

14 JUNE 2024: TRURO SCHOOL NEWS AND UPDATES



Dear Parents and Carers,

I am sure that many of you were followers of the late and great Michael Mosley who died last week. His approach to better health, including the 'Just One Thing' podcast and book, had a transformational impact on the lives of many and it seems fitting that my message today is based upon one of his most regular principles, namely the benefits of spending time outdoors and in nature.

In the words of Dr Mosley himself, "Evidence suggests that green spaces can reduce your stress, enhance your mood, improve your concentration and even has the potential to boost your immune system."

I hope that we can all agree with his words but if further support is necessary, the following quote comes not from Dr Mosley from the British Association for Early Childhood Education: "Simply being outside improves health, social and emotional wellbeing, improved immunity, sight, sensorial and hearing development, neuro and physical development, and cognitive enhancement at a child's unique pace."

Fortunately, the Truro School Prep curriculum provides numerous opportunities for the children to spend time outdoors – during break times of course, but also Forest School sessions, PE and games lessons, and a broad selection of clubs and activities. As if this was not enough, a raft of trips and visits enhance the regular curriculum and by way of interest, the past two weeks alone have included visits to the Senior School, Perranporth, Falmouth, Redruth, Stithians and Normandy, as well as numerous cricket and athletics events and tonight's Year 4 camp.

Looking to next week, we have further excursions courtesy of the Year 5 surf day and the Year 3 humanities visit to Daubuz Moor but the highlights, of course, will be next Thursday and Friday's Pre-Prep and Prep School Sports Days. Further details can be found within this Bulletin and I hope to see many of you 'trackside'.

Finally, I take this opportunity to thank everyone (and especially the FTS team) who have been so kind, considerate and generous to the staff this week. I hope that you will accept these thanks on behalf of all the Truro School Prep staff. We consider ourselves lucky to be working here and educating your children; the goodies are completely unnecessary... but hugely appreciated!

With my thanks again and every good wish,
Rob

Monday 17 June - Friday 21 June 2024

Details may change; please check the online calendar for updates.

Monday 17 June

Year 6 Kwik Cricket Festival (A)

Camborne CC 9.15am-3.30pm (event 10am-2.30pm)

The Big Sing (Year 4 pupils)

Hall for Cornwall 10.15am-3.15pm

Tuesday 18 June

Year 3 ceramics workshop with Lucy Joynes

Truro Prep all day

Year 5 Surf Day

South Fistral Beach 9.15am-3.40pm

Year 2 Leaving assembly

Lovett Hall 2.30pm-3.15pm

Refreshments for Year 2 parents

Dining hall 3.15pm

Wednesday 19 June

5SL MFL cookery workshop

Truro School 10.40am-1pm

Thursday 20 June

Year 3 Humanities visit (river features)

Daubuz Moors 9.30am-11.50am

5CD Sailing

Stithians Reservoir 1.15pm-4.30pm

Pre-Prep Sports Day

Sports field 2.20pm-3.30pm (events will take place throughout this time and will include a variety of sprints, relays, ball-hops and obstacle races)

Friday 21 June

Prep Sports Day

Sports field all day

Year 1 beach trip

Chapel Porth 9am-2.30pm

Saturday 22 June

Prep School Summer Fayre

Truro Prep 12am-3pm

Monday 24 June - Friday 28 June 2024

Details may change; please check the online calendar for updates.

Monday 24 June

Year 6 technical rehearsal

Burrell Theatre all day

Tuesday 25 June

Year 6 dress rehearsal

Burrell Theatre all day

Year 5 Green Power Goblin Race Day

Perranporth Airfield 8am-5pm

Year 5 Kwik Cricket

Mount Hawke Cricket Club 9.15am-3.30pm (event 10am-2.30pm)

Year 6 play Beauty and the Beast (performance 1)

Burrell Theatre 7pm

Wednesday 26 June

Year 6 play Beauty and the Beast (performance 2)

Burrell Theatre 7pm

Thursday 27 June

5CD Sailing

Stithians Reservoir 1.15pm-4.30pm

Friday 28 June

FTS Coffee morning

Dining hall 8.45am-9.30am

Barbecue lunch

School field

NOTICES

**Friday 21st June 2024
Prep School Sports Day
Order of events**

Time	Year 3	Year 4	Year 5	Year 6
9.10am	Welcome and Introduction			
9.15am	Track	Vortex Throw	High Jump	Long Jump
10.00am	Vortex Throw	Track	Long Jump	High Jump
10.45 am	Break			
10.55am	Long Jump	High Jump	Track	Vortex Throw
12.00pm	High Jump	Long Jump	Vortex Throw	Track
12.45pm	Lunch			
1.30pm	Tug of War	Tug of War	Relays	Relays
2.15pm	Relays	Relays	Tug of War	Tug of War
3pm	Presentations			

