

20 MAY 2022: NEWS AND UPDATES

Developing Healthy Habits

Following the ideas that were shared last week on leaving a legacy (creating daily habits that guide our behaviours), we have focused on developing healthy habits this week. These are positive behaviours that we repeat so regularly that they tend to occur without us even thinking about them.

We had to get the obvious dealt with first and deal with bad habits; what behaviours are not positive, can be harmful and are sometimes downright annoying!

These could be actions such as biting nails, not closing doors, rocking on chairs and making certain noises. The children were able to think of quite a few of these!

We thought about the habits that can develop when we speak (the ubiquitous 'like' was mentioned) and certain gestures that become habitual.

What about the habits that we develop that can be time-wasters (endless scrolling on phones etc)? I spoke about how I am working on breaking the habit of over-thinking and worrying.

We thought about habits that are worth developing and cultivating rather than those that we want to stop or avoid. Practising good manners, expressing gratitude. These are healthy hygiene habits.

Finally, we thought about some of the habits that we could and should develop at school that will help with relationships, learning and well-being: being prepared (having everything ready), being on time, getting involved in lessons, listening to the ideas and opinions of others, thinking before we speak when we are not feeling 100% positive, asking questions in order to fully understand.

We are in good company when thinking about developing positive habits; I will leave you with words from the wise:

*Your beliefs become your thoughts;
Your thoughts become your words;
Your words become your actions;
Your actions become your habits;
Your habits become your values;
Your values become your destiny.*

Gandhi

Wishing you a peaceful weekend,
Sarah Patterson

MONDAY 23 MAY

Junior Kayaking @ Stithians Reservoir
1.30-4.30pm

TUESDAY 24 MAY

Year 2 beach trip to Castle Beach,
Falmouth 9.15am-2.30pm

Year 3 & 4 Triathlon; parents welcome
(field only) 2.10pm-3.30pm

WEDNESDAY 25 MAY

Y4 play dress rehearsal

Reception swimming demonstration for
parents (group 1) 9am-9.30am

Year 6 Surf Day @ Gwithian Towans
9.15am-4pm

Reception swimming demonstration for
parents (group 2) 9.30am-10am

Year 5 Girls Cricket v Plymouth College
(A) 12.30pm-5.30pm (2.15pm start)

THURSDAY 26 MAY

No senior activities due to Triathlon

Year 5 & 6 Triathlon; parents welcome
(field only) 2.10pm-3.30pm

Year 4 cooked tea 5pm

Refreshments for Year 4 parents in dining
hall 6pm

Year 4 play (assembly hall) 6.30pm

FRIDAY 27 MAY

MOVED to 16 JUNE; Year 4 Camp

FTS Coffee morning - 8.45 Prep School
Dining Hall

Jubilee Celebrations; children to wear
red, white and blue.

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NOTICES

1. Queen Elizabeth's Platinum Jubilee

Next week we would like to celebrate the Queen's Platinum Jubilee as a school community. There will be lessons, assemblies and displays going on throughout the week.



The culmination will be a **red, white and blue day on Friday 27 May**. We invite all children to dress in red, white and blue for the occasion. Parents are welcome to join in the fun for drop off and pick up attire!

Lunch will be served on long trestle tables in the assembly hall that will be bedecked with bunting, balloon arches and flags. The Coronation will be shown on a big screen and the children have been busy learning the National anthem, which they will sing before lunch. At the end of the day, children will receive a jubilee memorial coin to commemorate the occasion.

If you have any appropriate decorations that you would be willing for your child to bring in to help decorate their classrooms or the hall, please do send them in.

2. Year 5 House Captains

A reminder to all our Year 5 pupils: please complete your House Captain application forms by Wednesday 25th May, (next week) and place your slips in the box in the office.

3. Messages from Mrs Cameron:

Chicken Pox - Are you seeing SPOTS?

We are aware of children from Pre-Prep who are at home with chickenpox. Referring to Miss Patterson's letter of 26th April, I would like to stress the importance of keeping chicken pox out of school, so I would urge you to please keep checking your child and, if you have any doubt, please speak to your GP. Some children have a fever, abdominal pains, sore throat, headache or a vague sick feeling a day or two before the actual rash appears. This NHS website provides lots of useful information:

<https://www.nhs.uk/conditions/chickenpox/>

Your child can return to school as soon as all of the spots have scabbed over and they are feeling well.

