

2 FEBRUARY 2024: TRURO SCHOOL NEWS AND UPDATES



## Dear Parents and Carers,

As we reach the end of another week, I am once again indebted to you for loaning your children to us from Monday through to Friday. The last week of January is a somewhat dark and dingy place and the media would have us believe that we are all feeling utterly miserable as we reach the peak of the so-called 'January blues'.

Such terminology is clearly not a part of the Truro School Prep vocabulary and whilst it is true to say that the children are very much looking forward to the forthcoming half-term break, the children have taken great pleasure in the raft of opportunities that have come their way.

Furthermore, the sound of children's laughter (almost ever-present around the corridors and playgrounds at Treliske House) is a genuine tonic and it certainly has a beneficial effect on one's well-being. I sometimes feel we should pipe it through to our neighbours at the hospital!

Whilst youthful energy and enthusiasm are at the heart of the children's enjoyment, it is also true to say that they have taken great pleasure from our ongoing work on courtesy and kindness. This week we have focused on the Truro School motto: 'Esse Quam Videri' meaning 'To be rather than to seem to be'. This has provided us with the opportunity to explore what actually makes us who we are.

This week's quote of the week, 'You are what you do, not what you say you'll do' has helped us to realise that it is our actions rather than our words and possessions that truly define us.

I also shared the rather lovely poem 'Not' by Eric Hanson.

On a very different tack, and as I mentioned last week, we are working to offer further support to parents and part of this drive is to provide signposts to relevant networks and services.

This week, Mrs Millne has provided us with information and support on helping your child to enjoy a good night's sleep. This can be found in the ['Family Focus'](#) area in this week's Bulletin.

I hope that you all sleep well tonight and awaken fully refreshed and ready to enjoy a lovely weekend with your excellent children.

With very best wishes to one and all,

Mr Rob Morse  
Headmaster

## Not.

by Erin Hanson

You are not your age,  
Nor the size of clothes you wear,  
You are not a weight,  
Or the colour of your hair.  
You are not your name,  
Or the dimples in your cheeks,  
You are all the books you read,  
And all the words you speak,  
You are your croaky morning voice,  
And the smiles you try to hide,  
You're the sweetness in your laughter,  
And every tear you've cried,  
You're the songs you sing so loudly,  
When you know you're all alone,  
You're the places that you've been to,  
And the one that you call home,  
You're the things that you believe in,  
And the people that you love,  
You're the photos in your bedroom,  
And the future you dream of,  
You're made of so much beauty,  
But it seems that you forgot,  
When you decided that you were defined,  
By all the things you're not

## Saturday 3 February

Celebrating the Importance of Music Event  
Truro School Assembly Hall 6.30pm-9pm (event starts at 7pm).  
**Please note, this event has now sold out.**

## Monday 5 February

Bike checks for cycle rides

## Tuesday 6 February

5SL Coast to Coast Cycle Ride  
9.20am-3.40pm

Year 3 and Year 4 Mixed Cross-Country  
Truro Prep (parents welcome) 2.30pm

## Wednesday 7 February

5CD Coast to Coast Cycle Ride  
9.20am-3.40pm

U11 Girls' Football Festival v Cusgarne, Archbishop  
Benson, Threemilestone, Tregolls and Devoran Schools  
(H) 2pm-4pm

POSTPONED Year 5 and Year 6 Mixed Cross-Country  
Truro Prep (parents welcome) 2.30pm

## Thursday 8 February

5LJ Coast to Coast Cycle Ride  
9.20am-3.40pm

5CD & 6AG Swimming  
SBA Pool, Truro School 1.30pm-3pm

Youth Speaks Competition v Devoran & Perranarworthal  
Schools  
Truro Prep 4pm

## Friday 9 February

Year 6 Netball Qualifier (Cornwall Sports Partnership -  
Truro Area Primary Schools)  
Penair (A) 11am-3pm

### HALF TERM BEGINS

## 19 February - 23 February 2024

[Details may change – please check next week's bulletin for updates](#)