14 JUNE 2024: TRURO SCHOOL NEWS AND UPDATES

Year 6 Normandy Trip

Our lucky Year 6 pupils have returned from an action-packed visit to Normandy. The annual trip is designed to immerse our pupils in the French language and culture as they get stuck into tasks including navigating French towns, negotiating supermarkets and ordering food in restaurants.

This year was particularly poignant as it coincided with the D-Day80 Celebrations, which took part in the region while the children were there. Our groups visited the Caen Memorial Museum and learnt all about D-Day and the importance of securing the city of Caen, if the landings in Normandy were to be a success. We were impressed with our pupils' reverence and respect as they began to contemplate the sacrifices made 80 years ago.

We would like to thank our wonderful hosts and all the staff who made this trip so enjoyable, but special thanks must go to our wonderful pupils who represented Truro School Prep so beautifully and helped to make lasting memories.

You can view a full gallery of photos online [here](#).



14 JUNE 2024: TRURO SCHOOL NEWS AND UPDATES

A Science 'Who Dunnit' for Year 5

Our Year 5 pupils headed to the Senior School to help crack a terrible mystery... The Year 5 Science Day started with a video showing Andy Johnson, Head of Truro School, falling suddenly ill. Questions immediately followed, including was foul play involved and what was the mysterious substance stirred into the Head's tea?

One thing was certain, only a crack team of Year 5 scientists could help to solve the mystery of 'Who Poisoned the Head?'.

The day unfurled with workshops in Biology, Physics and Chemistry; each designed to help solve the mystery. In Biology, our pupils looked at heart rates to determine whether caffeine could have played a role in making the Head unwell. They measured their own heart rates, collected their data, plotted it on a histogram to spot patterns, and investigated what factors might increase or decrease heart rate.

In Physics, they experimented with infrared cameras to test for unusual amounts of radiation which may have caused him to feel unwell. They also watched some further video footage from a night-time infrared camera which caught a suspicious individual in the School's corridors. But the question remained, were they up to no good or merely taking an evening stroll?

Finally, in Chemistry, the groups explored how different substances reacted to combustion (with some fabulous coloured flames created along the way), enabling them to at last identify whether the Head was poisoned.

While the children had plenty of fun and learnt a great deal, it was also a fantastic opportunity for our Year 5s to familiarise themselves with the Senior School and get a taste of what the sciences look like in secondary school. We want to thank the staff from both sites who made the day so engaging and fun. Finally, we would like to assure you that no Heads of Truro School were harmed in the making of this Science Day and Mr Johnson is in perfect health!

You can view a full gallery of photos online [here](#).



14 JUNE 2024: TRURO SCHOOL NEWS AND UPDATES



Learning on the Beach in Year 4

Year 4 pupils had a wonderful time on Perranporth Beach looking at coastal features as part of their humanities topic on coasts. Making good use of our enviable location near to some of the UK's best beaches, our children put their learning to practical use, making models in the sand to explain how caves, arches and stacks are formed.

The RNLI then gave pupils an informative and interactive talk on beach safety, explaining hidden dangers such as rip currents and the different flags that we can use to help us navigate the beach safely this summer.

After a well-deserved lunch, the children were treated to a delicious ice cream by Olliver B's family from Pavillion Ice. We would like to thank them, as well as the RNLI and our staff and pupils who made it a fun, educational and memorable day at the beach.

Welcoming Our New 1st Years

Our Year 6 classes joined other pupils from local, national and international schools at the Senior School for their taster days this week.

These taster days are part of our structured induction programme, which helps to ease the transition for our newest recruits into our Senior School. Held across two mornings, they are designed to be lots of fun, with pupils enjoying a range of subjects including Chemistry, PE, Music and Drama.

There was certainly plenty to engage them; from (purposely) setting fire to the floor in Chemistry to pretending to lift ENORMOUS loaves of bread in drama, there was much fun and plenty of laughter shared. It was wonderful to see our new pupils forming bonds with their peers ahead of the new school year.

