



# Newsletter

19<sup>th</sup> May 2023



## Headteacher's Awards Awarded 12<sup>th</sup> May 2023

- Reception:** This week, the Headteacher Awards went to Sam for using and understanding the vocabulary we have encountered in Shared Reading and Adara for your enthusiasm and hard work in maths this week!
- Year 1:** The Headteacher Award was given to Millie for being ready to learn and following instructions at all times.
- Year 2:** We awarded 3 Headteacher's Awards this week to Poppy, Sam and Benjamin for working really hard this term in PE and making fantastic progress. All three found catching a ball really tricky and now are able to do it the majority of the time.
- Year 3:** Last week's Headteacher awards went to Roxette and Mylor. Y3 have been fortunate to have Neil from Cornish Pirates for Rugby this term and both Roxette and Mylor have been brilliant every session. Both have listened well and participated enthusiastically in all sessions. They are both great team players; communicating, encouraging and supporting their teams. I was particularly impressed with them last week as the weather was awful but this did not deter them in any way. Well done Roxette and Mylor, keep it up for the rest of the term!
- Year 4:** Headteacher's Awards awards went to Paige and Harry J. Paige's was for excellent DT work, and helping others with their pavilion frames. Harry's was for being creative during our DT project. Harry has shown resilience throughout the project. Keep it up Harry!
- Year 5:** This week, Year 5 enjoyed having the Eden Project education team visit and begin a project with them outside in the meadow. Luckily, the sun shone, and we didn't get soggy and the children were really inquisitive!  
This week, Mr Moore would like to put two students forward for their maths work. Louisa has really thrown herself into her maths recently and been cracking on with her arithmetic independently. Roanna, on the other hand, has been leading some insightful conversation when it has come to problem solving and reasoning. A big well done to both of you!
- Year 6:** This week, it was easy to award the Headteacher's Award to the whole class for working so hard with determination and resilience throughout their SATS week. Well done to you all.

Attendance  
15th May – 19<sup>th</sup> May 2023



### Summer Term

As the summer term gets underway and the weather becomes warmer, please make sure your child has a hat in school alongside sun cream which they are able to apply themselves. We also recommend that ice packs are put in alongside your child's lunch to keep it cool.

Please make sure all of these items have your child's name on them.

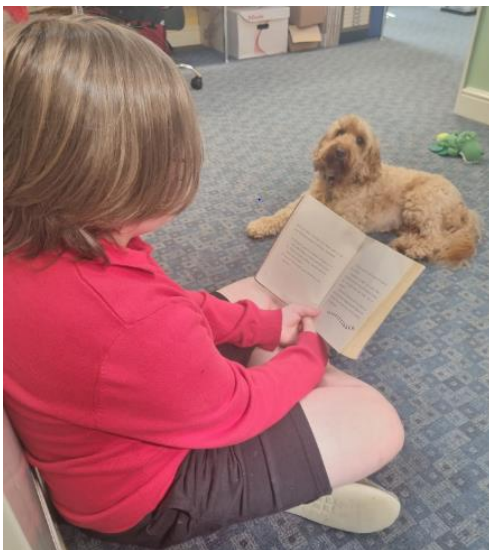
Many thanks.

### Walk to School Week



Well done to everyone who walked, cycled, ran or scooted to school this week! Stickers were given daily to all of these children. We'd love for you to keep it up until the end of term if you can!

### Tilly's Diary



*Hello Everyone*

*My first favourite activity in the whole world is playing with a cardboard box, specifically dropping a ball into an empty box and then retrieving it.*

*My second favourite activity in the whole world is being read to! This week, I listened to a lovely story in the office. It was great!*

*Thank you for visiting me!*

*Love Tilly x*

### Unclaimed Uniform

This week, we sent a message out on Parent Pay inviting parents/carers to collect uniform that had accumulated. Unfortunately, the majority of these items had no visible name inside.

We cannot stress enough – please put your child's name in their belongings. Coats, sweatshirts and lunchboxes seem to be particularly vulnerable to being lost. It doesn't have to be a fancy sew in or iron in label – a good pen in the label is perfect!

Thank you.



