

Pencalenick Post

2024

Update from Mrs Watkins-Young

Interim Head Teacher

Hello everyone,

Happy new year to you all.

This term has been the shortest one yet but has definitely felt the longest, I blame the cold, dark and wet weather!

Despite this, all of our children have been working so hard on their personal targets and are really progressing with them. I am immensely proud of you all and you should be proud of yourselves.

We continue to have our extracurricular activities such as swimming, visits to local wildlife parks, orchestra sessions, fire station tours and so much more. As you can see from the pictures below, these are very much enjoyed!

On Friday 9th Feb, for Children's Mental Health Week, we joined the 'Dress to Express Yourself day'. Children were all invited to wear anything that expresses who they are, makes them happy or makes other people happy. This was such a lot of fun and helped raise money for our school community's collective Wellbeing and Mental health. We raised an amazing £115!



Forthcoming Events

Dates for your Diary

- 19th February: Start of Term
- 4th January to 6th March: Year 8 Annual Reviews
- 18th March: Parent coffee morning 10-11.30am
- 28th March: End of Term
- 29th March: Bank Holiday

Arbor Parent Portal

Getting Connected

We have had a great response to the opening of our Arbor Parent Portal App with 85% of our parents having already signed in.

The Portal gives you access to a restricted view of your child's profile on our information system. It allows you to check the details we hold are correct and gives you the ability to update them yourself. You can:

- Update your phone number, address, and contact information
- See your child's attendance
- View your child's timetable
- Give or decline consents, including for trips and activities, photos, first aid, etc.

Once we get as close to 100% of parents signed up as possible, we will be able to open up other options, such as booking meals and paying for meals and trips.

If you have not already accessed the Portal, we would urge you to give it a go. If you would like some support to get started, please do not hesitate to contact Reception.



Wellbeing Champions

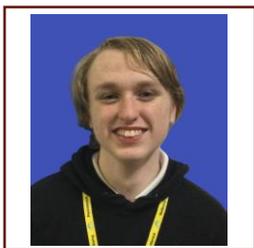
Many congratulations to our Wellbeing Champions! They are a team of pupils who applied for the role because they want to help provide a safe and supportive environment for everyone in school.

They have already made a positive contribution to the school community and will support in educating their peers, run campaigns against bullying and promote positive mental health through a variety of events, across the year.

Some of the ways in which they may support others:

- Tell an adult if they see something happening.
- Check in with someone who has experienced bullying behaviour or unkindness.
- Encourage the person experiencing this kind of behaviour to speak to a trusted adult.
- If they see someone being unhappy, they can have a chat with them or find someone for them to talk to.
- Support the other children to have fun – helping with games and activities to encourage inclusion and positive interaction.
- Promote wellbeing messages and events across the school.

Wellbeing Champions wear a yellow wellbeing lanyard so that they are easily identified and are on wellbeing posters around school too. Our wellbeing champions this year are:



Tyler



Ava-Rose



Bentley



Harry



Jamie-Dean



Ryan- Bude



Sophie



Arianja & Holly-
Brannel



Caitlyn-
Mount Charles



Stanley-
Falmouth

Class Highlights

Botallack Class

Botallack class went to visit The Royal Cornwall Museum to discover relics from our past. We particularly enjoyed the new exhibition showcasing ocean plastic art and looking at old pictures of local places we know.

One of the highlights for Botallack this half term was a visit to the cinema to see 'WONKA'. The manager Mark was so accommodating, he opened the cinema just for us and also the sweet and drinks counter. Not only were we able to enjoy being in a social environment out in the community but also practice our money skills. The film was amazing, and Mark complimented us on how well behaved we all were.

We're finishing the half term by looking at Children's mental health week and online safety. Both of these topics are incredibly important in today's day and age and Botallack have proved to be knowledgeable when it comes to managing both. Enjoy your week off!



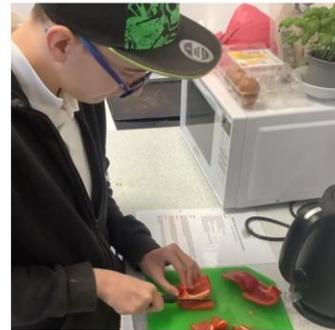
Port Quin Class

Port Quin have had another busy half term.

All pupils have been following their bespoke timetables. There has been fun in the forest, wheelchair basketball in PE, cooking healthy meals and using the iPads to do some stop motion films.