The day also provides a welcome opportunity for Mr Johnson and the wider staff body, including our newly appointed Head of 1st Year, Mr Mill, and Head of Lower School, Mrs Thurlow, to chat with new families in an informal setting.

These mornings will be followed by a further settling-in day before the term officially starts; another chance to ensure that the introduction to life at Truro School is as smooth and enjoyable as possible.



14 JUNE 2024: TRURO SCHOOL NEWS AND UPDATES



Finalist – Education Choices Awards

We are delighted to announce that we have been named a finalist in the Education Choices Awards 2024 for 'Supporting Sustainability' by Education Choices Magazine.

It is an honour to be recognised alongside so many other outstanding schools, and we eagerly await the announcement of the winners.

Truro School's environmental program stands out due to its holistic and multi-faceted approach to sustainability, structured across four key areas: Management and Policy, Campus, Curriculum and Community, and supported by the appointment of a Sustainability Coordinator in 2023 to enhance pupil engagement and management accountability.

Squiggling and Wiggling in Nursery

Our Nursery children participate in weekly 'Squiggle While You Wiggle' sessions, a fun and active way to support children to improve their fine motor skills and prepare them for the early stages of writing.

This week the children have focused on spirals. They start off performing spirals movements with pieces of fabric to music; using their bodies and employing their gross motor skills.

They then fine-tune this learning with pens. The children are taught the 'pinch, pinch, pinch and flip' technique to hold their pen correctly in both hands. As children may not have chosen a preferred hand to write with yet, we strengthen both, making marks on paper using both hands at the same time.

These more delicate motions replicate the movements they had trialled earlier. Although it requires a great deal of concentration, it is also a fun and enjoyable session and the children love to see the results they make together at the end.



Royal Cornwall Show 2024

A massive thank you to everyone who joined us at this year's Royal Cornwall Show! We had an incredible time welcoming families of all ages and it was wonderful to see both familiar and new faces.

A special thank you to everyone involved in making this event a success – we couldn't have done it without you!

14 JUNE 2024: TRURO SCHOOL NEWS AND UPDATES

Stunning Screen Prints for Year 5

Our Year 5 pupils were treated to a screen printing workshop this week with local artist Tony Minnion. Tony, who is based in Redruth specialises in landscapes but also teaches screen printing to adults and children across Cornwall.

In sessions held across the week, our pupils were tasked with creating their own flag, decorated with an image of a bird of their choice. Tony talked the children through the various techniques and tools needed including the beautiful rainbow inks, screens and squeegees.

The children first had to select an image of a bird and then create an outline, before enhancing their flags with foliage from the school grounds. They were then helped to print colours onto their flags before hand painting in the details.

As you can see from our photos, our children were enraptured as Mr Minnion explained the processes and the outcomes were stunning. A huge well done to all of our Year 5 classes and thanks to Mrs Ashdown and Mr Minnion for hosting such a memorable and exciting lesson.



News & Information for Parents

Family focus

Picky Eaters

'Picky eating' usually is a normal developmental stage for younger children. If you find yourself struggling to get your child to eat a balanced diet here are a few tips that may help...

- 1. Family mealtimes.** Share a meal together as a family as often as you can. This means no media distractions like TV or mobile phones at mealtime. Serve one meal for the whole family and resist the urge to make another meal if your child refuses what you've served. This only encourages picky eating. Try to include at least one food your child likes with each meal and continue to provide a balanced meal, whether she eats it or not.
- 2. Don't Make a Fuss.** If your child refuses a meal, avoid fussing over it. It's good for children to learn to listen to their bodies and use hunger as a guide. If they ate a big breakfast or lunch, for example, they may not be interested in eating much the rest of the day. Pressuring children to eat, or punishing them if they don't, can make them actively dislike foods they may otherwise like.
- 3. Break from bribes.** Tempting as it may be, try not to bribe your children with treats for eating other foods. This can make the "prize" food even more exciting, and the food you want them to try an unpleasant chore. It also can lead to nightly battles at the dinner table.
- 4. Try, try again.** Just because a child refuses a food once, don't give up. Keep offering new foods and those your child didn't like before. It can take as many as 10 or more times tasting a food before taste buds accept it. Scheduled meals and limiting snacks can help ensure your child is hungry when a new food is introduced.
- 5. Variety: the spice.** Offer a variety of healthy foods, especially vegetables and fruits, and include higher protein foods like meat and deboned fish. Help your child explore new flavours and textures in food. Try adding different herbs and spices to simple meals to make them tastier. To minimize waste, offer new foods in small amounts and wait at least a week or two before reintroducing the same food.

