



# Friday Bulletin

13 NOVEMBER 2020: TRURO SCHOOL NEWS AND UPDATES

## Remembrance Day



Remembrance Day this year was celebrated through a livestream with a small amount of Sixth Form students present in the Chapel, along with Mr Johnson, Dr Pope, Mrs Ellison and the Rev.

After Mr Johnson opened the service, Dr Pope and Mrs Ellison read out the names of fallen Old Truronians who sacrificed their lives in both world wars, and in Afghanistan. While their names were projected on the screen, each Sixth Form student pinned a cross to the boards in their honour.

At 11.00am The Last Post was played, followed by a minute silence.

Closing the service were the girl choristers and a prayer from the Rev.

[Click here to watch the Remembrance Service](#)

## Covid Bulletin

[Click here to read the latest updates from the Covid Steering Group in the CSG Bulletin number 9](#)

## Also in this week's Friday Bulletin:

[View next week's clubs and activities.](#)

[Sign up for your FREE business listing in the FTS Christmas Gift Guide.](#)

[Find out more about being a girl chorister](#)

## Diary Dates

### Monday 16 November

4J charity week (all week)

**GCSE Exams:** JCQ Autumn Exam retakes continue (all week)

**Drama:** Upper Sixth Devised performance preview, Location: Burrell Theatre, 1630

### Tuesday 17 November

**Oxbridge** Webinar: Sixth Form Interview Workshops - STEM, Location: Virtual via Teams, 1600

**3rd Year Parents:** Parents' Evening, Location: Virtual Platform, 1630

**Drama:** Upper Sixth Devised Performance Exam, Location: Burrell Theatre, 1630

### Wednesday 18 November

**Upper Sixth:** UCAS Higher Education Exhibition, Location: Westpoint, Exeter

**Religious Studies:** Sixth Form - Evil and Suffering Candle Conference, Location: Room 84, 1600

**Oxbridge** Webinar: Sixth Form Interview Workshop - Humanities. Teams, 1600

### Thursday 19 November

**Oxbridge** Webinar: Sixth Form Interview Workshop - Social Sciences. Teams, 1600

**ACHE** meeting, Sixth Form Centre, 1600

### Friday 20 November

**Whole School Assembly**  
Location: Virtual Platform, 8.50

**Music:** Friday Night is Music Night (see p6)  
Location: <https://www.truroschoo.com/friday-night-is-music-night/>



# Friday Bulletin

13 NOVEMBER 2020: TRURO SCHOOL NEWS AND UPDATES

## A world champion windsurfer



The IQFoil International Games took place from 19th-24th October in Lake Garda, Italy. One of the 118 competitors attending was Sixth Form student Finn.

Finn triumphed and became the first ever U19 IQFoil World Champion. The young windsurfer also won 2nd place in the U21s and 14th overall against the seniors.

Finn said: "It was an amazing event with some intense and exciting racing, I'm very happy to be the best in my age category but more excited for my progress in the senior fleet as I'm getting closer to my end goal of winning a medal at the Olympics."

Director of Sport, Mr Sanderson added: "What a fantastic way to start the new half term, welcoming a new world champion back to Truro School. Finn has achieved something remarkable and we are extremely proud to have him with us at Truro School. To win the U19s, place 2nd in the U21s and to compete strongly in the seniors, shows what an incredible talent Finn has. We wish him continued success and he deserves everything he achieves, as Finn works incredibly hard to attain such a high standard."

The IQFoil is a new windsurf product design that has recently won the campaign to be the official equipment used in the Paris Olympics 2024.

Read Finn's story in the [Falmouth Packet](#).

