

LADOCK CHURCH OF ENGLAND SCHOOL

Celtic Cross Education, Ladock School, Ladock, Truro, Cornwall, TR2 4PL

Tel/Fax: 01726 882622

Email: ladock.secretary@celticcross.education

Website: www.ladock.cornwall.sch.uk

Issue 11 – 22nd July 2022



A Note from Mr Stoyles

This is my last newsletter at Ladock. I wish to thank everyone for all your support over the last four and a half years. I have been incredibly touched by all the kind words and presents, of which I am incredibly grateful for. Working at this school has been such a learning experience for me. I joined as a very young head teacher, not really knowing the scale of the job and the responsibilities that it entailed. Thank you all for supporting the decisions that I made and I hope that you have felt that I always worked for the best interests of the children. With any job there are complex times and challenges but overall this period has been successful. The school gained in popularity, we were given strong feedback during inspection visits and we always stayed independent in making our own decisions based on what was best for our school. Ladock school is unique, unlike any other school, and a place that I will always remember. In the next academic year, the school will go through two big changes. First, a new head teacher in Mr Hobbs and second a new trust, The Rainbow Academy. I have every confidence these are positive steps for the school and look forward to hearing about how Ladock goes from strength to strength. Surprisingly, I've always enjoyed the high workload and pressure within the job and my decision to leave is only based on seeking further opportunities for myself. On that note, I hope that you all have a fantastic summer holidays and I wish Ladock every success in the future.



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A Note from Mr Stoyles

Y6 Leavers



We are so proud of each and every one of you. Your hard work, dedication and resilience during your time at school has made it clear that you are ready for secondary school and the next phase of your education. We wish you every ounce of success.

A special thank you to all the Y6 parents who donated books for the school.

A Note from Mr Stoyles

Cornish Nippers Surf Life Saving Championships

Jude & Eadie had an amazing weekend last weekend, representing Holywell Bay at the Cornish Nippers Surf Life Saving Championships at Portreath. They took part in 6 events each, including a beach run, board paddle and sand sprints. They had an awesome time and helped their club win the overall title. Jude also had individual success and ended the weekend as Cornish Flags Champion, Beach Sprints Champion and sprint relay champion!



Weekly Attendance for week ending 15th July 2022 - 92.58%

St Cuby 97.6% St Keyne 87.11%

St Ladoca 93.55%

St Blaise 92.06%

The Government advises that attendance should not fall below 96%

School meals price increase

From the 5th September, the price of a school will increase from £2.34 to £2.41, please see menu below. This menu will run up to the October half term, when there will be a new menu.

WEEK
3

W/C 02/05 13/05 13/06 04/07 25/07 05/09
26/09 17/10

HOT
SPECIALS...

DAILY
FAVES...

SIDES...

PICK A
PUDD!

MONDAY

Macaroni Cheese ●
Traditional Mac N Cheese,
delicious macaroni in a
creamy cheese sauce

**Vegetarian Sausage
with Mashed Potato
and Gravy** ● ●
Veggie sausage and mash
with rich gravy

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Peas
and Carrots**

**Oaty
Biscuit
with Fresh
Cut Fruit
Slices** ● ●

TUESDAY

**Allegria's Chilli Con
Chicken and Sweet
Potato Bake** ●
Baked wedges of sweet
potato, topped with tomato
chicken & tortilla crunchies

**Allegria's Cheesy
Peasie Risotto Bake** ●
A delicious baked cheesy,
pea risotto

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Broccoli
and Green
Beans**

**Carrot
Cake with
Citrus
Frosting**

WEDNESDAY

**Tender Roast Gammon
with Roast Potatoes &
Gravy**
Tender roast gammon with
fluffy roasties and tasty
gravy

**Quorn Roast with
Roast Potatoes and
Gravy**
Delicious Quorn roast with
fluffy roasties and tasty
gravy

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Carrots
and Cabbage**

**Strawberry
Ice Cream**

THURSDAY

**Beef Meatballs in
Tomato Sauce with
Pasta** ●
Delicious beef meatballs in a
tasty tomato sauce with
pasta

**Veggie Lasagne
served with a Bread
Wedge** ● ●
Delicious sheets of pasta
layered with veggies and
tomato sauce

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Broccoli
and Sweetcorn**

**Chocolate
Sponge
Cake**

FRIDAY

**Golden Fish Fingers
and Chips**
Crispy fish fingers with
scrummy chips

**Veggie Soft Taco and
Chips** ● ●
A soft taco shell filled with a
yummy veggie tomato chili

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Baked
Beans and
Peas**

**Crispy
Crackle
Bar**

MONDAY

Veggie Burrito ● ● ●
A soft wrap filled with lightly
spiced veggies and rice

Macaroni Cheese ●
Traditional Mac N Cheese,
delicious macaroni in a
creamy cheese sauce