News & Information for Parents

Family focus continued

6. Make food fun. Toddlers are especially open to trying foods arranged in eye-catching, creative ways. Make foods look irresistible by arranging them in fun, colourful shapes. Young children tend to enjoy any food involving a dip. Finger foods are also usually a hit with toddlers. Cut solid foods into bite size pieces they can easily eat themselves, making sure the pieces are small enough to avoid the risk of choking.

7. Involve kids in meal planning. Put your child's growing interest in exercising control to good use. Let your child pick which fruit and vegetable to make for dinner or during visits to the supermarket or when online shopping. Read child-friendly cookbooks together and let your child pick out new recipes to try.

8. Tiny chefs. Some cooking tasks are perfect for children (with lots of supervision, of course): sifting, stirring, counting ingredients, picking fresh herbs from a garden or windowsill, and "painting" on cooking oil with a pastry brush, to name a few.

9. Crossing bridges. Once a food is accepted, use what nutritionists call "food bridges" to introduce others with similar colour, flavour and texture to help expand variety in what your child will eat.

10. A fine pair. Try serving unfamiliar foods, or flavours young children tend to dislike at first (sour and bitter), with familiar foods toddlers naturally prefer (sweet and salty). Pairing broccoli (bitter) with grated cheese (salty), for example, is a great combination for younger taste buds.

If you are concerned about your child's eating, please speak to your GP.

Pre-Prep

Achievements



Our Learning This Week:

What a week! Firstly, a huge, heart-felt, thank you to all the parents for our wonderful gifts for the team this week. We are so grateful for everything that we received each day.

As for the children this week, everyone in Pre-Prep has been engaged formal transition work to prepare for next year. In the classroom, Nursery have continued to prepare for moving to Reception by learning some fantastic phonics. The Reception children been hard at work throughout their lessons, proving that they are ready for the move to Year 1 and our current Year 1 children have learnt about all things 'Cornwall'. This include baking scones and writing their own versions of the 'Star-Gazey Pie'.

Year 2 spent time on their own 'Cornwall' topic and finished their 'Best of Cornwall' leaflets. They also worked really well collaboratively to create animations during in their computing lessons.

As always, please check the Bulletins and Clarions for information on upcoming events as we have some very busy weeks ahead.

Class Dojo Winners KS1

Monty
Alfie
Rupert D
Imogen
Althea

Golden Awards

Green table

Prep

Achievements



House Point Form Champions

3ME: Ollie & Albie
3SM: Daisy & Edward
4LL: Rohan
4SC: Barney
5CD: Charlie
5LJ: Florence
5SL: Hugo
6AG: Archie
6DG: Charlie C
6JL: Jack

Heads Commendations

Tristan 5LJ for Humanities:

For helping Albert to construct an amazing model of a Mayan temple. Both of you put such a lot of thought and effort into this, from the clay brick temple walls to the sacrificial victim on the top!

Albert 5LJ for Humanities:

For an amazing model of a Mayan temple. You put such a lot of thought and effort into this, from the clay brick temple walls to the sacrificial victim on the top!

Merit Awards

Bronze Merit Awards

3SM: Harry
4LL: Ashleigh, Maya, Hennie

Silver Merit Awards

3SM: Daisy, Joseph, Athena, James

Art: Gold Frame

Jacob 6AG: for your impressive portrait painting of your brother.

Prep

Achievements



Horseriding

Delilah 6AG won rosettes with her pony Magnus at Colraine Equestrian Centre on Sunday 9th June.

2nd place: BS club 80cm showjumping.

3rd place: BS club 70cm showjumping.

Times Tables Challenge

3ME: Ella C, Harleen, Albie

3SM: Daisy, Joseph, Christopher, James

4LL: Emir, Oliver B, Endelyn

4SC: Harry E, Audrey, Violet-Rose

Times Tables Rockstars

Times Table Rock Star of the Week

Rupert Year 5

Top Rock Performer

Year 3: Christopher

Football

Albie 3ME played in the two-day R & T Football Tours tournament for Saints Southwest U8s on the 1st and 2nd June, competing against teams from all over the south-west region.

They won the tournament, with Albie scoring 8 out of the 20 goals scored by his team..

