



# Miss Coombes says 'hello!'



Friday 10th April 2020

ISSUE 3

## Three things that made MR SLEIGHT

smile



1. Completing the nursery ready for the new baby to arrive. It's been painted yellow and has all the books, toys and cot ready for the little one.

2. Finally learning to bake thanks to a lot of help from my partner. I successfully baked chocolate chip biscuits.

3. The sunshine and sitting out in the garden. Having time to do this has been awesome and very relaxing.

Wishing Mr Sleight and his partner all the very best for a very special and safe delivery of their first child. We are all thinking of you.

Hello!

I hope you are all well and are finding new things to smile about!

This is an Easter Bumper special! So much to fit in! Thank you to all who contributed!

This week I have been out in the garden planting carrots and courgettes! I have never grown veg before so thought now was a great opportunity to do so! I will keep you posted! I hope you are enjoying the sunshine and break from home schooling.

Check out this app called 'Think Ninja'. It may help if you are feeling a little worried at this time.



Apple (iPhone) - <https://apps.apple.com/gb/app/thinkninja/id1425884328>

Google (Android) - <https://play.google.com/store/apps/details?id=com.thinkninja>

'Keep on Keeping on' lovely Tretherras people!

Wishing you a very **Happy Easter!**

We miss you all and are thinking of you,

Love from Miss Coombes :)



## Word of the week:

(My favourite so far!)

# SNOTTINGER



The Victorians had some funny names for everyday items. A slang term for a handkerchief, for example, was a '**snottinger**', and someone who was cheery all the time was a '**gigglemug**'!

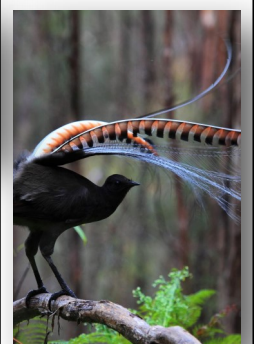
## A fish and chip mystery

A mystery person has bought fish and chips for everyone in their village, to bring a bit of cheer during the lockdown. Stephen Davidson, owner of The Fox Inn at Denchwood, Oxfordshire, England, said an anonymous person had recruited him to deliver fish and chips to 171 residents every Friday for at least 12 weeks.



## Fun Fact from Mrs Paice Phillips:

The **lyrebird** can mimic almost any sounds it hears — including chainsaws. Wildlife watchers have recorded the Australian species copying not only other birds but other animals, like koalas, and artificial sounds such as car alarms and camera shutters!



# What have you been up to?

The Terrific Taylors have been busy!!!

## Curling Championships

*"Well we have had a great time playing curling.  
We played until the ice all melted.*

*To make it, we froze 4 pots of water, with a bit of  
2 different colour juices.*

*We added a spoon to each bowl for a handle  
before freezing.*



*Using chalk we marked a target and armed with a  
sweeping brush, we had a great time curling. "*

Girls vs Boys ..... The girls won!

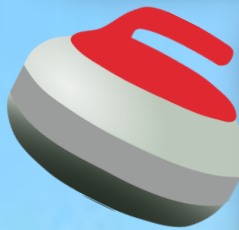
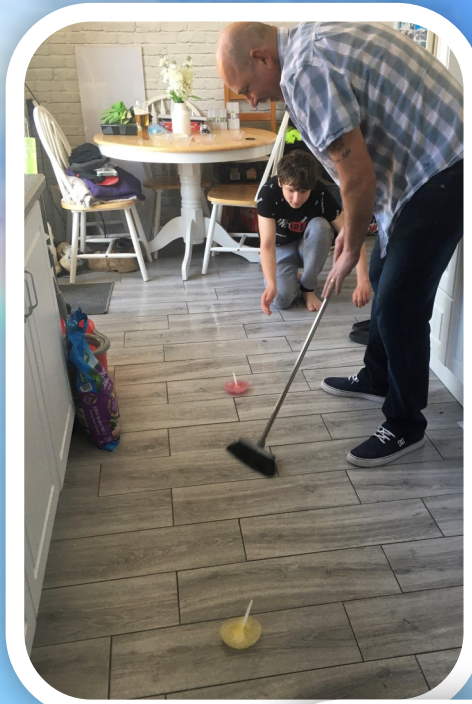
We highly recommend trying it , just make sure  
you have a mop to hand, as it gets very wet!

Thank you Ryley and Lottie, this looks  
incredible fun!

