

# Mawnan C of E VA Primary

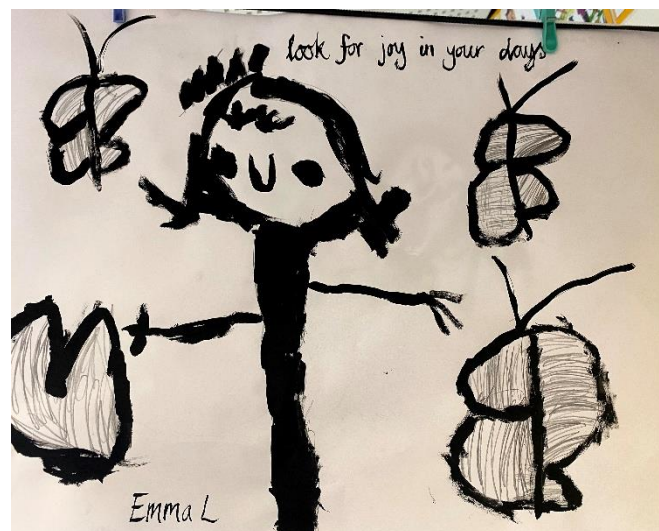
# Newsletter



5<sup>th</sup> February 2021

Congratulations we have conquered January in lockdown and of course, another triumphant week of home learning!

We are now in February, the signs of spring are emerging and every day we are getting a day closer to being together again as a school community. We remain unsure of the government plans for reopening schools but we are as keen to get the children back in as you are!



The work this week has been phenomenal. In and out of school, we have seen some wonderful things. Keep going because you are doing a fantastic job.

Have wonderful weekend,

*Miss Pridmore*

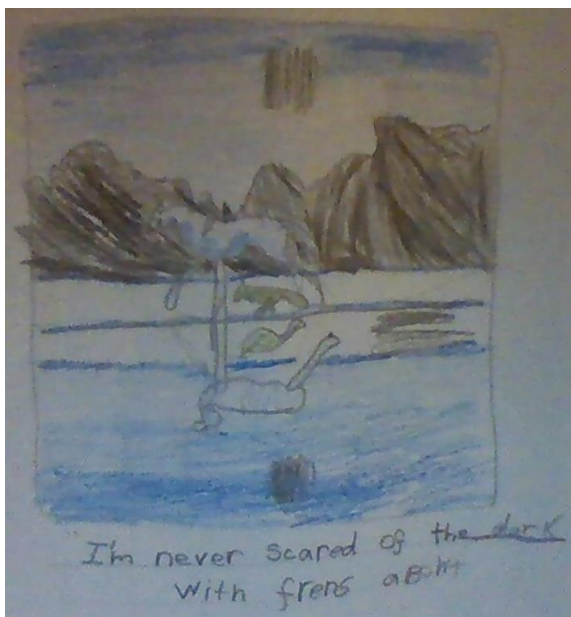
## Attendance

Average for the week	In school	At home
Oppie Class	100%	97.7%
Topper Class	100%	96.4%
Pico Class	100%	99.8%
Fusion Class	100%	92.7%
Dart Class	100%	96.5%

## Children's Mental Health Week 2021!



I hope that you have all been able to engage in some of our mental health week activities. Thank you for sharing your artwork, photos and videos it has been great to see how you've been creating, learning, moving and having some calm time together.



**Please remember to email  
your artwork to  
Mrs Shepherd.**



may your days be yellow



- William



## 5 ways to wellbeing



Each of these actions makes a positive difference to how we feel, being aware of and combining these will make a difference. More information can be found at:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

## Friendly February

Following on from mental health week, we are now in friendly February!

We all definitely need our friendships more than ever this year. The focus of friendly February is doing our best to be a good friend to everyone.

It could be a small act of kindness or speaking to someone we haven't spoken to for ages. Friendship promotes happiness so let's show compassion, kindness and make some connections.



