# Beacon



It has been a week full of excitement and adventure for everyone at Beacon. Our Year 5 children have had the time of their lives this week in Manchester. They returned to school buzzing and full of wonderful tales of their trip. Talking to the children, they loved every second with skiing, The Crystal Maze and the Stadium Tour amongst their highlights, but the entire experience was incredible from start to finish. All the adults returned to school bursting with pride, they couldn't have been prouder and have said that the number of positive comments from members of the public has been overwhelming.

## Newsletter issue 23 (08.03.2024) www.beacon.eschools.co.uk 01208 72773

### Top story this week



I know you have given personal thanks to the team for supporting the children, we are so lucky. Special thanks to the Year 5 team and everyone who has worked so hard to make this wonderful experience a possibility.

Other highlights this week include our Year 4 children dancing and singing their way through the streets of Bodmin for the annual St Piran's Day celebrations. It was lovely to hear Miss Clifford, Ethan and Alice being interviewed, they certainly represented our school beautifully. Please hear, via the QR code or link below, to what they had to say.

Also, this week, our Year 1 children began their History unit with a visit to Bodmin Jail, we have welcomed lots of visitors to Beacon and today we have celebrated World Book Day in true Beacon style. Across the school we have devoted the day to celebrating reading for pleasure and the wonder of books. Mrs Mills launched our reading ambassadors, our oldest and youngest children visited our reading café to read together as well as having the opportunity to select a new book to take home and our lunch was a whole school reading picnic. We have had an incredible day, with special thanks to Mrs Mills and her band of helpers for making it such a magical event.

Well, that's all for this week. Wishingall our mums a very special Mother's Day.

Kaye











### Key Events for next week- KS1 and Shine

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	PE- Ball skills.	Story mountain in T4W.	Learning the Easter story.	Outdoor learning.	Comic Relief
Year 1	Exciting animal visitors!	Writing an information text	PE Net and Wall Games	Computing	Comic Relief
Year 2	Researching for our information writing	Writing an information text	Cornish Pirates Rugby!	Music Composition with all the instruments	Comic Relief!
Shine	PE and Pop up Stories	Shopping and Cooking	Outdoor learning	Rock steady	Comic Relief!







### Key Events for next week- KS2 and ARB

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 3	PE	Editing our Luke Skywalker asc ension tale	Christianity	Writing Assessment	Comic Relief
Year 4	Continue writing our suspense journey tales		Times table battle	Trip to Kerrier's Solar Farm	Comic Relief
Year 5	Get excited we are starting a new Blue Planet! reading text!		Mid-week maths challenge!	PE	Comic Relief
Year 6	Get excited we are starting a new reading text!  Planning our own wishing tale!		Retrieval questions in Talk for Reading!	Finishing our own wishing tale.	Comic Relief
Cosmonauts	monauts Amazing Art Sensationa		PSHE	Cooking	Computing Red nose day

## **Believe**

## **BeBrilliant**

EYFS 'Highlight of the Week'





### Nursery

Wow what a busy week this week has been. We started the week learning about St Piran and on St Piran's Day we made some yummy, scrummy scones so that we could enjoy a Cornish cream tea. Later in the week we talked all about the reasons that make our mums special. And finally, we have finished the week dressing up as our favourite book character and sharing our favourite books. We also read a Cornish version of Where is Spot?





### Reception

This week we enjoyed learning about and celebrating St Piran's Day. We made Cornish flags and had yummy pasties for lunch.

We have also continued our learning of the Gruffalo, exploring how the story makes us feel and any patterns or connections.

The week finished with us all dressing up for World Book Day, we all looked amazing and loved sharing our favourite books!





## Believe

## **BeBrilliant**

KS1 'Highlight of the Week'





### Year 1

What an amazing start to the week with our trip to Bodmin Jail! The children showed exemplary behavior and have used all their new knowledge in our History unit back in class. They have also been showing increasing skills and ability in their PE unit; net and wall games. They have been showing us their 'ready' position and have been moving safely around in their games.

