



Friday Bulletin

22 JANUARY 2021: TRURO SCHOOL NEWS AND UPDATES



Helping Hands

What is helpfulness? Doing little things that make life easier for other people. Charles Dickens said 'no one is useless in this world who lightens the burdens of others'.

"Think about small acts of help that you can offer others, because if we all start to practice doing these things and making being helpful a habit, these small acts will add up to something substantial. They don't have to be huge acts of helpfulness. They don't have to cost huge amounts of money or lots of time. You could help a sibling with their online learning, do something small to help around the house during this period of lockdown like keeping your room tidy, exercising a pet in the garden, or phoning a relative who'd appreciate a call."

How were you of help this week?

[**Click here to watch this week's assembly**](#)

Creativity

"This week, I want to reflect on creativity. I am going to start by sharing with you what I think is one of the most important skills you can ever learn, the skill of knowing what to do, when you don't know what to do."

[Listen in full here.](#)





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News flash

Year 2 were tasked to create their own headline front pages or record a news bulletin based on the Highway Rat. Read all about it in their papers below!

THE GOOD NEWS
ROBBER RAT TURNS
ROBIN HOOD!

1. A remarkable care of
Rat, the Highway Rat joins
forces with Mrs Duck to
help feed the homeless.
2. Good News! Based
on a witness who saw the Sir
and the duck marking our local
Tunnels yesterday afternoon.
Miss Bo Bunny aged six said
"I think the Rat is a good boy!"

THE DAILY FALCON
ISSUE NO. 2
THE HIGHWAY RAT GETS FAT!

Following on
from the Highway
Rat's new job at
Sheepy's Cakes, the rat
has been eating far too
many pastries. His
tummy has got so
huge, he can't get on
the train to school.

Mrs Gregory shared this screenshot of one of her virtual lessons this week, where she discovered a 'together mode' making it look like a 'classroom from classroom'.





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Stone Age

Year 3 are still in the Stone Age. This week they learnt about cave paintings and some children got busy doing their own versions. They also discovered the foraged food Stone Age people would've eaten, mostly consisting of berries and nuts which some pupils made into a stew.



Saffron recorded a lovely nursery rhyme about metals in science to the tune of Frere Jacques.

Jensen recorded his science experiment filtering water through soil. Charlie also sent in photos of his investigation into soil permeability.





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Grand Designs

Across the year groups pupils have really let their imaginations guide their DT projects to come up with some impressive concepts. Children explored colour changing wetsuits, dog collars, surf boards, gym beams, and duvets, to self-repairing space suits and designed what their ideal futuristic house would look like, which featured slime rooms!





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Right now, there may be times when you're not feeling 100% happy because we all miss our friends and things to look forward to. Iris and Harvey came up with a wonderful way to feel better this week. They made a 'post-pandemic box' and filled it with ideas big and small that they want to do after the virus 'when the rules are gone'. Harvey wants to try out a skatepark, Iris wants to eat croissants on a campsite in France, and we all want to have lots of friends round to play!



Casper has been keeping bushcraft alive!



George made a viking shield for art, and an alpine postcard for English.



George M sketched his leopard called Lionel which was a Christmas present.



It was rather a wet week, so in a games lesson Jack decided to do some baking (but they did go for walks during the week!).