In Math's we have been learning about fractions and money, in English we have been looking at writing wellbeing journals and in Science we have been learning about solids, liquids and gasses.

All the pupils that have been having different lessons with other groups have done really well.



Mount Charles ARB

This half term we have been practicing our balancing skills in PE. This week we had a visit from Screech Owl Sanctuary, we loved stroking their feathers and describing how it felt on our hands. We were able to ask some questions to the handlers about where they live and what they eat.



Pencarrow Class

An exciting start to our Spring term 2024! The students in Pencarrow class learnt about Claude Monet and designed their own boats from clay and used various types of wood to use to make sails etc, this included lollipop sticks and toothpicks.

The students have also enjoyed time in the multi-gym in PE as well as having use of wheelchairs to learn new skills to play wheelchair basketball. Pencarrow class continue to build on their peer relationships and are working hard on their academic subjects.

Recently, Pencarrow joined other classes for a visit to the cinema in Truro to see Wonka. We are pleased to say how much they all enjoyed the film and the trip and also being independent when visiting the kiosk to purchase snacks. Well done Pencarrow class!



Pendennis Class

This month we have been keeping busy and warm with some special guests and exciting projects. We have recently partnered with Falmouth University to undertake some creative workshops. The first one was a Collagraph Printing Workshop, where the class were challenged to produce pieces of art with a textured printing plate. Through these hands-on artistic experiences, the class can enhance their creativity, fine motor skills, problem-solving abilities, social interactions, and cultural awareness. The results were incredible, and we cannot wait for the next workshop.

We have also been wrapping up warm and getting outdoors when we can. We joined in 'Winter Watch Week' by exploring the grounds and trying to capture some of the winter wildlife, whilst developing photography and ICT skills. Using the Merlin Bird ID App, we were able to identify a range of birds in the school grounds including Blackcaps, Jackdaws and our ever present Collared-Doves.

With other projects underway, including working with The Dogs Trust and local author Hannah Beven, we have had a great start to an exciting 2024, the year that will also see ten members of the class leaving Pencalenick this summer!



Budehaven ARB

This half term the topic for Budehaven ARB has been space. The students have been learning about all things space from planets far away, to problems we face on our own planet.

We have all really enjoyed creating Poems to remember the order of the planets and some students have even made a fact file about their favourite facts about space.

We have had Tidball tuning in again and the students have been creating music from space films using keyboard sounds.

Plymouth Argyle Community Trust have continued their fantastic football sessions, the students have made fantastic progress with all of the skills they have been learning.

In other News, we have named our 'Wellbeing Champion', Ryan. He has been making sure all students are ok throughout the day and has started to make a list of how he can help others in the ARB.

Next half term we will be continuing with the space as our topic and look forward to the guardians of the internet coming in to deliver some lessons on online safety.



Heligan Class

Heligan Class have had a busy start to 2024. We have been developing our independence and enjoying community trips out hunting for numbers, shapes, letters, and words in the wider world.

We made bird feeders, learnt about different birds we might see in our gardens and made paper plate birds for the Big Garden Birdwatch. We started our Inventors topic by looking at The Wright Brothers and their part in the history of flight. We talked about our own experiences in planes and tried flying our own paper planes (some more successfully than others).

After half term we will be looking at inventors linked to Cornwall and Cornish industry, and we have our fingers crossed that we have some nice weather so that we can explore some interesting Cornish locations.

We were then fortunate to take part in a trip to watch Wonka at Truro Plaza, and this led us down a more fantastical inventors' path. We've had lots of fun sorting different chocolates and exploring different ways to display our data. We've looked at and described different characters from the story and talked about the sequence of events throughout the book and film. Wonka described himself as a magician, inventor, and chocolate maker. We then talked about what words we'd choose to describe ourselves. To conclude our focus on Wonka we are going to be making our own chocolate bars adding some secret ingredients and thinking about what might happen to people that eat them!

As part of our internet safety work, we designed our own avatars and talked about whether they look the same as us.



Brannel ARB

We've enjoyed lots of cooking and music including our visit from 'Live Music Now'.

Although we enjoyed making our vegetarian 'Chickpea Burger' we agreed that they would taste better with Ketchup!

Our artwork this term has had a 'Weather' theme.

After all our training, we took part in the regional 'Table Cricket' competition last week – it was great to meet all the other schools taking part.

We're all looking forward to our ice-skating trip to Eden next week – photos to follow in the next newsletter.



