



Friday Bulletin

FRIDAY 29 JANUARY: NEWS, NOTICES AND FORTHCOMING EVENTS

Dear Parents and Carers

Thank you for your ongoing support. At the end of another busy and positive week, I am mindful that there has been much recent media or social media coverage focused on learning loss in schools. At Truro School, however, there remains much learning and wider activity of real impact going on. I commend all pupils, parents, and staff for this collective effort, and champion those efforts in the face of the wider negative portrayals. I do this whilst also recognising absolutely that not every individual thrives in the way they would like at this time, and we continue to do all we can to support those in this position. Next week is Mental Health Week and children will be guided through a range of initiatives by tutors on Monday, both to promote wellness for all, and to help identify and support those who may be struggling. This will include ways to limit screen time without undermining education. The value I reflect on in today's video message, therefore, is that of Compassion – by and towards pupils, staff and families alike.

By way of more specific updates, our Covid Steering Group continues to meet regularly. Covid testing is a standing item. Whilst we continue not to have had any positive tests for staff or keyworkers coming to the site this term so far, may I remind parents that if any of our pupils should unfortunately catch COVID, please do let us know by emailing csg@truroscool.com whether your child is attending school or studying at home remotely.

In addition, our next two parental Q&As are next week, with 1st and 2nd year parents on Tuesday 2 February and Lower Sixth parents on Thursday 4 February. Invitations and requests for questions in advance have been sent out via School Comms and have been uploaded to the [Lockdown Learning](#) Events tab on the website.

My very best wishes to you all, and your families for a peaceful weekend, and I look forward to being in touch again next week.

Mr A Johnson



Compassion

"To be compassionate is to champion the needs of others. Empathy is a start, where we seek to understand the feelings or situations of others. But compassion is more, it is about choosing to act on that understanding."

Mr Johnson reflects on compassion in his weekly address.

Listen [HERE](#)

MONDAY, 1 FEBRUARY

5th Year: Deadline for A Level Options

Sustainability Committee: Meeting, 4.00pm

TUESDAY, 2 FEBRUARY

1st and 2nd Year Parents: Online Q&A Session, 5.30pm

WEDNESDAY, 3 FEBRUARY

Lower Sixth: Deadline for Upper Sixth Options

THURSDAY, 4 FEBRUARY

Lower Sixth Parents: Online Q&A Session, 5.30pm

FRIDAY, 5 FEBRUARY

1st - 5th Year: Tutor Time, 8.45am

Sixth Form: Head of Year Assembly, 8.45am



Revd Aubin de Gruchy welcomes parents and shares his greetings from Truro School Chapel in this week's message.

Listen [HERE](#)



Friday Bulletin

Children's Mental Health Week



Next week is Mental Health Week and we wanted to provide an opportunity for the whole community to think about wellbeing through a range of activities.

This is about everyone looking to find space to breathe and reflect, while being creative.

Mel, our School Counsellor, has shared the following idea: just doing these ACE activities through the day, however big or small, can help with a healthy life balance:

- **Achieve** - work, chores, study
- **Connect** - with friends, family, community
- **Enjoy** - play, fun, pleasure

The aim of this year's event is 'Express Yourself'.

We plan to start the week with a whole school chapel, where the Rev, Mrs Ellison and a few friends will introduce the themes for the week.

In tutor time, we are allowing pupils the freedom to explore a range of activities to help with mental health and wellbeing; some are creative, others encourage self-expression and some allow space to reflect, with screens off. We are asking all pupils to keep a short journal to

share with their tutor on Friday.

We hope everyone will find that the activities help with their wellbeing.

As we move forward we would like to keep the ideas which work well to help us all.

Mrs Ellison
Deputy Head (Pastoral)



TRURO
SCHOOL

Friday Bulletin

Join the Team

Careers and Industry Talks

Tuesday 11 February - PR and Communications Careers

David Paull, a former pupil will be talking about his career. He studied Politics at university and has worked in PR and communications for large multinational companies for most of his career. Students interested in finding out more about careers in these areas should join the Careers and Industry Talks Team to attend.

