

Tregolls Academy



Spring Term 1 - Week 6

Head of School Message

We have reached the end of another half term. The children have continued to show our school rules of being Ready, Respectful and Safe and this has contributed to the school environment feeling calm so that learning can take place. It has been amazing to watch our children take part in a range of different clubs continuing to demonstrate those positive values. We have lots of look forwards to next term as the weather begins to improve our trips and experiences offers begin to start up again these include: a careers fayre and London for Year 6, some visits to the cathedral and farm for Year 2 and 3 along with some other exciting visits. Thank you again for your continued support.

Have a lovely half term.

Mr Rees

Diary Dates

- INSET Day (school closed to pupils) - **Friday 14th February 2025**
- First day back to school - **Monday 24th February 2025**
- Clubs start - **Monday 3rd March 2025**

Learning of the Week



Gannel and Mylor classes enjoyed dressing up as 'people who help us' on Monday. It was wonderful to see so many amazing costumes.

#TeamTregolls

Celebration Certificates

Reception Gannel Class - **Rosie-Lee**
Year 1 Fal Class – **Willow-Rae**
Year 2 Camel Class – **Kylan**
Year 3 Truro Class – **Alice**
Year 4 Hayle Class – **Brooklyn**
Year 4/5 Cober Class – **Jobi**
Year 5 Fowey Class – **Whole class**
Year 6 Lerryn Class – **Whole class**
ARB Kenwyn Class – **Josie**

TT Rockstars Tournaments

Camel Class vs Truro Class –
Truro Class 🏆

Cober Class vs Hayle Class –
Cober Class 🏆

Fowey Class vs Lerryn Class -
Lerryn Class 🏆

Attendance Matters

EYFS Gannel Class –100%🏆
Year 1 Fal Class –89.05%
Year 2 Camel Class –98.57%
Year 3 Truro Class – 92.31%
Year 4 Hayle Class – 96.75%
Year 4/5 Cober Class –90.86%
Year 5 Fowey Class – 96.55%
Year 6 Lerryn Class –89.96%
ARB Kenwyn Class –90%

Lighthouse Points



258

1391



250

1446



261

1248



249

1335

Tregolls Academy



Contact Information

01872 274020

hello@tregolls.org.uk

Tregolls Academy Website

School Lunches

School lunches are available for all pupils and bookable via the ParentPay website.

School lunches cost £2.70 per meal or use the FSM application to see if your child is eligible for free school meals via our website.

If you require guidance, please speak to the office.

School uniform

School uniform can be purchased via Keywear Uniform shop in Truro:

1 Church Walk, Truro TR1 1JH

If you would to purchase second hand uniform please contact friends of Tregolls at **friendsoftregolls@gmail.com**

Wraparound Care

Tregolls Academy offers Breakfast club and Afterschool wraparound for pupils from Reception to Year 6.

Breakfast club starts from 7:45am to 8:45am for £5 per session.

After school care has the following options:

- 3:15pm - 4:15pm for £5
- 3:15pm - 5:30pm for £10

These are bookable via the **ParentPay Website.**

Sickness and Absences

Please report your child's absence before 9am by leaving a message on option 1 or calling/emailing the school.

If your child will be off again the following day, we will require you to notify the school for their progress.

Inset Days

- Friday 14th February 2025
- Friday 4th April 2025
- Monday 2nd June 2025

ChildLine
0800 1111

LATEST JOBS

CORNWALL COUNCIL

www.cornwall.gov.uk/careers



Early Help Hub

The right help
At the right time
By the right service

What does the Early Help Hub do?

- The Early Help Hub is the single point of access for professionals, families and young people to access Early Help Services in Cornwall
- The triage team decides which Early Help service best meets the needs identified in the request for help. It is then allocated to the appropriate service within 48 hours
- Support is provided: from pre-birth up to the age of 18, (or 25 when young people have additional needs) when the child, young person or family has needs that are not met solely by universal services

+44 01872 322277
earlyhelp@cornwall.gov.uk
www.cornwall.gov.uk/earlyhelp

The Hub is open Monday to Thursday 8.45 am to 5.15 pm and Fridays 8.45 am to 4.45 pm. The Hub is closed on Bank Holidays.

Cornwall Partnership NHS Foundation Trust | Together for Families in Cornwall | CORNWALL COUNCIL

In case of Emergency dial 999

NSPCC HELPLINE

0808 800 5000
help@nspcc.org.uk



HERE TO HELP
CLICK ON EACH IMAGE FOR THEIR WEBSITE

Are you worried about a child or young person?

If you think a child or young person might be suffering neglect or abuse contact the Multi Agency Referral Unit (MARU)

If you see something, say something

☎ 0300 1231 116
✉ multiagencyreferralunit@cornwall.gov.uk

Whilst you may be concerned about involving our services, we do more than check up on children and young people's welfare.
If a family is struggling, we can organise early help and support for them, before any problems become harder to solve.