*What have you been up to?*

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

*We would love to hear from you!*



## Curling

**Curling** is a sport played on ice. Players slide **curling stones** on the ice towards a target called the **house**. There are **two teams** with four players on each team. Each team slides **eight** stones, this is called an **end**. After an end the team with the stone closest to the centre of the house (target) scores points. The game is over after eight or ten ends. The team with the most points is the winner. The player sliding the stone can make it turn or curl slowly. Two other players on the team sweep the ice in front of the stone with brooms. This is to make the stone stop in the right place.



# A few thoughts from lovely Caitlin

Thank you Caitlin (Year 9) for your thoughtful advice and suggestions. I am sure that some of us will find these really helpful.

- Be kind to everyone regardless of whether they are autistic or not - be **inclusive and compassionate** towards people and their different life experiences
- We have found it helpful to have a large **visual weekly plan** up on the wall (actually the window!) to help us visualise what will happen each day and for the coming week
- That **awareness** is a good start - it means you see me (you are aware I exist). **The best state is acceptance** - that means you are pleased to see me (I am welcome and accepted as my real self)
- Sensory challenges could be tricky at home so it might be helpful to create a **new sensory diet** for your day to get lots of relevant sensory input.

Caitlin's House rules! I love 'find JOY!'





# More about...

## Miss Escott

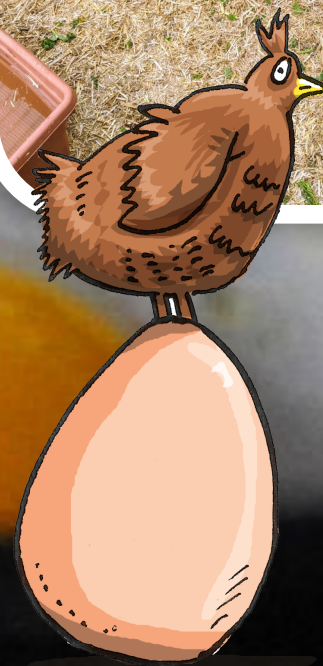
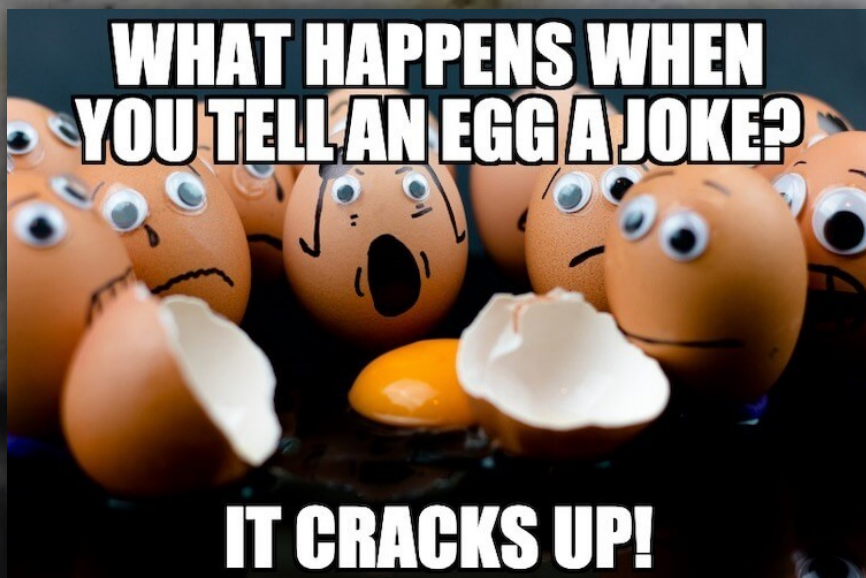
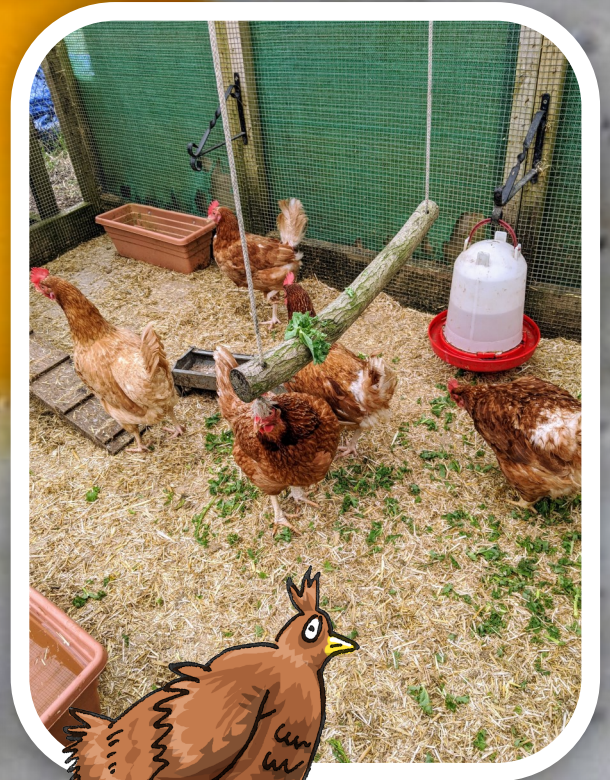