## Riding waves at national surfing competition



At the end of October, Surfing England held the Junior English Surf Championships in a 2-4 ft swell in Newquay. The weekend showed a great turn out with the young surfers eager to compete in the only contest of the summer season for juniors. Truro School students put on an impressive display with the following results:

Tegan B: 2nd U16 shortboard and 3rd U18 longboard

Eva B: 3rd U14 shortboard

Sammy W: 4th U14 shortboard

Remy D also competed strongly but narrowly missed out on a top position



# Friday Bulletin

## Wednesday Afternoons

Wednesday Afternoon Activities look a little different this half term, but staff have been working hard behind the scenes to offer optimum opportunities in the current circumstances. On a very wet Wednesday this week, these pupils took shelter creating wet felt, woodwork, practising fencing skills, and enjoying traditional board games.



## Drama exam

Next Monday and Tuesday the Upper Sixth actors will be performing their devised exam called 'Ruthless'.

Created and written by the students themselves, the story is a gothic horror piece loosely based on Frankenstein, with a feel of Inside Number Nine.

[View the trailer here.](#)



## Philosophy conference

Upper Sixth students enjoyed pizza while virtually attending the first in a series of four philosophy conferences.

The first webinar featured Dr Peter Vardy.





# Friday Bulletin

## HEAD LICE

It has come to our attention that some pupils in the 1st Year are suffering with head lice which the parents are treating. However we need to ask all parents to check their child's and siblings' hair for head lice and eggs and to treat as necessary. Please also continue to check each week for the rest of the term as this problem relies on everyone's vigilance to be eradicated. Treatment is by:

- Wet combing - this is a method of removing lice with the regular use of a fine-toothed comb (the teeth of the comb must be 0.2 to 0.3mm apart). You need to comb through the entire head of washed hair (generously covered in conditioner) every four days for at least two weeks. It's important that you keep doing this until there have been three consecutive sessions without seeing any lice.
- Medicated lotion or spray is an alternative method for treating head lice. However, no medicated treatment is 100% effective. Your pharmacist will be able to recommend an over-the-counter lotion or spray.

Thank you for your cooperation, the school nurses

## 2019/20 5TH YEAR GROUP PHOTOGRAPHS

Parents of 2019/20 5th Years, who currently attend Sixth Form, can now access the 5th Year Group photo which is available to view and purchase in a variety of formats via the Tempest Photography web page <https://tempest-orders.co.uk/> using the following codes:

- Ref No: FEDB7C8D63
- Web Access Code: TGM619

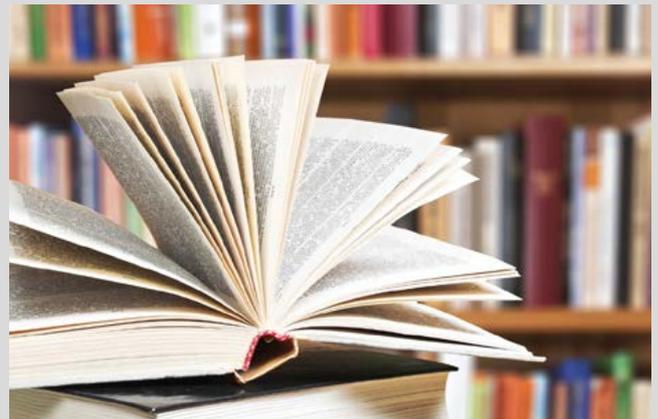
You will appreciate that due to the current circumstances it is not possible to have the photos delivered to the School.

## USEFUL INFORMATION

The Portal has a Links area which contains the daily bulletin and shared documents. The password to access these folders is: TSP0rtal (please note that the 4th character is the number zero).

School Office opening times: 8.00am – 4.30pm  
Monday to Friday during term time.

A reminder that the pupil absence number is 01872 246118. Please try and ring before 9am clearly stating the pupil name and the reason for their absence or email [absence@truroschoo.com](mailto:absence@truroschoo.com). Please also use this email address if you are requesting permission for any absence for a pupil including appointments.



## LIBRARY

A reminder that the library has introduced a new click and collect service via a link to minimise the number of pupils in the library area at any one time. Pupils will be able to request a specific book, or let the librarians choose based on what the child's previously read. Don't forget the full library catalogue can be found on RMuify.