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Green
Beans and
Sweetcorn**

**Raspberry
Ripple Ice
Cream**

TUESDAY

**Allegria's BBQ Chicken
Burger, Corn and
Pineapple Relish with
Potato Wedges**
BBQ chicken breast burger
with zingy corn relish

**The Incredible Burger
served with Potato
Wedges** ● ●
Meatless burger in a soft
bap with ketchup

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Sweetcorn
and Broccoli**

Brownie

WEDNESDAY

**Roast Chicken with
Roast Potatoes &
Gravy**
Succulent roast chicken with
fluffy roasties and tasty
gravy

**Quorn Roast with
Roast Potatoes and
Gravy** ●
Delicious Quorn roast with
fluffy roasties and tasty
gravy

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Carrots
and Cabbage**

**Shortbread
Biscuit
with Fresh
Cut Fruit
Slices** ●

THURSDAY

Beef Bolognese ● ● ●
A classic Italian beef
bolognese in a yummy
tomato sauce

**Quorn Hot Dog with
Potato Wedges** ●
A delicious Quorn hot dog

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Broccoli
and Sweetcorn**

**Banana &
Apricot
Flapjack
with Fruit
Slices** ●

FRIDAY

**Golden Fish Fingers
and Chips**
Crispy fish fingers with
scrummy chips

**Quorn Nuggets and
Chips** ● ●
Crispy Quorn nuggets with
their love sauce - ketchup

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Baked
Beans and
Peas**

**Orange,
Sultana &
Carrot
Slice**

THREE
WEEK
MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY

Chartwells
Go on, make more than just food.

£2.41

MONDAY

Veggie Burrito ● ● ●
A soft wrap filled with lightly
spiced veggies and rice

Macaroni Cheese ●
Traditional Mac N Cheese,
delicious macaroni in a
creamy cheese sauce

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Green
Beans and
Sweetcorn**

**Raspberry
Ripple Ice
Cream**

TUESDAY

**Allegria's BBQ Chicken
Burger, Corn and
Pineapple Relish with
Potato Wedges**
BBQ chicken breast burger
with zingy corn relish

**The Incredible Burger
served with Potato
Wedges** ● ●
Meatless burger in a soft
bap with ketchup

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Sweetcorn
and Broccoli**

Brownie

WEDNESDAY

**Roast Chicken with
Roast Potatoes &
Gravy**
Succulent roast chicken with
fluffy roasties and tasty
gravy

**Quorn Roast with
Roast Potatoes and
Gravy** ●
Delicious Quorn roast with
fluffy roasties and tasty
gravy

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Carrots
and Cabbage**

**Shortbread
Biscuit
with Fresh
Cut Fruit
Slices** ●

THURSDAY

Beef Bolognese ● ● ●
A classic Italian beef
bolognese in a yummy
tomato sauce

**Quorn Hot Dog with
Potato Wedges** ●
A delicious Quorn hot dog

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Broccoli
and Sweetcorn**

**Banana &
Apricot
Flapjack
with Fruit
Slices** ●

FRIDAY

**Golden Fish Fingers
and Chips**
Crispy fish fingers with
scrummy chips

**Quorn Nuggets and
Chips** ● ●
Crispy Quorn nuggets with
their love sauce - ketchup

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Baked
Beans and
Peas**

**Orange,
Sultana &
Carrot
Slice**

MONDAY

Veggie Bolognese ● ● ●
Yummy veggie Bolognese
with pasta

**Cheese and Tomato
Pizzas** ● ● ●
Cheesy tomato topped
pizza slices

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Cucumber
Sticks and
Carrot
Sticks**

