



KEEPING CONNECTED

NUMBER 4



HELPFUL INFORMATION

FURLOUGH; THE DO'S, DON'TS AND DON'T KNOWS

Verity Slater CO95 – Board Member of Stephens Scown LLP, shares what she has learned around furlough and the coronavirus job retention scheme with an article in *Business Cornwall*.

The coronavirus lockdown has hit businesses across Cornwall, with many having to furlough or consider furloughing employees for the time being. Verity highlights the do's, don'ts and don't knows of furloughing.

[CLICK HERE](#) to read the article.



THE WINNERS AND LOSERS FROM THE COVID-19 MARKET RECOVERY



Industry consultant **Graham Hooper** shares his thoughts on what the recovery will look like and who will be the winners and losers.

Graham Hooper is a business consultant with more than three decades' experience in financial services, he has held senior roles at Sanlam, Miton Group and Chase de Vere, among others. Graham also happens to be an Old Truronian parent and Chairman of the Truro School Foundation.

To read Graham's article [CLICK HERE](#).

MORE HEATWARMING PICTURES: DT FACE MASKS

More heartwarming pictures have been sent in from around the community who've been wearing face visors that were created by the DT department.



The sender said: "I attach some photos of the staff who have benefited from the masks and please know that these have made a huge difference to how protected they feel. Can you please pass on our heartfelt thanks to everyone involved in producing these. Do not underestimate how valuable they are and how grateful we are.

"My husband works as an Occupational therapist for a local authority and him and his team are out working in the community with people who been discharged from hospitals."

A massive thank you from all of us at Truro School goes to all the key workers who continue to work through these challenging circumstances to help keep us all safe.

HEALTHCARE PROFESSIONALS DISCUSS THE IMPACT THAT COVID-19 IS HAVING ON THEIR CAREER AND THE NHS

OLD TRURONIAN - CALLUM WALDIE CO13

On Wednesday we had the first of a series of interviews with frontline healthcare professionals about the impact that Covid-19 is having on their daily work, their career and the NHS. Dr Callum Waldie, former Truro School pupil, now junior doctor at Aberdeen Royal Infirmary, shared with a group of pupils details of his training and career to date.

It was fascinating and inspiring to hear of the commitment he has to his vocation and of the role he is playing to help those suffering from Covid-19. Every Wednesday there is an opportunity for 3rd Years and above to join to hear from other health professionals.

OLD TRURONIAN - MICHAEL KNUCKEY CO54

Following last week's Keeping Connected and our request for photos showing us how you are keeping busy, this lovely response came from Mike, who lives in Canada.

OLD GARDENERS NEVER WITHER ,THEY JUST KEEP ON GROWING



"A few weeks ago (it's hard to keep track of time these days) I rescued last year's dormant geranium rootings from the trunk of my car and planted them. I now have six or more sturdy plants ready to harden out on the balcony when the weather warms up a bit, hopefully, before the end of the month. The original plants were bought four years ago."

"The coriander and dill seeds sown ten days ago are now germinating.

Five year old 'Trusty Rusty' Coleous plants (right) and cuttings are growing rampant and need pruning.

Streptocarpus plants (below-right) with their whimsical purple-blue flowers have been flowering profusely all winter long. Very easy to root cuttings.

Can hardly wait for the warm weather to get my balcony organised for the summer.

Happy gardening everyone.

Mike"

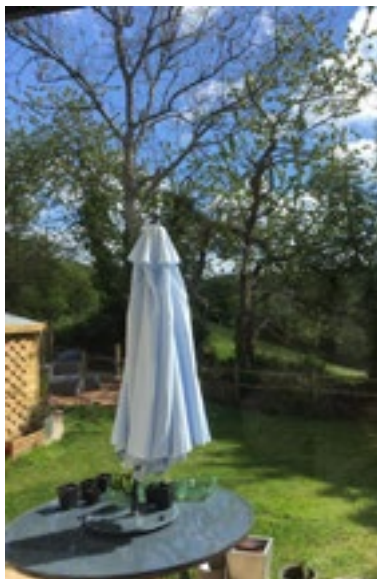


Thank you Mike, it was really lovely to hear from you and we look forward to pictures of that balcony!