# ACTION CALENDAR: FRIENDLY FEBRUARY 2021



## MONDAY

**1** Send someone a message to say how much they mean to you

**8** Share what you're feeling with someone you really trust

**15** Smile at the people you see and brighten their day

**22** Give sincere compliments to people you talk to today

## TUESDAY

**2** Ask a friend how they have been feeling recently

**9** Thank someone and tell them how they made a difference for you

**16** Check in on someone who may be struggling and offer to help

**23** Be gentle with someone who you feel inclined to criticise

## WEDNESDAY

**3** Do an act of kindness to make life easier for someone else

**10** Look for the good in people, even when they frustrate you

**17** Respond kindly to everyone you talk to today, including yourself

**24** Tell a loved one about their strengths that you value most

## THURSDAY

**4** Organise a virtual 'tea break' with colleagues or friends

**11** Send an encouraging note to someone who needs a boost

**18** Appreciate the good qualities of someone in your life

**25** Thank three people you feel grateful to and tell them why

## FRIDAY

**5** Show an active interest by asking questions when talking to others

**12** Focus on being kind rather than being right

**19** Share a video or message you find inspiring or helpful

**26** Give positive comments to as many people as possible today

## SATURDAY

**6** Get back in touch with an old friend you've not seen for a while

**13** Send a friendly message of support to a local business

**20** Make a plan to connect with others and do something fun

**27** Call a friend to catch up and really listen to them

## SUNDAY

**7** Make an effort to have a friendly chat with a neighbour

**14** Tell your loved ones why they are special to you

**21** Actively listen to what people say, without judging them

**28** Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

**Happier · Kinder · Together**

## Safer Internet Day 2021

Safer Internet Day will be on the **9th February**. It will be celebrated in the UK with the theme:

**An internet we trust: exploring reliability in the online world**

This year in the UK, Safer Internet Day explores reliability online. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction?

**Safer Internet Day will be celebrated globally with the slogan:**

**Together for a better internet.**

The children's resources will be shared via their Google Classroom and the resources for parents can be found here:

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-parent-or-carer>

## February Half Term – 15<sup>th</sup> – 19<sup>th</sup> February 2021

Schools will close as usual over February half-term and are not expected to remain open to vulnerable children and the children of critical workers during that week.

## Free School Meal Vouchers for February Half Term

Cornwall Council has stated its commitment to use the Covid Winter Grant to fund the provision of Free School Meal vouchers for eligible pupils over the February Half Term holiday. As at Christmas, we will issue vouchers to a value of £15 per pupil to all eligible pupils on the benefits-related Free School Meal lists by the end of this half term.

If your circumstances have changed and you wish to apply for free school meals you can apply at <https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

You can apply for free school meals if you receive one of the following:

- Income Support.
- Job Seekers Allowance (Income Based).
- Child Tax Credit, but are not entitled to Working Tax Credit and your annual income does not exceed £16,190.
- Support under part VI of the Immigration & Asylum Act 1999.
- The 'Guaranteed Element' of Pension Credit.
- Income Related Employment and Support Allowance benefit

## Covid Winter Grant

Many families are facing financial hardship due to the impact of the pandemic and many are struggling to put food on the table, stay warm, and buy essentials. Cornwall Council has secured a government grant to provide additional financial and practical help to our families.

The Covid Winter Grant can be used to provide financial help to any households who are facing financial hardship and who would benefit from this support.

The fund is £1.8 million from central government and 80% of the cash will go towards families with children while the remaining money will go to other households struggling because of the pandemic.

Over £650,000 of this funding has already been allocated towards funding Free School Meals provision during the Christmas holiday period and February Half Term.

The conditions of the grant specify that financial help can be given in the following areas:

1. Food
2. Energy and water bills for household purposes (including drinking, washing, cooking, central heating, and sanitary purposes) and sewerage.
3. Other essentials (including sanitary products, warm clothing, soap, blankets, boiler service/repair, purchase of equipment including fridges, freezers, ovens, etc.)

All grants must be allocated by the end of March. To apply for the Covid Winter Grant, please use the contact information below.

- For items relating to home heating such as fuel bills or breakdown in heating equipment such as oil tanks or boiler repair please contact Community Energy Plus by emailing [advice@cep.org.uk](mailto:advice@cep.org.uk) or phoning [0800 954 1956](tel:08009541956).
- For help with food and other essential household items visit our website here: <https://www.cornwall.gov.uk/advice-and-benefits/benefits/crisis-and-care-awards/>