## Wellbeing

### Carry a sense of calm in the palm of your hand

- 1) Trace around your child's hand on a sheet of paper.
- 2) Ask your child to think of a positive memory that makes them feel calm and safe.
- 3) Write each of the five senses (hearing, touch, taste, sight, smell) on each of the five fingers.
- 4) The child (or adult!) will draw and/or write about the memory in the palm of the hand.
- 5) Encourage your child to identify how the memory is experienced using each of the five senses on each finger and write or draw a picture for this.
- 6) Last but not least, talk about how thinking of this memory can help your child feel a sense of calm, even in the midst of a stressful situation.



Don't forget that the Family Worker Drop-In session will be on Thursday 25<sup>th</sup> May the school house.

2.30pm – 4pm

## DT Project

Year 2 are doing an DT project next week and are in need of various of small items including:

Toilet roll/kitchen roll tubes  
Yogurt pots (small)  
Small juice cartons  
Egg boxes  
Small drink bottles e.g Fruit Shoot  
Small boxes e.g toothpaste boxes etc

Please drop any items to the school office.



## The Cove Macmillan Support Centre Trust Wide Fundraising

Our Academy, Truro and Penwith Academy Trust, have invited all of their 34 schools to take part in a 'Wear Green' day on July 7<sup>th</sup> to raise much needed funds for The Cove Macmillan Support Centre.

*As a Trust family of schools, we have committed to raising enough funds so that every TPAT school and nursery have access to important resources, at the point of need, which can support children and families where a diagnosis of Cancer is impacting the mental health of a pupil(s) in school.*

More details to follow on how to donate etc.

For more information about The Cove, head to:

<https://www.macmillan.org.uk/in-your-area/local-dashboard/detail/Information%20and%20support%20centres/8851/The-Cove---Macmillan-Information-and-Support-Centre-in-Truro>

## Outside of School Activities



On Saturday, Archie played a 6-a-side football tournament with over 22 under-8 teams from Cornwall and Devon. It was a great experience to play on Plymouth argyle pitch. Archie loved every minute of it. They didn't get through to the final but all did extremely well.

If you are involved in activities outside of school, we would love to see your adventures!

Please email a photo and any information to [reception@roche.tpacademytrust.org](mailto:reception@roche.tpacademytrust.org) and you could feature on the newsletter like Archie!



# What Parents & Carers Need to Know about

# TELEGRAM

AGE RESTRICTION  
**17+**

Telegram isn't new, but it's grown significantly in popularity over recent years, thanks to its secure nature and speedier performance than many of its competitors – including WhatsApp. While Telegram is an excellent app in terms of actual performance, like any messaging platform it brings its own challenges for parents when it comes to feeling confident about children being able to handle their own messaging conversations and contact with the outside world in general. Here's everything that trusted adults need to know about using Telegram safely.

## WHAT ARE THE RISKS?

### LACK OF AGE RESTRICTION

17+

Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

### POSSIBLE CYBERBULLYING

If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

### UNMODERATED CONTENT

Because Telegram relies on users' self-moderation, it can sporadically become a hotbed for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store. In fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

### PREMIUM COSTS

Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Play details, they may be able to sign up for the premium package without your knowledge.

### UNAUTHORISED ACCESS

One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

### SECRET CHATS

Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

## Advice for Parents & Carers

### PRIVACY CONTROLS

If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to 'everybody', 'my contacts' or 'nobody'; we'd recommend either the second or third options, depending on how locked down you want the platform to be.

### DISCUSS SECURITY

It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like "don't send your bank details" to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

### REPORT UNSAFE CONTENT

If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action unless this offensive content involved a user-created channel, bot or sticker.

### USE THE BLOCK FUNCTION

Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circle, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

### PROTECT PAYMENT METHODS

Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

## Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRacon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



PREMIUM ACCESS

NOS National Online Safety

#WakeUpWednesday

Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-explained-2022-183035088.html>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

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## Year 5 Wheels Session



On Thursday, Year 5 took part in a 'Wheels' session as part of their PE. The children had a great time zooming around the playground.

The teachers also got involved with Miss Goatman whizzing downhill on her roller blades and Mr Walden on his bicycle!

Thank you to the children who loaned and shared their equipment with others – you showed kindness and generosity.

## **What is ADHD? How does it present and ideas for approaches**

Workshop with  
Tigger Pritchard

July 4th  
10.30-12.30  
followed by  
lunch

St Austell Conference  
Centre, St Austell Business  
park, PL25 4FD

Booking through Event  
Brite via PCC Website



## Half Term

A reminder  
half term is  
from 29<sup>th</sup> May  
to 2<sup>nd</sup> June.