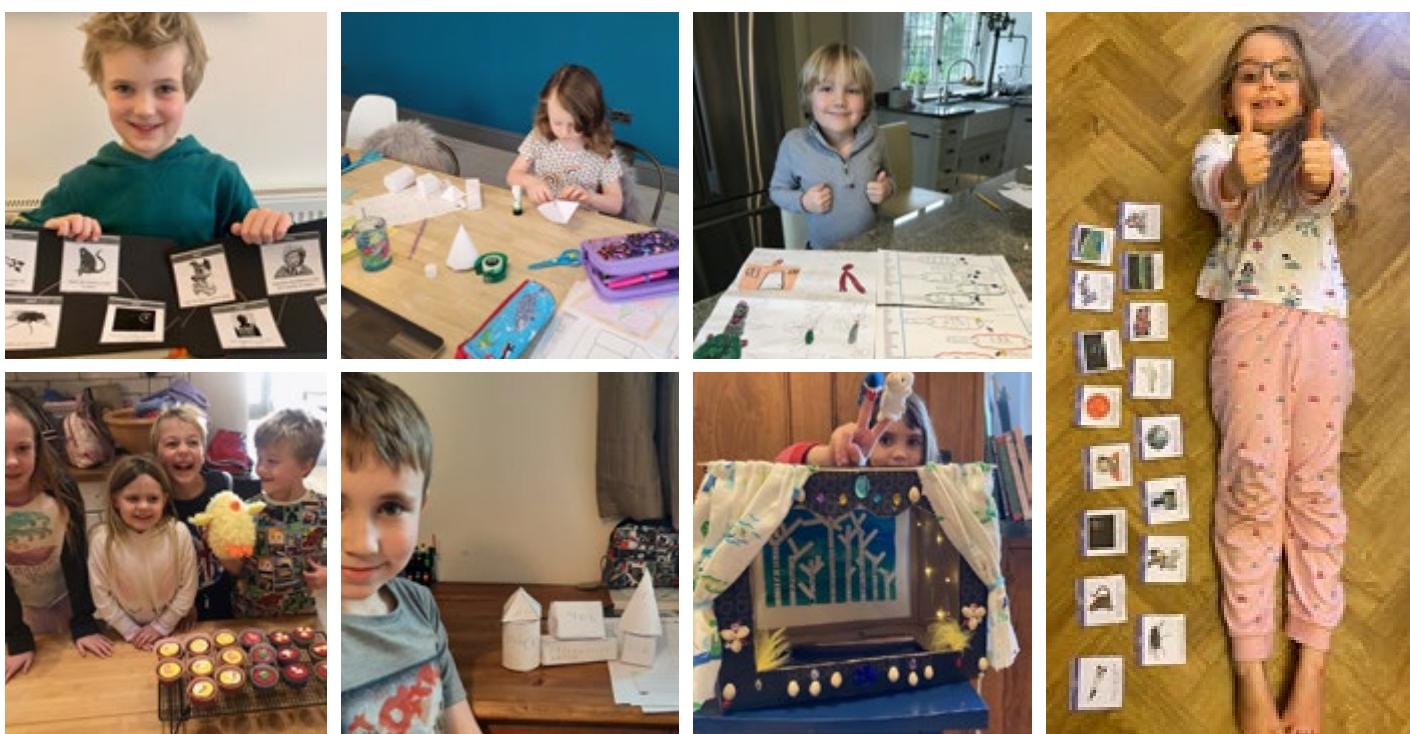
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Nursery were introduced to a new approach to writing called, 'squiggle while you wriggle'. This involved using gross motor skills to write. The children held a piece of material in each hand (flappers) and copied Mrs Banks' moves. They went up, down, to the side, to the other side and then crossed their arms over. This was then transferred to large sheets of paper and crayons held in both hands doing the same moves on the floor, all done to a bit of Dolly Parton. The children were very proud of their amazing writing.



A collection of Pre-Prep getting stuck into English, maths and science this week.

