



Newsletter

26th April 2024

Roche CP School Rules for Life

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

Headteacher Awards Awarded 19th April 2024

- Reception:** All of the children in Reception Class this week have come back to school with a fantastic attitude to their learning and are so enthusiastic and eager to find out more about our new topic 'Minibeasts'! We started off our week with a visit from 'Marks Ark' who brought in his wonderful insects and creatures.
Tyler has impressed us with his knowledge and understanding of minibeasts and has been confident in explaining himself during carpet time.
Bobby has been fantastic at understanding doubles this week and can confidently recall doubles up to 10!
A great week- well done Reception class!
- Year 1:** Well done this week to Vincent and Janey. Vincent has made some fantastic effort in his phonics group and Janey has been trying really hard to practise her sounds! Well done to you both!
- Year 2:** This week, it had to be a whole class award for their exceptional behaviour on the Year 2 trip. You were a joy to take Year 2 – what a wonderful trip we had together!
- Year 3:** Headteacher's awards went to Poppy and Jack. Poppy had a great week in English. She was focussed in all lessons and this showed in her writing. She produced a great narrative with good spellings and fantastic handwriting. She also got the prize for best hand writer of the week! All the hard work paid off! Jack could have the award every week for being so kind and always following the school rule "Show good manners at all time". He is always kind, courteous and caring to both children and adults. He is a fantastic role model for all the children in the school. Well done Jack!
- Year 4:** This week in Year 4 I have awarded two certificates for Maths! My group in Maths were learning how to convert mixed numbers and improper fractions and vice versa.
Lucy attacked her work so positively and produced great results! She really enjoyed her learning and made great progress.
Josie P can sometimes struggle in our lessons, however her confidence and positivity in Maths this week was great! She achieved well and was so pleased with herself.
Well done to both girls!
- Year 5:** Four certificates this week! Well done to:
Harry J for great sportsmanship in Rugby, where he encouraged his team mates and purposefully got everyone involved.
Ella for just having an absolutely solid first week back - following instructions, hand up, generally being a star!
Sofia for super work in maths multiplying fractions.
Theo - our very own Fresh Prince of Roche CP! Theo really embraced our new Hip-hop unit and was rapping away like a pro!
- Year 6:** Well done to Max J on improving his reading comprehension score and working really hard. Well done to Taylor C, Ellie and Rhys for working well collaboratively in PE, showing maturity and team work.

Attendance
22nd– 26th April 2024

YEAR 1
98.15%

100% Attendance
22nd-26th April 2024

YEAR 1
27 CHILDREN

*****Club Spaces*****

Unusually we have club spaces available which we would love to fill! Currently there are spaces in:

BBC Micro:Bit Coding with Mr Moore. There are 5 spaces available for children in Years 5 and 6. This club is on a Monday and starts on 3rd May. Check this You Tube video out to help you understand more about Micro:Bit Coding!

<https://www.bbc.co.uk/teach/microbit/whats-inside-bbc-microbit-box/zq48xg8>



Netball is open to children from Years 4 and 5 and has 6 spaces left! Get practising with Mrs Powell and you could help retain the Snell Cup!



Tec Girls on a Tuesday starting 30th April with Mrs Gardner, looks to be a brilliant club for girls from Years 4 and 5. It is a weekly session with a brilliant activity at the end not to be missed! There are 5 spaces left! This club cannot run unless it has 10 children in it due to the nature of the event at the end which includes a day trip out of school with Mrs Gardner! For more information, go to this webpage: <https://www.tecgirls.co.uk/>



We are really excited to have Cornwall **Cricket** in for a whole term of cricket coaching! Cricket is on a Thursday and is open to Years 4, 5 and 6! There are 10 spaces left so don't miss out on this brilliant opportunity to refine your existing skills or learn new ones! If your Year 6 child does Arithmetic Club, they are more than welcome to join from Thursday 16th May!



If your child would like to join, please email Mrs Batten on reception@roche.tpacademytrust.org. Please include:

Child's Name
Year Group
Medical Condition (if any)
Emergency Contact Number
Name of person collecting

Monday 15th April 2024

Reception class had a visit from Mark's Ark who showed us his wonderful insects and creatures! The children were fascinated and all wanted to hold them. Much braver than Mrs Garratt!



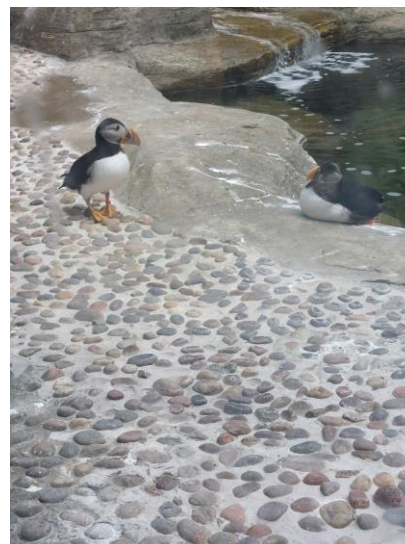
Activities outside of School



Liam went to the Cornish Seal Sanctuary last Sunday and saw the new puffin enclosure.

