



KEEPING CONNECTED

NUMBER 3



**TRURO
SCHOOL**
CONNECTED

OLD TRURONIANS HELPING OUR COMMUNITY

Celebrity chef **Jack Stein** CO99 free curries 'thank you' to NHS staff in Cornwall

Jack said: *"I've said to the staff, if it feels right just do it. This is no time for committees - we have to help our communities."* He added: *"As well as a thank you, this is a way for us to keep busy as we're used to being open. The fishermen are still going out to sea and so many suppliers depend on us being open. It's at times like this you learn a lot about your industry and the local community."*



Healeys Cyder Farm repurposes equipment to make hand sanitiser for local hospital

Sam Healey CO03, managing director of operations, said: *"it goes without saying that we will do what it takes to help the NHS in Cornwall during these difficult times"*

Rick Stein joins forces with Truro School to feed 4000 vulnerable children a week

NEUROBLASTOMA UK

Old Truronian **Meghan Prindl** CO08 (pictured) recently started working for the charity Neuroblastoma UK, a small charity which funds much needed research into kinder and more effective treatments for neuroblastoma, a terrible childhood cancer. The Charity have recently launched TRIBE 100 hoping to appeal to youngsters confined by the current lockdown. Take a look at the challenge on the TRIBE 100 website.



**KIM CONCHIE - CORNWALL CHAMBER OF COMMERCE,
TRURO SCHOOL CHAIR OF GOVERNORS AND FOUNDATION TRUSTEE**

Kim stresses that businesses need to get in touch with Cornwall Council and their accountants to ensure that they are getting all the support available to them from the Government. Last week Kim Conchie featured on BBC Radio Cornwall's afternoon show you can [listen here](#) if you missed it.

You can also [watch Kim's update for Businesses dated 09/04/2020](#).

Other Old Truronians with high profile roles during this time of crisis:



SIR PATRICK VALLANCE CO78

Chief Scientific Advisor to the Government of the UK

GEORGE EUSTICE CO92

MP for Camborne and Redruth and Environment Secretary.



We are very interested to learn of any Old Truronians assisting or supporting the fight against Coronavirus. We'd really like to give you a 'shout-out' and say a big 'thank-you'. So, please don't be shy, let us know.

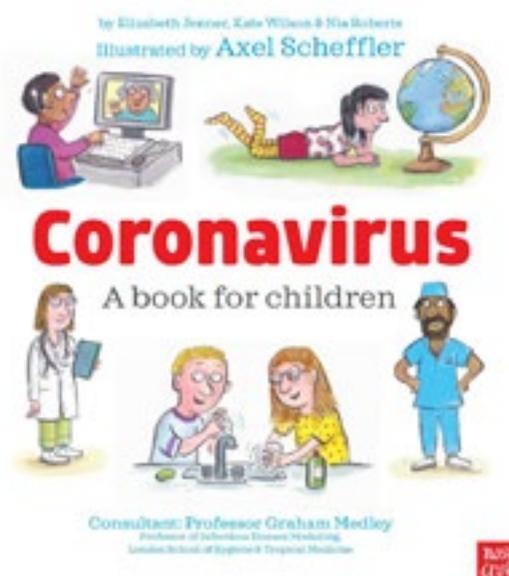
Email: tsa@truroschoo.com

CORONAVIRUS A BOOK FOR CHILDREN

The brilliant artist Axel Scheffler, illustrator of the award-winning Gruffalo, has produced a book about Covid-19 Coronavirus just for children - and it's available as a FREE download. Please share amongst your friends so it's available to every family who needs it.

[DOWNLOAD THE BOOK HERE](#)

The Gruffalo illustrator worked with consultant Professor Graham Medley, two head teachers and a psychologist to make sure the book got the messages right, answering questions about quarantine, how you can catch the virus and what happens if you get ill. Publishers Nosy Crow have asked for donations in lieu of payment, to go to our fantastic health workers: [NHS Charities supporting NHS staff and volunteers](#).



TRURO SCHOOL - SO PLEASED TO HELP

Last week we reported how Chris Baker and the DT team were turning their talents to making face shields for NHS staff or anyone needing them. We have since received these wonderful pictures that we wanted to share with you.



Above: Staff from Little Harbour Children's Hospice

Below: Staff from Redruth and Camborne Hospital



Please share with us any uplifting photos that you have or anything that you are doing to support your immediate community or our essential key workers. We would especially like to hear from Old Truronian businesses.

Email: tso@truroschool.com

TOP TIPS FOR WORKING FROM HOME

With so many of us adapting to our new working environments we thought it might be helpful if we shared a few 'Top Tips' for working well at home.



GET UP AND DO SOMETHING TO WAKE YOURSELF UP

Why not try going for a walk or run, doing some yoga or a home workout, or calling a family member/friend before you start work?