**Mike would love to hear from any of his contemporaries.
Email: tsa@truroschool.com and we can put you intouch.**

VIEW FROM THE OFFICE WINDOW

As we are all working from home, the Development, Marketing and Admissions teams have been meeting using Microsoft Teams. This means we all get a peak inside each others' homes but today, we decided to each share the view from our 'office' windows. It certainly made us all realise how lucky we are to be locked down in beautiful Cornwall!



Please send us the view from your office window, wherever you might be in the UK or indeed around the globe.

Email: tsa@truroschoo.com



And then there is this one on the left - from my husband:

Old Truronian **Ian Berridge** CO84

Taken from his 'office' window:

A John Deere 7530

View from the top of Portloe, looking towards Portholland and Falmouth.

HEALTH AND WELLBEING

Here are some great ideas to help reduce mental stress during lockdown from **Bath Rugby Club's** Wellbeing and Community Teams:



CONTINUING THE NATURE THEME

- 1. Improved Mood and Reduced Depression:** Outdoor exercise provides a mental health boost beyond that of indoor gyms. Moving outdoors has been shown to reduce anger and depression and the vitamin D boost can raise spirits. For a quick afternoon pick-me-up, head outside for a 15-minute walk around the garden, and return to work or lockdown feeling energized.
- 2. Enhanced Self-esteem:** Research shows that as little as five minutes of outdoor exercise can improve self-esteem – so why not get that old skipping rope out and challenge yourself to five minutes a day?



- 3. Low Cost:** Who has to pay to go for a walk? Find a pretty route to walk straight from your house! A brisk walk (or even a stroll) around your neighbourhood is a sure fire way to boost your mood. Allow your thoughts to be diverted from negativity to positivity as you take in your surroundings, listen to the birds, or the sound of water, take in the smell of wild garlic and feel the wind in your hair (if you have it!) or the sun on your face.

4. Find some escapism through reading - set up a remote book club with your colleagues – not only is it pleasurable but it can also reduce stress, allow you to escape and develop empathy for others – so get recommending your top three books and help others lose themselves in fiction...
5. Challenge your brain with a crossword or sudoku puzzle or go old-school with our #30days30ways challenge and do Day 20 – play a board game.
6. Calm your thoughts and actions with the Day 6 challenge and do a jigsaw puzzle



7. Get your rugby fix with Bath's Saturday afternoon Dyson Live Streams – this week they are heading back to the Rec for Bath Rugby v Saracens from 2017 – it was a nail-biter!
8. Get your gaming fix – sign up to join our Fortnite Squad for the Rugby Clubs Esports Cup and play alongside First Team stars Taulupe Faletau, Elliott Stooke, Max Wright, Jonathan Joseph and Henry Thomas.
9. Socialise – get a group of mates together virtually to take on our Swift Half Pub Quiz on Youtube.

HEALTH AND WELLBEING (+ FASCINATING READING)



MEDICAL
SCHOOL



European Centre for
Environment & Human Health

The European Centre for Environment and Human Health is based in the Knowledge Spa at Treliske. The Centre conducts world-class research into the complex links between the environment and human health. Part of the University of Exeter Medical School and supported by funding from the European Union, they are analysing the risks and benefits the environment poses to health, and ensuring their findings have relevance to the UK's business community.

Take a look at some of their fascinating research including:

[Beyond Greenspace](#)

[Two hour 'nature dose' boosts health and wellbeing](#)

[Nature on Prescription](#)

[Reconnecting with nature for sustainability](#)

HEADMASTERS UPDATE - 24/04/2020



"Is being stuck at home as good as being at school? No. Has everything worked perfectly? No. Does this remote learning approach work equally well for all pupils? No. Have together we made remarkable progress. Very definitely, yes. It's fair to say that our teachers, who are a talented and generous bunch at the best of times, have really risen to this challenge, as have you."