Bedruthan Class

This term in Bedruthan, our tutor group has been delving into a diverse range of subjects. In English, we've focused on various communication skills such as individual presentations and group discussions, alongside exploring different music genres, and honing our writing skills.

Science has taken us through the fundamentals of elements, mixtures, and compounds, including understanding the differences between solids, liquids, and gases, with practical examples to illustrate these concepts.

Meanwhile, in Math's, we've been mastering numeracy skills from basic counting to understanding advanced place value and patterns.

In ICT, we've been hands-on with creating and editing digital documents and media, while in PSHE, we've been exploring personal strengths, career aspirations, and the fundamentals of enterprise.

In Humanities, the focus has been on understanding globalization through industry, technology, and transport. Alongside our academic pursuits, our physical education has included wheelchair basketball and fitness activities. Additionally, our year 11 students have begun their transition to Truro College, with regular taster days to aid their journey into further education.



Eden Class

This half term Eden have been enjoying looking at lots of topics including- healthy eating, healthy living and mental health, multiplication, creation stories and states of matter to name a few. They have been working super hard!



Crantock Class

This half term, Crantock have been learning to read, follow and create instructions. We have used these skills to make cloud dough and jam sandwiches. Our science lessons have consisted of experiments showing the differences between solids, liquids, and gases. We have introduced classroom jobs which we all take turns to do every day to improve our life skills. To continue and cement these life skills, we are planning a few trips next half term where we will be visiting shops and cafes to promote independence through choosing and paying for our own items. We have had a very positive start to 2024.



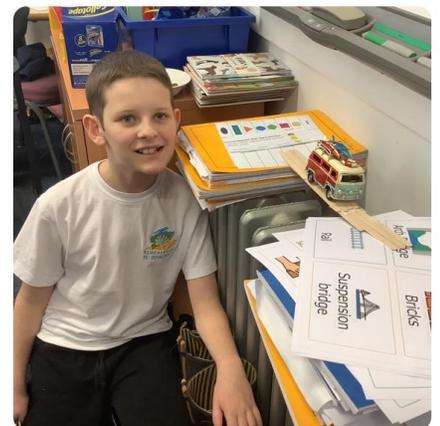
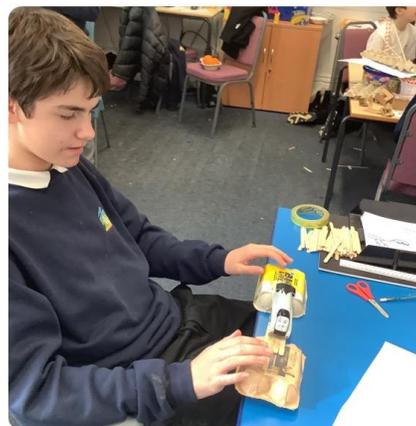
Trebah Class

Trebah class have had a great first half term.

We have been learning about inventors old and new. We have enjoyed building bridges after finding out about Isambard kingdom Brunel, we all thought that this inventor was amazing!

In PSHE we have been learning about people that help us in the community. We visited Truro and some shops where people help us.

We have been very busy, and we are all looking forward to more exciting learning in and out of school.



Lanhydrock class

After the long Autumn term, Spring 1 has, by comparison, been rapid. Especially with the changes to routine, our students managed admirably.

We have loved exploring the subject of Globalisation in Humanities and have just completed a case study about Nike. In Art, our students have shown great skill in analysing and taking inspiration from WW1 & WW2 artists.

We are proud of everyone's R.E. presentations to the class on Looking After Our World.

Enjoy a well-earned break everyone, longer and warmer days are just around the corner...



Trelissick Class

Trelissick class have been incredibly busy this half term! We have enjoyed learning about positional and directional language in math's with the aid of little robots- a lot of fun was had! In science we enjoyed being outside pretending to be particles in solid, liquid and gas.

We have also started practical science experiments and are getting used to writing up what we have found. We have also been lucky enough to be participating in music interventions on Fridays with Mr. Taylor. We have been playing the djembe drums, boomwackers, percussion instruments and the xylophone which we have enjoyed immensely!



Falmouth ARB

Falmouth ARB pupils have been working very hard this half term focusing on their communication, friendships, and academic skills through lots of practical and often messy activities!



We shared this experience with the school.



We had a visit from the fire service



PIC-COLLAGE



Exploring solids liquids and gases in science.

