



# NEWSLETTER



## Letter from the Head

Summer term - Issue 1  
01.05.26

Dear Parents/Carers,

I hope you are well.

This has been a great week – so much fun. At the time of writing this I can hear all of the Y3 children working together as a team in the playground, orienteering their way around a challenge set for them by Mr Shaughnessy (Patrick). Mr S, has come over from Treloweth School and given up so much of his time to set up these enrichment activities for the children at Lanner. So a massive thank you to Mr S – we really do appreciate it.

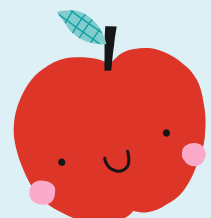
Last week my assembly theme was based around confidence, fear and resilience. How we sometimes let fear get in the way of things.. so we have all been working hard to make sure we are well aware of the signs and that we do not let this annoying little feeling ruin whatever it is we have set our goals to be. Coincidentally, on Monday evening I was taking my own lad to a football match against a much tougher opponent. It was a pressured situation for my son, as there were lots of scouts there, lots of 'better players' (his words), and he felt sick. He was quiet on the drive over and I knew he was feeling very anxious. We had a chat about his fear, his anxiety and how it was just 'noise' in his head. We came up with two options... 1) Give in to the fear, go home relax and the feeling will pass (temporarily); 2) Tell that fear in his head where to go... tell himself how good he is, and go out there and be confident. He chose option 2. The harder of the two options – but of course, he reaped the benefits. On the drive home he was buzzing... despite losing the game. He played well, and we spoke about this being a lesson in life. The football wasn't important. The overcoming of the fear is what mattered here – a life lesson that you HAVE to have. It can sometimes be too easy these days to give in and 'protect' our children from hard choices, hard situations. Wrap them up in a safe and comfortable environment in the short term. But if we want to help these youngsters become resilient, tough, confident young adults then we have to push them out of their comfort zones – or allow them to take themselves out of their comfort zones from time to time. And the children at Lanner have been doing a lot of this lately, and our curriculum has been created to ensure these opportunities arise. Be it sporting events, residential, junior maths challenges... whatever. The task is not important, the pushing through the fear is what matters.

That's all from me this week, I hope you enjoy the long weekend.

I hope you have a great weekend.

Kind regards

Kieran Walsh



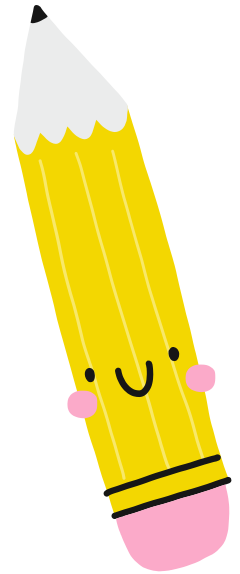
## Lannergrams

Well done to everyone who received a Lannergram this week.

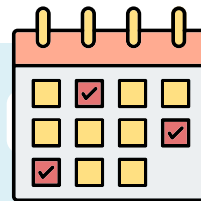
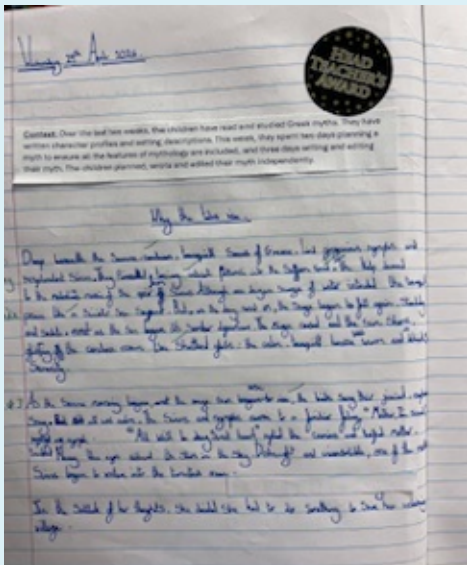


Year One:  
**Evie, Leo, Jake**  
Year Two:  
**Elsie, Esmae, Ben**  
Year Three:  
**Ivy, Oakley, Reuben**  
Year Four:  
**Leo, Alyvia, Daisy**  
Year Five:  
**Elijah, Anna, Donnie**  
Year Six:  
**Frankie, Harvey, Heidi**

Well done!



