



# FLUSHING C of E PRIMARY SCHOOL

*Nourishing to flourish in our world.*

## NEWSLETTER



### Dates for your Diary

**Monday 23<sup>rd</sup> -27<sup>th</sup> October-** Half Term.

**Monday 30<sup>th</sup> October -INSET-** School closed to pupils

**Tuesday 31<sup>st</sup> October** – Start of Autumn 2 Term

**Thursday 2<sup>nd</sup> November** – Year 2, 3 and 4 Egyptian Dress-Up Day (look out on Class Dojo, for more information.)

**Wednesday 8th November** – Dolphins WW1 Day –more details to follow

**Week Beginning 20<sup>th</sup> November** – Parental Consultations –more details to follow.

**Monday 27<sup>th</sup> November** –Scholastic Book Fair

**Tuesday 19<sup>th</sup> December** –End of Autumn Term

#### Attendance

Starfish 96%

Seals 95%

Dolphins 96.5%



#### Praise Certificates

Starfish – Maeve and Sol

Seals – Jackson & Theo

Dolphins – Lois and Peter



Congratulations Everybody!

### School Events

A big 'Thank You' to everyone who came to the Open Afternoon on Monday.  
It was so great to see so many of you here; the children were delighted!  
I would like to thank all the staff for making such an effort to welcome you all!

We are currently looking at booking Nativity/Christingle dates into the diary. Last year, we organised these over two dates, to ensure there was enough room in the church for us all, but any thoughts/suggestions around this, are welcomed.

I would like to hold an informal parent meeting after half term, a place to share ideas and just catch-up with you all; I was wondering about timings- would you prefer a morning time, straight after school, or later in the day, around 6pm?

Please email the office [secretary@flushing.cornwall.sch.uk](mailto:secretary@flushing.cornwall.sch.uk) with your thoughts/suggestions or copy and paste the options below

Delete as appropriate:

Parent meeting – 9am / 3:15pm / 6pm

Christmas production – Whole school celebration/KS1 Nativity & KS2 Christingle/other (please specify)

## Harvest Boxes

Starfish Class have been sorting the produce from the  
Harvest Festival donations!

The harvest boxes have been a great success and I'm sure were very welcomed by  
the local community.

Thank you to the Starfish team for organising this lovely annual Harvest event and  
of course to parents and carers, who donated so many things- you will have made  
a difference to someone's life this week- so on their behalf- I thank you!



### Special Menu

**We are having a special Firework  
menu on Thursday 2nd Nov**

Rocket Dog or Veggie Rocket

Dog served with Chips &

Corn on the Cob

Orange & Ginger Firework

Cake with Custard



### Parents

Our wonderful Friends of Flushing  
are looking for some new members;  
if you can offer them a few hours  
each term, or are just able to  
support some of the events laid on  
occasionally; they would be  
delighted to hear from you! Please  
contact Nicky, Tabitha or Lisa  
through the office:

[secretary@flushing.cornwall.sch.uk](mailto:secretary@flushing.cornwall.sch.uk)

### October

### Poem of the Week

The year slows down. The swallows go,  
Leaving our valley far below  
Floating in mist. Nests in the eaves  
Are empty, the gutters choked with leaves.  
There are berries on the bryony,  
The hawthorn and the rowan-tree;  
The squirrel now forgets to swing,  
The fieldmouse stops his scampering,  
Searching in every hole and rut  
For beechmast, acorn, hazelnut.  
Even the butterflies are slow  
In their brown wanderings to and fro...  
And later, frosts will come, to take  
The rings and ripples from the lake  
And lend her, as those wrinkles pass,  
The smooth transparency of glass.

Clive Sansom





Yoga

Years 4, 5 and 6 enjoyed a relaxing yoga session this week, with Embrace Dance Fitness! Yoga is coming to TUC, after half term, open to the Juniors (Years 3, 4, 5 and 6) on a Tuesday. If your child has a yoga mat, we'd encourage them to bring it. The sessions will be from 3.30-4.30pm down in the hall at the Village Club.

Mrs. Wilcox  
PE Co-Ordinator



Welcome to the School Council!



Carter, Arlo, Freja, Rosie, Tegan,  
Lola, Obi and Laurel.  
I know you will all be amazing!

# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

**WORRY TIME**

Set aside a time each day for your child to worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them.

**THOUGHT CHALLENGING**

Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones.

**BEING PRESENT**

Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.

**ACTIVITY PLANNING**

Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities.

**TALKING ABOUT FEELINGS**

Why not create a time each week where your child can speak to you about their thoughts and feelings.

**3 GOOD THINGS**

Before bed spend some time with your child to identify and write down three good things they achieved from the day.

**THOUGHT TESTING**

Try setting out some simple activities to help your child test out the validity of a thought.

**WELLBEING**

Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep.

**IMAGERY**

Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way.

*A sweet friendship refreshes the soul. Proverbs 27:9*