### Year 2

Well done Year 2, you are all amazing readers! We have been really impressed by children earning the 'golden jumpers' already this half term and earning many positive points for consistently reading at home. Thank you to all the families at home that support their children reading and logging every day, it really does make a difference. Keep up the fantastic reading year 2!







## **Believe**

## **BeBrilliant**

Lower KS2 'Highlight of the Week'





### Year 3

An amazing week in Year 3; we have planted, poked and poisoned plants! The week began predicting the outcomes of our plants with/without water, soil, light, etc. Celery stalks have transpired food dye to the tips of their leaves, and we cut up daffodils to inspect the parts of a flowering plant. Our King Arthur /Luke Skywalker tales have begun unfolding and we look forward to their completion early next week. AND a big well done to Shrek and the Tiger who Came to Tea



### Year 4

This week, the children have enjoyed starting to write their journey tales with a focus on suspense. They have been working hard to include a variety of toolkit features in their writing and to use a range of rich and ambitious vocabulary. We have been really impressed with their tales so far and look forward to reading their independent tales next week!

What fantastic costumes everyone had for World Book Day today too!





## **Believe**

## **BeBrilliant**

Upper KS2 'Highlight of the Week'







### Year 5

Wow! What an incredible week! The Year 5 team would like to take this opportunity to thank the children for their exemplary behavior during our residential trip to Manchester. They were a credit to themselves, their families and our school - we could not have been prouder of our classes. Thank you, children, we feel so lucky to have shared such wonderful experiences with you.

Just like you, we will treasure the memories forever. Happy Friday!

### Year 6

What another busy week we have had in Year 6: we have explored characterisation through writing diary entries in reading; in maths, we began converting between decimals, percentages and fractions; and in grammar we have been exploring the use of apostrophes for both possession and omission.

We have topped the week off by celebrating World Book Day today: all the children looked fantastic and had the chance to come home with some brand new books!









## Believe<sup>1</sup>

## **Be**Brilliant









It has been a busy week this week with lots of different learning going on. We have been exploring the sensory stories 'we're going on a bear hunt' and 'Rumble in the jungle' and learning all about North America. We ended the week with a fun day celebrating World Book Day.



Shine have had a brilliant week! We have learnt some Cornish tales and discussed whether we believe King Arthur was real or a myth. We then went shopping and chose our favorite fruit to help us make our own hungry caterpillar on World Book Day. We really enjoyed rocking out in our Rock Steady lesson and are doing a fantastic job learning our new song.









## **Believe**

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### Who has SHONE BRIGHTLY this week?



### **Fantastic Reader**

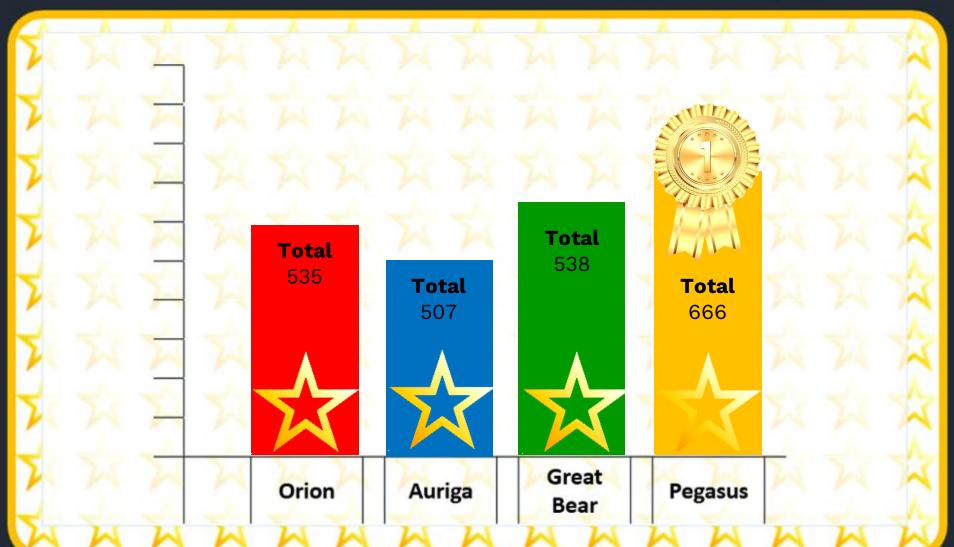
Ž	Space Voyagers (YR)		Penelope Vowden	Pioneers (Y3)		Jensen White
Ź	Space Travellers (YR)	000	Brody Down	Discoverers (Y3)	6	Ella Morris
Z	Space Adventurers (Y1)	X	Oscar Philips	Supernovas (Y4)		Platon Kovadlo
2	Space Explorers (Y1)	Š	Enya Laugharne	Constellations (Y4)	4	Lilly May
2	Spaceships (Y2)	Q	Ellie Nelson	Comets (Y5)	\$2 m	Benjamin Knight
2	Rockets (Y2)	0	Charlie Hannaford	Meteors (Y5)		Jacob Cook
2	Cosmonauts (ARB)	NA)	Zaynn-Lee Cowling	Aviators (Y6)		Chloe-Jo Rowe
2	Shine		Maddie McNulty	Astronomers (Y6)		Mollie Gilburt
2	THE THE	W Z	THE	Astronauts (Y6)	0	Maison Swiggs