## Around the School -



## Dates for the diary

- **Monday 4<sup>th</sup> May** - Bank holiday
- **Wednesday 6<sup>th</sup> May** - Parent Book Look Y1-6
- **Monday 25<sup>th</sup> - Friday 29<sup>th</sup> May** - Half term
- **Monday 8<sup>th</sup> June** - Class group photos
- **Thursday 11<sup>th</sup> - 12<sup>th</sup> June** - Y4 Bude Residential
- **Monday 15<sup>th</sup> June** - Sports Week (Sports day Wednesday 17<sup>th</sup>)
- **Monday 29<sup>th</sup> June - 1<sup>st</sup> July** - Y5 Residential Devon
- **Monday 20<sup>th</sup> - Thursday 23<sup>rd</sup> July** — inset days
- **Friday 24<sup>th</sup> July**—start of summer holidays



## Get to know - Mr Walsh (Headteacher)

Each week, we shine a spotlight on one member of our amazing school team. From the classrooms to Blast, from the Office to the Kitchen, every member of staff helps make our school a supportive and inspiring place to learn. This section gives you a chance to meet the people behind the scenes, Ever wondered who loves gardening, running, or who has a secret talent for baking? Keep an eye out each week -



- What is your role in the school and how long have you been here?

I joined Lanner School in Sept 2018 as the Headteacher.

- What do you enjoy most about working with our pupils?

I enjoy the fun they bring and the countless laughs that brighten each day.

- Do you have any hobbies?

Surfing and Football

- What is a book, film, or TV show you love?

My favourite children's book is George's Marvellous Medicine. I remember Rik Mayall reading it on a children's television programme called 'Jackanory' in 1986.

- What was your favourite subject when you were in school?

I loved PE in school.

- What is your favourite food?

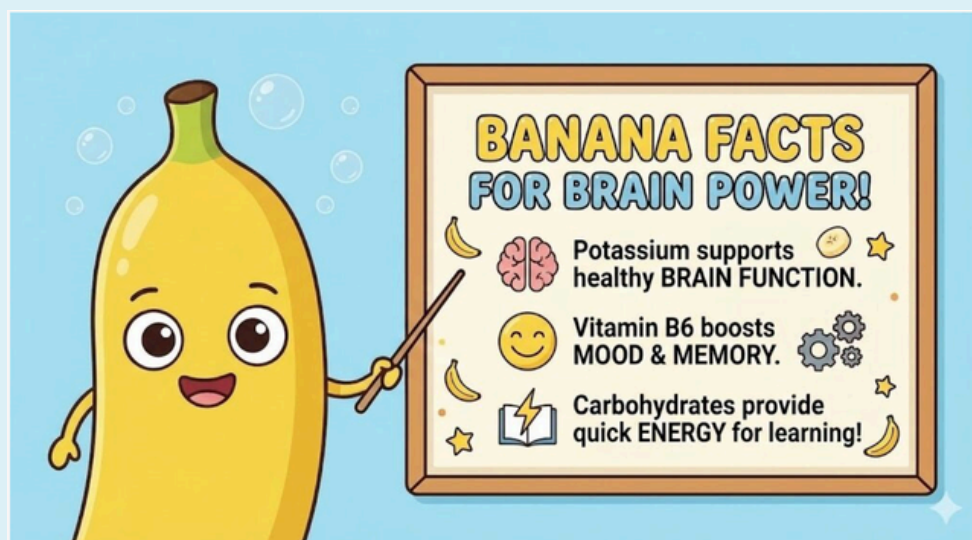
Jamaican and Caribbean foods are some of my favorite things to eat.

- Tell us an interesting fact about you?

I represented the London borough of Redbridge in basketball at the age of 16.

## Healthy Snack Ideas -

Each week we will share some healthy snack ideas that KS2 children could look at bringing in for their mid morning snack.



