

Together with Love, we can Inspire, Discover and Thrive

15th January 2021

MESSAGE FROM MISS KENNEDY

We hope you are doing well at home and that you are finding the remote learning easy to navigate. We are happy to develop our remote learning as we go along. We want the learning to be simple and accessible to everyone at home. Thank you for kind messages regarding the videos that the teachers have sent out. It is great to hear that the children at home have enjoyed them. The teachers are happy to support families, please do not hesitate to contact the school. The teachers are available during 9.am-4pm. I am encouraging them to avoid working in the evenings because it is important that we all look after ourselves and not get too tired or exhausted. We must try to stay healthy and strong so we can continue to support our school community. Next week I will send out a questionnaire asking for your opinions on the home learning.

Class re-openings-Trevose class will open on Monday for those children who have registered for a place. Tater Du will re-open on Tuesday for those registered. Wraparound will begin on Tuesday. Please book wraparound the week before, if a place is not booked beforehand, we cannot accept the child/children. We aim to keep the classes open. but it is subject to change.

Illness at home-please let the office know if your child is ill at home, the teachers do not want to disturb families who are poorly.

Stay safe everyone and have a lovely weekend.



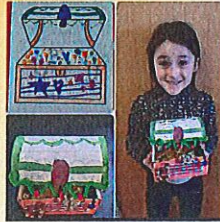
Class News

Trevose

Happy birthday to Lilly
and Alayah both on
the 14th Jan

What a great week! I have been so impressed with everyone's hard work and focus with their home learning and absolutely bowled over by Trevose's creativity with their topic and Literacy work.

Our topic this half term is 'Land Ahoy!' and we have been learning the story of Pirate Tom. I have loved seeing the children's fantastic actions for retelling the story. Everyone has shown confidence and used great expression when retelling the story in their videos. We have been designing and making our own treasure chests, have a look at some of our finished products!



Hugo's treasure chest.

Edith's treasure chest design!

Maisie's treasure chest filled with treasure

Annabel's bursting treasure chest!

Arlo made a treasure chest out of Lego!

Alice concentrating on decorating her treasure chest.

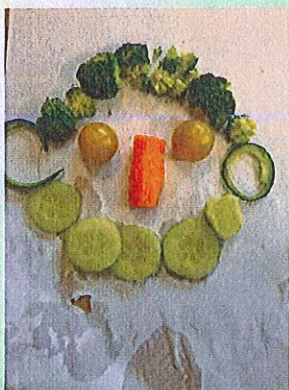
Thomas working hard to create his treasure chest and his finished product!



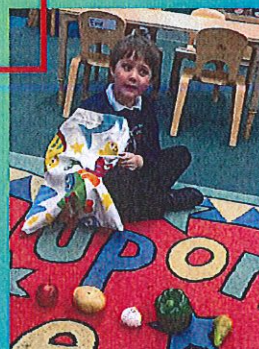
Pendeen

Phonics
ee ur ow
wh y au

This week Pendeen class have been looking at food. We have looked at the works of the Italian artist Giuseppe Arcimboldo and have tried to create our own food faces. We played a feeling game, trying to guess the foods inside a pillowcase. We used some really good describing words to communicate what food we were holding in the pillowcase. We have attempted a science experiment to see if we can make a sugar crystal wand. In literacy this week we have continued learning and writing about the story of 'The Enormous Turnip'. In maths we have been looking at symmetry and pattern. We hope that you have enjoyed your learning this week, have a lovely weekend. Mrs Wilton, Miss Kennedy and Miss Buckley



Ollie trying to guess what is in the pillow case.



Evie-Lin lost two teeth this week. Her first teeth to ever loose,



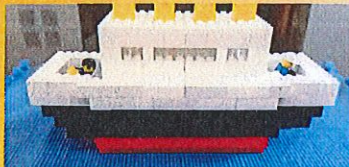
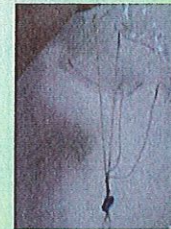
Class News *Wolf Rock*

I thought I'd share with you a few of my favourites from the last few days. First up, Cameron working hard to keep up with Joe Wicks. Then, we have a selection of Titanic models from Martha, Abi and Darcey. Martha's ship has been made out of Lego and was created with the help of her brother. Abi's model was thoroughly planned and I love how she has utilised the recycling box sourcing key materials for her build. Darcey has gone for wow factor and built a strong looking ship from cardboard.