Many thanks for your continued support with this.

Water bottles

Many seem to be feeling a bit run down at the moment and are fighting off various throat, cold and tummy bugs.

I continue to stress to them the importance of drinking plenty of water, so it would be great if you could please ensure your child brings in a named water bottle every day.

Best wishes

Katrina Cameron-Luzmoor, School First Aider
prepfirstaid@truroschoo.com

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Curiosity in Abundance for Prep Extra-Curricular Activities

As part of our extra-curricular activities at Truro School Prep pupils have shown great curiosity while learning about the great outdoors.

Bushcraft Club has been learning how to make a fire and to create their own roasting sticks using tools. They also got into the spirit of their woodland surrounding by wearing camouflaged clothing and painting their faces.

Meanwhile, Grow, Cook, Eat has been busy in the school's garden, planting and weeding in preparation to cook some of their delicious, fresh produce.

Whilst having fun and participating in a wide range of activities, our extra-curricular clubs allow pupils to broaden their horizons and learn new skills without academic pressures.





Creativity and Compassion in Ballet

One of the extra-curricular clubs on offer to our Prep pupils is ballet. In this week's lesson the girls showed great creativity as they learnt new choreography.

The girls also spent time practising their all important foot movements with their dance teacher, Mrs Harvey, for their Grade 3 ballet examination.



Truro School Prep Pupil Shines at SLSGB Championships

One of our Truro School Prep Pupils, James, travelled to Cardiff for the Surf Life Saving GB Nipper Pool Championships at the weekend, representing a small team from St Agnes Surf Life Saving Club.

Despite some setbacks, James showed grit and determination and continued on in the competition to do his very best. James finished with two silver medals for the individual board race and the individual mannikin rescue and is, understandably, over the moon.

James' parents would like to thank George F's dad (coach) and Mrs Raines (swimming teacher) who have helped to shape his outstanding performance and attitude, both in the pool and out! Well done James!

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Digging into Science with Year 3

Year 3 have been learning about how soil is formed and what it contains.

In the lesson, they studied samples of soil dug from the side woods. The soil samples were mixed with water and were shaken up.

When the water and soil settled, the children could see how the heavier, larger particles of soil fell to the bottom of the tube while the lighter, tiny particles were suspended in the water making it murky. Floating on the surface was organic matter which the children were able to explain was mostly tiny bits of leaf and twig from the trees growing above.

The children then used magnifying glasses to look closely at the soil. They observed little pieces of organic matter as well as little bits of stone and even a tiny worm!

With thanks to Mrs Lovett for this interesting lesson and fantastic photos.



Year 5 girls fully-focused on Wednesday's athletics meet with Polwhele!

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Updates from Cubs

The 3rd Truro Cubs were blessed with another beautiful balmy spring evening this week as they formally welcomed the new intake of Cubs who started in January. Parents and siblings joined the group for a small ceremony around the campfire at Tomperrow, preceded by the obligatory toasted marshmallows and hot chocolate of course!

Investiture marks the official start to a Cub's membership of their Pack and the worldwide Scout family. Master of ceremonies, Baloo, asked each Sixer to introduce their new members, who then recited their chosen version of the Cub Scout Promise, whilst saluting the Pack.

A traditional Cubs left hand shake and presentation of their Cubs scarf, woggle and membership badges completed each investiture. Several parent helpers were also formally invested as leaders and all of the cubs also received an additional bonus badge to mark the Queen's upcoming Platinum Jubilee – one of the shiniest badges in existence!



The Cubs then gathered around the big rope used to bring the Sixes together at the beginning and end of sessions, to reinforce the important values and expectations of membership and to reflect on lessons learned during the activities. It also serves as a good prop for some fun games - the calm serenity of the ceremonial events and background babbling of the stream were soon replaced by an exuberant demonstration of the circle of trust!

Well done to all of the new Cubs for completing their investiture. If any other pupils are interested in joining, then look out for further details in due course for the September intake.