**Flapjack
with Fruit
Slices** ● ●

TUESDAY

**Sausage and Mash
with Gravy**
Sausage and mash with rich
gravy

**Vegetable Lasagne
with a Garlic & Herb
Bread Wedge** ● ● ●
Delicious sheets of pasta
layered with veggies and
tomato sauce

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Cauliflower
and Peas**

**Orange
Shortbread
with Fruit
Slices** ●

WEDNESDAY

**Roast Turkey with
Roast Potatoes &
Gravy**
Roast turkey with fluffy
roasties and tasty gravy

**Creamy Vegetable Pie
with Roast Potatoes
and Gravy** ● ● ●
Creamy vegetable pie with
a cheesy shortcrust topping

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Cabbage
and Carrots**

**Raspberry
Yoghurt
Cake**

THURSDAY

**Beef Lasagne with a
Garlic & Herb Bread
Wedge** ● ● ●
A classic Italian layered
pasta dish with beef mince

**Mild Chickpea and
Potato Curry with Rice** ● ● ●
Tasty chickpea and potato
curry served with rice

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Mixed
Salad**

**Fruity
Chocolate
Brownie**

FRIDAY

**Battered Fish Fillet
with Chips**

**Tomato Veggie Burger
with Chips** ● ● ●
A delicious veggie burger in
a soft bap with chips

Jacket Potatoes ● ●
A choice of hot and cold
fillings
Tomato Pasta ● ●
Fresh, homemade tomato
and basil sauce with
penne pasta

**Peas and
Baked
Beans**

**Vanilla Ice
Cream**

Did you know your child's meal could be FREE?

School meals for children in Reception, Years 1 and 2 are FREE to all pupils, but did you know that children in Years 3 to 6 could also get their hot school meal or packed lunch for FREE?

If you are in receipt of selected Government benefits e.g. Universal Credit, your child may be entitled to free nutritious school meals saving you approx. £400* a year!

*This saving will depend on the cost of a meal at your school.

YOU COULD
SAVE

£400*



Check if you're
eligible and start
saving today!

Head to:
www.gov.uk/apply-free-school-meals

Or speak to your
school office.



You could
save over

£

per child per year *

FREE
Super Hero school
meals for every
child in reception
and years 1 & 2

We engage
with children
through fun
food activities.

Since September 2014, children in reception and years 1 & 2 are entitled to **FREE** school meals through the Government's 'Universal Infant Free School Meals' initiative.

So who are we? We're Chartwells and are responsible for preparing your children's tasty meals. We love to help children discover and learn about the food they eat, where it comes from and how it's prepared. It's great fun for them and us!

*This saving will depend on the cost of a meal at your school.

Lovingly prepared,
tasty and nutritious
school meals.

We are proud
to have our own
team of registered
nutritionists.



Attention ALL Parents - This will take just 30 seconds to read and is a fantastic opportunity!

We have been contacted by The AIM Group who deliver **Free online Level 2 Accredited Courses** to Parents to help better understand some key issues around young people's mental health and wellbeing, along with a range of other qualifications that may help with developing your own careers.

Here's some of the most popular subjects available:

- Children and Young Peoples Mental Health
- Understanding Autism
- Understanding Behaviour That Challenges in Children
- Bullying in Children and Young People
- Adverse Childhood Experiences
- Mental health first aid and mental health advocacy in the workplace

Suicide and self-harm prevention

These are just the popular qualifications, but they have over 45 available!

The qualifications are completed within a 6–8-week period in your own leisure. They are equivalent to a GCSE Grade C, so you are required to write comprehensive answers for some questions, so they aren't multiple choice courses. You can do as many as you like, however you can just do one at a time.

The only criteria you must meet to be eligible, is:

Aged 19 or over on or before 31st August 2020

Have lived in the UK/EU for 3+ years

Not already on a Government funded course

If you are interested in undertaking one of these Free Online courses or would like further information, then please complete the following link ASAP. This will then allow The AIM Group to contact you to discuss and get you started on your chosen course:

[Ladock C Of E Primary School - link to register course interest](#)

If you have any questions prior to expressing interest, call **Chris Greenfield (southwest account manager)** on **0203 900 3091 extension 213** or drop him an email at christopher.greenfield@theaimgroup.co.uk

The Summer Reading Challenge run by The Reading Agency will start from Saturday July 9th so please do come down to Truro Community Library to register. We love to see as many young people in here as possible and it is a fantastic way to keep reading over the summer holidays.