I have enjoyed reading all about your parachute experiments. The designs have been great and it amazes me what you are able to find around the house to make such activities worthwhile. I've included pictures of Ellie-Mai's parachute plus Josh and Perdy's design too. I hope you have your working at heights certificate, Ellie-Mai?

Finally, Eva, Tristan and Sarah have researched and designed a costume to be worn by a First Class passenger travelling on the Titanic.

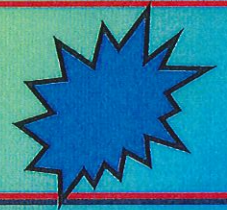
As always, thank you ever so much for your continued effort to send work through and I hope you all have a super weekend.



JOKE OF THE WEEK

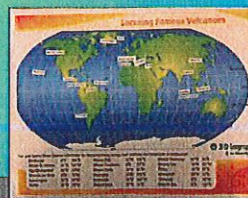
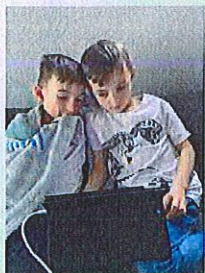
WHY DID CAPTAIN HOOK CROSS THE ROAD?

TO GET TO THE SECOND HAND SHOP!!!!!!!

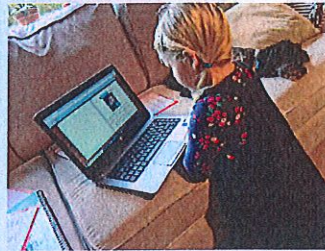
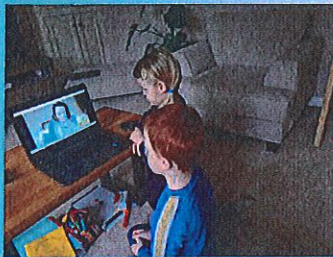
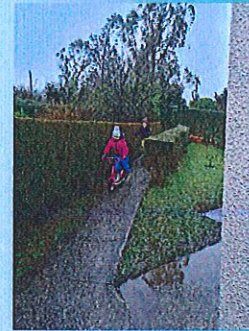
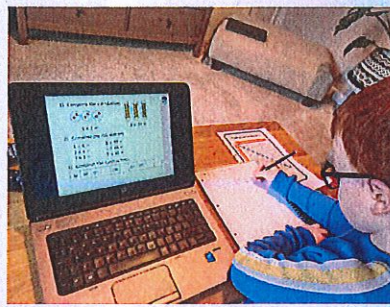
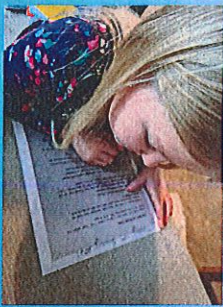


Tater Du

I've had such a wonderful week viewing all your work and videos! Ellie-May has been reading me her book, Amber has been getting amazing scores in her spellings (and her dog Bella is adorable!), Oliwia has been acting out our Jack and the Beanstalk stories and Isaac P. has been finding volcanoes all around the world! So much hard work has been put into trying to master written multiplication skills and tricky spellings, and I can see some children will be getting pen licences very soon too! I've personally enjoyed reading Charlie and the Chocolate Factory each day although I hate watching myself back! I hope you're enjoying the videos, activities and feedback and it's so lovely to be in contact with you. I look forward to seeing some of you back in school next week, but I'll continue to upload the videos for everyone to "enjoy"! Thank you to all the parents for supporting you child's learning and for also sharing any interesting websites and activities. Take care. 😊

