



# Newsletter

16<sup>th</sup> December 2022



## Headteacher's Awards Awarded 9th December 2022

- Reception:** The Reception Head Teacher Awards this week are going to:  
Freddie J for your fantastic behaviour this week.  
Ethan for your brilliant writing when we wrote our letters to Santa.  
Charlie for working hard and knowing your number bonds to 5!
- Year 1:** This week the Headteacher's awards were awarded to Mason for doing really well in phonics and Evie for trying really hard during our production.
- Year 2:** Ellis – For going from a 'I would rather not have a speaking part', to stepping in at the last minute on two different occasions when people were absent. He performed brilliantly and we are all so proud of his achievement.  
Mia Co – for working really hard in her maths and trying her best, even if at times it has been a bit challenging.
- Year 3:** Last week's awards went to Leyton and Harley. There was a theme between them; perseverance. Leyton concentrated on his handwriting and persevered during English this week ensuring that he used his finger spacer to help him. Well done Leyton, your writing was lovely to read! In Maths, Harley persevered when he found some of the Maths tricky. He remained focused and concentrated on his learning, what a great attitude. Well done Harley!
- Year 4:** Kezia - For fantastic enthusiasm and participation in our Science Super Learning Day on Friday! She was so keen to answer lots of questions when we experimented and learnt lots about electricity.  
Lowen and Emmie - For brilliant recording in our Science Super Learning Day! Their Knowledge Organisers were fantastic. In particular, their labelled diagrams were accurate and superbly presented.
- Year 5:** This week the Headteacher's awards went to Charlotte and Abigail for their brilliant singing efforts during our KS2 practice. Well done to you both.
- Year 6:** This week the Headteacher award is for the whole class! They've had a week of SATs, a trip to Lyme Regis and rehearsal for the Christmas production! Wow!

Attendance

YEAR 4  
91.19%

KS1 and KS2 Performances

**KS1:** Well done to all of the children who took part in the KS1 performance of 'Bake off Bethlehem' on Tuesday.

You all sang and read your words beautifully. Thank you to parents and carers who provided costumes and props.

**KS2:** What a show! We would like to once again thank Roche Brass for their time on Wednesday at our KS2 Sing-a-long at Roche Victory Hall. We hope you enjoyed it as much as we did!

Thank you to the parents and carers who were volunteered to take part in the 12 Days of Christmas – you performed with amazing gusto!

From our sponsorship, we are able to donate £100 to the band to go towards their funds and expenses.

Well done to the chocolate hamper prize winners for both events.

**Thank you to the following sponsors of our KS2 performance:**



## Roche C. P. School Menu – Spring Term 1 2023

Week One – Weeks Beginning 02/01 23/01 20/02 13/03	Week Two – Weeks Beginning 09/01 30/01 27/02 20/03	Week Three – Weeks Beginning 16/01 06/02 06/03 27/03
<b>MONDAY</b> <b>Main</b> – Margarita Pizza and Wedges <b>Veg</b> - Macaroni Cheese Peas and Carrots <b>Dessert</b> - Apple Crumble and Custard <b>Packed Lunch</b> – Ham Wrap	<b>MONDAY</b> <b>Main</b> – Loaded Hidden Veg Pasta Bake <b>Veg</b> – Macaroni Cheese Peas and Carrots <b>Dessert</b> – Lemon Drizzle Cake <b>Packed Lunch</b> – Cheese Sandwich	<b>MONDAY</b> <b>Main</b> – Quorn Burger and Wedges <b>Veg</b> - Macaroni Cheese Peas and Carrots <b>Dessert</b> – Strawberry Jam Cake <b>Packed Lunch</b> – Ham Wrap
<b>TUESDAY</b> <b>Main</b> – Sausage and Mash <b>Veg</b> – Vegetable Stir Fry Sweetcorn and Broccoli <b>Dessert</b> – Apple Cake <b>Packed Lunch</b> – Cheese Wrap	<b>TUESDAY</b> <b>Main</b> – Burger in a Bun and Wedges <b>Veg</b> – Shepherdess Pie Coleslaw and Sweetcorn <b>Dessert</b> – Marble Cake and Custard <b>Packed Lunch</b> – Ham Sandwich	<b>TUESDAY</b> <b>Main</b> – Year 5's Chicken and Mozzarella Pasta <b>Veg</b> - Vegetable Curry and Rice Cauliflower and Sweetcorn <b>Dessert</b> – Chocolate Cake and Custard <b>Packed Lunch</b> – Cheese Wrap
<b>WEDNESDAY</b> <b>Main</b> – Roast Gammon <b>Veg</b> - Quorn Roast Cabbage and Carrots <b>Dessert</b> - Fruit and Ice Cream <b>Packed Lunch</b> – Ham Sandwich	<b>WEDNESDAY</b> <b>Main</b> – Roast Pork <b>Veg</b> – Vegetable Crumble Green Beans and Carrots <b>Dessert</b> – Fruit and Ice Cream Sundae <b>Packed Lunch</b> – Cheese Wrap	<b>WEDNESDAY</b> <b>Main</b> – Roast Turkey <b>Veg</b> – Cheesy Spinach and Potato Bake Cabbage and Carrots <b>Dessert</b> – Jelly and Ice Cream <b>Packed Lunch</b> – Ham Sandwich
<b>THURSDAY</b> <b>Main</b> – Mild Chilli Con Carne and Rice <b>Veg</b> – Chimichanga and Rice (wrap) Coleslaw and Sweetcorn <b>Dessert</b> – Vanilla Sponge <b>Packed Lunch</b> – Ham Wrap	<b>THURSDAY</b> <b>Main</b> – Chicken Stew and Herb Dumplings with Mash <b>Veg</b> – Country Vegetable Pie and Mash Cauliflower and Sweetcorn <b>Dessert</b> – Sticky Toffee Pudding and Custard <b>Packed Lunch</b> – Ham Wrap	<b>THURSDAY</b> <b>Main</b> – Cottage Pie <b>Veg</b> – Spaghetti Quorn Carbonara Green Beans and Sweetcorn <b>Dessert</b> – Rice Pudding <b>Packed Lunch</b> – Cheese Sandwich
<b>FRIDAY</b> <b>Main</b> - Fish and Chips <b>Veg</b> – Cheese and Tomato Pinwheel and Chips Peas and Baked Beans <b>Dessert</b> – Chocolate Brownie with Fruit Slices <b>Packed Lunch</b> – Cheese Sandwich	<b>FRIDAY</b> <b>Main</b> – Sausages and Chips <b>Veg</b> – Cheese Onion and Sweetcorn Quiche and Chips Peas and Baked Beans <b>Dessert</b> – Custard Biscuit with Fruit Slices <b>Packed Lunch</b> – Cheese Sandwich	<b>FRIDAY</b> <b>Main</b> – Fish Fingers and Chips <b>Veg</b> – Falafel in a Bun and Chips Peas and Baked Beans <b>Dessert</b> – Ginger Biscuit with Fruit Slices <b>Packed Lunch</b> – Ham Wrap

