



Newsletter

20th October 2023

Roche CP School Rules for Life

- Show good manners at all times
- Follow instructions with thought and care
- Care for everyone and everything

Headteacher's Awards Awarded 13th October 2023

- Reception:** The Reception Head Teacher Awards this week are going to:
Enys for his fantastic self-portraits this week!
Toby for his lovely letter formation.
Tyler for always working hard and enjoying learning new things.
- Year 1:** Well done to Piper for working so hard in phonics this week! Another well done to Arthur for working well in all lessons this week, especially maths.
- Year 2:** This week, the awards went to Evie and Jasper for their creativity when exploring different ways to manipulate clay and making models. Well done to you both!
- Year 3:** Last week's Headteacher's awards went to Sophia and Raeven. Raeven worked really hard on her independent write and wrote a journey story based on a model text and included lots of grammar and great vocabulary. Well done Raeven! Congratulations and welcome to Sophia who recently joined Year 3. Sophia has settled in well and has shown that she has a great attitude to learning. She has great self-regulating behaviours and is a fantastic addition to Year 3. Welcome Sophia!
- Year 4:** This week Ashton and Frankie were awarded Headteacher Awards in Year 4. We are in the middle of a DT Textiles project where we are designing and making roll up cases. We have been learning and practising lots of sewing skills this week, ready to make our products next week. So many of the children have really impressed us! However, a special mention had to be for Ashton and Frankie who not only focused amazingly well, their stitches were neat and they helped other members of the class.
- Year 5:** An exciting week in Year 5 as the children cooked the recipes that they had designed! Keep your eyes peeled in the new year for the winning recipe!
- The children I'd like recognised this week are Jake, Bella and Theo. As with many children, Jake isn't always keen to try new foods, but he pushed himself to do so this week - well done! Miss Richards suggested Bella as her super cooking skills meant Miss Richards was largely redundant in the kitchen! And finally, Theo. Theo is new to Year 5 but he has settled in brilliantly to the class, and the routine - well done.
- Year 6:** Well done to Jake for demonstrating excellent teamwork in PE and making sure everyone was included. Well done also to Sophia for great involvement in maths lessons whilst learning about negative numbers.

Attendance
16th – 20th October 2023

Reception Class
97.66%

Reminder...

STEM Lego Club with Mrs Gardner and Street Dance Club start from 6th November.

All clubs continue on their usual days and times after half term.

New clubs will be announced after the Christmas holidays.

100% Attendance

We are really pleased to announce that for this half of the Autumn term, 79 children out of 199 gained 100% attendance! This is 39.7% of the whole school!

Well done to you all!

We also had a large number of children with 98% attendance and above.

Keep it up!



School Council

The school council has been announced this morning for 2023-2024.

Reception: Keeley and Rowan

Year 1: Oskar and Piper

Year 2: Evie and Oscar

Year 3: Callum and Bradley

Year 4: Lucy and Mylor

Year 5: Paige and Bella

Year 6: Jake, Lanikai, Daisy, Abbigail, Taylor C, Charlotte, Chloe and Louisa

SCHOOL COUNCIL

SPACE Course

Attached to this newsletter is a poster advertising a SPACE offer. SPACE is a new free course for any parent or carer who wants to better understand and support their children's emotions, as well as their own. The course covers:

- Understanding what is meant by a Trauma Informed Approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

See the poster attached on how to book a place.

We know it's early but...

Please see below a few dates for your diary regarding Christmas events at Roche School. We are aware that parents/carers may have to reserve time off work to be able to attend events.

Tuesday 12th December KS1 Performance 1 @ 9.30am

Wednesday 13th December KS1 Performance 2 @ 9.30am

Wednesday 13th December KS2 Christmas Event @ 6pm

Information and tickets will be done much nearer the time.



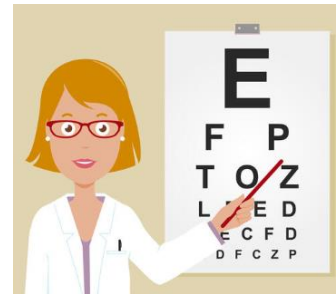
National Child Measurement Programme Reception and Year 6 ONLY

Below are the official links to the Digital Health Information web links for families. These web links contain many useful links including how to '**opt out**' of school health screening.

Reception: <https://www.healthycornwall.org.uk/make-a-change/child-health-programme-reception-year/>

Year 6: <https://www.healthycornwall.org.uk/make-a-change/child-health-programme-year-6/>

Please note, you only have to complete the above forms if you wish your child to **NOT** have their health screened.