Aspiring Healthcare Professionals Team

Wednesday 3 February - Lorraine Moore, Senior Pharmacist

4th Year upwards. On Wednesday 3 February at 7:30pm Lorraine Moore, Senior Pharmacist for critical care and anesthesia, will be giving a talk about her career through the aspiring healthcare professionals team.

Sport and Wellbeing Team

All years

There are lots of competitions, activities and ideas to keep you feeling good, motivated and healthy on the Sport and Wellbeing Team. Join the Team and have a look what's on offer! View the Daily Bulletin for the code.

INFORMATION ABOUT ALL THIS TERM'S CLUBS AND ACTIVITIES CAN BE FOUND ON THE CO-CURRICULAR PAGE OF MOODLE.

YOU CAN ALSO READ MORE ON THE [USEFUL DOCUMENTS](#) WEB-PAGE IN THE LOCKDOWN LEARNING 2021 SECTION.

Virtual Macbeth

Some of our 2nd Years have taken the exciting opportunity to perform in a virtual production of Macbeth. During their Wednesday Afternoon Activity, they have been exploring a world of battles, skulduggery and things that go bump in the night. We're looking forward to seeing the final performance!



Important Information

Parent Portal

As well as information about your child/ren, the Portal also 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).

Pupil Absence

Although the majority of students are working remotely, we do still need to know if they will not be taking part in online lessons due to sickness or appointments please.

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



Friday Bulletin

Average Aliens

Consolidating their work on averages, Mrs Mulready's 1st Years were given data and asked to design the Average Alien. This included working out its colour, height, the number of arms, eyes and antennae as well as its hobby. Great work!



Invitation

Boarders' Curry Evening Saturday 6 February

As part of mental health week, Mr Copeland and the boarding community would like to invite the whole school to join them for their annual boarders' curry evening on Saturday 6 February.

To join the event, simply enjoy a curry in your home with other members of your household and send in a photo to news@truroscool.com

Everyone's invited!



Big Garden Birdwatch

The RSPB event takes place this weekend and requires people to sign up and spend an hour recording bird life in their own garden/park etc, between 29 and 31 January.

The information is on Moodle and via the Teams page. Please contact Mrs Vaughan if you would like to find out more. <https://www.rspb.org.uk/get-involved/activities/birdwatch/>





Friday Bulletin

Ollie's journey of curiosity and creativity



In 2019, Ollie had a total hip replacement after three years of battling with arthritis. During that time, Ollie was distraught at not being able to play his cello, or the piano, so re-found a love for composing music. Since then, 15-year-old Ollie has been on a remarkable journey of curiosity and creativity; he recently contacted us to share his story.

"I spent endless hours writing my own music in the styles similar to that from film/tv, and akin to the likes of Ludovico Einaudi and Hans Zimmer. After my operation, I had composed four pieces so decided to look into how to put my music on streaming platforms such as Spotify/Deezer etc. I found a company called "Ditto Music" that were willing to do so. I compiled my four pieces, created a website and released my first ever solo album, called "Images" which highlight the ups and downs of my life with arthritis, and then a new hip.

"This sparked my curiosity further to really see how professional musicians survive, despite the financial stereotype!

I took online courses throughout my recovery to show me how to construct a great website, and how to set up an E-commerce feature on it. I started making CDs and sheet music for my album that sold within months of being put on sale! This small amount of money along with the tiny amounts I was earning from streams, pushed me to further endorse my knowledge on such subjects.

"In March 2020, the first ever UK lockdown was put into place, and I started to focus on school and academic studies for a bit, but I did start social media pages and accounts, and with help from my parents, I got many more fans of my music than I would ever imagine. This, in turn, boosted sales of pretty much everything! Someone told me to start making "merchandise" which, again, sparked a streak of trawling the internet to find such companies that would help me do so! I found "Bonfire," a company that makes mugs, t-shirts and other merchandise for free, and all profits go towards charitable causes! I got lots of sales in the first few months.

"In August, I released another five songs in an album called "Flight" and was featured on radio stations, and YouTube channels more. I then released another album consisting of three songs called "The Cellist" in December.