PAPAYA

# Let's talk about our kids and their tech

ONLINE PARENT TALK WITH NICOLA:

CORNWALL SCHOOLS PARENT TALK  
MONDAY 8<sup>th</sup> JUNE 2026 – 9:30 AM to 11:00 AM



JOINING LINK:

ACCESS VIA THE TEAMS LINK HERE



Nicola MacDonald

Nicola MacDonald is a Resilience Coach and Author of the non-fiction book, Resilient Teen. She is the Founder of My Resilient Mind and Co-Founder of The Digital Detox Club. She runs resilience workshops and talks for schools, parents, and adults in the workplace. She specialises in mindfulness, tech addiction, youth mental health and conscious parenting.

Nicola is an empowering and uplifting speaker who shares her knowledge in a non-judgmental way linking to her own experiences of parenthood and her own previous struggles with teen anxiety.

PAPAYA

## Helping families to thrive in a digital age

Parenting in the **digital age** has never been more complex, with issues surrounding screen time, social media use, and gaming.

Many parents are concerned about their children's mental health, especially the impact of screens on it.

In this interactive talk, Nicola unpacks some of the **complex issues** surrounding smartphone use and, in a **non-judgmental** manner, aims to help you find solutions that work for your family.

### Topics

- The link between mental health and wellbeing and spending too much time online
- Strategies for delaying the smartphone
- Strategies for families to achieve a healthy balance with technology
- Question and discussion time

*"The talk is so relevant, full of insight and eye-opening. You will walk away inspired to connect, reflect, and find out more. I highly recommend it."*

— Claire Curtis, parent and SFC volunteer.

## Guess who...

Can you guess which member of staff is in the photograph below?



### Animal Research & Presentation Challenge

Over the coming weeks, we would like to invite the children to research a unique or interesting animal or plant of their choice and create a short blog or report to share their findings (digital or handwritten). This project encourages curiosity, creativity, and confidence in researching and presenting information.

We will encourage children to present their work orally to their class, helping to develop their speaking and communication skills. A selection of reports will be shared in a whole school assembly, celebrating the children's hard work and learning. For those who feel less confident speaking to an audience, Mr Walsh will be more than happy to support and assist during the presentation!

We are very much looking forward to seeing the fascinating animals the children choose to explore and share with us!

**Rhinoceroses**

Rhinoceroses are large mammals. They are often called rhinos. There are five species of rhinoceros.

**Where do they live?**

- The black rhino and the white rhino live in Africa.
- The Sumatran rhino and greater one-horned rhino live in Asia.
- Their habitats include savannas, grasslands and woodlands. Many rhinos live in nature reserves and national parks where they can be protected.
- They swim in muddy water to keep cool and use mud to help protect their skin from the Sun.

**Fun facts about rhinos:**

- The word 'rhinoceros' means 'horned one'.
- A baby rhinoceros is called a calf.
- There are only three species of rhinoceros left in the world.

**What do they look like?**

- Black, white and Sumatran rhinos have two horns on their head. Other species have just one horn.
- They have thick skin. White and black rhinos are both actually grey. Other rhinos are grey brown or reddish brown.
- They have large, shiny bodies and long heads.
- They are small compared to their bodies.
- They have three toes on each foot.

**What do they eat?**

Rhinoceroses are herbivores. This means they eat plants. Their diet includes grass, twigs, leaves, fruit and berries. Different species have different shaped lips to help them eat. Rhinos with wide, flat lips graze and nibble on grass. Rhinos with hooked lips can pull twigs and leaves from plants.

**Asia** Tropical Pitcher Plant (Nepenthes)

- This is one of the largest carnivorous plants in the world.
- Some species can hold over three litres of water and sometimes trap on ants.
- It has a bowl-shaped trap with a lid.

**Gorillas**

What are gorillas like?

Where do gorillas live?

What do gorillas eat?

How do gorillas communicate?

How do gorillas move?

How do gorillas protect themselves?

How do gorillas live?

How do gorillas reproduce?

How do gorillas die?

# HAPPY WEEKEND!