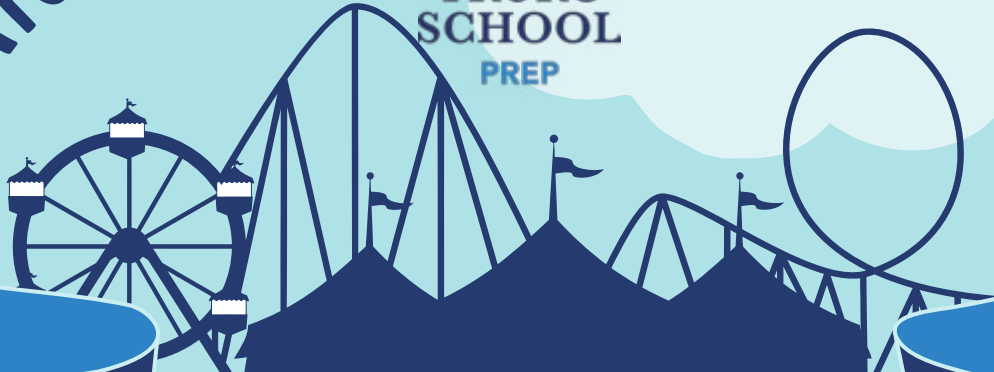
Football

Lissy 5LJ has been awarded Players' Player of the year for the U10 girls team at Newquay AFC.

SATURDAY 22ND JUNE | 12PM TO 3PM



TRURO
SCHOOL
PREP



TRURO SCHOOL PREP

SUMMER FAYRE



JOIN US ON SATURDAY
22ND JUNE 12-3PM

TEDDY TOMBOLA | GAMES | BBQ | BOUNCY CASTLE & MORE

TRURO SCHOOL PREP



YOU ARE INVITED TO

A DAY AT TRURO PREP SPORTS DAY

CELEBRATE WITH US ON FRIDAY 21 JUNE 2024

DRESS TO IMPRESS IN YOUR CHILD'S HOUSE COLOURS!

FEAST WITH A PICNIC BOX (PRE-ORDER BELOW)!

WIN PRIZES FOR THE BEST HOUSE SPIRIT!

ORDER YOUR PICNIC BOX @
<https://www.eventbrite.co.uk/e/920948089527?aff=oddtcreator>
PASSWORD: FTS





Pre Prep

Wraparound

Each Monday morning the registration sign up will be cleared and then reopened for the following week's Wraparound care.

Please use this QR code or the Forms link to register for wraparound.

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

Truro Pre-Prep Wraparound Care.





Stickwise

H O C K E Y C A M P S

Who are Stickwise?

- Founder & head coach is double Olympian Calum Giles
- 143 caps for England & Great Britain
- 110 international goals. GB's top scorer for over 14 years
- Highly qualified coaches with national team experience
- GB's Zac Wallace was a regular Stickwise attendee
- As seen on Instagram

Book kids camps at: [Stickwise.com](https://stickwise.com)

Book adult sessions at: sponsorship@trurohc.co.uk



ritual



Presents

EVERYBODY'S TALKING ABOUT

JAMIE

TEEN
EDITION

Book & Lyrics by Tom Macrae
Music by Dan Gillespie Sells
From an idea by Jonathan Butterell

WHERE

BURRELL THEATRE,
TRENNICK LN, TRURO
TR1 1TH

WHEN

FROM AUGUST 29TH TO
SEPTEMBER 1ST 2024 -
2.30PM AND 7.30PM
SHOWS

HOW TO BOOK:

VIA OUR WEBSITE AT
[BOOMTHEATRE.UK](https://boomtheatre.uk) OR THE
QR CODE HERE

This amateur production of Everybody's Talking About
Jamie; Teen Edition is presented by arrangement with
Concord Theatricals Ltd www.concordtheatricals.co.uk



PEDAL 4 PATIENTS



Tour de Kernow

19TH - 21ST SEPTEMBER 2024

Join the Pedal 4 Patients Tour de Kernow, a charity cycling challenge raising vital funds for



Royal Cornwall Hospitals Charity

Pedal through Cornwall's stunning landscape over three days whilst making a difference to those who need it most at our hospitals in Cornwall



Contact us for your information pack

CALL

01872 252 858

EMAIL rcht.charity@nhs.net

Registration Fee **£95**

Minimum Fundraising Target **£650**

Request More Info