## **Believe**

## **BeBrilliant**

House Points!





## Believe<sup>\*</sup>

## **BeBrilliant**

House Points!





## **Believe**

## **BeBrilliant**

Attendance weekly winners 🔀





ABSENCE = LO	ST OPP	ORTUNI	TY	
	Did You Know?			
May May	If Your Child's Attendance During the School Year	Your Child Would Have Lost Approximately	or They Would Have Missed Approximately	
WAKE S	was 95%	9 Days from School	50 Lessons	
IIP.	was 90%	19 Days from School	100 Lessons	
	was 85%	29 Days from School	150 Lessons	
	was 80%	38 Days from School	200 Lessons	
	was 75%	48 Days from School	250 Lessons	
	Getting You	ır <mark>Child to School R</mark> eal	ly Matters	

In total there are 175 non-school days a year. This gives families the opportunity to:

- Spend time together
- Go on family visits and days out
- Go on holiday
- Go shopping
- Attend routine appointments. Holidays will not be authorised.

Taking a holiday during term time seriously affects your attendance and in turn your attainment. Booking holidays during term time may result in a fixed penalty notice.

As always, if you have any questions or if you need some support with your child's attendance, please contact our Attendance Officer Helen Sowden

**Direct Number: 01208 72773** Mobile Number: 07545431566 hsowden@kernowlearning.co.uk

## Believe<sup>\*</sup>

## **BeBrilliant**

### **Attendance Information**







### **Penalty Notices**

A guide to Education Welfare Services for parents and carers





#### **What is a Penalty Notice?**

A Penalty Notice is a fine that can be issued under section 444A and section 444B of the Education Act 1996. The fine is issued per parent, per child for:

- Leave of absence of 12 school sessions /6 school days or more (within any 100 school session period) during term time, without authorisation from the school, for a holiday for example
- Unauthorised absence of 12 school sessions /6 school days or more (within any 100 school session period) of absence from school, either when a parent fails to provide an explanation, or an explanation is provided but the school consider it insufficient to authorise
- Unauthorised lateness of 12 school sessions /6 school days or more (within any 100 school session period), resulting from arrival at school after the register has closed

NB A Penalty Notice can be issued for any combination of the above reasons, where the unauthorised absence from school results in 12 sessions /6 school days or more (within any 100 session period)

Or, when:

 A pupil is observed in a public place during school hours, in the first five school days of a period of exclusion from school, without reasonable justification

### Who can be issued with a Penalty Notice?

Parents and carers of a child can be issued with a Penalty Notice. The definition of a 'parent' as set out in section 576 of the Education Act 1996: By virtue of this section 'parent' includes: all natural parents, whether they are married or not; any person or body who has parental responsibility for a child (as defined by the Children Act 1989) and any person who, although not a natural parent, has care of a child. Having care of a child means a person who lives with and looks after a child, irrespective of what their relationship is with said child.