*Click here to view the new books  
in the library this month...*

## FRIENDS OF TRURO SCHOOL AGM

This year's FTS AGM will take place on Wednesday 2 December at 6pm via teams. Please email [fts@truroschoo.com](mailto:fts@truroschoo.com) for more information.

# Friday Night is Music Night



13 November -  
GCSE Concert  
20 November -  
Junior Musician's Concert  
27 November -  
Concertos Concert  
4 December -  
Interhouse Music  
Competition  
11 December -  
Nine Lessons and Carols  
Festival  
PLUS  
Monday 7 December -  
3rd Year Christmas song  
writing concert  
Monday 14 December -  
Christmas Instrumental  
Concert

all concerts start at  
7.00pm





**TRURO  
SCHOOL**



**Truro  
Cathedral**



## Would you like to find out more about being a girl chorister?

- Perform music with an outstanding choir directed by specialist professional musicians in one of the South West's finest buildings.
- Work as part of a close team with a special purpose and a strong sense of identity.
- Take part in BBC broadcasts, CD recordings and foreign tours.
- Receive scholarships and bursaries to support a Truro School education.

Normally at this time we would be inviting Year 7 and 8 girls to join us for a Chorister Experience Day. Whilst we are unable to offer the full 'experience day' this year, we would like to invite interested girls to contact the Cathedral's Director of Music, Christopher Gray, who is happy to meet them at a mutually convenient time.

Christopher Gray, Director of Music  
Truro Cathedral  
[christophergray@trurocathedral.org.uk](mailto:christophergray@trurocathedral.org.uk)

Jayne Grigg, Director of Admissions  
Truro School  
[jeg@truroschoo.com](mailto:jeg@truroschoo.com)



Send us your  
**FREE** listing by  
22 November

Friends of Truro School (FTS)

*Community*  
**CHRISTMAS**  
*Guide*

More than ever, this Christmas is the time to support local. We know within the Truro School community wonderful businesses are plentiful.

Whether your business is large or small, this year we are celebrating them with an FTS Community Christmas guide. If you would like to be featured in this one-off virtual guide, please send us your details via <https://www.truroschoo.com/parents/friends-of-truro-school/fts-community-christmas/>

Entries are completely free of charge and the deadline is 22 November at 9pm. The Christmas guide be available to all the community throughout December.



*Hello from Truro School Cookery....*

We can probably all agree that 2020 didn't turn out quite as planned. However, the **Truro School Cookery team** have been thinking of a way to make this Christmas the best ever. Our new 'Truro School Cookery Christmas Feast ...with all the trimmings' contains everything you will need to enjoy the most scrumptious feast with the least time spent in the supermarket - and as we all know, home delivery slots are few and far between. This feast contains some of Maria and Aj's favourite Christmas recipes all pre-prepared for you to assemble, re-heat or just eat straight from the jar! So untangle those Christmas lights, dust off the tinsel and let the Truro School Cookery team help get you foodie festive!



**ALSO.....**

What's the perfect thing to do over four weekends of Lockdown#2? Make a Christmas cake of course!!! We all learnt how to make sourdough and banana bread back in March, so lets get festive this time with a four part kit of ingredients with videos to match to take you step by step through making, 'feeding', marzipanning and icing your masterpiece. The perfect family challenge and all you have to add is the tin. By the way, it's huge, so guaranteed to last well into February! We will be uploading videos every week to take you step by step through the process and the full kit is available anytime from our website.

Visit [www.truroschoollcoockery.com/online-shop](http://www.truroschoollcoockery.com/online-shop) to find out more