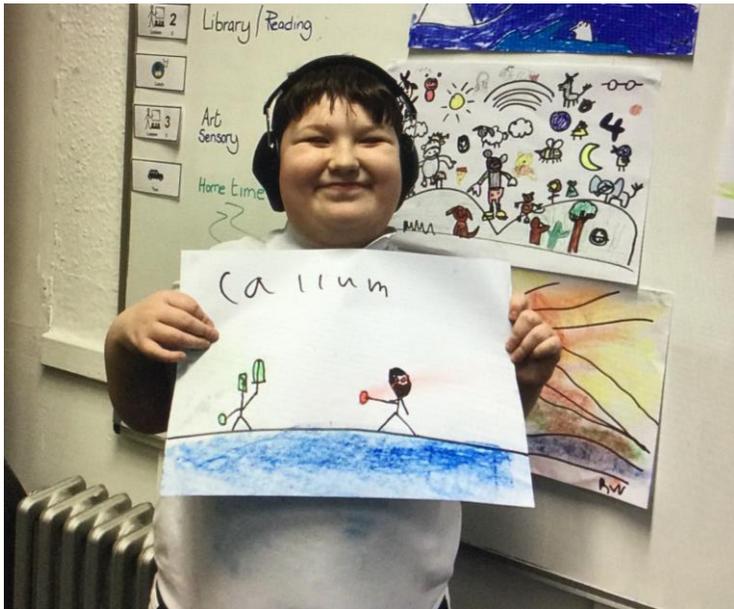


We are particles



PIC-COLLAGE

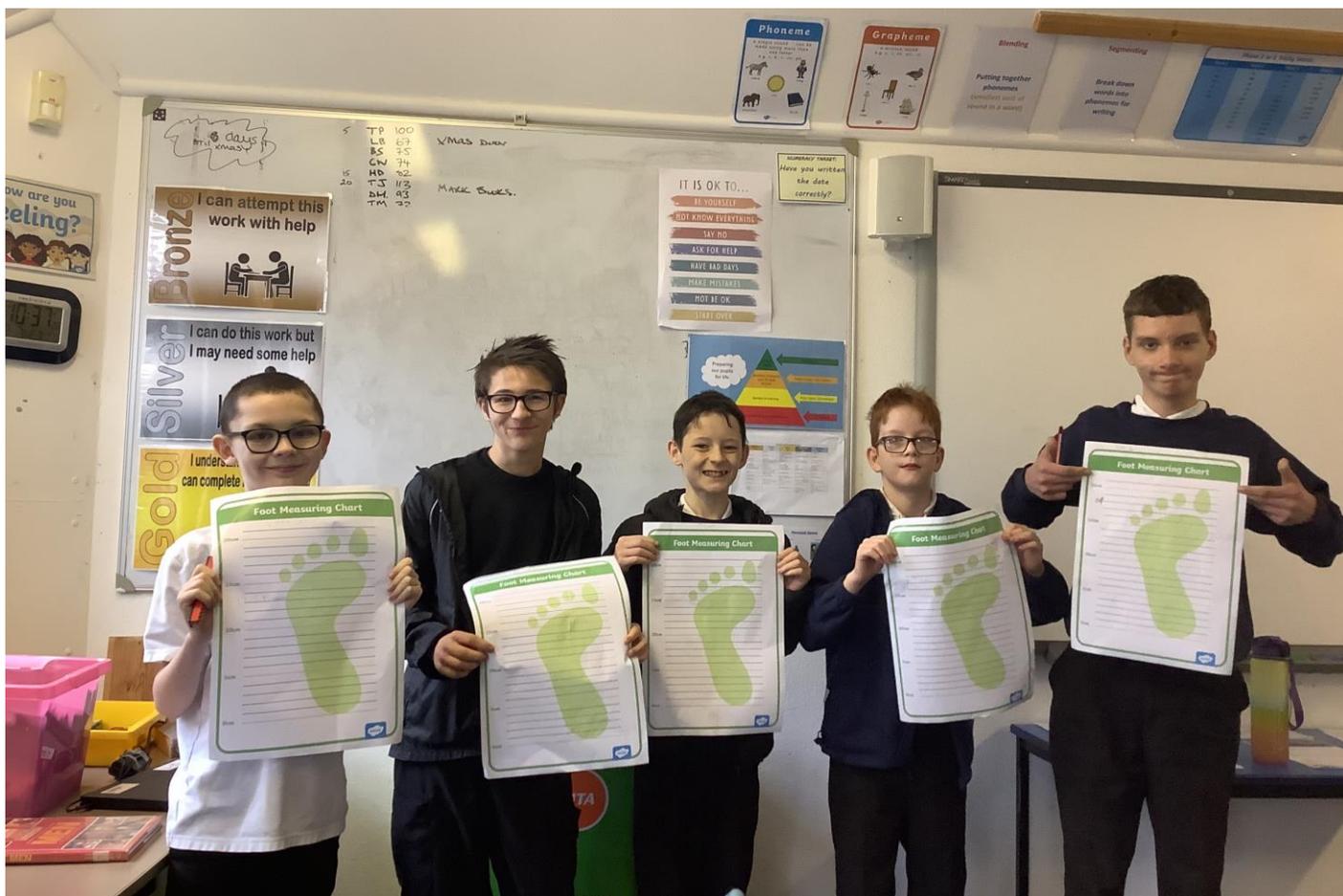
Sennen Class



Towan Class

That was a very quick half term! The Towan crew continue to thrive in their social learning, academic progress, as well as progress against their personal targets. This term in Literacy, we have been working on non-fiction and diary writing. In Math's the focus has been on measure. We have been learning about physical and human geography and what that means.

Most importantly we have been learning about ourselves, how to deal with challenging situations and how to help and be kind to each other. The boys have really enjoyed working with Rosie (the dog) and learning how to look after her in a responsible way while enjoying her company in the classroom and on walks.



Trerice Class

It has been a very short half term that seems to have passed in the blink of an eye, but we have still managed to squeeze in plenty of learning and laughs. Some of the activities from this half term include...

In RE, we have been focusing on Stewardship and exploring the Christian responsibility to look after the world as a way of showing their love to God. The pupils have conducted a tally around the school to identify what the school is doing - and not doing - to benefit the environment. Pupils have also calculated their own carbon footprint, compared this to the UK average, and highlighted some changes that they could make to their lifestyle.

In PSHE and Future Ready, Trerice have been looking ahead to the world of work. The pupils have identified their personal skills and qualities, and researched the many different fields of work that they could go into. Having chosen a field that, they feel matches their skills set, they are currently identifying pathways into a job of choice.

Trerice were very fortunate to receive a visit from the Falmouth University Outreach Team. Two arts practitioners ran a mono-printing workshop with us, which the whole group were able to engage in successfully...even the art haters! Trerice also enjoyed an off-the-cuff History lesson when we discovered some old newspapers dating back to 1996. The pupils were fascinated, and it sparked some great pupil-led discussions.