#### **How much is a Penalty Notice fine?**

A Penalty Notice carries a fine of £60.00 if paid within 21 days of issue, doubling to £120.00 if paid after 21 but within 28 days.

## **BeBrilliant**

### **Attendance Information**



### Penalty Notices are issued per parent, per child.

Therefore, for example, if there are two parents and two children, the fines will total £240.00 if paid within 21 days and £480.00 if paid after 21 days but within 28 days.

### Can a Penalty Notice be paid in instalments?

**No.** Penalty Notices must be paid in full, within the designated dates. However, if a parent has more than one child and is therefore issued with more than one fine, they can pay the fines separately if they wish.

### Who is responsible for issuing Penalty Notices?

It is a Headteacher's decision whether or not to authorise an absence and, if their decision is not to authorise, they have the right to request a Penalty Notice in line with their attendance policy process. Cornwall Council's role is to check that the evidence submitted is compliant with Cornwall Council's Code of Conduct for Education Related Penalty Notices and, if so, to issue as appropriate.

#### Can a parent appeal a Penalty Notice?

There is no statutory right of appeal once a Penalty Notice has been issued. If you believe that the Penalty Notice should not have been issued, you should make contact with the school or academy that your child attends at your very earliest convenience after receiving the Penalty Notice. If you wish to discuss the Penalty Notice procedure, you can contact Cornwall Council's Education Welfare Service on 01872 323400, or email educationwelfare@cornwall.gov.uk

#### **How is a Penalty Notice paid?**

Penalty Notices can be paid by card by calling the office on 01872 323400. Alternatively, payment can be made by cash or cheque at any Cornwall Council Information Service. If the 21st/28th day for payment falls on a weekend or bank holiday, payment will be accepted at the same rate on the following working day.

### What happens if a Penalty Notice is not paid?

If a Penalty Notice is not paid within the 28 days of issue (as per the dates listed on the Penalty Notice), Cornwall Council will progress the matter to the Magistrates' Court, for the offence of failing to ensure regular attendance, NOT for failure to pay the fine.

If found guilty:

- under section 444(1), it can result in the parent being fined up to £1000
- under section 444(1A), it can result in the parent being fined up to £2,500 and/ or receiving a custodial sentence of up to 3 months

Cornwall Council may also apply for costs incurred in taking the matter to court.

#### **Contact us**

Education Welfare Service

educationwelfare@cornwall.gov.uk 01872 323 400

www.supportincornwall.org.uk/families www.facebook.com/TFFCornwall









If you would like this information in another format or language please contact:

Cornwall Council, County Hall, Treyew Road, Truro, TR1 3AY

e: customerservices@cornwall.gov.uk t: 0300 1234 100



April 2022 jn52374 Photo © iStockphoto.com



### Newsletter issue

www.beacon.eschools.co.uk 01208 72773

### Extra notifications







Click on the link below or scan the above QR code for our St Piran's Day radio interview

**BBC Radio featuring Beacon Academy** 



## Newsletter issue www.beacon.eschools.co.uk 01208 72773

### Extra notifications



















www.beacon.eschools.co.uk 01208 72773

Extra notifications







Open from 8:00 – 8:30 daily

(Booking required)

Our free breakfast club operates during term time and is available

Our free breakfast club operates during term time and is available to all pupils. Starting at 8:00 AM until the start of school we offer the children a selection of healthy breakfast options such as toast, cereals, fruit, water, and milk. The children will then have the opportunity to enjoy reading games puzzles and other to activities.

Sponsored by



FREE for all children

Beacon

Shine brightly







From Monday 8th January 2024 we will be offering afterschool Wraparound Care from 3:15 to 5:30, as part of our extended provision. During this time children who attend will take part in a range of activities and enjoy a healthy snack and drink.

Children will be collected from their class. As with all of our before and after school provision, booking is essential and must be done via our online booking system by submitting the form via:

https://forms.office.com/e/4WJwYcMQAs



Up to 1 hour - 3.15 - 4.15 ~ £5.00 Up to 2.15 hours - 3.15 - 5.30 ~ £10.00

Payment to be made in advance via +Pay on the MyEd app.

