hope. Human beings get it completely wrong and as they do their worst but God responds with his best. The periods of captivity, life's struggles, challenges and fears are not the whole story. On Easter morning the cross is empty and the symbol of fear, control and punishment is transformed into a symbol of Hope! May we all be open to God's Love and the Hope this Easter transformation offers.

Every blessing to you all.

### **Rev**

Aubin de Gruchy (Reverend)

P.S. The beginning of term service will also be on You Tube for any who wish to watch. I would love to hear from any who would like to make contact, please email: [adg@truro school.com](mailto:adg@truro school.com)



## **HAPPY EASTER**

**Truro School Development Office**  
***Working together with our community***  
 Email: [tsa@truroschoo.com](mailto:tsa@truroschoo.com)  
[#StaySafeStayHome](https://twitter.com/StaySafeStayHome)