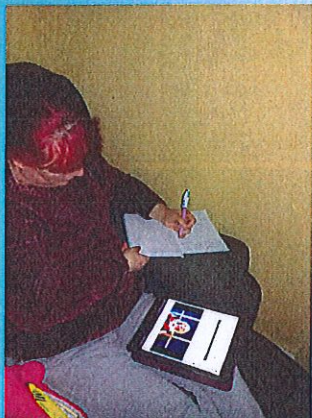


Home Schooling Gallery

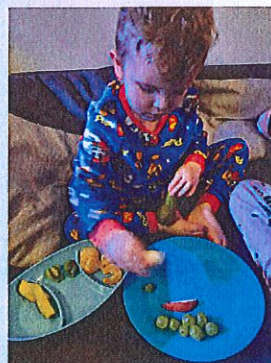
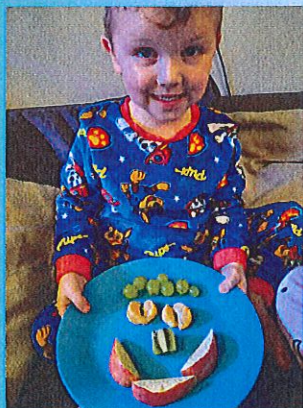


Zach & Macey doing some home-schooling
Zach has really enjoyed Miss Hosking's daily
videos and has tuned in each morning, I
think he thinks she's the new Good Morning
Britain presenter. He is even encouraging
Macey to tune in too for chapters of Charlie
and the chocolate factory.

Phoebe learning, doing PE with Joe and
doing her maths work.



Mrs Warne doing her own
home schooling



Oliwia made a collage
out of chocolate
wrappers. We also did
PE with Joe, can't wait
for Saturday as it will
be dress up PE.



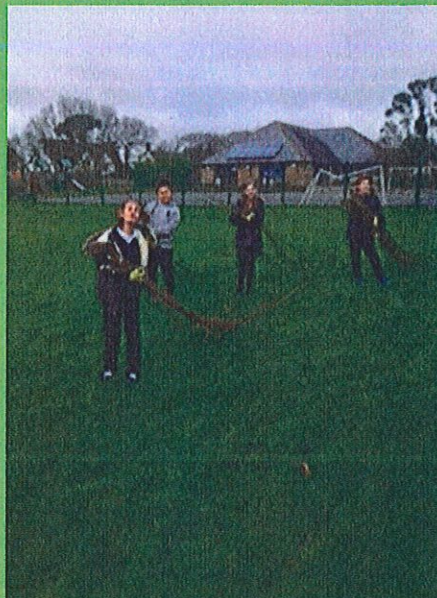
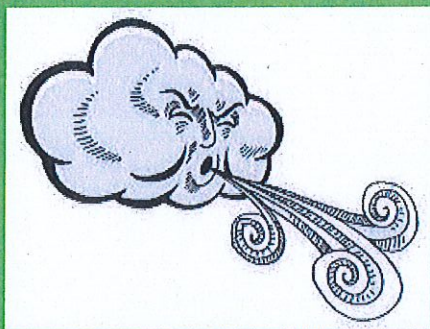
Chace enjoying his breakfast
and learning at the same
time.



A MESSAGE FROM MR JORY

Hi folks - hope you are all well?

We noticed on Thursday that the grounds person was chopping down branches. To save them from the 'shredder' we have taken them to the corner of the field... let's see what we can do with them. Mr Jory.



Beast From The East

You may have seen in the press recently (normally the over-elaborating Daily Express!!) that we are due for another 'Beast From The East'. The last one in 2018 brought bitter easterly winds and snow for a few days. This occurred after a Sudden Stratospheric Warming (SSW) that, in my basic understanding, is warmth into the polar regions that then moves the vortex (cold air) into other parts of the world. So, can we expect the same this year?

The SSW has taken place however, according to what I have read, it was in a different manner/extent than the one in 2018, therefore the implications will be different (certainly in the short term).

Next week a ridge of high pressure will build around Greenland, but it seems that this will not be an overly strong high pressure initially. As a consequence, cold weather will move down from the North from Monday/Tuesday but, at the same time, warmer air with rain will try and move in from the south. Where the two meet gives an opportunity for a lot of snow. At the moment, as an estimate, this snowline is likely to be around Northern England. If, and it's a BIG IF, the high pressure can get stronger and push the colder air further south over the UK towards us, then PERHAPS we will get in the snow action especially if a low pressure from the south tries to run into the cold air. The question is whether the cold air can get far enough south - at the moment it's debatable, but time will tell!!