GET DRESSED UP FOR THE YOUR DAY

Take a shower, ditch the PJs and put on some comfy work clothes – get ready to take on your day!

WORK AT A DESK OR TABLE

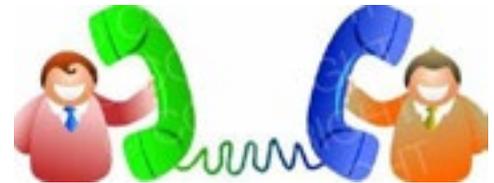


Whilst we all love the thought of spending our days lounging on the sofa, sitting at a desk or table will feel more like your natural working environment helping you to stay focused and motivated to work, and trust us, your back will thank you for it!

Creating a comfortable desk space will also help you to keep good posture, reducing the risk of back or neck pain. Here's a helpful [NHS guide](#) to setting up your workspace correctly.

COMMUNICATE AND CONNECT

Arrange regular check-in calls with your team-members/managers. Where appropriate, instead of sending an email make a call!



FINDING BALANCE

Stick to a routine and start/finish your day at the same time each day. Once your working day is done, remember to turn off your computer and work phone, and tidy your desk ready for the following day. Spend your free time doing things you enjoy.

LIMIT DISTRACTIONS

If other people are at home, make sure they know when you're not to be disturbed. Turn off your distractions where possible (sorry to those of you with kids at home!), save your TV series and social media for out-of-work hours.



TAKE SHORT BREAKS OFTEN

Taking regular breaks throughout your working day will help you to avoid burnout and will make you more productive.

Try to have 'tech-free' breaks, why not take a cuppa outside if you can, enjoy your home environment, and notice all the different sounds and smells?

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.

THIS WEEKS RECIPE

PASTA WITH SPICY CHORIZO AND ROSEMARY SAUCE



METHOD:

1. Bring a large saucepan of water to a boil.
2. Add some salt then the pasta and cook for 10 – 12 minutes until the pasta is 'al-dente' or 'firm to the bite'.
3. Meanwhile, while the pasta is cooking, cut the chorizo into small chunks.
4. Fry the chorizo in a little olive oil for 3 minutes.
5. If using fresh rosemary, strip the needles off the tough stalks and chop the needles finely.
6. Add the rosemary (fresh or dried) and the chilli flakes (if using) to the chorizo and cook for a further minute, stirring.
7. Tip in the tomatoes, break up with a spoon, and simmer for 15 minutes.
8. Stir in the cream or crème fraiche
9. Drain the pasta well and stir into the sauce.
10. Mix well to coat all the pasta in the sauce then serve with some grated parmesan, if liked.

INGREDIENTS

250 g chunky pasta shapes e.g. rigatoni or farfalle

75 - 100 g chorizo

Olive oil

Pinch chilli flakes (optional)

2 sprigs fresh rosemary

1 x 400 g tin chopped or plum tomatoes

4 tablespoons double or single cream or crème fraiche

LEARN MORE ABOUT TRURO COOKERY SCHOOL

Truro Cookery School is a state-of-the-art cookery school with a difference. Situated on the campus at Truro School, Maria and the team provide high quality cookery lessons for the pupils at Truro School during term time in partnership with Leiths School of Food and Wine, and a wide range of cookery courses for the wider community at evenings, weekends and all through the school holidays.



The Cookery School is closed at present, but why not take a look at the website and as soon as they re-open you will be ready to meet Maria, AJ and the team. [CLICK HERE](#) to find out more.

www.truroschoolcookery.com



THINGS OF INTEREST

EASTER MESSAGE - ANDREW GORDON-BROWN



To read the Headmasters recent message [CLICK HERE](#).

“In this time of national crisis, we have been moved by national and international stories about the generosity of others.”

SUMMER TERM SERVICE

Usually a new term begins with a ‘back to school’ service delivered by School Chaplain, Reverend Aubin de Gruchy, Like everything at present, the Rev has had to adapt his service to be delivered remotely. You can watch the service [HERE](#).



OT’S JOIN IN THE QUARANTINE HOUSE CONTEST

These are some (hopefully!) fun competitions with which to pass the time whilst we are not able to go to school! The results and the new competitions will be published weekly. All entries will win house points, so every entry counts, no matter how big or small.



Send your entry to the email address by the title of the competition along with your House and Year group (or OT). You can enter as many different competitions as you like, but please only enter **one piece per competition**.

Parents, **Old Truronians** and staff are welcome to enter too - please send your entry to us with your name as well as your child’s details so we can add your points to the house totals. If you are an Old Truronian please let us know your old school House.

Every week there will be a new competition (for 4 weeks), so please make sure that we have your entry by 6:00pm on Friday 17th April.

Good luck! Georgia, Alex, Lily and Ollie (Head Prefect Team)

[CLICK HERE](#) to find the competition.

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