

# Grade Ruan C of E School



9th December, 2022

Head email <u>head@graderuan.org</u>

School Website: www.grade-ruan.cornwall.sch.uk

#### **Our Vision Statement**

Setting sail on life's journey, with an anchor to keep us safe and sails to let us fly with God to calm the storms along the way.

Luke Chapter 8 verses 22-25

## **Baarmy Bethlehem**

Well done to Rose and Tamarisk Class for their wonderful nativity performance. Every child sang their heart out and delivered their lines beautifully. It was a delightful story and a lovely start to the Christmas festivities in school.

Thank you to all the staff for their wonderful help and particularly Mrs Legge for all her hard work! More photos overleaf.



## **Next Week**

A busy week of fun lies ahead as we have our Christmas Lunch on Wednesday, a virtual service with Truro Cathedral then the Christmas party on Thursday and our Church Service on Friday at 9.15am.

**CLOTHES**: a Christmas/jazzy jumper/top with school bottoms on Wednesday, party clothes on Thursday and uniform on Friday –thank you.

### **INSET Day**

A reminder that school is closed for an additional INSET day on Tuesday 3rd January and we all return on Wednesday 4th January.

## **Attendance Counts**

Your child's attendance in school does matter although we do understand young children are often poorly!

## This week's attendance:

 Whole School
 93.5%

 Tamarisk Class
 93.6%

 Socoa Class
 93.5%

 Rose Class
 93.4%

Well done to Tamarisk Class who won the Attendance

## **Craft Club**

Thank you to Tara and Jan for running the very popular craft club this half term. They have worked incredibly hard and been very organised and the children have loved making and decorating



various items, particularly the gonks! Here they are doing papier-mâché to make giant baubles.

Thank you Tara and Jan and look forward to welcoming you back next term.

## **Diary Dates**

Mon 12th Dec - PTFA Jumble Sale—

3.15pm, School Hall

Tues 13th Dec - Bag2School collection
Weds 14th Dec - Christmas Lunch Day
Thurs 15th Dec - Christmas Party Day

Fri 16th Dec - Last Day of the Autumn Term, Service in the Church at 9.15am

Tues 3rd Jan - INSET Day

Weds 4th Jan - First Day of Spring Term

Sun 15th Jan - Deadline to apply for a place in a reception class in September

2023. av 10th Feb - INSET Dav

Friday 10th Feb - INSET Day

13th –17th Feb - Spring Half-Term

3rd—14th April - Easter Holidays

Mon 1st May - May Bank Holiday

8th—12th May - SATs Week

29th May-2nd June Summer Half-Term

5th—7th June - Yr5&6 School Camp—Bristol Trip

Mon 24th July - INSET Day Tues 25th July - INSET Day

Weds 26th July - School Holidays



Stars of the week



Rose

Socoa

Attendance

Ollie for taking on two roles in the Christmas play.

Tamarisk - Felix for developing the length of his writing.

- **Ebonie-Mai** for extra effort and

perseverance in RWi.



The Power of PACE at Christmas Time

There are a lot of feelings flying around at Christmas time for children and adults alike. Finding the right balance for YOU is something to work towards. PACE can help. PACE - Playfulness. Acceptance. Curiosity. Empathy



Playfulness isn't the same as playing but is enjoying time with someone else or yourself in an unconditional way.

This can look like a 5 minute sofa snuggle with someone, walking hand in hand, swapping cringey cracker joke or even taking yourself off for a cry on your own if that's where you're at and trying to leave behind any guilt about it.

It's about showing a real interest in someone, or yourself, and finding something you really enjoy about themor you. Even if that's 2 minutes alone with yourself outside the front door!



Acceptance means sitting with strong emotions or perspective of another and knowing that you might not be able to take these away. There may be no words of advice to give, strategies to implement or thoughts to share, only comfort by offering your safe presence.

It is allowing uncomfortable sensations and emotions to be in your own body without judgement. Accepting their existence.

For an example of this and Empathy, watch the YouTube clip called 'Brené Brown on Empathy' or find inspiration from the song 'Hold Space' by Ward Thomas.



Curiosity isn't about asking "why?" even when this is exactly what we want to know! It's about wondering what is going on inside for someone or ourself.

It's about taking the risk of being wrong "Can I share my ideas with you... I wonder if... I might be wrong, so tell me if I am, but here are my thoughts..."

A way of letting someone know that your mind is on their mind and genuinely interested in anything at all that's going on in there without judgement.

It is practising this same nonjudgemental curiosity within ourselves



Empathy can take a lot of energy at Christmas. Sitting with the disappointment of a child who hasn't got the gift they hoped for "I can see the sadness in your eyes that it's not what you wanted" or accepting our own disappointment that the time hasn't felt very festive "I am where I am and things are how they are and I'm going to do my best to feel okay with that".

A top tip is try to move away from reassurance or denial of feelings others or your own. Naming what is happening for ourselves or another helps us in our offering of empathy.