ACHIEVEMENTS

Pre-Prep



The following pupils have been awarded with a Golden Award Certificate

Holly	Teddy	Malhar	Harleen
Bertie	Neesha	Freddy	Quinto
Arlo	Foster	Anantveer	

Golden Table

Black Table

House Point Form Champions

Rozalia 3LL

Alex & Ellie 3SM

Jensen 4ME

Ethan 4SC

Ottilie, Harry R, Freddie & Joseph 5CD

Olivia & Winnie 5JL

Sam 5SL

Lorcan 6AG

Dan 6DG

Alfie & Freddie 6LJ

Merit Awards



Bronze Merit Awards

3SM: Florence, Aria, Alex, Ellie

ACHIEVEMENTS

Reading Star Awards



Bronze Reading Awards

3SM: Qaveem, Hugo, Oliver



Silver Reading Awards

3SM: Charlie, Miles, Alex, Freddie, Oscar



Platinum Reading Awards

4ME: Jenny



Diamond Reading Awards

4ME: Jenny

Maths

3 x 5

4 x 6

2 x 8

7 x 2

Times Table Challenge Certificates

3LL: Henry, Amaya

3SM: Qaveem, Florence, Oliver

4ME: Niamh, Jenny

4SC: Archie, Ben

5CD: Teddy, Indira, Dexter

5JL: Winnie

6AG: Joseph, Evelyn

6DG: George

Ice Skating



Alyssia (3LL) has completed Skate UK Levels 1-6.

Horseriding



Delilah (4ME) and her pony Surprise won rosettes at a Showjumping competition on 15th May.

3rd place in Open 50cm Show Jumping

3rd place in 60cm Show Jumping

Supporting healthy dialogue around mental health

Last week was Mental Health Awareness Week. As a part of this initiative, Joe Wickes has launched a new campaign to support parents in talking more openly with their families about mental health and their own mental wellbeing.

For more information and child-friendly ways to talk about these issues, please click [here](#).



Making Memories for Amber

We would like to raise awareness of a local cause that you may wish to contribute to.

It is a fundraiser for Amber Morrison, a mum of three children, one of whom is a former pupil at Truro School Pre-Prep.

Earlier this year, Amber was, tragically, given the diagnosis of a very rare form of cancer called Mesenchymal-Epithelial Transition (MET) Exon 14 Skipping Mutation. It's only diagnosed in 3% of Lung Cancer patients, the majority of whom are over 70 years of age! It's so rare, little research has been explored.

Whilst Amber has been busy [blogging](#) about her journey and raising money for Cancer Research, this fundraiser has been set up by a family friend to raise funds to allow Amber and her family to create precious memories together.

For more information and to donate, click [here](#).



FTS Friends of
Truro School

PREP SCHOOL

Coffee Morning

Everyone's welcome!

Friday 27 May

at Truro School Prep
Dining Room

(after drop-off - please park
behind the sports hall)

We look forward to seeing you there!

Please email fts@truroschoo.com if you have any questions.

FTS | Friends of Truro School

SAVE THE DATE

SUMMER FETE

25TH JUNE 2022

AT TRURO SCHOOL PREP



Sponsored by



children's hospice
SOUTH WEST

rainbow RUN

It's back!
The brightest fun
run for everyone

Saturday 18 June 2022 @ RAF St Mawgan, Newquay
Visit www.chsw.org.uk/rainbow to sign up

Register early for discounted tickets
You can also take part virtually!



Making the most of short and precious lives across the South West
Registered Charity No. 1003334





Our summer events schedule from Truro School Cookery has been extremely well received and we can't wait to welcome you back into our kitchen.

Our much-loved 'Friday Night Is...' cookery classes are mostly sold out, but we do still have limited availability and some great family chef and skill courses available to book.

Our classes promise to sharpen your culinary skills and provide a fun, social environment here at Truro School.

To find out more and to book, please visit the link below:

[CLICK HERE TO FIND OUT MORE](#)





TRURO
SCHOOL



27 JUNE – 5 JULY 2022



MULTI SPORTS

A DAY OF FUN AND GAMES!

MONDAY
30TH MAY

9-3PM

£26 FOR THE
DAY

**A day full of games, challenges
and plenty of fun.**

Please bring a packed lunch.

TO BOOK:

Email:
coaching@thecornishcricketcompany.co.uk

*minimum of 12 bookings for day to run.

