



Newsletter

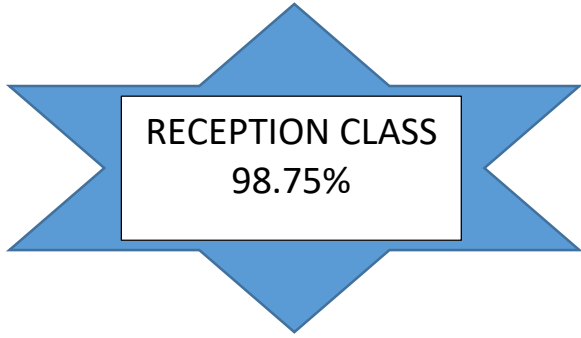
26th May 2023



Headteacher's Awards Awarded 19th May 2023

- Reception:** The Head Teacher Awards in Reception Class this week are going to:
Tilly for her fantastic story map of 'The Enormous Turnip' that she drew this week!
Holly for getting speedy with her number bonds to 10.
- Year 1:** The Headteacher Awards were awarded to Priya and Bali. Priya's was for excellent plaiting skills in our art lesson – well done! Bali was for super explanations when answering fraction questions in maths. Well done to you too!
- Year 2:** Poppy, Skyla and Marlena, all for working really hard in maths, using the strategies they know and showing lots of progress.
Well done.
Also a whole class award for our trip to Truro Museum. The children were engaged, interacted well with members of staff and showed off our school rules for life perfectly. They showed good manners at all times, followed instructions with thought and care, and cared for everyone and everything.
Brilliant work Year 2
- Year 3:** Last week's Headteacher awards went to Edie, James and Josie M. Edie had a great week in school, displaying fantastic self-regulating behaviours. She settled well in class every day and engaged in all lessons. Well done Edie! Mr Moore and I were very impressed with Josie M and James. They have both been working on Maths with Mr Moore first thing in the morning for all of this term. They have made excellent progress from their baseline assessment at the beginning of term. Well done James and Josie M, this shows that you have been listening well and working hard to improve. We couldn't have asked for more. Keep it up!
- Year 4:** This week Lexi got a Headteacher's Award for English. She listened really well and gave lots of great ideas as to what was happening in a video Year 4 watched. Next week we are writing a narrative based on the video and I can't wait to read her story!
Year 4 also got a Headteacher's Award for their fantastic behaviour on our school trip to the Falmouth Maritime Museum. They listened really well in the workshops where they learned new knowledge. They also remembered lots of knowledge that they learnt in the classroom too. The Year 4 adults were very proud.
- Year 5:** Some super learning has taken place this week. We've seen curiosity in Science, conscientiousness in English, creativity in art and resilience in Maths.
I'd like to congratulate Taylor H and Max A for their artwork, and more specifically their behaviour; they followed instructions carefully and thoughtfully resulting in a super outcome. Holly has shown real dedication to her learning and even continued it at home! What dedication! Well done all of you!
- Year 6:** The Headteacher Award's this week went to Dylan and Millie-Jayne. Dylan for demonstrating a great attitude during the trips over the week and Millie for showing a super attitude during the walk at Goss Moor. Well done to you both.

Attendance
22nd May – 26th May 2023



Outside of School Activities



From Stella's mum:

On Sunday 21st May, Stella was in a production of Sleeping Beauty with her dance class 4Real C4 at The Hall for Cornwall. Stella had great fun performing level 1 Acro and beginners commercial dance! It was a long day but they all absolutely rocked it!



Outside of School Activities



Well done to Jack and Jamie for their Under 10's win.

Their Charlestown Youth team won with the final whistle at 1-0! Well done to you both and the rest of the team!

If you have any hobbies outside of school, we absolutely love to see them. Please email any photos and information to reception@roche.tpacademytrust.org



Outside of School Activities



Well done to Riley, who with his team, St Blazey Youth, won the under 11's East Cornwall Cup at Launceston.

Their team played Tregorrick in the final and won on penalties!

It's great to see all of these children involved in extra-curricular pursuits across the county.

Well done!

Staff Parking

A reminder that parents/carers should not park and block in staff member's cars in the staff parking area at the beginning or end of the day.

We have had incidents of staff being late for personal appointments as their cars are blocked in.

Please park in the school car park where appropriate.

Thank you for your co-operation.



Keeping Children Safe

A reminder that Roche CP School is private property and pupils should not be playing on the school site outside of school hours.



Walk to School week

Well done to all the children that either walked, scooted, cycled etc to school last week. It was lovely to see everyone walking through the school gates happy and ready to learn. Each child earned a sticker for their class every day they walked. I am pleased to say that in KS1 Year 1 had the highest amount of walkers with 110 stickers and in KS2 it was Year 4 with 105 stickers! Well done to both classes!

Mrs Campbell

Grease is the word!

The word is out that this year, Year 6 will be performing Grease!

If any of our parents/carers have something 'Grease' related, specifically 'Pink Ladies' jackets and costumes which we could borrow, please could you let the school office know – we'd be very grateful indeed.



Club Information

A reminder that this week was the last Tuesday **Netball Club** with Mrs Powell and the last Thursday **Cooking Club** with Mrs Austin and Mrs Baverstock.