## Wednesday 21 February

U10 & U11 Netball at Mount Kelly  
(A) 1.45pm-4pm (2.30pm start)

Year 5 & 6 Boys' Football v Polwhele  
(A) 1.45pm-4pm (2.30pm start)

## Thursday 22 February

Year 3 Ancient Egypt Workshop  
Royal Cornwall Museum 9.40am-12.20pm

Year 5 & 6 Swimming  
SBA (forms tbc) 1.30pm-3pm

## Friday 23 February

Year 6 Girls' Football Qualifier (Cornwall Sports  
Partnership)  
Penryn School 3G pitch (A) 9.10am-1pm (event 10am-12pm)

## Saturday 24 February

Polwhele Cross Country event  
(A) (Years 4-6) 10am-12pm

## NOTICES

### 1) FTS Family Beach Clean

The FTS is once again partnering with Beach Guardians to organise a Family Beach Clean on the 21st of April 2024. Starting at midday, families are welcome to gather at Watergate Bay to help with a big beach clean. Please bring a picnic and make a day of it! Please see the [poster](#) in this Bulletin for further information.

### 2) Truro Fencing Club Spring Training Camp

Truro Fencing Club are running a camp this half term. Although the camp is unsuitable for total beginners, Year 5 and 6 pupils are welcome if they have fenced for a minimum of one term.

Please see the [poster](#) for more information or use the link here to sign up: <https://trurofencing.club/spring-camp-2024/>

### 3) Head Lice

We have some cases of head lice in school at present and would very much appreciate your help in trying to eradicate them. Please can you check your child's hair this evening if possible, using the wet comb method.

Head lice are difficult to find in dry hair, but in wet hair they lose their grip, move more slowly and can be combed out. Regular combing will help to prevent re-infection as it damages the lice and breaks their life cycle.

To avoid using chemical applications, we recommend washing the hair, rinsing and applying a normal conditioner. Comb through the conditioner with an ordinary comb to remove the tangles. Then, using a head lice comb, part the hair into sections. Comb through, starting at the scalp and out to the end of the hair. After each stroke check the comb for lice and rinse or wipe the comb. After combing the entire head, rinse out the conditioner.

To try and limit the spread of head lice we would advise weekly wet-combing as above, maintain long hair in a ponytail or braids, avoid sharing combs/brushes and hair accessories and do not allow head-to-head contact.

Many thanks for your help with this.

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## Fun in Fitness at Truro School

At Prep, we want every child to be active and to lead a healthy lifestyle. Our inclusive PE and Games curriculum is designed to ensure that physical activity is something every child enjoys and thrives in, regardless of their ability.

The impact of PE and Games is far-reaching; through physical activity, children develop their communication and social skills, which, in turn, improves their self-esteem and resilience, and consequently their academic achievement. There are also significant benefits for their mental well-being, including boosting mood and reducing anxiety.

Prep offers an extensive curricular and extra-curricular sports provision and one small part of our offering is our Fun Fit programme, designed to improve coordination, core stability and balance. Run daily for a small group of children, the focus is to develop the confidence of these pupils by giving them the courage to try different motor coordination activities.

Sessions can start with sensory activities, such as body drumming and body awareness activities, like touching your nose with your eyes shut.

Core stability activities, such as standing on the wobble cushions, wobble discs and the indo board, help our children develop their balance.

Yoga mats are often used for various strength and conditioning activities, such as basic core exercises.

Coordination is developed with movement fundamentals, through activities like hopping, speed bounces (jumping side to side) and basic ladder work.

Balloons and different types of balls, including quoits and bean bags are adapted for throwing and catching activities.

Fun Fit is delivered at Prep for 20 minutes every day, which means that we have seen significant improvements in the coordination and self-esteem of those children who regularly attend the sessions.

We hope that their improved motor coordination skills will also help them with daily activities such as pen control and engaging in all aspects of PE. Our Fun Fitters have also improved key learning skills, such as listening, following instructions, metacognition, problem-solving and communication.

