

LISKEARD HILLFORT PRIMARY SCHOOL | 26th November 2021

Dear Families

I hope that you are well.

We've had some staff absence over the last couple of week, so I'm sorry that we didn't issue a newsletter last week. I know that there's lots in this newsletter to compensate!

I hope that you have a pleasant weekend, and keep safe during the winds that are predicted!



Upcoming Events

30th Nov : Year 5 Trip to Church
10th Dec : Christmas Jumper Day
10th Dec : Christmas Dinner
17th Dec : Last Full Day at School
20th Dec – 5th Jan : Christmas Holidays



Health & Wellbeing

Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings.

Please visit the [Hillfort Newsletter](https://www.hillfort.org.uk/newsletter) online to see a list of creative activities that you can use with your child to support their emotional development at home. Play releases lots of feel good chemicals that help us feel calm, steady and connected. If possible, look to do these activities for as much as 20 minutes or more each day.



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School Council

Congratulations to the new School Council who were elected a couple of weeks ago, and hot off of the press... the two new Head Girls! The Student Councillors in Upper Key Stage 2 were allowed to stand for the two Head Boy/head Girl positions and this year the top two were both girls. So, congratulations to Aimee and Bethany who won a closely fought election – we're really proud of you for putting yourselves forward. Well done!



Local Governing Body

Congratulations to Mrs Sheena Cotterill and to Mr Dave Seccombe – both of whom have been elected to our local Governing Body. Mrs Cotterill will represent the staff, whilst Mr Seccombe will be the second representative for the parents. Congratulations, and many thanks in advance!



Times Tables Rockstars

Looking forward, I'd like to remind families of the importance of logging onto the Times Tables Rockstars website. Once children start in Year 3, children need to be regularly practising their times tables. If children do not have access to technology, we can certainly send home a hard copy of the sheets – but it's much more fun on the website at <https://play.ttrockstars.com/auth>. Numerical fluency is hugely important to children's development in maths, so please do ensure that these are practised on a daily basis.



School Uniform

A brief reminder on uniform please – especially relating to PE days. On PE days the black jumper/Hillfort fleece is there to provide warmth. If you provide your own jumper/sweatshirt, that's fine – but they should not have large logos on! Children are welcome to wear the Hillfort fleece on days other than on PE days – but not at the expense of the blazer. If children wear a blazer and a fleece, then that is great. However, we wouldn't expect to see KS2 children in normal uniform but just with a fleece.

Many thanks for your support on this. And if there are any queries, by all means email the class teacher or indeed Dr Cook.



Mid to Long Hair

Please can we also remind children that hair must be tied up if it is shoulder-length or longer. This is not only to help stop the spread of headlice, but can also be a health and safety hazard around school.



Poppy Appeal

A huge thank you to everyone for helping with our poppy appeal! We raised an amazing **£645.77!**

Thank you to all our parents, children and staff who donated.



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Cross Country

What an amazing effort all our runners made on Friday at Bake lakes Cross Country meet. For many of our runners it was their first race, they should be proud of themselves. Miss Harris would also like to thank the Upton Cross parents that helped tow her out of the mud! Can't wait for the next race.



New AR Reading Books

Our School Councillors have been hard at work putting forward requests on behalf of their classes. One of the top requests was for some new and different AR reading books for children who are able to read above level 5. Well, Dr Cook listened and purchased a great new selection for our children to read.



New Bookmarks

As well as our new selection of AR reading books – our new bookmarks have also arrived! We really love the designs and hope the children will too.

Below are some of the quotes seen on our bookmarks:

"The more you read, the more things you will know. The more you learn, the more places you'll go."

"You are never alone when you're lost in the magic of a book."

"The journey of a lifetime starts with the turning of a page."

"You can find magic wherever you look. Sit back and relax, all you need is a book."















































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Basket

Here is everything in your basket, have you chosen everything you wanted? Remember to use all your Grow Tokens!

	Mini Meadow Seed 3m	1 in Basket	 	155 Grow Tokens	
	Organic Veg	1 in Basket	 	425 Grow Tokens	
	Organic Salad	1 in Basket	 	425 Grow Tokens	
	Strawberry Seeds	1 in Basket	 	45 Grow Tokens	
	Watering Can 1LTR Small	6 in Basket	 	570 Grow Tokens	
	Pea & Bean Net 6m x 2m	1 in Basket	 	110 Grow Tokens	
	Green Jute Garden Twine 100M	1 in Basket	 	80 Grow Tokens	
	Herb Garden	1 in Basket	 	310 Grow Tokens	
	Sunshine Wildlife Flowers	2 in Basket	 	430 Grow Tokens	
	20L All Purpose Compost	4 in Basket	 	940 Grow Tokens	
	Child's Hand Trowel	5 in Basket	 	200 Grow Tokens	



Morrisons Good to Grow

Look at all of these amazing gardening goodies we get to order – all thanks to everyone who shops at Morrisons and collected their grow tokens for our school!