## Co-Curricular Clubs and Activities - Autumn Term 2020 (16 November - 20 November)

Week A		1st Year	2nd Year	3rd Year
<b>Monday</b>	AM			Girl Choristers (Chapel)
16-Nov	Lunch 1	Music - Choir/Vocal group (girls - Chapel)		
	Lunch 1	Physics Model Club (rm 11 - RMW/RJM)		
	Lunch 1	Outside Supervision	Outside Supervision	
	Lunch 1	Indoor Supervision	Indoor Supervision	
	Lunch 2			
	Lunch 2			Outside Supervision
	Lunch 2			Indoor Supervision
	PM - 4pm start	Sport - Boys' Rugby	Sport - Boys' Rugby	Sport - Boys' Rugby
	PM - 4pm start	Sport - Girls' Hockey	Sport - Girls' Hockey	Sport - Girl's Netball
	PM - 4pm start	Sport - Cross Country	Sport - Cross Country	
	PM - 4pm start			
	PM - 4pm start	Indoor Supervision/Homework club (C1)	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C2)
	PM - 4pm start	Drama Club		
	PM - 4pm start	Science - Bronze Award (rm B2 - CMO)***		
<b>Tuesday</b>	AM			Girl Choristers (Chapel)
17-Nov	AM			
	Lunch 1	Outside Supervision	Outside Supervision	
	Lunch 1	Indoor Supervision	Indoor Supervision	
	Lunch 1	Music - Band (Assembly Hall)		
	Lunch 2			Music - Band (Assembly Hall)
	Lunch 2			Outside Supervision
	Lunch 2			Indoor Supervision
	Lunch 2			Maths Club (rm 30 - SAR/SEM)
	PM - 4pm start	Sport - Football (all welcome)	Sport - Football (all welcome)	Sport - Football (all welcome)
	PM - 4pm start	Sport - Badminton (all welcome)	** Sport - Basketball ** (all welcome)	Sport - Swimming
	PM - 4pm start	Art Printing (Art dept. VJC)		
	PM - 4pm start	Cookery - 1st year club 'feel good food' ^^		
	PM - 4pm start	Indoor Supervision/Homework club (C1)	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C2)
<b>Wednesday</b>	AM		Music - Choir/Vocal group (girls - Assembly Hall)	Girl Choristers (Chapel)
18-Nov	AM			
	Lunch 1	Outside Supervision	Outside Supervision	
	Lunch 1	Indoor Supervision	Indoor Supervision	
	Lunch 2			Outside Supervision
	Lunch 2			Indoor Supervision
	PM - 4pm start	Wargaming Club (rm 53 - MHS)		
	PM - 4pm start	Indoor Supervision/Homework club (C1)	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C2)
	PM - 4pm start			
<b>Thursday</b>	AM			Girl Choristers (Chapel)
19-Nov	AM			
	Lunch 1	Outside Supervision		
	Lunch 1	Indoor Supervision		
	Lunch 2		Music - Band (Assembly Hall)	Chess Club (rm 38 - SAR)
	Lunch 2		Outside Supervision	Outside Supervision
	Lunch 2		Indoor Supervision	Indoor Supervision
	Lunch 2			Origami Club (rm 38 - ERS)
	PM - 4pm start	Sport - Tennis		Sport - Cricket (all welcome)
	PM - 4pm start	Sport - Swimming	Sport - Cross Country	Sport - Cross Country
	PM - 4pm start	Indoor Supervision/Homework club (C1)	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C2)
	PM - 4pm start		Cookery - 2nd year club 'fresh is best' ^^	
	PM - 4pm start			
	PM - 4pm start			
<b>Friday</b>	AM			
20-Nov	AM			
	Lunch 1	Outside Supervision	Outside Supervision	
	Lunch 1	Indoor Supervision	Indoor Supervision	
	Lunch 1	Parallel Maths Club (C1 - HA)	Parallel Maths Club (rm 67 - SAR)	
	Lunch 2			Music - Choir/Vocal group (M1)
	Lunch 2			Girl Choristers (Chapel)
	Lunch 2			Outside Supervision
	Lunch 2			Indoor Supervision
	Lunch 2			Book Club (rm 30 - JEH)
	PM - 4pm start	Sport - Netball (all welcome)	Sport - Netball (all welcome)	Wargaming Club (rm 38 - MHS)
	PM - 4pm start		Sport - Tennis	
	PM - 4pm start		Sport - Swimming	
	PM - 4pm start		~~Cookery - whole school kit & video 'cakes & bakes'	
	PM - 4pm start	Indoor Supervision/Homework club (C1)	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C2)
	PM - 4pm start		Drama - Annie rehearsals (Week A only)	Drama - Annie rehearsals (Week A only)

**Notes:**

\*\* Sport - Basketball \*\* - starting 18th September. Year groups will change each week.

