

Curnow School



Newsletter

September 2024

Headteachers News

I would like to take this opportunity to welcome new pupils, parents and staff to Curnow School and we look forward to building strong relationships and supporting you and your child through their 'Curnow Journey'. I would also like to welcome back all current pupils and staff as we look forward to another busy, fun and exciting academic year ahead.

I hope you all had a lovely summer break (seems a long time ago now!) and managed to make the most of the days when the sun did shine!

We have lots of exciting activities and learning coming up this year, as well as some changes from the Department of Education (DfE) and Ofsted in light of the new government, which we will communicate to you over the term.

Class teachers will continue to share information through the Day2Day books and class DoJo, We also have our school Facebook page and website and we will send letters for more important information.

We are looking forward to an exciting year ahead and please do not hesitate to contact me if you would like to discuss anything going forward this term.

Rob Armstrong

Dates for
your diary!

Thursday 3rd October

Makaton Coffee Morning
9.30-11.30

Term dates

Last day of term
Friday 25th October.

Curnow School, Drump Road, Redruth, Cornwall.
TR15 1LU
Telephone: 01209 215432
Email: secretary@curnowschool.org.uk
Website: www.curnow.cornwall.sch.uk



Welcome New Students



Welcome to Our New Students!

We are thrilled to welcome all the new students who have joined our amazing school this year! Each class is excited to have you as part of their community. Here's a special shout-out to our new students:

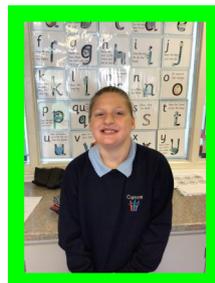
Tehidy Class

George



Mylor Class

Ella



Lamorna Class

Stanley



Sowenna Class

Thomas

Embrace the Journey

As you embark on this exciting journey, remember that each day is an opportunity to learn, grow, and make new friends. We can't wait to see all the wonderful things you will achieve this year!

Welcome New Staff



Welcome to the Curnow Team!

We are thrilled to extend a warm welcome to our new staff members who have joined the Curnow team this year! Each of them brings unique skills and enthusiasm that will undoubtedly enrich our community. Let's get to know them a little better:

Tehidy Class

Eleanor Blathorne — Teaching Assistant

Rebecca Gillett — Lunchtime Supervisor.



Sowenna Class

Georgia Harrison — Teaching Assistant



Fistral Class

Karen Barnes — Teaching Assistant



Post 16

Rebecca Greenwood — Teaching Assistant



Let's all give them a hearty welcome as they embark on this exciting journey with us at Curnow! We look forward to working together to make this school year exceptional.

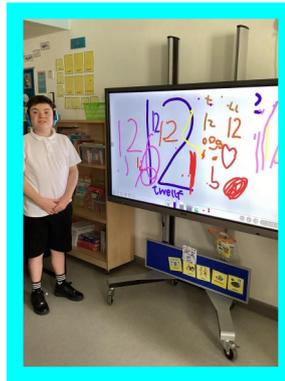
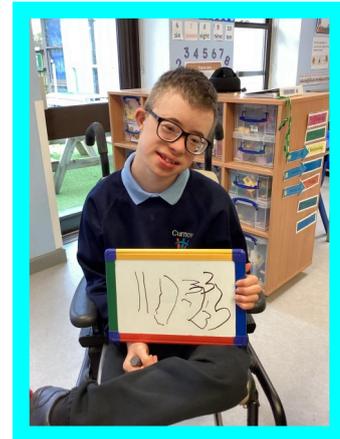
Lower School News



Let's take a peek at all the exciting things each class has been up to so far this term!



Upper School News





'The Curnow Code'

At Curnow we are all aiming

- To be kind and thoughtful to others
- To look after the school and everything in it
- To always try our best
- To keep ourselves and each other safe
- To always show people how good our school is
- To learn how to cope when things go wrong
- To be happy and healthy



ChatHealth
Parent Line 0-5



07312 263 423

ChatHealth
Parent Line 5-19



07312 263 499

ChatHealth Young
People 11-19



07312 263 096



ChatHealth
Cornwall and the Isles of Scilly

www.cornwall.gov.uk/chathealth

Get
confidential
health and
wellbeing advice
and support

Top tips to keep your family healthy and happy

change
4 life

1 Sugar swaps

Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.



3 Snack smart

Sugary snacks can all add up! When choosing packaged snacks, stick to two a day max. But remember, fruit and vegetables are always the best snack.



5 Get going every day

Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day, try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time - many parents find it helpful to set a daily limit.



2 Me-sized meals

Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.



4 Eating out

When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.



Want more tips to help you stay healthy and happy?

Search **Change4Life**






FREE!