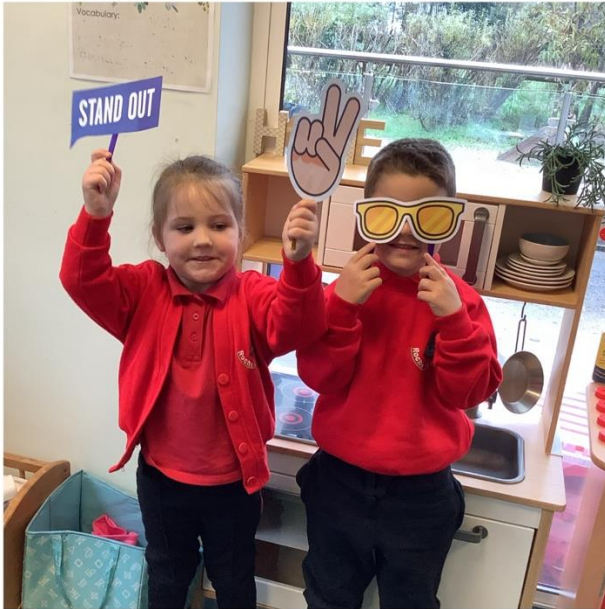


Hello Yellow!

13.10.23 Wear Yellow for Mental Health Day in Reception Class!

#HelloYellow

YOUNGMINDS



#HelloYellow

M&S | YOUNGMINDS

**Thank you to everyone who
donated to Young Minds.
You raised £71!**

Wellbeing

Wellbeing Tip: Spend time in Nature!

Why not make the most of what autumn has to offer?

Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.



Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.



How can I protect my mental health in the winter?

The cold weather doesn't mean you are stuck inside. Get creative with ways to stay fit during the winter. Bundle up and go outside to take a walk and get some fresh air and necessary Vitamin D. Exercise will reduce stress and help you relax, and spending time in daylight, even in winter, will benefit your mood.



Asthma Plan



If you indicated that your child has asthma on their data collection sheet/medical notes for school, you will have been given a “My Asthma Plan” tri-fold sheet to complete and return to the office.

Please can you make sure this sheet is completed and returned to school on the first day back after half term (Tuesday 31st October).

If you haven't received one and your child needs to complete an Asthma Plan, please do pop into the office to collect a sheet.

Advantage Project Year 5 and 6 iPad Information

Dear Parents/Carers,

Please find attached to this newsletter email the October Advantage project update for parents.

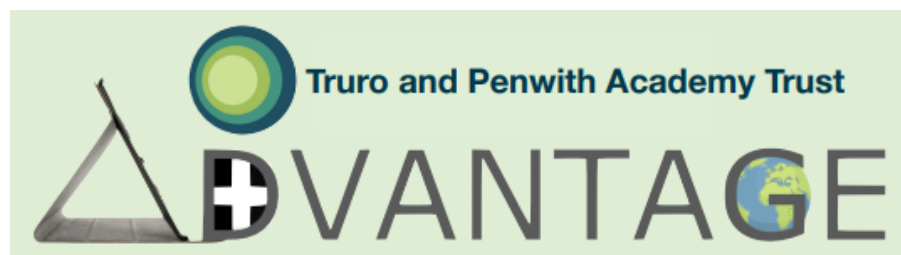
Since our launch of the iPads to pupils in September we have been busy integrating their use into our day.

All of the Advantage teachers are incredibly proud of how the pupils have used and looked after their iPads so far, they've adapted to the change positively and are excited to be part of the project. We have recently placed an order for styluses; these should be with us after half term and will further enhance the pupil experience.

IT Support are still in the process of ensuring devices have the appropriate filtering and monitoring, this has taken longer than first thought but as soon as this is cleared we can get parental agreements sent out and iPads can start going home.

Kind regards,

Advantage Project Teachers



Top 10 Tips for Online Safety – for children and young people

Be nice to each other online – Treat others with respect online. If someone upsets you, do not react. Block the person on your contacts list, tell an adult you trust and report them to the website. If being bullied, collect evidence for an adult to see by taking screen shots, saving pictures and emails.

Keep your personal information private – Think carefully before sharing information like where you live, your email address or where you go to school on your profile or when chatting online. You might be sharing your personal details with more people than you think.

Use strong passwords – Protect yourself from hackers by using passwords that are not easy for others to guess. Use a combination of upper and lower case letters and numbers and do not share your passwords with others, even your friends.

Not everyone is who they say they are – You may trust a friend really well but it can be easy to lie online. The picture or video could be of someone else or be faked. Think carefully about who you chat to and who you add as a friend online.