Whilst they will be glad to see the back of Globalisation in Humanities and Wheelchair Basketball in PE, the pupils can go on their half term break knowing that they have fully earned it. Well done Team Trerice!



Boarding

It's been a busy start to the term for the Boarders! It's a dark and gloomy time of year but that doesn't stop us going out! We've done trips to local beaches and done walks in the dark and we've had some chats around the campfire in Forest school. Some of us have been to a Driving range to have a go at Golf, Tiger Woods doesn't need to worry...

If it's rained, we've done cricket and basketball in the gym. Some pupils have been testing their cooking skills and we've been sampling homemade biscuits and cakes, yum!

We had a look at one of our rooms that didn't really have a purpose and we've turned it into an Arts and Crafts room. This has been a really popular space, and everybody has enjoyed going in there and doing all sorts of arty activities. We're on the lookout for a sewing machine next so that we can do some sewing activities.

Dave Rogers brought his VR headset in for some of the older pupils to try and that was popular and funny for the on lookers.

We have also welcomed two new pupils who have started Boarding and after Half term are looking forward to welcoming some more.



Orchestra

This half-term sees the start of the Pencalenick Open Orchestra! Pupils have been developing their ensemble and musical skills through exploring rhythm using classroom instruments. We have been focusing on working together as a group, playing Djembe drums, Boomwackers and various tuned percussion instruments. Watch this space for a summer term performance!

www.openorchestras.org



Kitchen news

A big congratulations to our kitchen team, who yet again, got a perfect Food Hygiene Rating from our recent inspection!



Safeguarding

School Website

Don't forget that you can find information all around safeguarding and attendance on our school website.

Pencalenick School - Safeguarding
Pencalenick School - Reporting Absence



Safeguarding

Helpful leaflets and information

 SPACE (Supporting parents and children emotionally) is a free program for parents or carers who want to better understand their children's emotions, as well as their own.

Our next online course starts on Thursday, Feb 22.