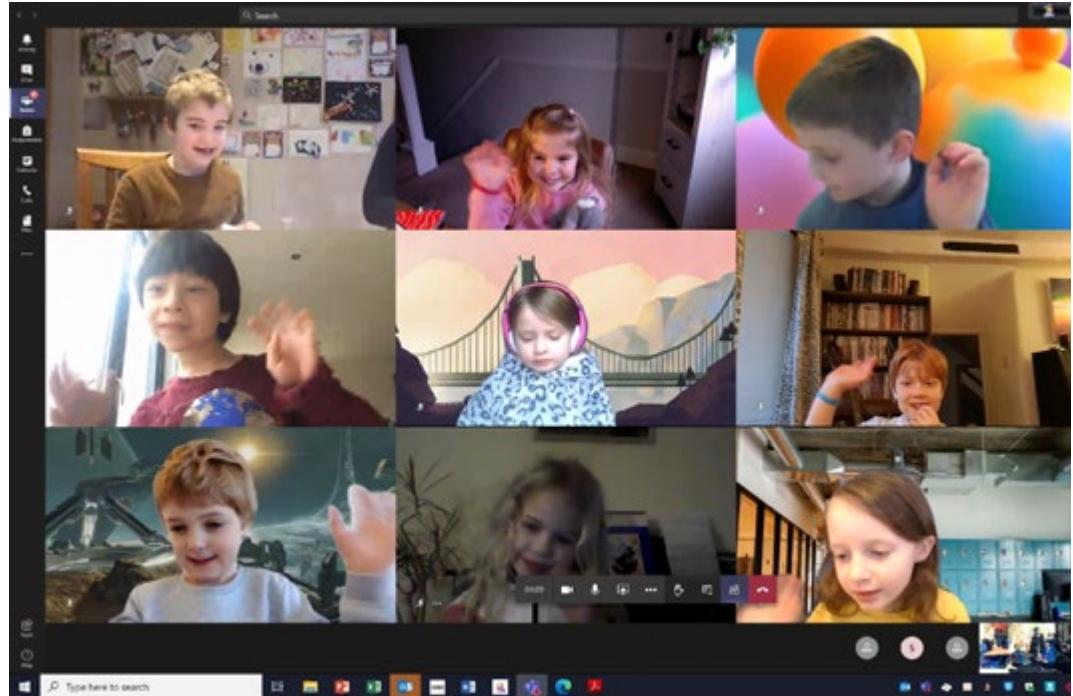




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Here's a screenshot from a Year 2 Teams lesson. Some colourful backgrounds there!



Big Garden Birdwatch



Looking for a family friendly activity? The RSPB have some lovely resources on their website to get children more involved with nature in the garden or out on walks, from bird spotting to making nestboxes.

Find out more on their [website](#).



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the famous
BY MONKHOUSE
Schoolwear Specialists

Important Update *Website Change*

Dear Customer,

Your current online school shop on store.famousbranches.com will be making the exciting transition to www.monkhouse.com.

Your school shop will stay the same but will be part of the exciting upgrade happening to the Monkhouse website soon.

All we ask is that you forward the attached information to parents and make sure to update your school's uniform information on your website. When the transition takes place, there will be an automatic re-direct to www.monkhouse.com.



**Your new
online school
shop.**
monkhouse.com



WEEK 2 HALL OF FAME





CURRENT RESULTS

School	Smith	Vinter	Wickett
22	23	9	8

LOCKDOWN HOUSE COMPETITION

WEEK 3 CHALLENGES

1. Stop Motion Animation Challenge

Stop motion is an animated filmmaking technique in which objects are physically manipulated in small steps between individually photographed frames so that they will appear to show motion or change when the series of frames is played back. Any kind of object can be animated, but figures with movable joints (puppets, action figures, Barbies, Lego figures etc are good) or plasticine figures (think Wallace and Gromit or Pingu) are most used, but you can also use drawings to make your 2D image come alive.

Be inspired and get creative: <https://wallaceandgromit.com>

Using fruit and vegetables: <https://youtu.be/MEqIOuvlgSY>

Using Lego: <https://youtu.be/1RMKR8h03iw>

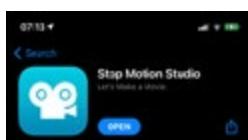


Learn how:

<https://tinkerlab.com/easy-stop-motion-animation-kids/>

<https://youtu.be/J3pzivXGMfl>

You do not have to download an app, but if you do, please ask your parents' permission first and search for a free app.



If you are downloading an app, I used this simple free app, but there are many others. Please ensure your video is no longer than 10 seconds.

If you would like an added challenge...can you add commentary? Can you centre it around a message, for example wear a mask, pick up your litter, drink more water?

Use your imagination and be creative!