The format is the same as previous years – the challenge is to read six books from the Library over the summer holidays. Any books can be read – fiction, non-fiction, graphic novels, comic books, audio books – whatever takes your fancy!

The theme this year is The Gadgeteers with a fold-out, fill-in, colourful sticker folder designed by author and illustrator Julian Beresford. There are stickers and stuff to collect along the way at each stage of the Challenge as in the previous years.

This year's Summer Reading Challenge theme is Gadgeteers, created in partnership with Science Museum so at the end of the Challenge we are excited to be partnering with The Royal Cornwall Museum in Truro. Anyone finishing the Challenge and reading six books will be entered into a prize draw to win two annual passes to the Museum – children go free anyway but this means that two adults can go free with them for the whole year.

The Museum was founded by The Royal Institution of Cornwall in 1818 to promote excellence in science and art and to forward the world-leading industries that Cornwall was known for and it continues to be a hub of discovery.

The theme of Gadgeteers was chosen to spark children's curiosity about the world around them and to inspire them to see the science and innovation behind everyday objects such as fashion and technology, cooking and music. The fold out sticker folder has a fun narrative and six characters to follow.

There is also a great website at www.summerreadingchallenge.org.uk with illustrations by Julian Beresford. There are competitions, mini challenges, a book sorter and all sorts of fun things to do to get ready for the Challenge.

But of course, we like to see everyone in the library and reading books, so come and sign up anytime from Saturday 9th July!

We would love to see every child in and around Truro joining up and using the Library and to feel ownership of our lovely building as part of their city.

A colorful illustration of a jungle scene. In the foreground, a brown monkey is crawling on its hands and knees, looking towards the right. To its right, a toucan with a large yellow and orange beak and black body stands on the ground. In the background, a green lizard is perched on a branch, and a dragonfly is flying. A red flower is on the left, and a large blue and black insect is on the bottom right. The scene is filled with green foliage and vines.

We're going on a Jungle Jamboree!

**Summer holiday club at
Tresillian Chapel
17, 18, 19 and 21st August**

**10 – 1230pm
Stories Games
Songs FUN!**

**Contact: Helen
Nicholson
07791371933**

PATRICIA ESCHEN PRIZE FOR POETRY 2022 CHILDREN'S COMPETITION

MORRAB LIBRARY & THE DENNIS MYNER TRUST



A FREE TO ENTER, INTERNATIONAL POETRY COMPETITION,
WITH A CHILDREN'S CATEGORY.

40 LINES MAXIMUM | ENGLISH LANGUAGE | ONE ENTRY PER PERSON

UNDER 16S CATEGORY PRIZES:

1ST PRIZE: £150 | 2ND PRIZE: £100 | 3RD PRIZE: £50

CLOSING DATE: 30TH SEPTEMBER 2022 (23:59 GMT)

FOR HOW TO ENTER, COMPETITION RULES &
MORE ABOUT INFO ABOUT THE OTHER CATEGORIES:
[MORRABLIBRARY.ORG.UK/POETRY PRIZE](http://MORRABLIBRARY.ORG.UK/POETRY%20PRIZE)

@PEPOETRYPRIZE

SUMMER ACTIVE HOLIDAY CLUBS!



Gerrans & St Mawes United - Football Club (TR2 5AA)
9:15am - 4:15PM



SUMMER DATES:

- 1ST OF AUGUST
- 8TH OF AUGUST
- 15TH OF AUGUST
- 22ND OF AUGUST



BOOK HERE... WWW.PLAYWAZE.COM
AND SEARCH ONE & ALL SPORTS!



LEAD COACHES:

- MR WEBB
- MR BANKS

ASSISTANTS:

- MR TOBY

SUMMER ACTIVE HOLIDAY CLUBS!