**Fruit Salad Available Daily**

**Mixed Salad Available Daily**

**Jacket Potatoes Available Daily**



### Lyme Regis Trip – Year 6

Year 6 had a fantastic time in Lyme Regis. They found out even more about different types of fossils and how they are formed. As always, the class were really well-behaved and enjoyed their well-deserved fish and chips.



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We all enjoyed a delicious Christmas dinner on Wednesday! The school kitchen catered for 156 pupils and 33 members of staff!

We love fun facts at this school and Christmas dinner day is no exception! Cooked on Wednesday was: 18kgs of turkey, 400 pigs in blankets, 400 roast potatoes, 500 stuffing balls and 10kgs of sprouts! Alongside this was a lot of carrots, many parsnips and litres and litres of gravy!

Thank you once again to Mrs Whitford, Ms Wilton and Mrs Turner for such a feast! To quote one pupil “Miss, I’m having such a nice time right now!”

## Winter Wellbeing

### Winter Wellbeing Toolkit

This is a wonderful resource that we use in school for classes and individual children. It includes a selection of practical resources to help children feel calm and confident towards the end of the Autumn Term and there are a selection of free helplines and counselling services to signpost to for support.

<https://www.mentallyhealthyschools.org.uk/resources/winter-wellbeing-toolkit/>



### Breathe Like Santa

Breathing exercises can really help children (and adults) feel calm and happy. This breathing exercise has a fun, festive twist that you will all enjoy!

Take a deep breath in, hold it for a moment and then slowly let it out with a slow "Ho ho ho". It may feel silly at first but it definitely helps release stress and worry at this busy time.



## School Choir



On Tuesday the Year 6 School Choir went to The Hollies to sing for the residents! It was enjoyed by all!

## Cornwall Christmas Box

The whole school donated food items for the Christmas Dinner boxes, and Year 5 gave their time to put them together.

In total, we made three boxes to help families who are less fortunate.



Santa Fun Run



Snow Pictures







*To our Pupils, Parents, Carers and Friends,*



*A very Merry Christmas and Happy New Year from Roche CP School Staff*



*Stay Safe, Be Merry and Have Fun!*



### Tilly's Diary

*Hello Everyone!*

*Hasn't this term been busy?! This week especially you have done so many activities!*

*I hope you enjoyed your cinema trip! I wasn't allowed to go but I was excited when you all returned on the bus!*

*The KS1 and KS2 productions were phenomenal - you should be so proud of yourselves!*

*Christmas dinner was fantastic - I was allowed some turkey; it was delicious!*

*Your fun run was indeed fun! I did many laps with you all! I even received a medal!*

*Have a wonderful Christmas!*

*Love Tilly x*

## End of Term

Our last day for the Christmas holidays is today. We finish at the usual time of 3.15pm.

We return to school on TUESDAY 3<sup>RD</sup> JANUARY 2023.