Please submit your 10 second video entry (mail drop) or if you have difficulties emailing a video, please send a photo of your animation to competitionhouse@truroschool.com by Wednesday 27 January, 9am. Please include your **name, form, and competition house** with your entry.

2. Acts of Kindness Challenge (this is a two-week challenge)



Your challenge is to make at least one act of kindness to help somebody else. It could be in your immediate or extended family or in your community. We have given you two weeks to complete this challenge to allow you two weekends to complete more kind acts.

Your act of kindness could simply be making your parents a cup of tea or calling an elderly relative but also something bigger like volunteering in your community or completing your own charity event. Try to be as creative as you can.

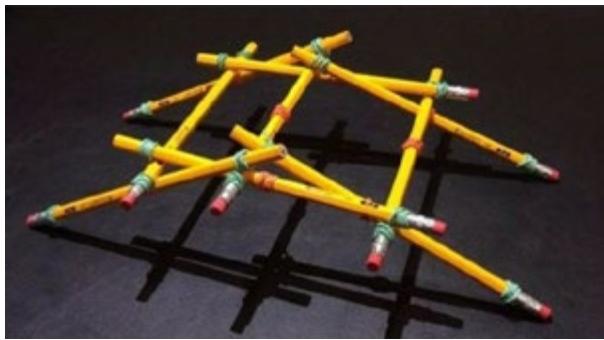
Helping others can make an enormous difference to them, but it can make an even bigger difference to ourselves. It helps us to think outside ourselves and encourages us to think of others and it is well proven that helping other people can help your own mental health and well-being at the same time. Of course, you also need to make sure that you also look after yourself as well and do not hesitate to reach out if you need support.



Please send all submissions and photos to competitionhouse@truroschool.com by Wednesday 1 February, 9am. Please include your **name, form, and competition house** with your entry.

3. STEM challenge

Here is our amazing STEM Challenge!!! There are many exciting Science/Tech and Engineering projects that you can complete at home. Here are the three super challenges this week; you can complete as many as you like. Photographic/Video evidence of your success would be fantastic.



A. Create a Da Vinci Bridge

Use your pencils/pens/rubber bands to create a bridge that can hold some of your Truro School work that you have completed over the lockdown period. A photo would be excellent as well as telling us the mass that the bridge supported.



B. Create a Volcano

Simply make a mixture of Vinegar/Water/Washing up liquid and perhaps a red food colouring (Please be careful when using dye and ensure you have protection on your carpet/surfaces). Add this to a good amount of baking powder in a Volcano shaped container and the Carbon Dioxide created can make a superb Volcano effect. A video or photo would be amazing.



C. Paper Planes

Create your best paper plane - ideally in house colours or with your house logo and measure the distance it can fly. Planes must be launched from the ground only, not from a height. Distances in m and cm please.

Please email your photo to by Wednesday 27 January, 9am:

competitionhouse@truroschool.com to enter. Please include your **name, form, and competition house** with your entry.

Special Half Termly Challenge

(this special challenge will run throughout lockdown until half term)

Please ensure you complete this challenge following all government guidance.

How high can each house climb together?

As a combined total will your house climb the equivalent of Brown Willy, Snowden, K2, Everest...?

Your challenge climb:

1. Using a single step repeatedly or a flight of stairs, count how many steps you climb. Set yourself a time limit which is suitable to your ability. 1 minute, 10 minutes, 20 minutes.... it is your choice.
2. Track your climb by using a fitness tracker or equivalent and upload your evidence. If you don't have a device, ask a parent to count with you and they can be your evidence.

3. Submit your entry using this [LINK](#)

Virtual mountains	No of steps	No of flights
Slieve Donard, Northern Ireland	5,390	360
Scafell Pike, England	6,180	412
Mount Snowdon, Wales	7,120	475
Ben Nevis, Scotland	8,810	587
Mount Blanc, France	30,420	2,028
Mount Kilimanjaro, Tanzania	38,680	2,578
Mount Everest, Nepal	58,070	3,871

Virtual buildings	No of steps	No of flights
Millennium Dome, England	320	21
Sydney Opera House, Australia	425	28
Clifton Suspension Bridge, England	490	33
Big Ben, England	632	42
Forth Rail Bridge, Scotland	680	45
BT Tower, Birmingham, England	997	66
Blackpool Tower, England	1,036	69
Seattle Space Needle, USA	1,164	78
Canary Wharf Tower, England	1,600	107
Petronas Twin Towers, Malaysia	2,860	190
CN Tower, Toronto, Canada	3,500	233



How high will your house climb?