Grampound with Creed Village Hall, TR2 4SB
8:30am - 4:15PM



SUMMER DATES:

- 2ND OF AUGUST
- 4TH OF AUGUST
- 9TH OF AUGUST
- 11TH OF AUGUST
- 23RD OF AUGUST
- 25TH OF AUGUST
- 30TH OF AUGUST
- 1ST OF SEPTEMBER



BOOK HERE...WWW.PLAYWAZE.COM
AND SEARCH FOR ONE & ALL SPORTS





**TIME
MOVE**
Holiday Programme

**Ages
5-16**

Summer 2022

Spend summer with the
Time2Move Holiday Programme.

Fun activities including rockpooling, arts and
crafts, dance, multi-sports and more.

Sessions include a **FREE** meal for **ALL** children.

SEND provision available.

Find out
more or
visit:



- Activities available for children aged 5 - 16
- Free places for ALL children eligible for benefits related Free School Meals

For more information:

🖱 www.activecornwall.org/t2m-holiday-programme/
✉ Time2Move.HolidayProgramme@cornwall.gov.uk
☎ 01872 323335



TRURO LAWN TENNIS CLUB

SUMMER CAMPS 5-10yrs

MONDAY 25 th JULY	TUESDAY 26 th JULY	FRIDAY 29 th JULY
	TUESDAY 2 nd AUGUST	FRIDAY 5 th AUGUST
MONDAY 8 th AUGUST	TUESDAY 9 th AUGUST	FRIDAY 12 th AUGUST
MONDAY 15 th AUGUST	TUESDAY 16 th AUGUST	FRIDAY 19 th AUGUST
MONDAY 22 nd AUGUST	TUESDAY 23 rd AUGUST	

To book go to this link:

<https://clubspark.lta.org.uk/TennisinTruro/Coaching/Camps>



PRICE PER MORNING

TLTC Members £15 / Non Members £20

9am – 12 noon

FUN GAMES

FRISBEE

Handball

BOMBS AND ROCKETS

DODGE BALL

FOR MORE INFORMATION
CONTACT RYAN FERN
ryantennis75@gmail.com
mob: 07814533087



Venue: Truro Lawn Tennis Club

Limited places so please book early
Numbers and guidelines comply with LTA and the government

SUMMER CRICKET CAMPS

25-28 JULY **TRURO CC**

1-4 AUG **FALMOUTH CC**

8-11 AUG **CALLINGTON CC**

15-18 AUG **MT AMBROSE CC**

22-25 AUG **WADEBRIDGE CC**

SOFTBALL | 10-3PM

FOR CHILDREN IN SCHOOL
YEARS 1-5

£15 PER DAY

BOOKINGS CAN BE MADE VIA:

<https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html>



FOOTBALL ACTIVITY DAYS

WHEN

10am—3PM

Thursday 28th July

Thursday 4th Aug

Thursday 11th Aug

Thursday 18th Aug

Thursday 25th Aug

Thursday 1st Sept



WHERE

Probus Park

DETAILS

All abilities welcome

Qualified FA coaches

Advanced booking required

Limited places available

TO BOOK EMAIL:

activefuncornwall@gmail.com

SUMMER 2022

AGES 7-13

PRICE

£15 per child per session

PRE BOOKING ESSENTIAL

Sibling discount!

COACHES

Jason Chapman

Steve Flack

Will Yeomans

Will Ferguson

FUN!

Outdoor football skills,
drills and matches with
experienced coaches.

Further details of the day
provided after booking.



Dates for your Diary

INSET Days 2021-22

Monday 25th July 2022 Tuesday 26th July 2022

INSET Days 2022-23

5th September 2022

6th September 2022

31st October 2022

24th July 2023

25th July 2023

[Click here](#)
to find Cornwall
Council term dates

Positive Parenting Bitesize (formerly Behaviours that Challenge) Virtual/On-line Support Group

Information Classification: CONTROLLED

Thursday 18th August at 12:30 - 2:30 pm – Family Information Service, Volunteer Cornwall and Community Support
Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+44 20 3443 6327.145840654#](#) United Kingdom, London

Phone Conference ID: 145 840 654#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

Thursday 22nd September at 12:30 - 2:30 pm – social media and internet safety
Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+44 20 3443 6327.399692076#](#) United Kingdom, London

Phone Conference ID: 399 692 076#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