What information do I need to give?
The more detail you are able to provide, the better we will be able to help.
If you have noticed that something wrong, other people might have too. A teacher, health visitor or other person that knows the family might have already alerted us, and your knowledge might fill in some missing information that can help.

CORNWALL COUNCIL Together for Families

When life is tough, we're here to listen

SAMARITANS

Call us free 24/7 on
116 123
samaritans.org

Household Support Fund

www.cornwall.gov.uk/costofliving

YOUNGMINDS
The voice for young people's mental health and wellbeing

Parents Helpline: 0808 802 5544
Website: www.youngminds.org.uk
@YoungMindsUK

0300 777 4777
MON TO FRI: 9AM - 9PM
SAT: 9AM - 5PM

SAFER FUTURES Ending Abuse in Cornwall & Isles of Scilly.

In partnership with
FIRST LIGHT **Barnardo's** **SAFER CORNWALL**
Kernow Salwa



Bite size parent session

On

Routines and Boundaries

Monday 17th March
1.30 -3.10pm

This session will be run by Parenting Workers from the Kernow Parenting Service .

- Do you need some support and advice to understand your child's needs and behaviours in relation to routines and boundaries?
 - Do you find your child's behaviour sometimes challenging?
 - Would some friendly support and advice be helpful?
- Would you like to be able to talk in confidence and meet other parents/carers experiencing similar challenges?

If you would like to attend, please book your place via the school reception on the below contact details:

Email: hello@tregolls.org.uk

Call: 01872 274020

For more information please contact:
Jayne Taylor (pastoral support in school)

Refreshments will be provided.



Peta, the engagement lead for Cornwall & IOS at Kooth will be delivering free webinars during February half-term in collaboration with **Cornwall Libraries**. Peta usually tours the libraries in Cornwall during the holidays running in-person talks. This February half-term all talks will be held online in order to offer families who may otherwise be unable to attend, a chance to learn more on a particular topic and hear about the services Kooth and Qwell provide.

The webinars are **free**.

You **do not need** to have your camera/microphone on during the webinar.

If you can't make the webinar day/time, **you can request a recording**.

February Half-Term Kooth & Qwell Webinars:

Young People's Online Safety Session for Parents & Carers	Tuesday 18th February	10am-11am
What is Kooth? Session for Parents & Carers	Tuesday 18th February	1pm-2pm
Managing Anxiety with self-care for 11-18 year olds	Wednesday 19th February	10am-11am
Managing Anxiety with self-care for 11-18 year olds	Wednesday 19th February	2pm-3pm
Young People's Online Safety Session for Parents & Carers	Friday 21st February	5pm-6pm

To register your interest scan the QR code or email pcoote@kooth.com



About Kooth & Qwell

Kooth provides early intervention mental health support to children and young people. Kooth works with schools and professionals across over 90% of the UK.

Kooth is **free** to access via any internet-connected tablet, computer or smartphone. There are no waiting lists or thresholds to meet and a referral from a medical professional is not needed. Your child can join Kooth anonymously simply by visiting www.kooth.com.

Kooth is commissioned by NHS Cornwall & IOS ICB for all 11-18 year olds and is the only digital mental health provider to hold a BACP (British Association for Counselling and Psychotherapy) accreditation across the UK.

Qwell.io is commissioned for adults aged 18-25 in Cornwall and ALL parents and carers. Qwell is a safe, free & anonymous online mental health service available for adults. Fully funded and endorsed by the NHS Cornwall & IOS Integrated Care Board in effort to provide access to early intervention and mental health support. Adults can access **Qwell.io** for free. It is accredited by the **British Association for Counselling and Psychotherapy (BACP)** and delivered by Kooth Digital Health, the UK's largest digital mental health provider.

With no waiting lists, no referrals and no thresholds for accessing support, adults can access personalised support & self-help tools, alongside a team of BACP accredited counsellors. Qwell's qualified therapists are online 365 days a year. Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm.

Similarly to the young person's service www.kooth.com, there is no threshold, waiting list or referral process. Adults can access support for ANY issues they may be experiencing with no judgement. These may include but are not limited to; stress & anxiety, self-esteem, bereavement, family breakdown, substance misuse, cost of living concerns, suicidal thoughts, friendships, work related stress etc.

Kooth Digital Health delivers 1000's of counselling sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of



ensuring they can access free support when they need it, in a way that they find comfortable to access, via internet enabled devices.

If you have any questions or would like to discuss what [Qwell.io](https://www.qwell.io) or [Kooth.com](https://www.kooth.com) can offer, please, simply email parents@kooth.com.