^^Cookery - 1st and 2nd year clubs will be limited to 20 pupils. Pupils sign up for the whole term.

~~Cookery - whole school kit & video 'cakes & bakes'. Pupils sign up for the whole term.

Wednesday evening - Aspiring Healthcare Professional talk (4th Year, 5th Year and Sixth Form) 7.30pm on Teams. Please contact Miss Finnegan for more information - sef@truoschool.com

Science - Bronze Award (rm B2 - CMO)\*\*\* £5 charge for the term.

Lunchtime 1, eat from 12.05pm - 12.30pm then club will run from 12.35pm - 1.05pm

Lunchtime 2, eat from 12.55pm - 1.20pm then club will run from 1.25pm - 1.55pm.

## Co-Curricular Clubs and Activities - Autumn Term 2020 (16 November - 20 November)

Week A		4th Year	5th Year	Lower Sixth	Upper Sixth
<b>Monday</b>	<b>AM</b>	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)
<b>16-Nov</b>	<b>Lunch 1</b>				
	<b>Lunch 1</b>				
	<b>Lunch 1</b>				
	<b>Lunch 2</b>		Music - Choir/Vocal group (M1)		Music - Band (Assembly Hall)
	<b>Lunch 2</b>	Outside Supervision	Outside Supervision		
	<b>Lunch 2</b>	Indoor Supervision	Indoor Supervision		
	<b>PM - 4pm start</b>	Sport - Football	Sport - Football (all welcome)	Sport - Football (all welcome)	Sport - Football (all welcome)
	<b>PM - 4pm start</b>	Sport - Girls' Hockey	Sport - Girl's Netball	Sport - Girl's Netball	Sport - Girls' Netball
	<b>PM - 4pm start</b>	Sport - Swimming	Sport - Running/Fitness Club - JMW	Sport - Running/Fitness Club - JMW	Sport - Running/Fitness Club - JMW
	<b>PM - 4pm start</b>		Sock Creature Club (rm 86 - MED)	History Film Club (rm 85 - ELC)	Sport - Fitness Suite
	<b>PM - 4pm start</b>	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C0)		Music - Choir/Vocal group (M1)
	<b>PM - 4pm start</b>				
	<b>PM - 4pm start</b>		Art (studio 3)		
<b>Tuesday</b>	<b>AM</b>	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)
<b>17-Nov</b>	<b>AM</b>	Sport - Yogalates (SBA - SEF)		Sport - Swimming	
	<b>Lunch 1</b>				
	<b>Lunch 1</b>				
	<b>Lunch 1</b>				
	<b>Lunch 2</b>			Music - Choir/Vocal group (M1)	
	<b>Lunch 2</b>	Outside Supervision	Outside Supervision		
	<b>Lunch 2</b>	Indoor Supervision	Indoor Supervision		
	<b>Lunch 2</b>		Paperclip Physics (rm 17 - RTP)		
	<b>PM - 4pm start</b>	Sport - Boys' Rugby	Sport - Boys' Rugby	Sport - Boys' Rugby	Sport - Boys' Rugby
	<b>PM - 4pm start</b>	Sport - Girls' Netball	Sport - Hockey (all welcome)	Sport - Fitness Suite	Developing Critical Thinking (rm 85 - ERS)
	<b>PM - 4pm start</b>	Sculpture club (Art dept. DJM)	DT (rm CAD 1)	Music - Band (Assembly Hall)	
	<b>PM - 4pm start</b>				
	<b>PM - 4pm start</b>	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C0)		
<b>Wednesday</b>	<b>AM</b>	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)
<b>18-Nov</b>	<b>AM</b>				Sport - Swimming
	<b>Lunch 1</b>				
	<b>Lunch 1</b>				
	<b>Lunch 2</b>	Outside Supervision	Outside Supervision		
	<b>Lunch 2</b>	Indoor Supervision	Indoor Supervision		
