



Newsletter

10th May 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 3rd May 2024

- Reception:** The Head Teacher Awards in Reception last week went to:
Toby for his beautiful 'The Tiger who came to Tea' story map that he created in Talk for Writing.
Erin for her great maths work this week and being able to understand odd and even numbers.
- Year 1:** A big well done to Lola L for working really hard in art by weaving wool! Not an easy task! Well done!
- Year 2:** Well done to Flora for a great attitude to learning in our English lessons whilst using dialogue! Brilliant work from Ethan for a great attitude to shared reading lessons and for giving some great answers.
- Year 3:** Last week's Headteacher awards went to Harrison, Arthur and Ellis for varied reasons. Arthur had a great week and was chosen by all 3 adults in the classroom. He was focused all week and displayed fantastic self-regulating behaviours. Harrison made huge progress in his spelling test. His hard work of practising paid off. Well done Harrison, same again this week! Finally, Ellis was very sensible and mature all week as he could not go outside due an injury. However, each day with no fuss, he chose a friend and stayed in the classroom and completed activities together.
- Year 4:** This week Albee and Lola received a Headteacher's Award for their fantastic DT work. We have been designing and making castles. Albee's looked like a solid structure of a castle within minutes!! He said he loves making castles at home. Lola's progress was a little slower, but from 1 lesson to the next it was amazing! I can't wait to see them finished. Well done to both of you.
- Year 5:** A really varied week in Y5 this week, covering Science, RE and Spanish. However, I'd like to big-up Bonnie and Morley for English and PE, respectively. This week, we extended our learning about parenthesis to include dashes, and Bonnie worked really hard to include them in her writing. In PE, I challenged some children to step up and lead some mini-sessions. Morley really tried hard to be a great leader - he listened, and applied advice, from Mrs Thomas. Well done both.
- Year 6:** Well done to Max A for always trying hard and enjoying PE and leading a great cool down for everyone to follow. Excellent work from Daisy this week for all of her additional SPAG work she has done at home this week.

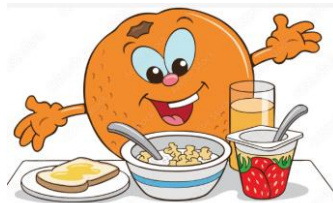
Attendance
7th – 10th May 2024

Reception Class
96.89%

SATs Week

Monday 13th – Thursday 16th May 2024

Next week (Monday 13th- Thursday 16th May) is Year 6 SATs week. Year 6 children are invited to arrive at school at 8.30am for a SATs breakfast! We have also arranged a visit to Goss Moor on Friday 17th May. Please read the letter on Parent Pay and ensure you have given us consent for the visit.



Mental Health Support Team

Please see a poster of details inviting Year 6 parents/carers to our workshop for transition to secondary school.

These workshops will be held online from the week beginning 20th May. They are an hour long. A link will be sent to your email address a few days before the course.

These courses come highly recommended from other parents/carers at Roche School who have previously attended different workshops from the Mental Health Support Team.



Children's Mental Health Support Team

Delivering High Quality Care

The Mental Health Support Team invites you to book your place on our Transition Workshop

Transitioning between year groups, or into a new school, can be a daunting experience. These are single hour long workshops that aim to help children develop coping strategies to move smoothly through their academic career. They emphasise that as well as being potentially stressful, transition is normal and can be exciting and fun

Upcoming Session Online for Mid Cornwall Schools

Monday 20th May 10am & 4pm

Tuesday 21st May 10am & 4pm

Wednesday 22nd May 10am

Thursday 23rd May 10am & 5pm

Please note: This group is open to parents of Year 6 children
Further transition workshops will run w/c 15/07/2024

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/7xUaXHkdXL>



Sign up will close on Wednesday 15th May





Next week (13th – 17th May) Pupils in Reception – Year 5 will be taking part in Numbots week. During this week we'll be doing Numbots in our slots normally reserved for TTRS and are encouraging pupils to complete as many levels and stages in that week, both in school and at home. This half term we will be awarding class and whole school certificates for the top three pupils with the **most levels passed**.

Wellbeing

A reminder that Key Stage 2 SATs begin next week. Please see last week's newsletter for tips on how to support your child's wellbeing during this time.



Are you worried about a loved one? Are you wondering if they are really as 'okay' as they say they are?