Friday 21st October at 12:30 - 2:30 pm – ADHD Myth busting from CAMHS access team
Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+44 20 3443 6327.615898382#](#) United Kingdom, London

Phone Conference ID: 615 898 382#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

Monday 21st November at 12:30 - 2:30 pm – Passionate about Being Calm
Microsoft Teams meeting

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+44 20 3443 6327.312113926#](#) United Kingdom, London

Phone Conference ID: 312 113 926#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

Monday 12th December at 10-12.00pm - Autism with Matt Wilmott
Autism Advisor
Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+44 20 3443 6327.717314886#](#) United Kingdom, London

Phone Conference ID: 717 314 886#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

PLEASE NOTE – you may
need to install the free
app if using an Apple
device or phone

For further information
please contact
Julie Attwell Email:
julie.attwell@cornwall.gov.uk

Sleep Takeaways

Trouble Sleeping?...

Real advice for health, schools and people like you. From young children to young adults and those with additional needs.

Access the digital cards here



Hunrosa Sleep Take Away Cards – Cards to help give sleep advice, and for patients to takeaway. For children and young people and their families, including those children with additional needs. A section for those up to the age of 25 years. These have been developed by Hunrosa sleep consultancy working within the NHS. These commissioned cards use evidence based sleep information and advice.



Volunteering

Making a **difference** to others, making a
difference to **you**

Gardening

Learning

Confidence Building

Cafe

Fundraising

Driver

Administration

Reception

Oxygen Assistant

New Friendships

Skill Sharing



**Merlin
MS Centre**

UK Charity Reg No: 1093691

Free time after the school run?

Volunteering is a great way to meet people, gain experience, confidence and skills, all while helping a local charity like ours. Once a week, once a month or just a couple of hours. We have lots of volunteering roles both in the community and at our Centre at Hewas Water. If you would like to find out more call our Volunteer Coordinator Caroline 01726 885530 or e-mail caroline@merlinmscentre.org.uk

Merlin MS Centre, Bradbury House Hewas Water PL26 7JF

Your School Nurse

Your child can have access to a School Nurse at any time if you have any health concerns, in addition your School Nurse offers a full health assessment in reception and year 6.

The School Nurse can check:

- Your child is growing healthily and support with healthy eating
- Support with access to dental care and general support for dental hygiene
- Help with day / night time wetting or soiling
- Provide Information about Immunisations
- Guidance re healthy lifestyles
- Support with general hygiene Issues including head lice and worms
- Support with general emotional health Issues
- Support to access other health professionals
- Routines, including sleep

Additionally in Year 6:

- Friendships
- Relationships
- Development, including periods and puberty
- Access to specialist services – including dietician, healthy weight programmes and voluntary services
- Developmental Issues
- Transition to secondary school
- Healthy lifestyles



Find out more...

Call **01872 322779**

Email **hvsnadvice@cornwall.gov.uk**

Follow us @tffcornwall   

 **www.cornwall.gov.uk/schoolnursing**

Parents 4 Parents Cornwall

Are you a parent/carer of a child with additional needs or disabilities?

Do you attend meetings with schools, health services and organisations?

Do you lack confidence in attending these on your own and wish you had someone who could go with you?

Parents 4 Parents Cornwall will accompany you to important meetings, empowering you to ask the questions about your child's needs whether at schools, health, care providers, short breaks, etc.

Parents are trained in

- Understanding and supporting your needs
- Developing Education, Health and Care Plans
- Signposting

They are part of the Parent Carer Council for Cornwall, an independent organisation that enables parent carer voices to be heard through parent participation.

You can access Parents 4 Parents Cornwall and book a trained parent to accompany you to a meeting by calling **07591 019548**

Please try to give at least 10 days notice of a meeting taking place where you require support. You must have all of the details of the meeting to hand.

You will receive a confirmation of who will be accompanying you and they will meet you at the location of your meeting.

Please note trained parent supporters cannot take you to the meetings and you will need to organise your own transport.

To book support contact 07591 019548
infoparentcarercornwall@gmail.com



Ladock Church

Children's Sunday Club

11am



Please join us every 4th Sunday of the month for exciting activities, arts and crafts, games, bible stories and lots of fun in a Covid safe environment.

Roxana

pray.4us@outlook.com

07927023582