 Register your interest  https://orlo.uk/SPACE_Course_ljqad



The Best Start in Life Team
invites you to register
your interest in...

SPACE

Supporting parents
and children emotionally

A new messaging service called ChatHealth has been launched in Cornwall and the Isles of Scilly, connecting children, young people and their families with health visitors and school nurses.

You can text the service about a variety of topics and get a call back within 48 hours on topics including:

- Sleep
- Child development
- Support with behavior.
- Toileting
- Feeding and nutrition
- Keeping safe and healthy
- Childhood illnesses and support with medical conditions at school
- Emotional, mental health and wellbeing
- Relationships
- Smoking and vaping
- Drugs and alcohol

There are three dedicated numbers which operate Monday to Friday from 9am to 5pm (excluding bank holidays):

Young people aged 11-19 can text **07312 263 096**

Parents or carers of children aged 0-5 can text **07312 263 423**

Parents or carers of children and young people aged 5-19 can text **07312 263 499**

When you send a text message, you'll get an automated reply confirming your message has been received. A trained healthcare professional within the health visiting or school nursing teams will be in touch within 48 hours.

<https://www.cornwall.gov.uk/chathealth...>

**ChatHealth
Parent Line 0-5**



07312 263 423

**ChatHealth
Parent Line 5-19**



07312 263 499

**ChatHealth Young
People 11-19**



07312 263 096



ChatHealth
Cornwall and the Isles of Scilly

www.cornwall.gov.uk/chathealth

Get
confidential
health and
wellbeing advice
and support

Dear Parent/carer,

RE: NSPCC's *Speak out. Stay safe.* SEND/ASN/ALN programme

I am pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe.* programme** for children with additional needs and disabilities this term. Starting with the Mental Health week and Safer Internet Day this week.

This child friendly programme which we have reviewed is made up of 6 sessions. It supports children to understand what abuse is and helps them feel supported and able to talk to safe adults if they are sad or worried about anything.

If you would like to know more about the *Speak out. Stay safe.* program, please visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

<p>Parent/Carer support Take a look at information, support, advice and activities from NSPCC for parent and carers. www.nspcc.org.uk/parents</p>	<p>Activities to extend learning at home Take part in games and activities at home to help children learn about speaking out and staying safe. www.nspcc.org.uk/activities</p>
<p>Online Safety Hub We have worked with Ambitious about Autism and parents and carers who have children with additional needs and disabilities to create activities to help talk about online safety. https://www.nspcc.org.uk/send-onlinesafety</p>	<p>Childline – under 12's Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content. www.childline.org.uk/buddy (for ages 5-7) www.childline.org.uk/kids (for ages 7-11)</p>
<p>Talk PANTS with your children Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pantsguides</p>	

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* Program helpful. Please do contact me if you have any further questions.

Yours sincerely,
Diana Barry
Interim Designated Safeguarding Lead
Behaviour Lead

FREE NSPCC Online Safety Workshops for Parents & Carers



The NSPCC is running a series of **Online Safety Workshops for Parents & Carers** throughout the Spring Term on Zoom until the end of March.

The workshops are 1 hour and will help parents and carers to find out about:

- What children and young people are doing online
- Parental controls
- What the risks are for young people in terms of what they see, do and who they meet online
- How to manage these risks as a parent/carer
- Sources of help and support
- Grooming
- Online Bullying
- Social media
- Mental health and wellbeing
- Gaming

For more information and to request joining details please email parentworkshops@nspcc.org.uk

If you would like to arrange for parents/carers from your setting or community to attend, please include in your email your preferred date(s). We ask that a lead professional from your setting is also present on the training, so that you know who has attended and can follow up as relevant afterwards.

Date	Time
Tuesday 30 th January	6-7pm
Monday 12 th February	7-8pm
Monday 26 th February	7-8pm
Wednesday 13 th March	5-6pm
Tuesday 26 th March	6-7pm



Online safety is a whole community issue; Pencalenick School is offering a session on **Friday 23rd January 2024 at 10:30 with Danny Barry, Safeguarding and Behaviour Lead**

produced by Childnet to provide parents and carers with an overview of online safety, the issues that children and young people face online and some practical advice on how to support young people online. This includes information about sites for reporting inappropriate content.

What is bullying?

Bullying is any behaviour by an individual or group that:

- Is meant to hurt.
- Happens more than once.
- There will be a pattern of behaviour, not a one off incident.

