



2019-2020

Number 25

## An Lester Trumach - The Packet Ship

25<sup>th</sup> March 2020

Dear Parents and Carers,

It was very difficult saying goodbye to our wonderful Marlborough pupils on Friday. As adults we are used to having answers to children's questions but in this case we are all entering a time of uncertainty and the unknown. In our final assembly we read Scaredy Squirrel. When Scaredy Squirrel has to go out into the great unknown he discovers that he has a wonderful talent, he is actually a flying squirrel. We have encouraged all of our community to see what they discover about themselves during this time. Miss Finnegan is going to have a go at becoming a dress maker, Mrs Gall is going to have a go at becoming a writer and Mr Swiggs is going to have a go at becoming a Stunt Scooter rider! The children had many ideas about what they might have a go at and we will share our discoveries at our first assembly back in school.

This has been a particularly distressing time for our Year 6 pupils. SATs will not go ahead this summer and we are uncertain about when school will resume. We have promised them that they will return to Marlborough School, they will have their hoodies and a Leavers Party and they will get to invite their families in for an assembly.

As your children are now at home with only one outing a day for exercise and no socialising with people from outside of your household this puts a huge strain on parents. Please use the time between now and after the Easter weekend to readjust to the new 'normal', enjoy each other's company and reconnect. You should have had an email from your child's classteacher with Home Learning Tasks to keep key skills being practised and revised. After Easter, class teachers will send weekly emails with Home Learning Tasks. Please try to do as much as you can with your child to keep those key skills going but do not beat yourselves up if it is not working. Do your best and if it is becoming stressful please contact your child's class teacher. A staff member is on the phone to support you and your child between 8.30am and 3.30pm during the week and class teachers are checking emails regularly. Each Friday your child's class teacher will endeavour to give you some feedback from your Home Learning submission. A member of staff may phone you from time to time to catch up on events and check that you are ok.

School is still open at the moment for the childcare of some children. This week Mrs Rowe, Mrs Nurton, Mrs Blackburn, Mrs Bailey, Mrs Hart, Mr Pryer and Mrs Spooner have been looking after a group of children. Olivia and Heather have been busy organising the running of the school in the office and Angie, Kay and Shirley have been busy making lunches. We will be open throughout the Easter break as well. As always, the Marlborough team will do whatever we can to make sure key worker parents can keep working and that our children feel supported. Please contact us if you have any concerns about your child's welfare or home learning. We have attached the government document- Full guidance on staying at home and away from others.

### Safeguarding

The current arrangements mean that children can become very vulnerable. If you need any help or support with managing the safety of your own children or you have concerns about other families please continue to talk to us. The school phone number is **01326 314636**.

You can contact the Multi Agency Referral Unit on **0300 1231 116**.

<http://www.marlborough.cornwall.sch.uk/website>



## **Free School Meals**

On Monday the kitchen team made hampers of food for those children eligible for means based Free School Meals. This does not apply to the Universal Free School Meals offer that's usually provided for all EYFS and KS1 children. The office will be in contact with families regarding arrangements for next week. If any of our families are having difficulty accessing food during this time please contact the office.

## **Educational Psychologist Support Ideas**

Our Educational Psychologist, Sarah Canavan-King, has very kindly sent out support materials to help any children that may have needs relating to high anxieties, fear of loss, trauma and how they might be processing the current situation. The following might be helpful to you:

### **Helping children manage in unsettling times.**

The Coronavirus outbreak has led to a high degree of worry, uncertainty and concern. The issue has been very present in the news, and all adults and children will have some degree of awareness of events so far, and may have had their lives disrupted.

During these times both children and adults can potentially feel anxious and unsure about their safety. Alongside school, parents can help provide opportunities where feelings can be discussed within a safe context, as well as maintaining a sense of normality, routine and calm. Supporting children will enable them to process and manage their feelings and build resilience.

The following suggestions may be helpful:

- Reassure children that they are safe: Children will need to be reassured regularly they are safe, and that adults will faithfully try to keep them safe.
- Let children know that it is alright to be upset: Tell children all feelings are OK, but it is important to still behave in a polite and respectful way to others.
- Maintain a normal routine: Set up a work/leisure/exercise routine for students at home. Make extra time to listen to what your children need to tell you.
- Place an emphasis on resilience and strengths: Focus on the child's skills, in terms of their daily life. Help them see they have many strengths to help them cope if feeling anxious or upset.
- Look for opportunities to help others: Acts of benevolence, charity and humanity help to restore positivity about the world.
- Provide opportunities for children to be honest about their feelings: Sharing worries or feelings of upset with other family members reduces a sense of vulnerability and isolation, raises optimism and self esteem. Checking in with your children to see if they have any worries can help them start these conversations.
- Provide opportunities for physical exercise: Exercise is valuable in developing natural chemicals in the brain to help us cope with feelings such as shock or worry.
- Communicate any concerns with school: If you have any worries or concerns about your child's emotional behaviour please do let the school know. There will be things the school can do to help further.
- Look after yourself: A time of stress can mean less energy and more potential for illness for you, as well as others. So please take care of yourself.

<http://www.marlborough.cornwall.sch.uk/website>



Packet Points						
This week score table				Termly score table		
Position	Team	Weekly Points	Weekly Score	Position	Team	Termly Score
1 <sup>st</sup>	Swiftsure	214	7	1 <sup>st</sup>	Swiftsure	94
2 <sup>nd</sup>	Walsingham	182	5	2 <sup>nd</sup>	Walsingham	79
3 <sup>rd</sup>	Pelham	166	4	3 <sup>rd</sup>	Chichester	67
4 <sup>th</sup>	Freeling	145	3	4 <sup>th</sup>	Pelham	60
5 <sup>th</sup>	Fox	127	2	5 <sup>th</sup>	Freeling	56
6 <sup>th</sup>	Chichester	111	1	6 <sup>th</sup>	Fox	43