Liam says that puffins are Miss Goatman's favourite bird so he had to take a photo to show her!

Thank you for these photos Liam! What a great day you had!



Year 4 – Swimming

Year 4 are going swimming for 2 weeks, beginning 8th July at Bodmin Leisure Centre. The cost per child is £105.50 which includes swimming instructors, pool hire and coach travel.

We are asking for a contribution of £60 per child and have uploaded it to Parent Pay now where it can be paid in instalments.

More information will be given nearer the time to the class.

Wellbeing

Name it to Tame it

Experts say that if someone can label and talk about their feelings, they are much abler to manage them.

We can all get overwhelmed by big feelings at times but learning how to self-regulate is a real skill, and so important for our children to learn.

Here are some recommended books and apps to support you and your child with talking about feelings and strategies to support their regulation.

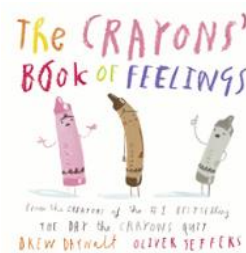
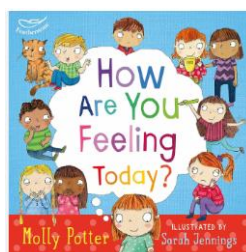
Remember: all feelings are valid; it's how we express them that we sometimes need support with.

Apps to support your child with self-regulation

Zones of Regulation – Developing self-regulation skills

Calm.com – guided meditation, breathing programmes and relaxation strategies

Headspace – guided meditation and mindfulness



Books for parents to support your child with self-regulation

The Whole-Brain Child – by Dan Siegel and Tina Bryson

Self-Reg: How to help your child (and you) break the stress cycle and successfully engage with life – by Stuart Shanker

Smart but shattered: The revolutionary "Executive Skills" approach to helping kids reach their potential – by Peg Dawson and Richard Guare

Make your own Volcano!

Valentino and Vassili have been our in-house science teachers this week! They have built and decorated a brilliant volcano between them!

On Wednesday, Valentino, Vassili (and Miss Carne) had quite the audience when it was decided to test out the volcano!

It was a big success! Well done boys for your brilliant team work and thank you Vassili for choosing the pictures for the newsletter!

If your child would like to make a volcano at home, here is a step-by-step guide:

<https://www.playosmo.com/kids-learning/how-to-make-a-volcano-for-kids>



The mini-beasts topic is perfect for Jessica in Reception Class – she loves bugs! Jessica's mum says:

We found a mouse in our animal feed bin recently which we caught and relocated!

We went on a mini-beast hunt and collected what we found into a tank so that we could look at them all properly indoors. We released them all afterwards! We did some research in a book and on the tablet and Jessica wrote a list of the different mini beasts!

We have talked about how important bees are and how we need them as pollinators. We made a drinking pond and planted some sunflowers for the bees.



Football Report **By Jack and Jamie**

On Tuesday we played an away game of football against Newquay Junior Academy at Tretherras School.

We kicked off and started playing well. The first goal was scored by Jamie from the halfway line which was brilliant. After this, they scored just before half time.

After half time, they scored five more goals! We were gutted but tried to keep our chins up and kept playing and trying our best. They were a really good team.

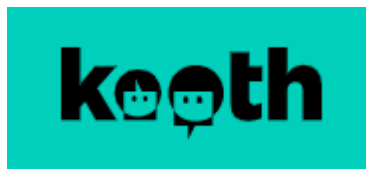
We enjoyed the match but learn't that we need to talk and work as a unit but this is probably our last game as this team.

Man of the match was Jake because even though he conceded 6 goals, he played really well!

Defib Finder

When someone has a cardiac arrest, it is vital that they receive CPR and defibrillation as quickly as possible. The quicker they receive this care, the greater their chances of survival. You can learn how to give CPR and more about using a defibrillator from the British Heart Foundation, St John's Ambulance and the Resuscitation Council UK websites.

To find out where the nearest defib is to you, head for <https://www.defibfinder.uk/>



Kooth is an app to support mental health. It includes features such as an online mental health diary and an anonymous chat where you can message a trained councillor for free and safe support. <https://www.kooth.com/>

"I feel safe talking about things with the Kooth counsellors. Being anonymous helps me to feel comfortable and it's harder for me to open up to someone in person."

Anonymous user



ROCHE
CP
SCHOOL

PTFA Volunteers

All
invited!

Fundraising and
events organisers
needed!

At Roche School, we need
volunteers to help organise
events and fundraise for our
school!

Activities:

- Fundraising
- Events
- Fetes
- Activities
- Ideas

Register
your
interest
Today



For more information:
taustin@roche.tpacademytrust.org
01726 890323