- S** Several
- T** Times
- O** On
- P** Purpose



- S** Start
- T** Telling
- O** Other
- P** People

CONFLICT VS BULLYING

Understand the difference

Conflict:

A Disagreement or Difference of Opinion
An Inevitable Part of Group Dynamics
Equal Power Between Those Involved
Usually an Isolated Incident/Occasional
All Involved Make An Effort to Resolve the Situation

Bullying:

Based on an Imbalance of Power
The Intent to Harm - On Purpose
Happens Repeatedly
Serious - Causes Physical or Emotional Harm
Does Not Stop When Asked
Should Always Be Reported

facebook.com/BulliesOut
@BulliesOut

BulliesOut
www.bulliesout.com

Registered Charity Number: 123070

NSPCC

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

0808 800500

childline

ONLINE, ON THE PHONE, ANYTIME

[Bullying and advice on coping and making it stop | Childline](#)

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

0800 1111



Healthy Cornwall

[Anti-Bullying - Healthy Cornwall](#)

<https://www.healthycornwall.org.uk/organisations/healthy-schools/core-themes/emotional-wellbeing/wellbeing-resources/anti-bullying/>



[Advice for parents and carers \(anti-bullyingalliance.org.uk\)](#)

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>

Proudly part of the Special Partnership Trust



Pencalenick School

BULLYING ADVICE FOR PUPILS, PARENTS AND CARERS

ANTI-BULLYING ALLIANCE

NATIONAL CHILDREN'S BUREAU
Part of the family

What to do if you think your child is being bullied or bullying anyone else?

- ✓ Give reassurance to your child (this is not their fault)
- ✓ Talk calmly about what is happening (even though you may feel upset yourself)
- ✓ Listen and take what is said seriously
- ✓ Let them know you want to help and praise them for telling you.
- ✓ Makes notes of what has happened (who, what, when, where)
- ✓ Do not encourage your child to retaliate.
- ✓ Keep your child involved - it is important that they know what is happening and have a say.
- ✓ Encourage them to report incidents to a teacher or pastoral
- ✓ Talk to the school immediately
- ✓ Reassure your child that the school will deal with the matter sensitively

Please read this guide in conjunction with the school's behaviour and safeguarding policy, which is available on our website.

We are firmly committed to working in partnership with parents and believe that the best outcomes emerge when staff and parents/carers work together.

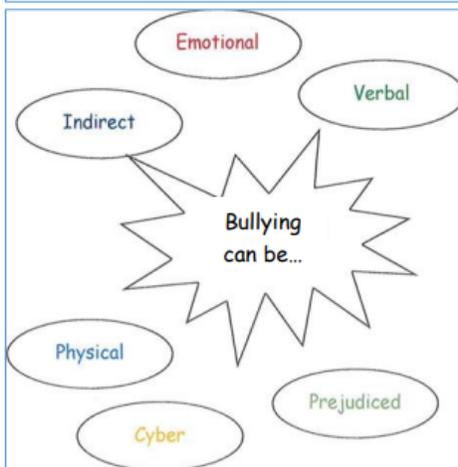
Bullying is not when two people have a disagreement or fall out over something. Bullying can be...

Physical Bullying kicking, hitting, taking things, sexual assault

Verbal Bullying name calling, shouts of abuse, using threatening language

Indirect Bullying spreading rumours, being excluded from groups, intimidation, writing on walls

Cyber Bullying nasty text messages, emails, phone calls and through wide use of technology



If you like to have a confidential conversation with an independent body you can also ring provisions on the contacts list on the back of the leaflet.

Spotting the signs of bullying

You may be unsure if your child is being bullied. It may be helpful to look out for some of the following **changes in behaviour**, which could be an indicator:

- Stress—being moody, silent or crying.
- Making excuse to miss school.
- Upset after using the internet or telephone.
- More bruises or scrapes than usual.
- Withdrawn, anxious, lacking in confidence.
- Torn clothes or things that are missing or broken.
- Poor sleeping.
- Bed-wetting.

Whom to contact about bullying

Please contact your child's class tutor or member of the school's Senior Leadership Team with any concerns.

**Anti-Bullying Senior Lead/
Deputy Designated Safeguarding Lead:**
Jodie Watkins-Young

**Designated Safeguarding Lead/
Behaviour Lead:**
Diana Barry

YOUR GUIDE TO Group Chats

Group chats are a type of communication involving multiple users that happen on most messaging platforms. While they have been around since the invention of online messaging (think chatrooms!), popular use has grown in the last decade.



©Ineqe Group Ltd 2023

HOW DO THEY WORK?