Check your privacy settings – Change your privacy settings so that only your friends can post on your profile and see the information that you share. Remember to check your privacy settings regularly as sites often update these leading you to share more personal information publicly than you may want to.

Trust your instincts – If something doesn't feel right, it probably isn't. You can make a choice. If you feel uncomfortable about talking to someone or what you're being asked to do on a social networking site, chatroom, IM or on webcam, block them, tell an adult you trust and report it to the website.

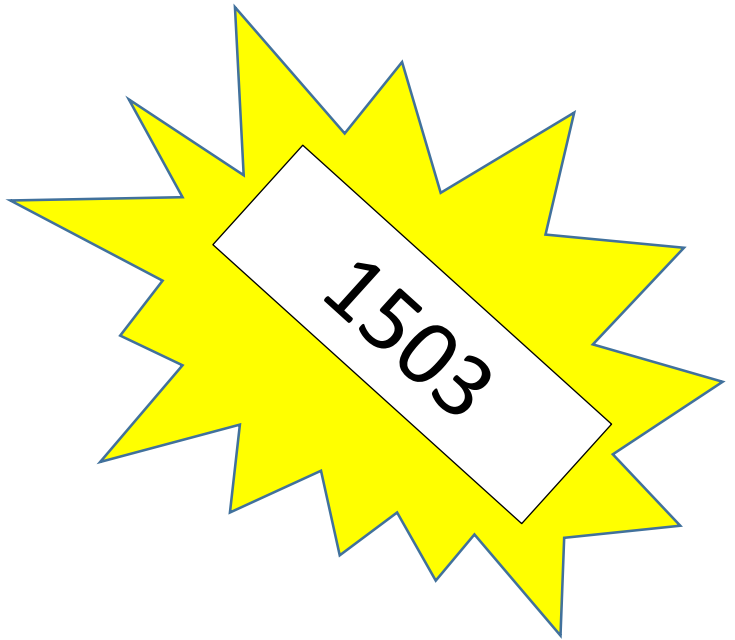
Think before you post – Stop and think before filling out forms online, updating your status or posting up pictures and videos of yourself or your friends. Think about who can see what you post online, once shared you can easily lose control.

Check your old accounts and profiles – If you have an account on a site that you no longer use go back and check your privacy settings and who your personal details and pictures are being shared with. Close your account if you don't think you will use it again.

If you are worried, tell an adult you trust - If you ever see anything online that upsets you or something happens that makes you feel uncomfortable talk to an adult you trust about it.

Reward Tokens

Autumn 1 2023



BLUE!



ON HALLOWEEN, LOTS OF YOU MAY BE HEADING OUT ON THE STREETS TO GO TRICK OR TREATING.

WE'VE PUT TOGETHER SOME TIPS TO MAKE SURE YOU STAY SAFE WHILE HAVING FUN:

- MAKE SURE A RESPONSIBLE ADULT OR GUARDIAN GOES WITH YOU - IT COULD BE AN OLDER BROTHER OR SISTER IF THEY'RE OVER 16
- PLAN YOUR ROUTE BEFORE YOU LEAVE THE HOUSE AND MAKE SURE SOMEONE ELSE KNOWS WHERE YOU ARE GOING
- WEAR REFLECTIVE OR LIGHT-COLOURED CLOTHING SO YOU CAN BE SEEN
- CARRY A TORCH TO CHECK WHAT'S AROUND YOU AND AVOID FALLING OVER
- STAY CLOSE TO HOME AND IF POSSIBLE ONLY VISIT THE HOUSES OF PEOPLE YOU KNOW
- NEVER ENTER A STRANGER'S HOME
- STAY ON PAVEMENTS AND CHECK CAREFULLY BEFORE CROSSING A ROAD - ESPECIALLY IF THERE'S A LARGE GROUP OF YOU
- THROW AWAY ANY TREATS OR SWEETS THAT HAVE BEEN OPENED OR UNWRAPPED
- IF YOU ARE WEARING A MASK, MAKE SURE THAT YOU CAN SEE CLEARLY OUT OF IT
- MAKE SURE YOUR COSTUME IS WARM - IT IS ALMOST NOVEMBER!
- BRING WATER WITH YOU, YOU MAY GET THIRSTY!
- DON'T ARGUE WITH PEOPLE OR "TRICK" THEM IF THEY DON'T HAVE MORE SWEETS OR DON'T WANT TO CELEBRATE HALLOWEEN. THERE WILL BE MANY MORE WHO WANT TO ENGAGE IN THE FUN!



BOO!



Half Term

We return to
school on Tuesday
31st October

Please remember that school meals will
still need to be ordered by midnight on
Sunday 29th October.