Any booking needed without 24 hours notice will require approval from a SLT member of staff to ensure adequate supervision is in place, please contact the school directly if you require this.



## Newsletter issue 23 (08.03.2024) www.beacon.eschools.co.uk 01208 72773

## Dates for the diary!

Thursday 14 <sup>th</sup> March	Y4 trip to Kerriers Solar Farm		
Monday 18 <sup>th</sup> March	Last week for Afterschool clubs		
Friday 15th March	Red Nose Day		
Wednesday 27 <sup>th</sup> March	The Royal Beacon Show		
Thursday 28 <sup>th</sup> March	Year 4 seeing the Wizard of Oz in Plymouth Theatre		
Thursday 28 <sup>th</sup> March	Rock steady concert PM		
Friday 29 <sup>th</sup> March Friday 12th April	Easter Holidays		
Thursday 18th April- Friday 19th April	Year 3 Residential to Bristol		
Monday 6 May	Bank Holiday		
w/b 20th May	Adventure Week starts		
Monday 27 May – Friday 31st May	Half Term		
Thursday 10 July – Friday 11 July	Y2 Plymouth Aquarium Residential		
Wednesday 24 July	Summer Holiday begins		



www.beacon.eschools.co.uk 01208 72773

### Extra notifications





## **IMPORTANT**

Polite reminder – There are no staff on duty in the mornings until 8:30am. Children arriving before that time are very welcome to attend our free Breakfast Club but should not be on the grounds otherwise for their own safety.



www.beacon.eschools.co.uk 01208 72773

### Extra notifications



### RECEPTION CLASS

Can we please remind all our Reception parents that the children need to bring in named, wellies each week.

We try to spend as much time outside as possible and with the weather as it has been wellies are essential.



### **IMPORTANT**

Please can we remind all parents do not park, during drop off and collection, on the yellow ZigZags outside the school. This is for the safety of your children. Please help us keep our children safe.



### A Polite Request.

If you need to get a message to your child during the school day, please call the main office before 2:30pm to ensure the message is passed on.

### IMPORTANT

We continue to be so proud of how well our children are responding to their learning and the progress they are making.

In order to do this, it is so important that our children come to school with a positive attitude to learning in the correct school uniform and on time. Please talk to our team if we can help you with any aspect of this.





www.beacon.eschools.co.uk 01208 72773

### Extra notifications





# Nursery



Can we please remind all our Nursery families to be ready at our entrance for your child's start time.

When staff have to come out and let people in, it leaves the Nursery understaffed.

Thank you for your understanding.

Start times are 8.30am or 9.00am and 12pm for afternoon sessions.











www.beacon.eschools.co.uk 01208 72773

### Extra notifications







SCHOOL MENU - WEEK COMMENCING

### Monday 11th March

	MOI	lady !!		Friday	
	Tuesday	Wednesday	Thursday		
Chicken/Broccoli Pasta Tomato and Herb Pasta Bake (v) Carrots and Peas Fruit Salad/Fruity Yoghurt Dessert	Sweet and Sour Chicken Sweet and Sour (v)	Roast Chicken Vegetable Roast (v)  Crispy Potatoes with Gravy and Fresh Vegetables  Apple Pie and Custard	Turkey Burger/Vegetarian Burger (v) with Potato Wedges, Green Beans and Carrots Vegetarian Burger Chocolate Sponge	Fishfingers Chips and Peas  Vegetable Fingers (v)  Various Puddings	

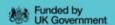


Please ensure you are pre booking your dinners via the MyEd/PlusPay app.











#### **ChatHealth Parent Line 0-5**

Health Visiting messaging service for parents and carers of children aged 0-5 in Cornwall and the Isles of Scilly

TEXT 07312 263 423



CORNWALL

Together \*\*

www.cornwall.gov.uk/chathealth ISLES OF SCILLY

To read our full privacy notice please visit www.comwail.gwc.uk/dfprivacynotice
We might inform spreages if we were concerned about your safety but we would usually upeak to you first. He sages are stored and can be seen by other health can staff who below the same confidentially rules. We aim to reply within one working day and you should get an immediate reply to confirm we have received your text.