We want to thank Mrs Luxton and Mr Lord who run these brilliant sessions and look forward to sharing more information about our wider PE and Games curriculum as the year progresses.

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## Buddy Reading

One of our pupils' favourite times of the week is Buddy reading. During this time, our older years enjoy picking out their most loved stories and non-fiction books and sharing them with their Pre-Prep buddies.

This delightful activity not only allows the pupils to enhance their reading skills but also nurtures their ability to mentor and support their peers.

Additionally, the younger pupils benefit immensely from having great role models to look up to.



## Nursery Pupils Explore Cars

As part of their transport project, our Nursery pupils were very excited to look around three different types of cars. The pupils were excited to share the differences between these cars and learn about the special features they had.

Throughout their topic work, the children have developed a keen interest in convertible cars and were captivated to witness one in action. Additionally, they thoroughly enjoyed comparing the size of the 4x4 vehicle to the other cars and examining the doors on one of the cars that opened differently than those on their own vehicles at home.



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## Tiny Toes Take Centre Stage

The graceful shuffle of tiny feet has been filling the Assembly Hall as our budding Pre-Prep ballet dancers enjoy their new after school classes. Expertly organised by Lisa Ann McNally from Cornwall Dance School, these sessions provide a structured platform for young dancers to develop discipline and creativity. Beyond the artistic elements, participants experience the physical benefits of improved coordination and flexibility in a fun and encouraging environment.



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## Sports Round Up

Wow, what a week for sport!

First up, the Year 5 and 6 A teams played some beautiful football, taking a hard-fought victory against Treleigh School in the Rosewarne Cup.

The Year 6 boys were then in action again with a match against Plymouth College, seeing them play three superb games of football. Despite the dreary weather, it was brilliant seeing over 60 boys enjoying the game. Our Year 6's showed fantastic skill and sportsmanship throughout and all of them had big smiles on their faces. We would like to thank Plymouth College for travelling down and look forward to more fixtures with them soon.



Last Friday, our U11s had another opportunity to venture to the Senior School, this time for a game of badminton against the U12 team. Our Prep children enjoyed the afternoon practising their skills and making the most of the Senior School's facilities.

Our Year 4 netballers headed to Truro High School for an afternoon of netball. It was a very windy day and the weather tested the skills of our players, but they performed amazingly. Well done to Audrey, Hennie and Freya, who were awarded players of the match.

Finally, our cross country runners have been busy training this week, working on warming up correctly and short sprints in preparation for their next events.

A huge well done to all of our teams and thanks to our staff and parent helpers who bring these fixtures together.



## PRE-PREP ACHIEVEMENTS

This week in Nursery, the children enjoyed a special visit from some different types of cars. The children asked lots of questions and learnt about the names of various parts of the vehicles.

In Reception, the children have been learning about maps. As a group they made a giant floor map of Truro and the different journeys they make to school. They created 3D buildings and then used this as part of their Continuous Provision.

In Year 1, the children have continued to learn about all sorts of different creatures. In Science, they completed an experiment to see which was the most efficient type of beak for different species of bird.

In Year 2, the children have continued to learn about materials and, as part of this topic, they ventured out to Wheal Martyn Mine for a special workshop.

## Class Dojo Winners KS1



Reception: Alexander and Quinto

Year 1: Bethany and Everly

Year 2: Ottelie and Neesha

## Golden Table



The Golden Table this week is the Orange Table



## Gold Commendations

Lissie 5LJ for the Bigger Picture 'Surviving the Winter'

Comment: For three beautiful, delicate paintings on slate coasters, depicting snowy and wintry scenes.

Aubrey 5LJ for the Bigger Picture 'Surviving the Winter'

Comment: For a beautifully made fox's den, complete with felt fox and a battery powered light!

Amaya 5LJ for the Bigger Picture 'Surviving the Winter'

Comment: Amaya wrote a wonderful hedgehog diary, delving into the annual habits of these delightful creatures.

