



# Miss Coombes says 'hello!'

Friday 3rd April 2020

ISSUE 2

## Three things that made Miss Hurley smile:



1. *Seeing a badger in my garden eating apples! (isn't he beautiful!)*



2. *Walking my dog in the brilliant sunshine*

3. *Talking to Miss Coombes on a video meeting! (I didn't make Miss Hurley write this!)*

## Word of the week:

### Bat

The original name for the mammal that swoops through our night skies was *bakke* from an old word meaning to 'flap'. Over centuries, bats have had various other names, including 'flutter mouse'!

*I got this from 'The Week Junior' a weekly newspaper subscription—I really recommend it! :)*

*Hello!*

How are you all? It has been great to catch up with some of you this week. It really is good to keep in touch!

So, some of you may have noticed my terrible spelling errors in the last newsletter—I have asked Mrs Paice Phillips to proof read this one! (Thank you Miss!)

You are now on your 'Easter Holidays.' There is no pressure for you to carry on with school work, but if it helps with your routine and keeps your brain ticking then carry on! You need to do things that make you feel safe and relaxed.

I had a meeting on line today with the Leadership team at Tretherras. We recognised that teachers have gone into overdrive with setting work. We know that some of you have been completely overwhelmed with lots to do! We are going to have a more co-ordinated approach after Easter so that we reduce the burden of work! As always please, please let me know if school work is too much or difficult to do.

This week I have been doing some shopping deliveries in my village to people who cannot get out to the shops. It has been wonderful to wave to new people in the village and discover lots of new places to walk.

I am also trying to get back into running but feeling very unfit at the moment. My goal is to be able to run 10 miles again!

'Keep on Keeping on' lovely Tretherras people!

We miss you all and are thinking of you,

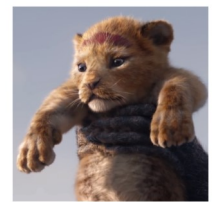
Love from Miss Coombes :)



## My favourite film to recommend:

**The (new) Lion King**

Have you seen it?



## Fun Fact:

A shrimp's heart is in its head.



Have you painted a rainbow for your window?? I mentioned it in the last newsletter ... I would love to see your pictures!



# What have you been up to?

## A message and a recipe from Lovely Donovan in year 7:

"I am having a nice time at home with my family, we have done some gardening, baking, some wood work, mum made laser ropes in the garden for me and Woody. I would like to add my recipe for yummy flap jacks for your news letter."

### Flap 'Donovan' Jacks

- 175g(6oz) margarine
- 175g(6oz)Demerara sugar
- 2 Tablespoons of golden syrup
- 225g (8oz) rolled oats or porridge oats
- a squeeze of ginger paste
- add raisins if you want them

A shallow tin about 18 x27 cm with greaseproof paper on bottom.

Melt the margarine in a pan and add sugar and syrup (do not boil) add oats and cover in margarine mix, add ginger and raisins if wanted and mix together.

Put mix in tin and bake in middle of oven at 160 centigrade for 25 minutes until golden. remove from oven and allow to cool.

Enjoy!

Thank you Donovan! This sounds yummy and the laser ropes sound super fun!



## Gymtastic!



This is how **James** in Year 7 has mostly been spending his time ....

Incredible!

### What have you been up to?

Please send me any pictures of what you have been up to! Any recipes? Any jokes? Good stories to share? (I will get your parents permission before I add any pictures.)

We would love to hear from you!

# More about...

# Mrs Gore



Positive mind.  
Positive vibes.  
Positive life.

**Fun facts about me:** I'm a qualified Beach Lifeguard and help run Newquay Surf Life Saving Club, I have one child and we LOVE living in Newquay.

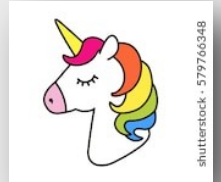
**Favourite hobby** Running and swimming

**Favourite food** Chinese food and chocolate

**Family quiz idea** List all the countries you can that begin with A, then B, then C and work your way through to Z. When finished, check your answers either with a World Atlas or the internet. How many countries did you get?

**Fun fact** Scotland's national animal is ... a Unicorn!

**Film recommendation** - Shazam!  
Super hero / comedy movie



**Book recommendation** - One Boy and his Dog by Eva Ibbotson. Both myself and my son LOVED this book, definitely one for dog lovers.

**Life so far...** So, I've settled down and am starting to relax into 'lockdown' life. Initially I felt quite anxious regarding all the changes, but I have decided to take one day at a time, stay at home and abide by all the necessary guidance from Boris, these decisions have made me feel much calmer and I know I'm helping our lovely town by doing this. I am spending quality time with my son, he seems to be inter-leaving academic work with Fortnite but we are enjoying each other's company and he can now make a mean cup of tea so the next few weeks are looking up (for me) I'm really, really looking forward to getting back to normal and seeing my lovely colleagues and students again! In the meantime, be kind to yourself and others and try to stay positive.

Keep smiling everyone, Mrs Gore x



**Autism Awareness Day 2nd April**

**Would you like to share your thoughts/understanding or experiences of autism in the next newsletter?**

**We would love to hear from you !**