Code Club begins on the 8th June. The last session is on the 13th July.

All other clubs will continue until the week beginning 10th July. There will be no after school clubs on the week beginning 17th July.

Thank you.

Wellbeing

Physical Exercise and Mental Wellbeing

There are many studies which have shown that doing physical activity can improve mental health. Here we share some information directly from the charity Mind. Physical activity can help with:

- Better sleep – by making you feel more tired at the end of the day
- Happier moods – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy
- Managing stress, anxiety or intrusive and racing thoughts – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times
- Better self-esteem – being more active can make you feel better about yourself as you improve and meet your goals
- Reducing the risk of depression – studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression
- Connecting with people – doing group or team activities can help you meet new and like-minded people, and make new friends

FIVE WAYS TO WELLBEING



We'd love to see your photos of you Being Active over half term! Please send them to

reception@roche.tpacademytrust.org

Reception Class Trip – Newquay Zoo

On Tuesday, Reception Class enjoyed a trip to Newquay Zoo. The children enjoyed seeing a vast array of animals and had a wonderful day!



30 May - 1 June



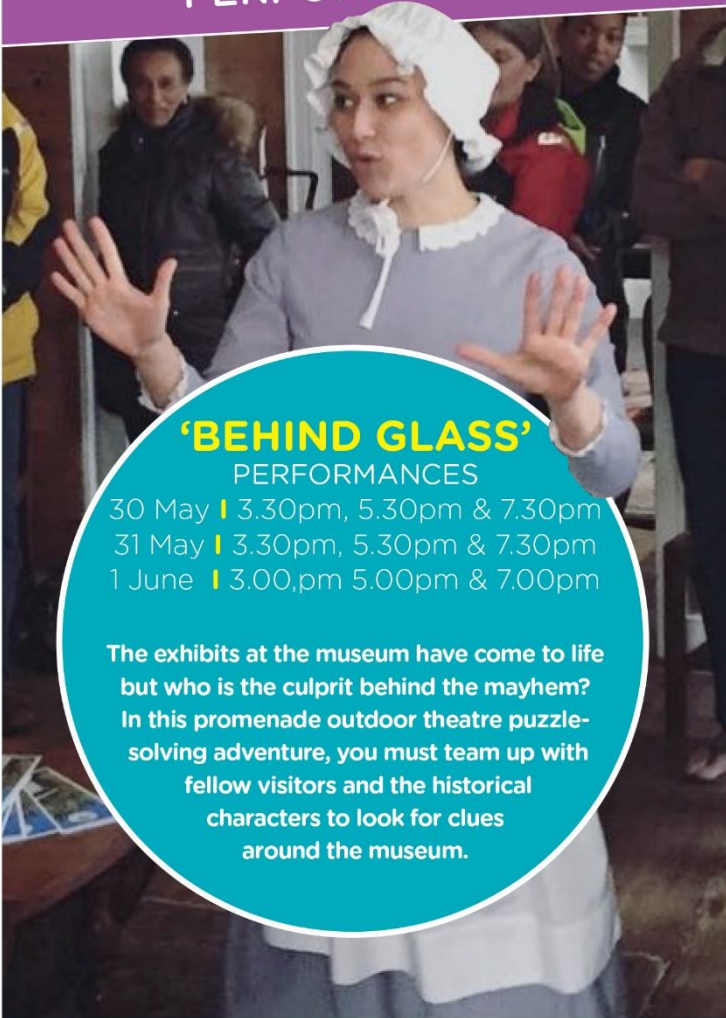
WHEAL MARTYN
CLAY WORKS



LIVE HISTORY

Bringing history to life through **immersive outdoor theatre** and **workshops**

PERFORMANCES



'BEHIND GLASS' PERFORMANCES

30 May | 3.30pm, 5.30pm & 7.30pm
31 May | 3.30pm, 5.30pm & 7.30pm
1 June | 3.00pm 5.00pm & 7.00pm

The exhibits at the museum have come to life but who is the culprit behind the mayhem? In this promenade outdoor theatre puzzle-solving adventure, you must team up with fellow visitors and the historical characters to look for clues around the museum.

WORKSHOPS



HISTORIC DANCE

30 May | 1.30pm

Learn some historic dances to impress your friends and family!

HISTORIC MAGIC TRICKS

31 May | 1.30pm

Learn about historic magic tricks and practise your skills with the group.



HISTORIC PLAY WRITING

1 June | 1.00pm

Learn about different forms of theatre, how theatre and history combine, and how to craft your own scene.



BOOK ONLINE



01726 850362 St Austell PL26 8XG www.wheal-martyn.com

What Parents & Carers Need to Know about

NGL

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

INFLATED ENGAGEMENT

In June 2022, NGL had to revise its terms of service: informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "... NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not fill our expert with confidence that the app can address bad behaviour adequately.

ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

Advice for Parents & Carers

DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®
#WakeUpWednesday

Source: <https://ngl.link/#what-s-ngl>



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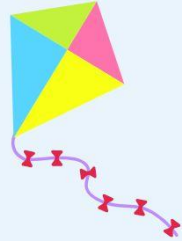
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Half Term Next Week!



Back to school on Monday 5th June!