	<b>PM - 4pm start</b>		Sport - Fitness Suite	Sport - Badminton (all welcome)	Sport - Badminton (all welcome)
	<b>PM - 4pm start</b>	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C0)		
	<b>PM - 4pm start</b>		Drama Club		
<b>Thursday</b>	<b>AM</b>	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)
<b>19-Nov</b>	<b>Lunch 1</b>	Music - Band (Assembly Hall)			
	<b>Lunch 1</b>	Outside Supervision			
	<b>Lunch 1</b>	Indoor Supervision			
	<b>Lunch 2</b>			Careers clinic (Week B - Gallery)	Careers clinic (Week A - SFC)
	<b>Lunch 2</b>		Outside Supervision		
	<b>Lunch 2</b>		Indoor Supervision		
	<b>Lunch 2</b>				
	<b>PM - 4pm start</b>	Sport - Cricket (all welcome)	Sport - Team Fitness	Sport - Fitness Suite	
	<b>PM - 4pm start</b>	Sport - Cross Country	Art (studio 1)		
	<b>PM - 4pm start</b>	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C0)		
	<b>PM - 4pm start</b>	Drama Club	DT (rm CAD 2)		
	<b>PM - 4pm start</b>	Music - Choir/Vocal group (M1)			
	<b>PM - 4pm start</b>	Science - Discussion Club (lab 14 - TLC)			
<b>Friday</b>	<b>AM</b>		Music - Band (Assembly Hall)		
	<b>AM</b>		Sport - Swimming		
<b>20-Nov</b>	<b>Lunch 1</b>				
	<b>Lunch 1</b>				
	<b>Lunch 1</b>				
	<b>Lunch 2</b>		Music - Band (Assembly Hall)	Supra-Curricular Club (C3 ELC)	Physics (rm 10 ALL)
	<b>Lunch 2</b>	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)	Girl Choristers (Chapel)
	<b>Lunch 2</b>	Outside Supervision	Outside Supervision		
	<b>Lunch 2</b>	Indoor Supervision	Indoor Supervision		
	<b>Lunch 2</b>				
	<b>PM - 4pm start</b>			Sport - Tennis	Sport - Fitness Suite
	<b>PM - 4pm start</b>		Art (studio 3)		
	<b>PM - 4pm start</b>				
	<b>PM - 4pm start</b>				
	<b>PM - 4pm start</b>	Indoor Supervision/Homework club (Library)	Indoor Supervision/Homework club (C0)		
	<b>PM - 4pm start</b>	Drama - Annie rehearsals (Week B only)	Drama - Annie rehearsals (Week B only)		
	<b>Useful contacts:</b>				
		Sport - Mr Sanderson djs@turoscool.com sportsadmin@turoscool.com	Music admin - tjb@turoscool.com Music - Mr Palmer mdp@turoscool.com	Drama - Mr Oldfield bto@turoscool.com Art - Mr Meads djm@turoscool.com	Cookery - Mrs Taylor mat@turoscool.com



# Friday Bulletin

## Old Truronian News



### Maisie Vincent C020

One of our most recent cohort of school leavers, Maisie joined Mrs Kenward on Teams for a gap year talk as part of the Careers Programme.

This academic year, Maisie jettied off to Bangkok,

Thailand to start a year-long working gap year at Shrewsbury International School working mostly as a Teaching Assistant and Outreach Officer, but gets stuck in where she can.

Around this time last year, Maisie started to put out feelers for gap year opportunities, introducing herself through emails, one of which to the school she now works in, before any vacancies were even posted. She advised to 'be proactive and make the first move'. Her proactiveness was commented on in her interview and was awarded with her being given the job.