- Trust your gut. If you have a strong feeling something is wrong, you are probably correct.
- Ask twice. We can all be guilty of quickly answering 'Fine thanks'. Ask again: 'Are you really fine?'
- Be a friend. Don't try to fix the problem yourself. Sometimes people just need someone to listen.
- Ask them to 'traffic light' their day: red/amber/green. What does this tell you?



Mindfulness and Creativity

Creative activities can be fun for all the family, and sitting down together to create something can be a good bonding exercise; stimulating conversation and encouraging sharing.



Here is a simple idea to try. Take a clean jam jar, decorate it and fill it with things that will cheer you up and make you feel positive. They could be written affirmations (see next page), little toys, sparkly gems or smooth pebbles: anything that brings you joy and makes you feel calm.

Wellbeing Continued....



Walk to School Week



Dear Parent/Carer

Our school is taking part in Walk to School Week (**20-24 May**). The nationwide event is organised by walking charity Living Streets and designed to help pupils experience first-hand the importance of walking to school. Children will be well on their way to reaching their recommended minimum 60 minutes of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, but it will also help create healthy habits for life.

This year's challenge, The Magic of Walking, encourages children to travel actively to school every day of the week. Meeting various magical beings along the way, they'll learn about the important reasons to walk and the difference it can make for individuals, communities and the planet! Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle or Park and Stride) to school every day for one week using the wallchart and stickers to log their journeys. Each class will work collectively to make as many active journeys to school as possible across the week. Individual activity diaries, daily stickers and end of week pupil rewards will complement this activity, reinforcing the benefits and keeping children engaged.

What do I need to do as a parent/carer? We would ask, if possible, to make arrangements so that your child/children can travel actively to school on week commencing 20th May, helping our school reduce congestion and pollution around the school gates. In return, your child will earn special stickers and a reward trophy! Walking, wheeling, scooting and cycling all count! If you live far away from school and need to drive or take public transport, try parking the car or hopping off the bus/train ten minutes away and walking the rest of the journey.

Thank you in advance for your cooperation.

Activities Outside of School



We love the photographs which Bradley's mum sent in of him riding his bike at Lanhydrock trails last Sunday!

Looks like he is having great fun!

We really enjoy seeing your photos of activities you get up to outside of school – please keep sending them in to reception@roche.tpacademytrust.org to feature on the newsletter!

Swimathon By Taylor

I have completed a swimathon and raised money for Marie Curie Cancer Research.

I had a gap of two weeks to swim whatever length I wanted and I chose 5 kilometres.

I woke up at 5.30am on a Monday, Wednesday and Friday and went to Polkyth Leisure Centre. I got a towel because I raised over £300 and a medal for completing it. I got a cap to swim in too!

This event wasn't a competition, it was an event I decided to do on my own to raise money and awareness for the charity.

There is still time to sponsor me for completing the 5k swim.

My Just Giving link is: <https://www.justgiving.com/fundraising/tayloralpass>

Taylor, we are so proud of your dedication to your swimathon for Marie Curie! Well done to you from everyone at Roche School!



A BIG THANK YOU!!

Thank you so much to the Green Waste Company who kindly donated a ton of topsoil to our Gardening Club for the raised beds. Another huge thank you to Mike at Mike's Garden and Building Services who transported it to us for free! We cannot stress enough the gratitude we have for donations and volunteers who help shape our school.



The Green Waste Company is a local, family-run business beginning in 1999, with years of proven expertise in waste management. Holding a legacy of four generations of farming in Cornwall.

We are committed to looking after the environment by minimising the dumping of waste in landfill sites. We believe through local recycling we can reduce waste disposal and improve Cornwall's carbon footprint in a most cost effective and time effective manner. This directly supports our conviction that local solutions for Cornwall are vital in this era of globalisation and high fuel costs.

We take bulk material and turn it into useful products, reducing the environmental impact on the Cornish countryside. Our team of qualified, experienced and environmentally-aware staff offer a bespoke service to cater for your recycling and waste needs.

As part of our full commitment to caring for the Cornish landscape we use a ground source heat pump to warm our offices, we also recycle clean and dirty water, whilst our land is farmed sustainably through the use of compost produced on site.

<https://www.greenwastecompany.com/>

MIKE'S GARDEN AND BUILDING SERVICES



Decking Fencing Sheds Timber Structures

Haulage Garden Maintenance Artificial Lawns



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