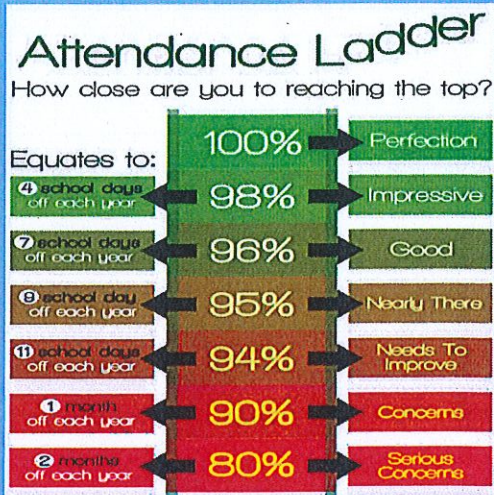
ATTENDANCE

Expected average attendance for a child is 96.1%. Our attendance for last week was:

Pendeen: 94.2 % Trevoise: 98 % Tater Du: 95.4% Wolfrock: 96.4%

In accordance with our attendance policy we will be sending some children home with attendance letters during the term to help keep you informed of your child's attendance in line with the new RAG (red, amber, green system). Below are the band widths, as a reminder, if your child falls into one of these coloured bands a letter will be sent home.

GREEN Band 96% to 93% **AMBER** Band 93% to 90% **RED** Band Below 90% (PERSISTENT ABSENTEE) This is a government definition.



How to contact us:

The office is open Monday-Friday 8.30am-3.30pm

Outside these hours, please leave a message on the answer machine or email

rampoundroad.secretary@celticcross.education. We will endeavour to answer your emails during office hours.



Contact the class teachers through dojo or if you would like to speak to the class teacher or head of school please call to make an appointment. Dismissing pupils at the end of the day is a very busy time, if you would like to discuss something in detail please call the office between the above hours and we will pass the message onto the teacher. We thank you for your patience and understanding.



Supporting young people, and their families, with positive mental health

We recognise that this time of national lockdown may be difficult for children and young people. How a child or young person reacts to being away from school, and their normal routine, may vary according to their age, understanding, their previous experience of lockdown and how they typically cope with stress. Addressing the mental health of your child, and those in your family, can be supported with some of the following resources:

Public Health England have produced the following set of guidance for parents and carers: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Every Mind Matters: A website that explores expert advice and practical tips to help you look after your mental health and wellbeing: <https://www.nhs.uk/oneyou/every-mind-matters/>

May we remind you that, if you have concerns about your child's wellbeing, or the wellbeing or safeguarding of another pupil, please contact the school immediately on: Miss S Kennedy 01726 882646

POLITE REMINDER

TREVOISE CLASS WILL BE OPEN ON MONDAY AND TATER DU WILL BE OPEN ON TUESDAY.

WE WILL BE ABLE TO OFFER

WRAPAROUND COVER ON

TUESDAY BUT YOU NEED TO BOOK THIS A **WEEK IN ADVANCE** IN ORDER FOR US TO HAVE ADEQUATE STAFF TO COVER THIS.

PLEASE BOOK VIA PARENTPAY.

THANK YOU.

Please can we remind parents/carers of the following information:

Reminder of drop off and pick up times: (younger siblings will follow the times for the oldest child)

Pendeen 8.30 am – 3.00pm

Trevoise 8.40am - 3.10pm

Reminder for children to have a pair of PE trainers left in school, a drinks bottle and coat (all labelled please)

Tater Du 8.50am - 3.20pm

Wolf Rock 9.00am – 3.30pm

PE Sessions:

Monday – Pendeen, Thursday Trevoise and Tater Du, Friday – Wolf Rock (children to come to school in PE kit on their set day)

Lunches: Please order and pay (when applicable) via parentpay - we cannot add on forgotten orders.

Wraparound: Please book and pay in advance via parentpay—we cannot accept any children that have not been pre booked, thank you.



TRURO FOODBANK DISTRIBUTION

Dear Referral Agencies, please note the following information as it updates where and when customers can come to Truro Foodbank to collect food. We now have two distribution places and the Thursday end time has changed. If you issue a Foodbank voucher to a customer please advise them of this current information so they can decide if one venue is easier to get to. Thank you.