Once a user creates a group chat on a messaging platform, they can:

Choose the name of the group & select a group photo

Set up the sharing and privacy settings

Add other users as members of the group



After the group is set up, users can:

Video or voice call all members of the group at the same time

Message into the chat

Send photos/videos/GIFS/voice notes

Tag other group members in specific messages

Who can be in a group chat?

Anyone can be in a group chat as long as they are a user on that platform. Most platforms have age restrictions (usually 13+) but there are not always robust age verification processes in place.

Why do young people use them?

- ▷ Stay connected to friends, family, or teammates.
- ▷ Send important information to multiple people.
- ▷ Discuss specific interests or events with others.
- ▷ Organise meetings for school, work, extracurriculars, etc.

More than 8 out of 10 parents



are concerned their child will be cyberbullied on a group chat.

The Risks of Group Chats

Bullying. Many young people have reported being left out of group chats, experienced bullying within them or have been made fun of in a chat they weren't included in.

Image sharing. Young people may feel pressured to share sexual imagery of themselves. Even if they choose to share an image with just one person, they may lose control if it is shared in a group chat.

Disappearing messages. A function of many group chats which allows users to delete messages or automatically make them vanish after a set time (e.g., on Snapchat) which can present opportunities for bullying or coercion when sharing inappropriate images.

Information leak. Being in a group chat could unintentionally lead to private information being shared, such as mobile numbers or live locations.

Stranger interaction. A young person may not know everyone they are in a group chat with, potentially exposing them to harmful interactions.

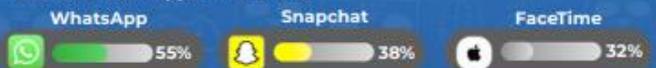
Inappropriate content. If someone sends in something that is inappropriate, it may expose a young person to content they were not prepared to see.

Excessive screentime. Some group chats might be receiving messages 24/7, which could draw a young person's attention at inappropriate times!

When using WhatsApp, images can automatically save to the user's camera roll, unless adjusted in the settings. This may lead to young people unintentionally possessing harmful or illegal images by default of someone else sending them into a group chat.

Group messaging functions exist across various social media and gaming platforms. The most common way 3-17-year-olds interact online is through communicating via messaging/video platforms.

The most used apps for this are:



The most important thing you can do for a young person is to ensure they know who their trusted adults are and that they can always talk to them without fear of consequences. Here are some other preventative steps that you can take:

- 1. Ensure they understand what information should be kept private.
- 2. Talk about appropriate behaviour towards others online.
- 3. Discuss the risks of sharing nude or semi-nude images.
- 4. Enable and review privacy settings together - use our Safety Centre to help!
- 5. Teach how to block, mute and report other users or chats.
- 6. Adjust auto-saving settings on WhatsApp.
- 7. Set family rules and screentime limits on devices.

If a young person does seek your help...

- ▷ Listen and reassure them that they have done the right thing.
- ▷ Include them in any decisions that follow.
- ▷ Screenshot evidence of bullying as soon as possible.
- ▷ Only ban the use of the platform where necessary for their safety.
- ▷ Involve parents or relevant staff if children are at risk.
- ▷ Contact organisations who can help.
- ▷ Do not respond directly to harmful or hurtful messages.
- ▷ If you believe a child is in immediate danger, contact the police without delay.



NEVER SCREENSHOT AN INDECENT IMAGE OF A CHILD!





LET'S GET CORNWALL SIGNING LIVE SHOWS



14th & 15th
June
2024



MAKASONG
MAKATON SIGNING CHOIR

SPECIAL GUESTS...

Suzanne (MBE) from Singing Hands and a patron of the Makaton Charity is coming to Cornwall to perform with our very own Saskia Dady from TalkmoreCornwall CIC.



TIMES

Friday 14th June 2024

10:30-11:30 and 1:30-2:30 Education groups
EVENING SHOW "POP PARTY" 6-8pm

Saturday 15th June 2024

11-12 Community Family show

WHERE

The Key Theatre,
St Austell PL25 4DJ

COST

Prices are from £6 per ticket.
Please see our website and
socials for more info.



For all bookings go to.

<https://www.ticketsource.co.uk/keay-theatre/e-yggram>

For all enquiries go to our websites and socials!

01726 226404

www.talkmorecornwall.co.uk

www.choose-nature.co.uk

Caring for children with COUGHS

This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

WHEN TO SEE THE DOCTOR Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.