\*\*Texts will not be seen outside working bours. If you need help before you hear back-from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only jnot including me ourges from landlines, international numbers and some mobile appa). To present Chat Health from sending messages to you, sent STOP to our number. Hessages charged at your usual rates.





### **ChatHealth Parent Line 5-19**

School Nursing messaging service for parents and carers of children and young people 5-19 years in Cornwall and Isles of Scilly

TEXT 07312 263 499









www.cornwall.gov.uk/chathealth

To read our full privacy natice please visit www.comwall.gov.uk/tfiprivacynotice

We might inform someone d'wowere concerned about your safety but we would usually speak to you first. Messages are staind and can be seen by other bealth can staff who follow the same confidentially rules. We aim to reply within one working day and you should get an immediate reply to confirm we have received your text. Texts will not be seen existed a working hours. If you need help below you have back from an contact your GP, nevert work in centure of dail 11. Our hast number added to receive or only had including messages from its defined, international numbers and come mobile appet, to present Charleshable, hearth from sending necessages to you, specifically not or market. Messages charged a pour assets required to the contraction of the contraction.



















### Why not train to teach in Cornwall?

Primary (3-7, 5-11) programmes available for

a September 2024 start

Visit our website for further details:

www.kernowteaching.co.uk

Kernow Initial
Teacher Education



Are you looking for a job that fits in around your family? Gain the necessary qualifications to support you, fully funded by the ESFA (Education Skills Funding Agency).

Levels 1, 2 & 3 for School Support Course with a Guaranteed Job Interview.

 Our classes are based online - Run only in term time - During school hours to fit in with the school run -

#### **Course Times**

- Total of 5 days per week (Mon-Fri) for 6 weeks
- There are 2 lessons per day (9.30am 11am) & (1pm 2pm)
- · Must have internet access and a laptop or tablet.
  - No prior experience necessary -

#### Eligibility Criteria

- Must Be Aged 19
- Must Claim Benefits (Universal Credit, ISA, ESA, PIP, Income Support, Housing Benefits or any type of Tax Credit including Child Tax Credit). If you live in Merseyside, you do not need to claim any benefits.
- You Can't be a student or an International Student
- . You Must have lived in the UK for a Minimum of 3 Years (Except if you are from the Ukraine).

www.studysmartuk.online









British Science Week Family Event Saturday 9 March 1.30-3.00pm

#### We are celebrating British Science Week 2023!

Get involved in a family fun STEM activity session exploring this year's theme of 'TIME'. Our Learning Space will be transformed into a Research Laboratory full of busy minds and hands. Activities will suit tots to teens.

#### 1.30pm - 3.00pm Drop In throughout the session

The workshop is included with a valid Museum Admission ticket or Annual Pass. Like to know more? Contact gmartin@wheal-martyn.com

Until 31 March 2024, residents of Cornwall can purchase annual admission to Wheal Martyn for a discounted rate of just £10.50 per adult and £5.00 per child (those under 5 go free)! Please bring proof of address.







ST AUSTELL PL26 8XG 01726 850362 www.wheal-martyn.com



#### **BERRYFIELDS YOUTH CLUB**

EVERY WEDNESDAY EVENING FOR SCHOOL YEARS 5-7 FROM 6:15-7:30 SCHOOL YEARS 8-11 FROM 7:45-9:00



POOL TABLE



INFORMATION AND GUIDENCE

TRIPS

**FUN AND GAMES** 





**TUCK SHOP** 



FOR MORE INFO PLEASE CONTACT ROSIE

@ROSIE.NICKELS@YPC.ORG.UK OR 07741903203 OR FOLLOW US ON FACEBOOK AT

BERRYFIELDS YOUTH CLUB







EASTER 2024

- · Activities including multi sports, forest schools, circus skills, water sports and lots more - for children aged 5 to 16
- . Every session includes a healthy meal for all children
- . Funded places for ALL children eligible for benefits related free school meals

www.activecornwall.org/T2MHolidayProgramme/ Time2Move.HolidayProgramme@cornwall.gov.uk 01872 324287

Activities are taking place across Cornwall during the Easter holidays, from April 2nd - 12th