"I have learnt everything from managing a business and a website, negotiating customers, making CDs/sheet music, learning how to use music software such as GarageBand and Sibelius and managing an E-commerce store. It has been so interesting."

A huge thank you to Ollie for sharing his truly exceptional story and we wholeheartedly congratulate him on his brilliant creativity and his determination to be curious.

To find out more about Ollie and his music, please visit:

www.olliejonesmusic.com

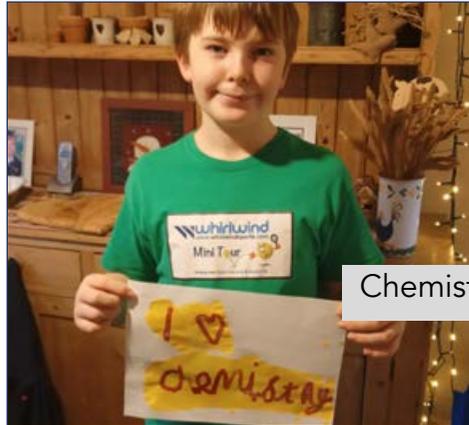




Friday Bulletin

Wednesday Afternoon Activities

This week in Chemistry Club they made up a solution of sodium bicarbonate (or baking soda) and used it to 'paint' an invisible message on their paper. They then mixed Turmeric spice with alcohol hand gel to make a solution (amazing that we can use hand gel as a 'kitchen chemistry solvent'!) and then they painted over their secret message with the Turmeric solution to reveal the message. Turmeric is a natural pH indicator and shows up as yellow in neutral conditions but turns dark red/brown when exposed to alkali. As the sodium bicarbonate solution was slightly alkali, the message magically revealed itself!



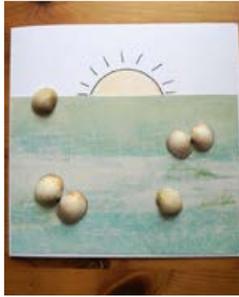
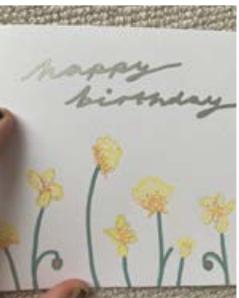
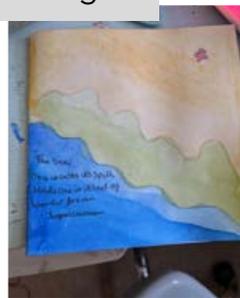
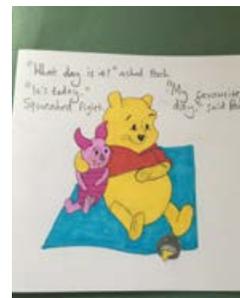
Chemistry Club

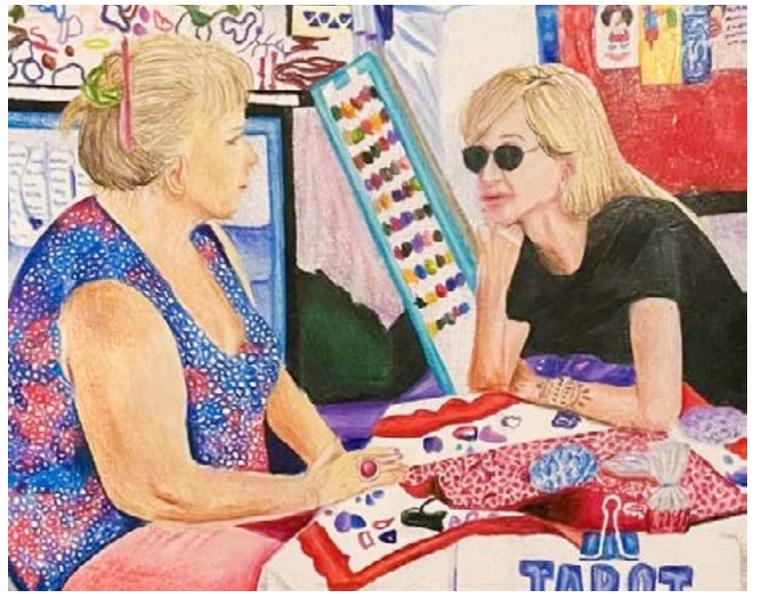


Cookery Club



Card Making





Art in Lockdown

The artwork we receive from our pupils and students continues to amaze and inspire us. Here are just a few examples, including Rebecca's spectacular dog colour pencil drawings, but please do follow [@truroschoo_art](#) on Instagram for all the latest artwork.