TRURO FOODBANK FOOD DISTRIBUTION CHANGES:

From Monday 11th January 2021 please note the following changes if you are coming to pick up food from Truro Foodbank:

On MONDAYS (3-5pm) please now go to TRURO METHODIST CHURCH, Union Place, Truro TR1 1EP

On TUESDAYS (10am-12) please still come to ALL SAINTS CHURCH, Highertown, Truro TR1 3LD

On THURSDAYS (10am-12) please now go to TRURO METHODIST CHURCH, Union Place, Truro TR1 1EP (NB please note this Thursday session now finishes at 12 not 12.30)

On MONDAYS and THURSDAYS when arriving at the car park for Truro Methodist Church if the car park gate is locked please call 07721 711669 and someone will come to let you in.

COVID LOCKDOWN INFORMATION: Truro Foodbank is committed to helping people in food crisis in the Truro area during this lockdown. Here is some information about how we are operating:

1. Customers will still need a Foodbank referral voucher number. Most organisations that give out foodbank voucher numbers can be contacted by phone, email or text (eg text the word ADVICE to 78866 for Cornwall CAB to call you back) during lockdown so you should still be able to get a voucher number. If in doubt about this please call us on 07721 711669 9-5 weekdays so we can talk through your circumstances and advise you who you can contact to get a voucher number.
2. If you are unable to attend Truro Foodbank yourself to collect your food please remember a relative, a friend, a neighbour or a volunteer community helper can come to us to pick your food - just let us know who will be coming in.
3. When you come to either Truro Methodist Church on Mondays and Thursdays or All Saints Church on Tuesdays we regret we cannot spend time in lengthy conversation. Due to the covid situation we all need to minimise contact time. Please wear a face covering if you can. If there is bad weather please book in with us on arrival and then wait in your car or follow other instructions.
4. We know for many people this might be the first time they have considered coming to a foodbank. These are unprecedented times so please do not think there is any stigma or judging involved; we are simply here to help people who are struggling with food crisis.

Our duty phone is 07721 711669 (9-5 weekdays) for advice or information.

DONATING FOOD: Truro Foodbank has food donation bins at:

Tesco Superstore TRURO 0800 -2200 near checkouts

Sainsburys TRURO 0800 – 2100 near checkouts

Co-op TRURO 0600 – 2200 near checkouts

Waitrose TRURO 0800 – 2000 near checkouts

Barclays Bank, TRURO 0930 – 1630 Mon – Fri & Sat am

Iceland, TRURO 0900 – 1800 Mon – Sun

Spar, ST. AGNES 0800 – 2200 Mon – Sun

Alternatively please telephone 07716 325599 (9-5 weekdays only) or email trurofoodbank@gmail.com if you would like to drop off your donation at our Truro Foodbank stores.

Charity No. 1176281

Celtic Cross Education Initial Teacher Training School Direct

Open Information Sessions

Have you thought about training to be a teacher?

Already have a degree or currently working on one and considering teaching for the future?

Want to stay local or within our Trust?

Then why not find out more about the School Direct process for teacher training offered by CCE in conjunction with Plymouth Marjon University.

Join us on one of our Open Information Sessions and find out what the process entails and what CCE can offer.

The sessions are on:

Monday 28th September 2020 – 3.30 – 4.30pm

Thursday 22nd October 2020 – 5.00 – 6.00pm

Tuesday 17th November 2020 – 10.30 – 11.30am

Wednesday 9th December 2020 – 6.30 – 7.30pm

Friday 22nd January 2021 – 3.30 – 4.30pm

Thursday 25th February 2021 – 5.00 – 6.00pm

If you are interested in joining one of our Zoom Information sessions, please email:

ITT@celticcross.education

stating which session, you would like to join. We look forward to meeting you.

Starting School—September 2021

Applying for a place in a reception class for children born between 1st September 2016 and 31st August 2017

The deadline for applications is **15th January 2021**

Applications may be made via website and application form: www.cornwall.gov.uk/admissions

Email: schooladmissions@cornwall.gov.uk

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101

If you need help with your application you can contact the Family Information Service on 0800 587 8191.

Attending a nursery or pre-school

You will need to apply even if your child attends a school's nursery or pre-school class. Please note that if a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit the website or contact us for more information.

REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



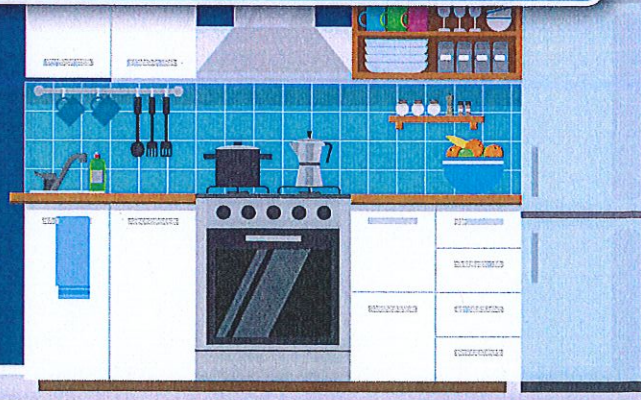
9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start to with, missing out on seeing their friends every day might take its toll.





What parents & carers need to know about ... AMONG US

PEGI
7

Among Us is one of the most popular games of 2020. A space-themed 'social deduction game' where 4-10 players take on the guise of Crewmates, who must complete various tasks around their spaceship, while randomly selected Imposters must try their hardest to sabotage the others' efforts. The Imposters have to remain undetected through rounds of voting to win. While Among Us is a largely safe game, it's still prudent to be aware of any potential risks young ones might encounter when playing.

Inappropriate chat



While Among Us can be enjoyed locally via Wi-Fi, it is commonly played online. Between rounds, players come together to discuss who they think the Imposter is with a text chat, and it's here where children will come into contact with others. There is a profanity filter on the game as standard, but it can very easily be disabled and (like any unmoderated chat groups) children can be exposed to inappropriate, sexual or explicit language.

In-game purchases

Among Us is currently available on both PC (via the gaming service Steam) and mobile devices. On the PC, the game costs a flat amount of £3.99 and has some in-game purchases, whereas the mobile version is free to play but contains adverts and in-game purchases. You can pay to remove the ads or purchase in-game cosmetic items. While these amounts are relatively low, there's still the possibility that young ones could accidentally spend lots of money on the game without realising it, as the process is complete in a couple of taps if a card is connected to your store account.

Risk of hacking



Among Us has been the target of hacking activity. Indeed, only recently the game's developer, InnerSloth, tweeted to say that users play private games or with people they trust in response to hacking attacks. As yet, there has been no breach in player accounts. However, if a big enough hack were to take place and player details were discovered, it could lead to having messages to credit card info and other personal credentials.

Use of external apps



Many players use external apps like Discord to voice chat with each other while they're playing. The problem with this is that it is unregulated by the game. Usually on Discord, players will only talk to other people they know in private chats, but a stranger could add a child on an external app, pretending to be interested in playing Among Us with them, when in reality they could be attempting to bully, groom or extort.

Mild violence

The art style of Among Us is cartoony but does contain some very mild violence. Imposters must kill off Crewmates one by one and can do this in a number of different ways. Some younger children might find this uncomfortable and could get scared or become upset when an Imposter is chasing them, or if they are the Imposter and are forced to kill. An age rating of PEGI 7 should help guide you in deciding if the game is appropriate or not.



Safety tips

Play with your children

Playing with your kids is one of the best ways to understand the game, and what makes it so popular. Among Us is free on mobile and is incredibly easy to pick up and play. It's also a great way to bond with your young ones - unless of course you're the Imposter or vote them out of the spaceship! You can do this by picking 'Look' on the main menu then 'Create Game'.

Use private lobbies



Among Us uses private lobbies to let players keep track of who they're gaming with. Using a uniquely generated code that can be given to friends prior to a game starting, it gives parents peace of mind knowing who their kids are playing with. To get a game code, simply select 'Host', choose the game settings, press 'Confirm', then send the six-digit code at the bottom of the screen to friends to invite them.

Deactivate credit cards



Having your credit card automatically paired with any online accounts that can be accessed by children is asking for trouble. A solution could be setting them up with their own account with no credit card attached. They can still ask you when they want to make a purchase, but it's totally up to you as and when that transaction happens.

