

## **Carbeile Junior School**

Summer 2019

Newsletter 4

Friday 24th May 2019

### **More Budget Stuff!!**

I arranged a meeting with Sheryll Murray MP on Friday 17th May to discuss our current financial situation at Carbeile. After doing some research on the parliament/commons website, there was some very interesting information about the funding for the South East Cornwall constituency (Mrs. Murray's 'patch').

1. In terms of allocation per pupil England's funding has dropped by 4.9%, South East Cornwall has dropped by 6.3%.
2. Total school allocation has dropped by 4.8% in England, 2.8% for the South West and 7.5% for South East Cornwall.
3. And one of the worst ones is that out of 42 schools in Mrs. Murray's constituency, South East Cornwall, there are 42 schools and Carbeile is the 36th worst funded.

This is of course using the 'fair' funding formula that has been introduced. Maybe not so fair!!

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### **Congratulations**

All at Carbeile would like to say a huge well done to our outgoing Mayor, Mr. Keise, for doing an amazing job during his tenure and to say congratulations to Mrs. Goodman on her appointment to the position of Mayor of Torpoint for the civic year 2019/20. During the 'Mayor Making' ceremony on the evening of Thursday 16th May, I was really impressed with the passion of the speeches from everyone involved in the town of Torpoint.

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### **Sports Day**

Thank you so much to everyone who came along to our Sports Day to support their child in their races. As I said on the day, we believe that 'healthy' competition is an important life skill and one which the children learn a lot from. Sports Day was so enjoyable and I loved seeing the

smiling faces of the children but also the enjoyment that the parents were getting too. We raised an amazing £, which is the most we have ever raised for a Sports Day. Thank you to everyone who contributed to this.

Special mention has to go out to all of our PTFA members and especially Lisa Court who has been fabulous with the amount of time she has given recently and for her commitment to the school.

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### **Classtonbury**

I am sure you will agree that Classtonbury was a resounding success with all of the children really enjoying the experience of a music festival in Torpoint. The crafts they took home were lovely, they all enjoyed local live music and they even had the chance to try some foods from different cultures. It was such a great end to the half term and we loved welcoming so many parents in to school to share the experience with the children.

A big thank you to all parents who donated cakes and especially to Mrs Owen, who always makes such an effort to donate some amazing creations. Thank you also to our live music act, Tom Palmer, who was fabulous all afternoon. A big thank you to staff and students from TCC who showcased some very talented musicians and singers. Thanks again to the PTFA for giving their time to do teas and coffees and cakes. Thank you Jeremy Lock for sorting out all of the sound for the end 2 acts - hopefully it was worth it!!

Thank you to all members of staff for making the day so memorable for everyone involved and for serving ice cream and staying for the mass tidy up at the end.

And finally a huge thanks to my fellow Arts Hub members, Mr. Tamblyn, Mr. James, Miss Hendy and Mrs. Wells for their efforts in organising the event and making it run so smoothly.

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### **New Signs**

Over the coming weeks you will see some 'rebranding' outside the school. We have new signs for our vision, values and learning powers, along with logos and Ofsted comments. We have also got a huge 'Learning Powers' tree coming in to the school hall. This will also be the basis for all lessons, linked to those important learning powers.

There will be a large welcome sign installed soon also, depending on the art work being signed

off. This will be linked to our 8 principles of curriculum design. They outline what all of our learning is like at Carbeile - adults and children alike:

**Creative** – we use our imagination.

**Aspirational** – we aim high.

**Rich** – we deepen our understanding.

**Balanced** – all knowledge is valued.

**Engaging** – learning is exciting.

**Inclusive** – we are all learners.

**Linked** – our learning is connected.

**Everlasting** – we remember.

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### **E-Safety**

Linked to our recent sessions about Mental Health, this week I have chosen a really interesting guide about social media and the potential links to mental health. If you have any concerns about your child, please contact a member of staff to see if we can help with intervention in school or if we can signpost you to another professional.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# SOCIAL MEDIA & Mental Health

## What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

## Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

## 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

## 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

## 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

## 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

## 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

### HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

### OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 800222)
- Young Minds (0808 802 5544)

Meet our expert  
 This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

**NOS** National Online Safety  
 #WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)    Twitter - @natonlinesafety    Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.05.2019