School	Smith	Vinter	Wickett
38	29	17	12

Lockdown House Competition

Week 4 Challenges

1. Acts of Kindness Challenge

(this is the second week of 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@truroschoo.com by Wednesday 3 February, 9am. Please include your **name, form, and competition house** with your entry.

2. Photo Recreation Challenge

It is time to get creative and have some fun.... Try to involve your family, pets, friends (remotely – can you screen shot them together?) and props if you can. There are three options, you can enter as many as you like. Please send all photos and submissions by Wednesday 3 February, 9am.

a. Dress your parent up as a Truro School pupil

They can be dressed in full school uniform or Truro School PE kit. Take a photo and send it to us at competitionhouse@truroschoo.com including your name, form and competition house. Please ensure your parents are aware the photo may be published. Two familiar faces wanted to get involved first!



b. Recreate a photo from your childhood or your parent's past

Can you recreate a happy family memory? It may be a photo of your parent when they were younger that you can recreate together. It is time to trawl through those photo albums... Include a copy of the original photo with your entry. Take a photo and send it to us at competitionhouse@truroschoo.com including your name, form and competition house. Here are some examples:



c. Dress as a character from your favourite film and recreate it as a photo

Include the original photo/screen shot from the film with your entry. Take a photo and send it to us at competitionhouse@truroschoo.com including your name, form and competition house. Here are some ideas:



3. 'I bet you didn't know...' fun facts challenge:

Do you know any fun facts that might surprise other people? e.g., "...Vending machines kill 4 times as many **people** per year as sharks...!" Do you know the use for an everyday object that might surprise others?

For example:



Please email your fact or image by Wednesday 3 February, 9am: competitionhouse@truroschoo.com to enter. You must include your name, form and competition house with your entry.

Special Half Termly Challenge

This special challenge will run 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, or your daily walk, to 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, or just use every time you go up and down the stairs.
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. Complete the form via this [LINK](#) to submit your entry:



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@truroschoo.com. Please include your name, form and competition house with your entry.

Head's Challenge

"My challenge for you this week is both to choose an act of compassion towards somebody else, and to accept one for yourself"

Listen to Mr Johnson's reflect on compassion in this week's address [HERE](#)



WEEK 3 HALL OF FAME







Friday Bulletin

FRIDAY 22 JANUARY: NEWS, NOTICES AND FORTHCOMING EVENTS

Virtual Football Timetable

As part of our exciting new partnership with leading Football academy, Saints South West, we are delighted to be able to offer something for everyone within the Truro School community.

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 to go 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.



SAINTS
SOUTHWEST

A PARTNERSHIP WITH
SOUTHAMPTON FOOTBALL CLUB

VIRTUAL TIMETABLE | Truro School

FOOTBALL DEVELOPMENT (U7-U18)
 MINI (4-6) SOCCER CENTRE (7-11)
 Family



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

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.

When the transition takes place, there will be an automatic re-direct to www.monkhouse.com.



Your new
online school
shop.
monkhouse.com

For any urgent queries, please contact:

Tel- **0161 476 7216** -

- **8:30am - 5:00pm Monday to Thursday**
- **8:30am - 3:00pm Friday**

E-mail- web@monkhouse.com

As non-essential retail, the **School Uniform Shop** remains closed during this Lockdown period. However, if you do have requirements for uniform, you can place an order on-line at

Orders will be sorted weekly (Wednesday) and posted out to parents.

In addition, the shop is unable to take in any Second-Hand Uniform currently. We will let you know as soon as this facility resumes.