Scan here



## COMMUNITY

CORNWALL/NORTH DEVON APRIL 2024 | 9.30AM-3.30PM (UNLESS STATED) BOYS & GIRLS ALL ABILITIES AGED 5-15

(Football Roadshow unless stated)

#### TUESDAY 2ND

**Dobwalls Football Club Duchy College Sports Hall** (Futsal Masterclass)

**Bude Football Club** Saltmill 3G - Saltash (Football Roadshow - 2 Day Special)

#### THURSDAY 4TH

Saltmill 3G - Saltash (Football Roadshow - 2 Day Special) St Joseph School Launceston (Football Roadshow - 2 Day Special)

#### FRIDAY 5TH

St Joseph School Launceston (Football Roadshow - 2 Day Special) **Lanivet Community Hub** 

St Joseph School Launceston (Multi Skills Day)
Lanivet Community Hub

#### TUESDAY 9TH

Dobwalls Football Club Holsworthy YFC St Teath Football Club

Bude Football Club Mount Kelly Tavistock - Prep School

Saltmill 3G - Saltash

St Joseph School - Launceston Polperro Football Club (Match Day Special)





Book now 01752 522202 Www.officialsoccerschools.co.uk/argyle/courses.html

www.argylecommunitytrust.co.uk





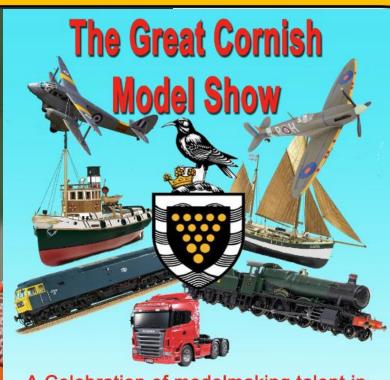












A Celebration of modelmaking talent in Cornwall

Pool Academy, Church Road, Pool TR15 3PZ Sat. & Sun. April 13 & 14 2024

Free parking, easy access, refreshments & hot food 15 model railways plus displays of boats, aircraft, model trucks, buildings & modelling demonstrations Presented by Helston & Falmouth Model Railway Club



www.hfmrc.uk







#### The Mental Health Support Team invites you to book your place on our Decider Skills Workshop

Decider Skills are a set of life skills based on cognitive behaviour therapy (CBT). The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health. They also include basic problem solving and conflict de-escalation skills, and have a strong focus on supporting children in regulating their own emotions.

#### **Upcoming Sessions:**

- Monday, 25th March at 10:00 AM and 5:00 PM
- Wednesday, 27th March at 4:00 PM
- Thursday, 28th March at 9:30 AM and 4:00 PM

Please note: This group is open to parents of children aged from Nursery to Year 6

To request a place, complete the online form or scan the QR code provided:

<a href="https://forms.office.com/e/Y">https://forms.office.com/e/Y</a>
<a href="mailto:epS04KNBz">epS04KNBz</a>



#### The Mental Health Support Team invites you to book your place on our Introduction to Resilience Workshop

This is a single, hour-long session aimed at parents.
The session covers how to encourage young people to
develop greater resilience, and provides
psychoeducation around what mental health and
resilience is.

When young people are resilient, they are more able to cope with challenges and stress, and can therefore be more curious, adaptable and able to extend their reach into the world.

#### **Upcoming Sessions:**

- Monday, 18th March at 10:00 AM and 5:00 PM
- · Wednesday, 20th March at 4:00 PM
- Thursday, 21st March at 9:30 AM and 4:00 PM

Please note: This group is open to parents of children aged from Nursery to Year 6

To request a place, complete the online form or scan the QR code provided: https://forms.office.com/e/W



Sign up will close on Thursday 21st March

Sign up will close on Thursday 14th March





ChatHealth Parent Line 0-5

**TEXT 07312 263 423** 

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**ChatHealth** Parent Line 5-19

TEXT 07312 263 499

**ChatHealth Young** People 11-19



TEXT 07312 263 096



www.cornwall.gov.uk/chathealth

Get confidential health and wellbeing advice and support

cornwall.gov.uk