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ans.gov.uk/people/population-and-community-wellbeing/articles/measuring-national-wellbeing/2015-10-20>, <https://www.nhs.uk/health/qa/mental-health/02jul201603544715-af6662c727562a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>

## Did You Know Governors

Sheena Morton, our Chair of Governors has recently been approached to fulfill a role as a 'Local Leader in Governance' by a National Leader in Governance, Jackie Eason to support a new governing body in a school in Cornwall . When Sheena met Jackie, she was told that her file outlining governance at Carbeile was the best she had ever seen and that there was clear evidence of outstanding governance at Carbeile. I was so impressed to hear this and proud of our very hard working governing body.

## **Torpoint Tigers**

I was really pleased to welcome Robbie, Paul and Lisa to our assembly on Wednesday where they explained all about the ethos of the club and the opportunities they can offer (see below). We will be working closely with them over the coming years to try and build a great partnership between Carbeile and Torpoint Tigers.



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## **PTFA**

Do you want to raise money for the PTFA by taking part in the Torpoint and Rame Lions Club 10km Charity Sponsored walk? The walk takes place at Mt Edgcombe Park on Sunday 23<sup>rd</sup> June. Meet at Maker Church for a 10am start. You can walk as individuals/family groups, or you can join a group of PTFA walkers. If you want to walk with the PTFA group, let us know by email - [ptfacarbeile@gmail.com](mailto:ptfacarbeile@gmail.com) .

Registration forms, sponsor forms and details are on the Lions Club site.

<http://e-clubhouse.org/sites/torpointrame/page-6.php>

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Thank you all for your support this half term. It has been a short half term but hugely effective, with some really special, memorable days. 7 weeks and 4 days next half term with some important monitoring visits from a National Leader in Education to get her feel for the direction the school is headed, in light of the Ofsted handbook. There will be the end of year report, transition day and final parents evenings, which we'd love to see you at. Year 5 have their residential and there will be other special trips and visitors for all children.

Let's all make sure the final term for our children in their respective year groups is a successful and happy one.

### Summer Term Dates for your diary

Friday 24 <sup>th</sup> May	Last Day of Half Term
Monday 27 <sup>th</sup> -Friday 31 <sup>st</sup> May	HALF TERM HOLIDAY
Monday 3 <sup>rd</sup> June	INSET DAY – Children <b>NOT</b> in school
Tuesday 4 <sup>th</sup> June	Children back to school
Thursday 6 <sup>th</sup> June	Year 6 iPupils Maths Masterclass at Plymouth University
Wednesday 12 <sup>th</sup> June	Children informed about their new class teachers and TAs
Wednesday 12 <sup>th</sup> June	10.00am – Year 5 Celebration Assembly
Tuesday 18 <sup>th</sup> June	Reserve Sports Day
Monday 24 <sup>th</sup> -Wednesday 26 <sup>th</sup>	Year 5 Porthpean Residential Visit

June	
Tuesday 25 <sup>th</sup> June	10.00 – Year 3 Celebration Assembly
Tuesday 25 <sup>th</sup> June	STEM trip to Exeter Westpoint
Wednesday 3 <sup>rd</sup> July	Year 3 – We The Curious Trip
Friday 5 <sup>th</sup> July	9.30am – Year 2 Parents to Carbeile for introductory talk
Monday 8 <sup>th</sup> July	10.00 – Year 4 Celebration Assembly
Wednesday 10 <sup>th</sup> July	Transition Day – All Year 6 children to TCC, all other year groups to spend the day with new teachers, Year 2 to Carbeile
Friday 12 <sup>th</sup> July	PTFA Summer Fayre
Wednesday 17 <sup>th</sup> July	Health and Well Being Day
Thursday 25 <sup>th</sup> July	Last Day at school
Friday 26 <sup>th</sup> July	START OF SUMMER HOLIDAYS
Tuesday 3 <sup>rd</sup> September	INSET DAY – Children <b>NOT</b> in school
Wednesday 4 <sup>th</sup> September	INSET DAY – Children <b>NOT</b> in school
Thursday 5 <sup>th</sup> September	Children back to school