Mr Borlase has chosen a fantastic range of gardening equipment for our children to grow vegetables, fruits and herbs in our very own polytunnel.



Football

Our Liskeard Hillfort football team have their first game of the season this afternoon against Burraton. We wish them the best of luck and will report the outcome next week. Good luck team!



BBC Children In Need

Last Friday (19th), we had a fantastic day raising money for Children In Need. Children went as far as to dress in all their Pudsey gear specially for the day.

We made sure to put out our big pudsey blanket on the floor for children to fill with their pennies and pounds, which Dr Cook has been busy counting all week.

Thank you to all the parents, children and staff who donated. The final figure will be announce next week!



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Parenting in the Digital World



As people's digital lives continue to grow, we know that for young people, spending an increasing amount of time online, holds lots of potential risks and concerns. To all you to help your young people navigate themselves through their ever rapidly growing digital lives, whilst at the same time allowing them to be independent digital users, we are running a special live, virtual online safety presentation on 19th January 2022 at 7pm (on Zoom).

You can find out more about this presentation and what it will include by reading the PDF letter attached to this newsletter email.

The Zoom link will be resent as a reminder closer to the date.



LISKEARD COUNCIL
WORKING FOR YOU

Young People Cornwall have an exciting new project and opportunity for our young people to really have their voices heard. The Liskeard Youth Council will be meeting for the very first time on Wednesday 1st December for the first panel in a succession of 6-weekly meetings.

"We are hoping to have a really broad demographic of young people to ensure inclusion and representation of many different young people's views, opinions and proposals for consideration by the wider council."

These meetings will be held at the dedicated youth space at LYC at the Liskerett Centre. The initial meeting time will be at 7pm but we will be moving this forward to 6pm from January.

Any young people from 10 years old and up are welcome to get involved.



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Parent Governor

Dave Seccombe

Hillfort is a terrific school with a clear opportunity to continue its progression and development towards being an Outstanding Ofsted graded school. With the benefit of a background, and global experience, in continuous improvement across a diverse range of sectors; from manufacturing, to individual skills development, welfare and employability support, as a Parent Governor, I would like to help Hillfort, its dedicated staff, and students of all abilities, to continue to improve, develop and become the best possible version of themselves.

My name is Dave Seccombe. My children are in Y3 and Y5 and my partner is already firmly integrated within the school in an SEN capacity . My current day job is the contract management of a Welfare and Employability team in Cornwall. It is here that I put my passion for helping people to good use by supporting, and helping long-term unemployed and individuals from challenging backgrounds to overcome any societal, personal and economic barriers they may face in progressing towards or entering the workplace. I believe the skills I have developed in my twenty-five-year managerial career, along with a heightened awareness of Equality & Diversity and social inclusion, will transfer well to the work of school governance.

I am able to commit to what is a demanding and challenging volunteer role as a Governor and will be able to attend meetings, governor training and other events as required.

I am a strong advocate of safeguarding and would welcome the chance to be part of team that helps children fulfil their full potential whatever their background, special educational needs or disabilities. As a "critical friend" to the school and its students, I am not afraid to ask difficult or challenging questions where necessary, but always with the purpose of progression and development of myself, the students and the entire school.

Although I have no experience of school governance specifically, I have worked in an environment over the last 12 years that is governance and compliance critical, held responsibility for budgets of up to £58 million, and have had to make some tough decisions about which projects to fund and how money could be best spent.

Thank you for taking the time to read this and as a final note, it would be an honour to serve as your volunteer Parent Governor for the benefit of the everyone at Hillfort Primary.



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The
deadline for
applications is
15 January
2022

Starting school

September 2022

Applying for a place in a reception class for children born between 1 September 2017 and 31 August 2018

Attending a nursery or pre-school

You will need to apply even if your child attends a school's nursery or pre-school class. Please note that if a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

Information and guidance

Website and application form: www.cornwall.gov.uk/admissions

Email: schooladmissions@cornwall.gov.uk

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101

Need help with your application?

Contact the Family Information Service on 0800 587 8191



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Email registrar@trurohigh.co.uk or call 01872 242902 today to arrange your visit.



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Small Independent
School of the Year 2020



www.cornwall.gov.uk



All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, tips and tips for adults.

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10-18 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place - but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

- PRAISE WHERE IT'S DUE**
Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.
- REACH OUT**
It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.
- RECOMMEND FUN THINGS**
If there's something you enjoy doing online - perhaps you play a particular game, or you've found a really cool site - share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.
- OFFER TO HELP**
Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it. If you can help, get in touch. Something that's difficult for them might be no trouble for you!
- POST POSITIVELY**
Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.
- SHOW YOUR APPRECIATION**
If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.
- BE UNDERSTANDING**
Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.
- SHARE INSPIRATIONAL POSTS**
When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.
- THINK BEFORE COMMENTING**
Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive - even if you don't mean to. It's better to post positively or not post at all.
- LIKE, LOVE AND ENGAGE**
If somebody posts something that you like on social media, don't just scroll past - take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert
Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

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#WakeUpWednesday

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