Yoga for Mental Wellbeing

Time Every Friday 1.00-2.00pm (starting 12th July)

Venue Wesley Buildings, Wesley St, Redruth TR15 2EG

Description Fun, casual drop-in Yoga session for people with mental health needs. All the equipment is provided and all abilities are welcome! The session will be led by our super instructor Kath

This group is provided FREE of charge by mental health charity Sport In Mind. If you have any queries regarding these sessions please contact Laura





info@sportinmind.org

www.sportinmind.org

07341267740







What's on? Courses

The Elms, September 2024

Day	Time	Course Name	Description
Tuesdays	09:30 - 13:30	Harvesting & Preparing for Autumn	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	17:00 - 19:30	The HOPE Programme	Learn how to self-manage your health conditions. Start date to be confirmed. Booking required.
Thursdays	10:00 - 15:00	Autumn Eats: Cooking Made Easy	Learn some new cooking skills and enjoy your food afterwards. Booking required.
	13:00 - 15:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
	17:00 - 19:30	ACES Recovery	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
Fridays	12:30 - 16:30	Lights, Community, Action	Collaborative issue-solving in our community and understanding perspectives.

We offer three different personal development training courses. Details below. Register your interest now!

Adverse Childhood Experiences

Pre-Assessment included. 10 week course.

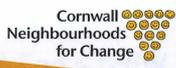
Negative or Adverse Childhood Experiences (ACEs) can affect the life you are living now. They can keep us fixed to the past, and have ongoing effects throughout adult life. But we can do something about this. Do you want to understand more about how these experiences may be affecting you? Join us on "ACES recovery" to explore how we can start to move forward from these experiences

SPACE Supporting Parents and Children Emotionally

SPACE is a free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own. This is a 4 session, face-to-face programme.

HOPE Help Overcoming Problems Effectively

HOPE is a programme to help people build confidence to self-manage their health conditions. This could include: Physical health e.g. pain relief. Mental ill-health issues such as anxiety, stress, and depression. Discover how to use relaxation techniques to refresh your mind and body. Learn how to make plans and achieve goals that can help you make changes for the better.



What's on? Activities

The Elms, September 2024

Day	Time	Activity Name	Description
Mondays	10:30 - 12:00	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends. Drop in.
Tuesdays	10:00 - 12:00	The Magic Cupboard	A subscription based food larder.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided.
	14:00 - 16:00	Woman Kind (Autumn Term)	Our women's peer support group. Safe supportive space for a women. No booking required. Weekly from 18th September.
	16:00 - 18:00	Just Be	A space for young people, with food, activities and on-hand advice. Drop in, no booking required. Returns on the 4th.
Thursdays	10:00 - 12:00	HELP Drop In with Codes Solicitors	Drop in for advice and guidance, anything from housing to benefits. Free legal advice on 5th & 19th from Codes.
	10:00 - 13:00	Health Checks	60 minute health checks run by Healthy Cornwall. Running on 19th. Booking in advance required.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre, Illogan.
	14:30 - 16:30	The Wanderers	Walking group leaving from The Elms to various places. Booking required.
Fridays	10:00 - 12:00	Chilled Arts Group	Bring your own arts and crafts projects, tea and biscuits provided. No booking required.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 14:00	Why Don't You? Club	Fully accessible family activities designed to be enjoyed by all. Booking required. Please ask for a WDY timetable.
	14:00 - 16:00	Cultural HELP Drop-In	Struggling to feel settled? Need advice on money, housing, job and getting to know your area? Running on 7th & 14th.
Sundays	12:00 - 14:00	Social Sunday	Good food and a friendly chat. Booking required.



The Elms, Green Lane, Redruth, TR15 1LS

info@cn4c.org.uk

01209 310610

@CN4C.Cornwall



Barriers to Health Care for Neurodivergent people Mental Health

with Joanna Grace
and Tigger Pritchard



Oct 2nd 2024
10.30-2.30 with
lunch.



Parent Support and Education Workshops:

Introduction to Sensory Processing and the Impact on a Child's Functioning

Epiphany House, Truro. TR1 3DR

☑ 10.30am -2.30PM, to fit around the school day/childcare

☑ November 8th 2024

☑ Lunch will be provided

GWEALAN TOPS
ADVENTURE PLAYGROUND

AUTUMN 2024

OPENING HOURS
FROM WED 4 SEP - FRI 25 OCT

Tuesday - Friday
3:15pm-6pm

Saturday
12pm-4pm
CLOSED 7 SEP

Youth Club (13+)
Friday 6pm-7:30pm

GWEALAN TOPS
School Lane
Redruth
TR15 2ER

AGES 7+

CHILDREN MUST BE REGISTERED

01209 697 717
www.gwealantops.org

GOOD GROWTH
CORNWALL & ISLES OF SCILLY
SHARED PROSPERITY FUND

Garfield Weston
FOUNDATION

LEVELLING UP

COMMUNITY FUND

GWEALAN TOPS
ADVENTURE PLAYGROUND

OCTOBER HALF TERM

MON 28 - FRI 1 NOV
11AM - 4PM
AGES: 7-16

FREE HOT MEAL @
12.30PM
01209 697 717
TR15 2ER

CHILDREN MUST BE REGISTERED
NEW USERS MUST BOOK AN
INDUCTION VISIT - SEE WEBSITE
FOR DATES
WWW.GWEALANTOPS.ORG

The Linnet Trust
FOUNDATION

COMMUNITY FUND

Garfield Weston
FOUNDATION

GOOD GROWTH
CORNWALL & ISLES OF SCILLY
SHARED PROSPERITY FUND