Maisie explained: "I have a say 'yes' attitude. It's important to be flexible, and be open to anything because they're looking for passion and willing to learn."

Mrs Kenward asked Maisie why she chose the gap year route, and the new Old Truronian said: "I wanted more world experience outside of Cornwall and the UK before I go to uni, and to also network and make connections."

Having secured her placement, Maisie set about learning the very basics of Thai during the summer lockdown and has continued taking Thai classes now she's out there.

She said: "A little effort goes a really long way. Local people are really appreciative if you try. I've made friends with a group of Thai university students so I practice with them and they practice their English with me."

But as you can imagine, travelling all that way on her own in the middle of a global pandemic was not easy and she had to face many challenges. Having sorted her visas but with their borders closed, Maisie had to gain special permission from the Thai government to enter. There were no outbound flights except one specially chartered flight for staff working in international schools in the country.

It has now been a couple of months and Maisie is feeling more settled than when she first arrived. Her flatmates work at the same school, and through networking also has friends in other international schools, as well as the group of local university students who she says has 'helped her to see more of Bangkok off the tourist trail'.

Like here, Maisie has half terms and holidays off, which gives her the chance to see more of Thailand including picture-perfect beaches.

She said: "At first I was a little nervous travelling around but now I wouldn't think twice. I receive a stipend of roughly £200 a month, which in Thailand is enough to live on so I can afford to book hotels and hostels. I also don't have any living costs as part of my job so that's something I'd recommend looking for in a gap year placement."

We look forward to hearing more from Maisie's adventures, and for any students who missed it or would like to listen again the talk was recorded and can be found here.



### Zac Fine CO01

Zac featured in Cornwall Live where he opened up about his mental health and the perception of masculinity regarding men's mental wellbeing. After experiencing depression and realising there is a lack of support for men's mental health, Zac retrained as a psychotherapist and now owns his practice in St Agnes.

Zac told Cornwall Live: "Men need visible examples and positive role models, and a mentor to guide them. We need those close bonds with other men, the support from our peers, not out of hate and competition but out of love and friendship because that's what support's about, whether it's through sport, like football or surfing, or having a pint in a pub with friends."

### Austin Hansen CO09

Since leaving after his GCSEs in 2009, Austin returned to the USA to complete his education and subsequently joined the US Marine Corps. He recently finished his active military service and has been accepted onto a BA Arts degree in 'Liberal Studies' at Georgetown University, Washington D.C.



## CHBN Radio YOUR Community, YOUR Christmas

### Schools in our community – we would love to hear from you!

This Christmas will be very different to any other we've had before. You might not be able to have your usual Christmas concerts or nativity plays but you can still spread the magic of Christmas on CHBN.

We would love to hear your wonderful voices on the radio throughout December so that your friends, family and our Truro community can all enjoy some of your festive sparkle. Perhaps you could record a class song or an instrumental piece, it could be a solo, a duet, a group, as long as it's Christmassy anything goes!

We would be very honoured to play our favourite entry on **Christmas Day**.

The closing date for submissions is  
**1st December, 2020.**



For more information and to find out how to submit an entry please email [christmas@chbnradio.org](mailto:christmas@chbnradio.org).

**ON 100.8 FM ACROSS TRURO | ONLINE | IN HOSPITAL**

A Big

# THANK YOU



## TRURO SCHOOL

for supporting Truro Foodbank at harvest 2020.

Especially in these covid times your **donation** really helps  
to make a **BIG** difference to local people in crisis.

Truro foodbank is part of the Trussell Trust's UK wide foodbank network.



# Covid-19 Information for Parents and Carers

You should contact NHS 111 or 119 if your child has Covid-19 symptoms to find out whether they need to be tested. Our medical team **cannot** advise parents of day pupils about whether or not they need to be tested.



