

Truro & Penwith Academy Trust, College Road, Truro, Cornwall, TR1 3XX

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Welcome to our Trust Newsletter where we share news, activity and achievements from our schools and the academy trust.

We have pulled together some of the school activities and achievements that took place before the Coronavirus shut down but would like to continue to fill this newsletter with activities and achievements our students are still making at home and in school. Many of our schools remain open for critical workers children and vulnerable children. Please see school websites for details.

Our Trust has grown to 28 schools across Cornwall and we now work with 6000 children and young people from Liskeard to Sennen. We were pleased to be the first multi academy trust in the country to be subject to an Ofsted summary evaluation in January 2019, which recognised our Trust as 'one that schools want to join'.

TPAT WELLBEING



NATIONAL DAYS

May: National Share a Story Month

May: Local and Community History Month

4 – 10 May: Screen-Free Week

9 May: World Fair Trade Day

9 – 16 May: National Doughnut Week

RESOURCES

[Tea and Coffee Paintings with Mr. Wake](#)

[Jonah the Spaceboy by Mr. Lara](#)

[I Am Peace – Short Story – Read by Mr. McGirr](#)

[FREE Audible Stories](#)

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

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|--|---|--|--|--|--|---|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time | <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> | | | | |

ACTION FOR HAPPINESS



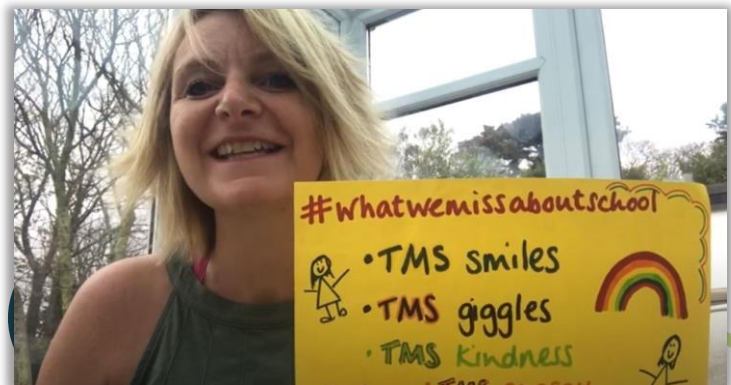
www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

THREEMILESTONE SCHOOL

Staff at Threemilestone Primary School have created this wonderful video describing all the things they are missing about being at school.

[Watch Now!](#)



FUNDRAISING

On the weekend of the 2nd and 3rd May, 6 students in Year 10 from St Ives School would have been taking part in the annual Ten Tors Challenge. Due to the Coronavirus outbreak the event was cancelled but the team, undeterred, decided to do their own virtual Ten Tors within their homes and gardens on the same weekend.

They took turns to walk a virtual 35-mile route carrying their rucksacks and camping out overnight in their back gardens, raising money for the Royal Cornwall Hospitals Charity Covid-19 Fund.

The money raised supports our front-line doctors, nurses and other medical staff. Funds will be used to help provide them with refreshment and nourishment in this difficult time, provide rest areas and create welfare packs for those unable to return home to their families.

The students have currently raised an amazing...

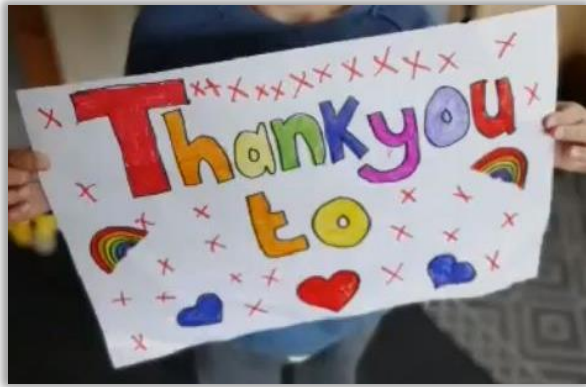
£395



ST DENNIS ACADEMY

Students at St Dennis Primary Academy have created this lovely video message saying a big thank you to all the parents, grandparents, keyworkers, teachers and NHS!

[Watch now!](#)



GULVAL SCHOOL

Staff at Gulval School have created this cheerful video to say hello and #StaySafe

[Watch Now!](#)



6 FUN THINGS TO DO

Due to Coronavirus, we have provided a list of fun things to do indoors this week. Have fun!

1) Screen-Free

Celebrate Screen-Free Week by using the resources shared on the [screen free website](#)

Including Story-writing, Screen-Free Bingo, 101 Screen-Free Activities, and more!

2) Doughnut Week

Celebrate National Doughnut Week by making lots of yummy doughnuts!

Jam doughnuts, Custard doughnuts, Sugar glazed doughnuts, Sprinkle doughnuts, Ring doughnuts and more! YUMMY!

3) Dress Up Task

Inspired by a challenge set by Blackwater Community Primary School – Each child should end up wearing all the items listed below! Make sure to take a photo at the end...

- 1 Adult sock -An oven glove or gloves -A jumper -1 Hat
- Pair of glasses, any type -An apron or dressing gown
- 1 Boot -1 shoe -1 belt or similar
- Something from a dressing up box

4) Fair-Trade

Celebrate World Fair-Trade Day by taking part in one of the many [activities](#) listed, including...

Face painting, Fashion show, Beating of drums, Coffee/Tea break, Cooking competition, Art show, Tea party and more! Have fun!

5) Share a Story

Throughout the month of May, we will be celebrating National Share a Story Month.

This week we would like to see you create your own story! Be creative and add illustrations to bring your story to life.

6) Local History

Throughout the month of May, we will be celebrating Local and Community History Month.

This week, find out which is the oldest building in your area, what it was used for when it was built and what it is now.

We would love to continue to bring smiles to your homes, so please share your photos with your schools! We're sure they would love to see them.

If you have any ideas you would like to share with other parents and staff, please share them with us and get them listed here!

Please send your ideas and comments to:
jamie-leighh@tpacademytrust.org

CELEBRATIONS

We would love to celebrate with you and share your special moments!
If you have an upcoming birthday or have recently celebrated your birthday;
You want to celebrate an achievement or goal;
Please get in touch and get featured in next week's TPAT newsletter

Please send your celebration, info and photos to your school!



Huge congratulations to Mr. Dawe, the fabulous KS1 teacher at Alverton Primary School, on becoming a grandfather for the first time!

-Much love from all the Alverton Team