Use an alias



By default, your name on Among Us will be set to whatever name your device recognises you as. If this is your child's real name, you'll want to ensure they change it before hopping into a game. This is really easily done by clicking 'Online' on the main menu, then simply typing in a new name at the top of the screen.

Talk about the risks



It's a good idea to talk to your child about the risks associated with online gaming, especially when there are chat options and an ability to communicate with others. Try to maintain an open dialogue with your child: talk about their experiences of the game and who they're playing with. This will help you to stay on top of how they're feeling and ensure they know they can come to you if ever they feel upset or uncomfortable about anything they've experienced.

Meet our expert

Mark Foster has worked in the gaming industry for five years as a writer, editor and presenter. He is the current gaming editor at two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGO. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work - but more importantly, how to make them safe and fun.



Sources: <https://play.google.com/store/apps/details?id=com.innersloth.spacemafia>

Parents 4 Parents Cornwall

Are you a parent/carer of a child with additional needs or disabilities?

Do you attend meetings with schools, health services and organisations?

Do you lack confidence in attending these on your own and wish you had someone who could go with you?

Parents 4 Parents Cornwall will accompany you to important meetings, empowering you to ask the questions about your child's needs whether at schools, health, care providers, short breaks, etc.

Parents are trained in

- Understanding and supporting your needs
- Developing Education, Health and Care Plans
- Signposting

They are part of the Parent Carer Council for Cornwall, an independent organisation that enables parent carer voices to be heard through parent participation.

You can access Parents 4 Parents Cornwall and book a trained parent to accompany you to a meeting by calling **07591 019548**

Please try to give at least 10 days notice of a meeting taking place where you require support. You must have all of the details of the meeting to hand.

You will receive a confirmation of who will be accompanying you and they will meet you at the location of your meeting.

Please note trained parent supporters cannot take you to the meetings and you will need to organise your own transport.

To book support contact 07591 019548
infoparentcarercornwall@gmail.com





**No Ones Goes Hungry -
Probus and surrounding area >**

Can we help?

No one goes hungry - Probus and surrounding area, is a community group established in October 2020 in response to rising levels of food poverty triggered by COVID-19. We aim to support families and individuals within the villages of Probus, Grampound, , Grampound Rd, Ladock And Tresillian..

We have been supported by a grant from Cornwall Council as well as individuals and businesses within the local area who have donated food and money towards the project. We have so far provided food parcels or dinner hampers to over 80 families within the area and are well stocked at the moment to continue support through lockdown 3.

Support is available to anyone who feels they would benefit from it, we do not ask difficult questions about financial issues or the reasons that you need support neither do we need a referral from a professional. We currently have food parcels available which can either be delivered to your address or collected from Probus. Will requests are treated confidentially and a safeguarding policy is in place to protect volunteers and those accessing support.

If whatever reason finances are difficult be that that you've been furloughed, your business is not able to function during lockdown or with other covid restrictions, your, hours have been cut or simply that Covid restrictions makes it difficult for you to access shops or the pressure of home schooling means that you cannot work as many hours as usual please don't go hungry do contact us if we can help.

You can access support by email via following confidential address -

nochildgoeshungry@gmail.com

No One Goes Hungry – Probus and

Surrounding area

If for whatever reason your finances are feeling a bit strained, and you would benefit from some support with food and household items please contact

No One Goes Hungry –
Probus and surrounding area

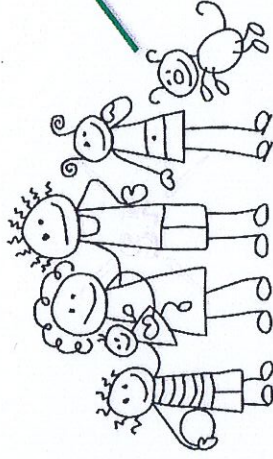
We can help with

- Food and / or care packages either to collect or delivered to you

Lockdown and homeschooling are stressful so let us help you during this time.

Unexpected expenses?

Furloughed or
business not
able to function?
On maternity leave?



Hours cut?

Made redundant?

Having to self isolate?

You do not need to be in receipt of free school meals or benefits.

IF YOU WOULD BENEFIT from support please email in confidence

Nochildgoeshungryprobus@gmail.com