TRURO SCHOOL

## Covid-19 Symptoms

### A high temperature

Over 37.8 oC

**OR**

### A new, continuous cough

This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

**OR**

### A loss or change to your sense of smell or taste

This means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If your child does not have symptoms of Covid-19 but has other cold like symptoms, such as runny nose, they do not need to be tested and they or members of your household do not need to self-isolate. Your child can attend school if fit and well. If they are not well enough to attend School please advise us via the appropriate absence line - 01872 246 118 (Senior School) or 01872 272 616 (Prep) or there are email addresses - [absence@truroschoo.com](mailto:absence@truroschoo.com) (Senior School) and [prepoffice@truroschoo.com](mailto:prepoffice@truroschoo.com) (Prep).

## What to do if:

### Your child has been advised to be tested for Covid-19:

- Do not send your child to School
- Book a Covid-19 test directly
- Household self-isolates
- Inform School immediately via the appropriate absence line - 01872 246 118 (Senior School) or 01872 272 616 (Prep) or there are email addresses - [absence@truroschoo.com](mailto:absence@truroschoo.com) (Senior School) and [prepoffice@truroschoo.com](mailto:prepoffice@truroschoo.com) (Prep).
- School staff will be in contact to set up enhanced remote learning support

### Somebody in your household has been advised to take a Covid-19 test:

- Do not send your child to School
- The household member should book a Covid-19 test
- Household self-isolates
- Inform School immediately via the appropriate absence line - 01872 246 118 (Senior School) or 01872 272 616 (Prep) or there are email addresses - [absence@truroschoo.com](mailto:absence@truroschoo.com) (Senior School) and [prepoffice@truroschoo.com](mailto:prepoffice@truroschoo.com) (Prep).
- School staff will be in contact to set up enhanced remote learning support.

### Your child has tested positive for Covid-19:

- Do not send your child to School
- Inform Truro School immediately by emailing or calling the Head or Head of Prep.  
Senior – 01872 246008 or [head@truroschoo.com](mailto:head@truroschoo.com)  
Prep – 01872 243120 or [prephead@truroschoo.com](mailto:prephead@truroschoo.com)
- Self-isolate for at least 10 days or as advised.
- School staff will be in contact to set up enhanced remote learning support.

## When your child can return to school:

If you have not been advised to self-isolate by the NHS Track and Trace service then your child can return to School if the test is negative, providing they are well enough.

Your child can return to School if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by the NHS Track and Trace service.

Your child can return to School after 10 days, even if they still have a cough/loss of smell or taste. These symptoms can last for several weeks.

continues on next page

**Somebody in your household has tested positive for Covid-19:**

- Do not send your child to School
  - Inform Truro School immediately by emailing or calling the Head or Head of Prep. Senior – 01872 272 763 or head@truroschoo.com Prep – 01872 272616 or prephead@truroschoo.com
  - Self-isolate as advised
  - School will be in contact to set up enhanced remote learning support.
- 

**Contact tracing has identified my child as a close contact:**

- Do not send your child to School.
  - Self-isolate for at least 14 days as advised by NHS track and trace.
  - Inform School immediately via the appropriate absence line - 01872 246 118 (Senior School) or 01872 272 616 (Prep) or there are email addresses absence@truroschoo.com (Senior School) and prepoffice@truroschoo.com (Prep).
- 

**Your child has been in contact with someone who has been identified as a close contact:**

- Attend school as normal.
  - If your child does not have any Covid-19 symptoms they should carry on with normal activities.
  - If they present symptoms, please follow the relevant advice elsewhere in this document.
- 

**Your child has travelled abroad and has had to self-isolate:**

- Do not send your child to School.
- Inform School immediately via the appropriate absence line - 01872 246 118 (Senior School) or 01872 272 616 (Prep) or there are email addresses - absence@truroschoo.com (Senior School) and prepoffice@truroschoo.com (Prep).
- School staff will be in contact to set up enhanced remote learning support.
- Self-isolate for 14 days in line with quarantine advice.

Your child can return to School when they have completed 14 days of self-isolation without any symptoms.

---

Your child can return to School when they have completed 14 days of self-isolation without any symptoms.

---

Your child can return to School when they have completed 14 days of self-isolation without any symptoms.