[CLICK HERE](#) to watch

YOU CAN COUNT ON ME

Just for fun the staff have put together a little number which we hope you will enjoy. It rather captures the moment

[CLICK HERE](#) watch



TIME TO REFLECT - REVEREND AUBIN DE GRUCHY

Watch the Truro School Chapel Service:

27 April 2020.

[CLICK HERE](#) to view.

ONLINE CULTURAL VIEWING

CHICHESTER FESTIVAL THEATRE

FLOWERS FOR MRS HARRIS

<https://www.cft.org.uk/flowers-for-mrs-harris-broadcast>

Free until Friday 8 May

If you're searching for feel-good escapism, then the critically acclaimed theatre version of Paul Gallico's much-loved novella is just the ticket. The plot tells the story of a post-war cleaning lady who sees a Christian Dior dress in one of her client's wardrobes, and scrimps and saves until she has enough money to go to Paris and buy one herself. This restorative musical, available to stream now until 8 May, will have you laughing and wiping away happy tears.



HAMPSTEAD THEATRE - THE ARREST OF AI WEIWEI

<https://www.hampsteadtheatre.com/whats-on/hampstead-theatre-at-home/aiww-the-arrest-of-ai-weiwei/>

Monday 27 April - Sunday 3 May

On 3 April 2011, as he was boarding a flight to Taipei, the Chinese Artist Ai Weiwei was arrested at Beijing Airport. Advised merely that his travel "could damage state security", he was escorted to a van by officials after which he disappeared for 81 days. On his release, the government claimed that his imprisonment related to tax evasion.

Howard Brenton's play is based on conversations with Ai in which he told the story of that imprisonment – by turns surreal, hilarious, and terrifying. A portrait of the Artist in extreme conditions, it is also an affirmation of the centrality of Art and of freedom of speech in civilised society.

Directed by James Macdonald (who also directed Hampstead Theatre At Home production Wild) and starring Benedict Wong as Ai Weiwei (Doctor Strange, The Personal History of David Copperfield, Black Mirror, The Martian).

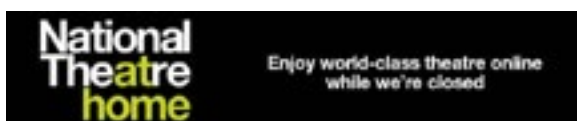
ROYAL ACADEMY - HOCKNEY

<https://www.royalacademy.org.uk/article/exhibition-on-screen-documentary-david-hockney>

The RA has released a documentary on the artist David Hockney designed originally only for cinemas. The "Exhibition on Screen" revisits the Bigger Picture exhibition in 2012 and "82 Portraits and One Still-Life" from 2016.

NATIONAL THEATRE

<https://www.youtube.com/user/ntdiscovertheatre>



Thursday 30 April (available for a week) -
Frankenstein starring Benedict Cumberbatch and Johnny Lee Miller

Monday 1 June - The Merry Wives of Windsor (2019)
Monday 15 June - A Midsummer Night's Dream

ONLINE CULTURAL VIEWING

THE GLOBE

<https://www.youtube.com/user/ShakespearesGlobe>

Sticking with Shakespeare, the Globe is screening Romeo and Juliet until 3 May. That will be followed by:

Monday 4 May - Two Noble Kinsmen (2018)

Monday 18 May - The Winters Tale (2018)

BBC ARTS CULTURE QUARANTINE

<https://www.bbc.co.uk/programmes>

Culture in Quarantine is a BBC initiative to keep public access to art and culture as great as ever.

BBC FOUR

<https://www.bbc.co.uk/programmes/p0892kf6>

Thanks to **Lauren Radburn** CO98 who was kind enough to share this link. Lauren saw this in Bristol last year and said it brought back very fond memories of A-Level English with Viv Neale circa 1998.

A performance of Emma Rice's (formerly of Kneehigh Theatre and The Globe) ebullient theatrical production of Angela Carter's deliciously dark final novel, Wise Children, filmed live at the York Theatre Royal in 2019.

A decadent and often surreal story of twins from a dysfunctional family who pursue a career performing as showgirls.