Please submit your entry via the link above, however if you have a photo of yourself completing the challenge please upload it via the Form or send it to competitionhouse@truroschool.com. Please include your name, form and competition house with your entry.

Teams Guidelines

For Prep pupils

The best way to use Teams is to remember how you are asked to behave in the classroom: not shouting out, not distracting others, being respectful of everyone's ideas and contributions and working hard! Of course, it is very important to enjoy your learning and that is why we have set out some guidelines to make sure that everyone has a very positive experience as they learn remotely.

- Your camera and microphone should only be used as **directed by the teacher**. Please do use your camera and microphone when your teachers say this is fine, but remember to turn them off as soon as you are asked to do so.
- You should use the 'hands up' option during lessons to ask permission to speak; this will stop everyone talking over each other and causing too much confusion.
- Children shouldn't be meeting their friends on Teams outside the set meeting times. A teacher should always be present during Teams lessons so please make sure you join the meetings at the correct times (not early) to be sure that the teacher is there and ready for you.
- You **do not** have to wear your school uniform for your online lessons but you must be dressed properly and not still in your pyjamas! It is a good idea to wear comfortable clothing when you are sat at the computer/in front of a screen for your lessons.
- Earphones cut background noise and help to make the sound clearer. Please don't ask your parents to buy earphones for you just for this purpose but if you do have them, you may find them helpful for your online lessons.
- You should **not eat** during lessons – rustling packaging causes a problem!
- You **strictly** must not use the phone option on Teams and should avoid using emojis/gifs/memes in the chat; this is distracting for other children and can be very irritating to others who are trying to learn.
- Remember that any resources (worksheets or helpful documents) uploaded in Teams can be found by clicking in the 'files' tab in the correct channel.
- Ignore the 'general' channel – the channel to use is the one for each specific week that is dated.

Truro School virtual football programme

Linked below is a programme of events that all ages can access and have a go. Whilst the foundation of the programme is football-based, there is something for everyone, ranging from Truro Prep mini's, strength and conditioning, technical sessions, parent webinars, family quizzes, and much, much more.

Head of Truro School Football, Glynn Hooper, commented on the partnership: "Whilst we are in the early stages of our partnership with Saints South West, this relationship is only going from strength to strength. We were all keen to develop a remote programme that has something for all our community at Truro School. You do not have to be an avid football fan to access the content that is on offer; whether it is strength conditioning work, speed and agility or the family quiz, it has been designed to engage as wide an audience as possible. "

To join in, simply click on the Zoom links on the PDF below.

VIRTUAL TIMETABLE | Truro School



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mini Prep (4-6) Fun Games 5.00-5.45pm	U7-U11 Workshop 5.00-5.45pm		U7-U11 Goalkeepers 5.00-5.45pm	Virtual Personal Coaching Sessions Book sessions and time slots by clicking here .	R and R
PREP SCHOOL Technical 6.00-6.45pm	Soccer Centre (7-11) Technical 6.00-6.45pm	U7-U11 SAQ/S&C/Fitness 6.00-6.45pm U12-U18 Workshop* 6.00-6.45pm	R and R	U12-18 Goalkeepers 6.00-6.45pm		R and R
Senior School Technical 7.00-7.45pm	Parent Webinar Workshop* 7.00-8.00pm	U12-18 SAQ/S&C/Fitness 7.00-7.45pm		Family Activity Quiz/Games 7.00-8.00pm		

*Team sessions = age group coaches if possible to organise team specific sessions/socials

*Workshop = various topics each week

R and R Rest and Recuperation