Isaac 5LJ for the Bigger Picture 'Surviving the Winter'

Comment: Isaac made a fabulous wintry scene out of polystyrene and paper, including an igloo and an Inuit's washing hanging on a line!

## Head's Commendations

Emmeline 5SL for The Bigger Picture:

For a beautifully presented Bigger Picture homework about 'Surviving the winter.' Emmeline chose polar bears and how they adapt to living in the cold. She also made a polar bear model in a jam jar.

Ellie 5SL for the Bigger Picture:

For a beautifully presented Bigger Picture homework about 'Surviving the winter.' Ellie created a leaflet titled, 'Ernest Shackleton's guide to Antarctic Survival.' It is jam-packed with facts and photos of his expedition.

## House Point Form Champions

Jack & Erin 3ME

Ramona & Edward 3SM

Endelyn, Harvey, Freya  
& Sienna 4LL

Ethan & Arthur 4SC

Sophia & Jesse 5CD

Digby 5LJ

Arthur 5SL

Fergus 6AG

Daneil & Erys 6DG

Isabella & Ben 6JL

## Head's Commendations

### Arthur 5SL for the Bigger Picture:

For a beautifully presented Bigger Picture homework about 'Surviving the winter.' Arthur is fascinated by Canada geese and how they adapt to living in the cold. He also created a brilliant acrostic poem titled 'Migration.'

### Penny 5SL for the Bigger Picture:

For a beautifully presented Bigger Picture homework about 'Surviving the winter.' Penny is interested in preserving food over the winter. She created a wonderful Powerpoint presentation to explain the dried mushrooms and fruit leather that she had made herself.

## Merit Awards



### Bronze Merit Awards

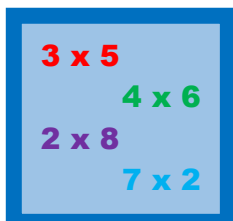
**3SM:** Henry, Henry, Daisy, Mabel, Harry, Christopher, Ramona, Athena, Edward, Seren, Hugo, James, Theo

**4LL:** Maya, Edward

**5SL:** Penny

**6DG:** Logan, Mairi

## Maths



### Times Table Challenge Certificates

3ME: Malhar, Arthur, Max

3SM: Henry, Percy, Christopher

4LL: Louis, Maya, Harvey, Edward, Ethan

4SC: Barney, Audrey, Ollie, Arthur W

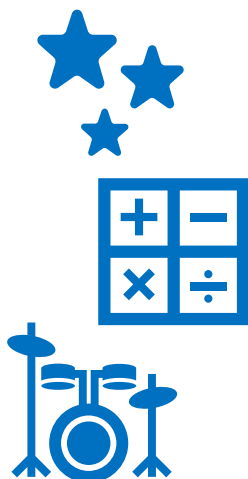
5CD: Toby, William L, Henry, George, William V

5LJ: Digby, Tilda, William

5SL: Oliver, Matilda, Arthur

6DG: Jenny

## Rock Stars



### Times Table Rock Star of the Week

Rafe Year 4

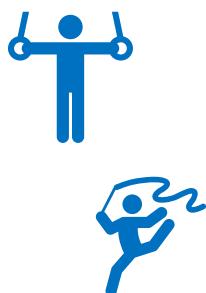
### Top Rock Performers

Year 3: Max

Year 4: Emily

Year 5: Isaac

## Gymnastics



### Penryn Gymnastics Centre Awards Evening 2023

Ethan 4SC was awarded the runner up award for Novice Gymnast of the Year

Hetty 6AG was awarded the Best Attitude Award

## NEWS & INFORMATION FOR PARENTS

### **A Focus on Sleep:**

A child's lack of sleep can often impact the whole family as well as have a detrimental on the child's development.

Whilst it feels like the most natural thing in the world, there are so many factors that contribute to a good night's sleep (or lack of it) including bedtime routines, bedroom environment, diet and sleep patterns.