Loved by audiences and critics since its premiere at The Old Vic, London, in 2019, Wise Children is an unapologetic celebration of the highs and lows that come from choosing to experience life to the full, come what may.

BBC FOUR

MUSEUMS IN QUARANTINE

<https://www.bbc.co.uk/programmes/m000hqml>

In the midst of the coronavirus pandemic, Alastair Sooke gains privileged access to the Tate Modern for a last look at the Warhol exhibition.



Please share any cultural items that may be of interest to our community:

tsa@truroschoo.com

Or send any fun photos of how you and your family are spending your time in lockdown.



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 yourself or keep the children or grandchildren occupied with some cooking lessons.



THIS WEEK'S RECIPE

CHOCOLATE BROWNIES



INGREDIENTS

100g butter plus a little extra for greasing

100 g dark chocolate

200 g light brown sugar

1 teaspoon (5 mls) vanilla essence

2 eggs

100 g plain flour

25 g chocolate chips

METHOD

1. Preheat the oven to 180 C / Gas mark 5
2. Lightly grease a 20 cm round or square tin with a little extra butter or oil and place onto a baking tray
3. Break the chocolate into pieces and place into a saucepan with the butter
4. Melt the chocolate and butter gently over a low heat, stirring occasionally, until the chocolate is completely melted
5. Place the sugar and vanilla essence into a large mixing bowl and beat in the melted butter and chocolate mixture
6. Break the eggs into a small bowl or jug and beat with a fork to combine
7. Gradually add the eggs to the chocolate mixture and mix in thoroughly
8. Sieve the flour over the mixing bowl and carefully stir in the flour until all the ingredients are thoroughly combined
9. Stir in the chocolate chips and carefully pour the mixture into the prepared tin
10. Bake for 20 minutes until the mixture has set and a crust has formed
11. Cool in the tin then cut into pieces

ENJOY!

Don't forget to send us photos of your finished Brownies!

tsa@truroschoo.com

5TH YEAR AND UPPER SIXTH ENRICHMENT PROGRAMME

Sean Pope, Deputy Head (Academic) explains how Truro School staff are going the extra mile to help our students in these unusual times. Fifth years and upper sixth pupils have had their public examinations cancelled, so the School is providing ongoing education via its new enrichment programme.



View the guide and read what's on offer for the students [HERE](#)

The cancellation of summer public examinations has led to disappointment and uncertainty for staff, students and parents alike. However, as we approach the time that students would normally stop attending school to go on supported study leave, we have an excellent opportunity to prepare our students for their next steps in ways that have not been possible before. Our teaching staff have, with enthusiasm, been putting together an academic programme that will inspire, stretch and prepare students as they advance to the next stages of their education or careers. The teachers are excited to be able to demonstrate some of their expertise that we cannot normally cover under the constraints of the public exam syllabi. They are skills focussed and will give each student a head start whether that be studying A Levels, university degrees or entering the world of work.

SEAN POPE

“As you read the guide, you will see - if you didn't know already – the incredible talent and variety of interests that exists within our teaching body. It's a great thing that they are offering such a breadth of fascinating courses for our students. This has been a very difficult time for the students, what with the cancellation of their exams, but out of this has come an opportunity that they would not otherwise have had. I hope they grasp this with both hands and make the most of it. You can be sure that our teachers will be working hard to make this a great success.”

ANDREW GORDON-BROWN
HEADMASTER



QUARANTINE CONTEST - WEEK 2

Parents, Old Truronians and staff, as well as pupils, are welcome to enter these fun quizzes - please send your entry to us with your name as well as your child's details (if applicable) so we can add your points to the house totals.

Every 2 weeks there will be 4 new competitions, so please make sure that we have your entry in by 6:00pm on Sunday 3 May. [CLICK HERE](#) for contest number 2 (deadline extended).

Every entry counts, no matter how big or small.

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

Thanks to all Old Truronians taking part - keep those entires coming!



TRURO SCHOOL DEVELOPMENT OFFICE

Working together with our community

Email: tsa@truroschool.com

[#StaySafeStayHome](#)