### Broody Bertha

One of my 5 chickens called Bertha was feeling broody. She was sitting on her eggs all day and had broken some of the other ladies eggs. I was taking the eggs as quickly as I could to try and break her out of it but she was still going back in and sitting on her new egg the next day. I needed to stop Bertha from sitting on her eggs all day so I put a small bag of frozen veg in her nest box to help bring her temperature down. This was to send a message to her brain that she is not broody anymore. It took a couple of days but Bertha is back to scratching around with the other ladies (Ruth, Ginger, Susan and Rosie) and is laying eggs like normal.

*From Miss Escott*

When a **hen is broody**, that **means** she wants to hatch her eggs and raise chicks. Bertha's eggs did not have any baby chickens in them! She was a bit confused!



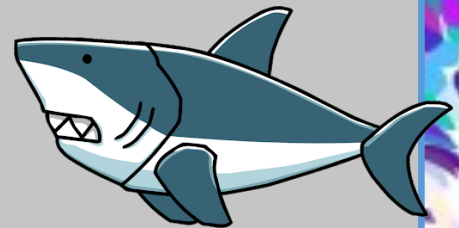
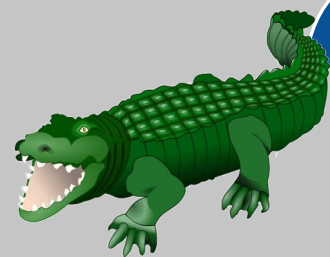


Miss Parkin has sent this whirligig instruction for you to have a go at!



Hi everyone, did you know????

- It is impossible for most people to lick their own elbow. (Try it and let me know!)
- A crocodile cannot stick its tongue out.
- It is physically impossible for pigs to look up into the sky!
- If you sneeze too hard, you could fracture a rib.
- In the course of an average lifetime, while sleeping you might eat around 70 assorted insects and 10 spiders, or more..... Yummy yummy!!!
- Cat urine glows under a black-light.
- Like fingerprints, everyone's tongue print is different.
- Rubber bands last longer when refrigerated.
- A shark is the only known fish that can blink with both eyes.
- "Dreamt" is the only English word that ends in the letters "mt".
- A cat has 32 muscles in each ear.
- An ostrich's eye is bigger than its brain.
- Tigers have striped skin, not just striped fur.
- The giant squid has the largest eyes in the world.



This totally useless, but interesting information was from – Mrs Morris!



# Flap 'Donnie' Jacks! ...



Were made by Miss Rowling.  
She loved them!  
Miss Rowling gave  
hers an Easter  
theme!



Hello everyone !

I hope that you and all of your families are all well and staying safe?

If you don't know who I am I am the **Autism Champion for Tretherras** and as it is **Autism awareness week** I thought I would take part in this lovely newsletter.

I hope that you are finding ways to occupy your time and I thought I would share with you what I have been up to. I live in Wadebridge and we are very lucky to have the **Camel Trail cycle path** that I am sure some of you have been on so, as the weather has been so beautiful I have been out and about on my bike for some daily exercise - we really do live in a very beautiful part of the world and I am finding that at this strange time I am able to appreciate this more than ever. Getting some sunshine on your face really does lift the mood so, if you can safely spend some time outdoors in your gardens reading, exercising or playing - go for it!

When I can convince my son to get off the ps4 we have been playing cards and board games, doing lots of online quizzes and practising my darts as it is my favourite game to pass the time.

I really miss all of the lovely staff and students at Tretherras who I am very lucky to work with and can't wait to get back to work, when it is safe to do so and hear all about the new things that you have learnt and taken up during this time away from school.

Take care everyone and be kind to yourself and others ,

*Miss Gill*

*Pictures are from my bike ride!*

Check this out:

**Autism Awareness Week: A message to the public :**

<https://www.facebook.com/watch/?v=233280857723988>