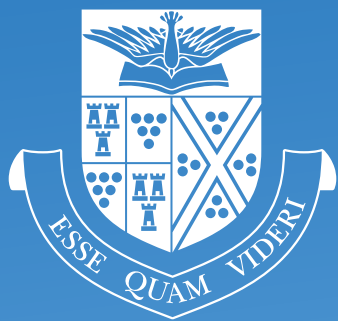
If your child is experiencing difficulties in going to sleep or enjoying a full night's rest, you may find the websites below for assistance. They are excellent starting points for general advice and tips on improving sleep habits for children.

Of course, you should always consult with healthcare professionals or specialists if you have specific concerns about your child's sleep.

<https://thesleepcharity.org.uk/information-support/children/>

<https://millpondsleepclinic.com>

If you know of any other useful websites or resources, please let Mrs Millne know: [km@truroschoo.com](mailto:km@truroschoo.com) so that she can share them with the wider school community.



**TRURO  
SCHOOL  
PREP**



# Open Morning Saturday 9 March



**Independent School  
Girls & Boys 3-11**

[truroschool.com/prep-school](https://truroschool.com/prep-school)



Scan the QR  
code to find  
out more.



# MULTI SPORT *Activity Camp*



**12-16TH  
FEB**

**£32**  
per child per day

**FEBRUARY HALF TERM ACTIVITY  
CAMP! GAMES, SPORTS, SWIMMING,  
ACTIVITIES AND MORE.**

**BOOK ONLINE**  
**[WWW.SIRBENAINSLIESPORTSCENTRE.COM](http://WWW.SIRBENAINSLIESPORTSCENTRE.COM)**

# Adult and Child Easter



## Egg Decorating



[WWW.TRUROSCHOOLCOOKERY.COM](http://WWW.TRUROSCHOOLCOOKERY.COM)

**Saturday 23rd March**

**10:00-13:00**

**£110**



Pastries will be served upon arrival. Next, in a 'cook-along' format, you'll build and decorate your own Easter eggs following Stuart Pate, our guest patisserie chef who will share his techniques for a professional finish to your eggs.



Special Guest Teacher, Patisserie  
Chef- Stuart Pate



# 3 DAYS

**The Camp will include:**

- Top-class coaching
- Fitness training
- Footwork
- Sparring



## Truro Fencing Club Spring Training Camp

**For Year 5 & 6 Pupils with Previous Fencing Experience.**  
Monday 12th February to Wednesday 14th February  
<https://trurofencing.club/spring-camp-2024/>





# Friends of Truro School Family Beach Clean

Date: 21/04/2024 @12pm

Location: Watergate Bay

HELP PROTECT OUR  
BEACHES AND MARINE  
LIFE BY TAKING PART IN  
OUR BEACH CLEAN WITH  
BEACH GUARDIAN!

CALLING ALL  
VOLUNTEERS TO JOIN  
US IN PICKING UP LITTER  
AND DEBRIS FROM  
WATERGATE BAY.



TRURO  
SCHOOL

**FTS** | Friends of  
Truro School



UNIFORM  
**Sale**

# Coffee Morning

Please join us for an informal meet-up on  
the last Friday of every month; old and  
new faces are always welcome.

**Friday 23 February: Prep Dining Hall**

**from 8.45 am**



**TRURO  
SCHOOL**

# Half Term Holiday Camps



## Softball

For school years 1 to 4  
Tuesday 13th February  
10am to 3pm  
£15



## Hardball

For school years 5 to 8  
Wednesday 14th February  
10am to 3pm  
£20



## U13 Indoor Comp

Thursday 15th February  
10am to 3pm  
Team of 6  
£30



## At Cornwall Cricket Centre

Truro College Campus  
Truro  
TR1 3XX



*To book scan the QR Code or use the link in the text*



## Wraparound



Please use this QR code to register your child for Wraparound care or via the Forms link.

<https://forms.office.com/e/VZUiYbg1Ff>

