



Newsletter

3rd 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 26th April 2024

- Reception:** Head teacher awards in Reception Class last week:
Arabella for her beautiful handwriting in phonics! We have new handwriting books in preparation for year one and she has been working hard on making sure her letters are all formed correctly.
Enys for growing in confidence in Maths recently and showing us this week that he is able to compare numbers up to 10 using the language 'more than', 'fewer than' and 'the same'.
- Year 1:** Well done to Amber and Freddie J. They were brilliant at retelling and acting our talk for writing story "Kassim and the Hungry Fox".
- Year 2:** Year 2 have had another amazing trip. This time we headed to Cornwall Museum to meet Mrs Trevithick and to learn all about Mr Trevithick and their life in Victorian times. We saw and handled household objects that were different to what we use today. The whole class listened carefully, asked great questions and showed excellent manners all day, so it can't be anything but a whole class award! Well done!
- Year 3:** Last week's Headteacher's awards went to Arwen and Dami. Mrs Hill was impressed with Arwen during a History lesson. Arwen displayed good self-regulating behaviours when she had finished a piece of work, she moved onto the next step independently. She produced a fantastic design and explanation on her shield. Well done Arwen! Congratulations to Dami who listened to advice from Mrs Campbell and practiced his spellings. He improved his score in the weekly spelling test by a huge amount. Well done Dami, all that hard work paid off, keep it up!
- Year 4:** Well done to Edie for all of her hard work and commitment to her maths. Well done also to Harley-Pace for all of the effort in converting improper fractions to mixed numbers. Harley-Pace showed great resilience last week.
- Year 5:** Well done to Hollie and Ruby!
Hollie has had a super week back after being poorly. She's been cheery, helpful, and worked hard, especially when catching up with maths.
Ruby has also worked hard, particularly in writing. After handing out some individual writing reminders to the class, Ruby has been actively aware of getting them into her writing, and when we met to discuss her narrative, she could confidently discuss where she had included them. What a great attitude!
- Year 6:** Well done to Kaelyn this week for putting herself forward for lots of different jobs and responsibilities. Her confidence is really growing!
Congratulations to Freddie for joining in enthusiastically with music lessons and showing great control and rhythm.

Well done to Jack in
Year 6 for gaining his
handwriting licence!

Attendance
29th April – 3rd May 2024

YEAR 1 AND YEAR 2
97.04%

100% Attendance
29th April – 3rd May 2024

YEAR 1
27 CHILDREN

Lighthouse Competition Winners



Last half term, year 6 designed and made working model lighthouse. Photos of the lighthouses were sent to Trinity House in London, who run the lighthouses in Britain. The lighthouses were judged by Deputy Master Rear Admiral Iain Lower who was really surprised at the high level of work and found the decision to find overall winners really difficult. After much deliberation, it was agreed that in first place was: Jake, Emily and Taylor C, 2nd place was Charlotte, Holly and Rhys and third place was Senna, Chloe and Abbi. Well done Year 6 for this fantastic effort!

Dates for Your Diary

| | | | |
|-----------------------|---------------------------------|-----------|---------------------------------------|
| <u>OVERDUE</u> | Bikeability | Selection | Please complete link sent via email |
| 7 th May | Roche V Carbiele School (Girls) | Selection | Please complete consent on Parent Pay |
| 10 th May | Falmouth Maritime Museum | Year 4 | Please complete consent on Parent Pay |
| 15 th May | Royal Cornwall Museum, Truro | Year 3 | Please complete consent on Parent Pay |
| 20 th May | Newquay Zoo | Reception | Please complete consent on Parent Pay |
| 24 th May | Geevor Tin Mine | Year 6 | Please complete consent on Parent Pay |
| 1 st July | Swimming | Year 4 | Please action payments on Parent Pay |

The Polkerris Watersports form on Parent Pay for Year 4 and Year 5 needs immediate action – please complete this no later than Monday 6th May.

Household Support Fund

The entitlement criteria for automatic payments from the Household Support Fund is changing.

In order to be entitled to a payment from the Household Support Fund scheme in 2024, you must be responsible for at least one child and on 3rd June 2024 either:

- be entitled to Council Tax Support or
- have been placed in emergency accommodation by the Council

You will receive £80 per child. If you are already in receipt of Council Tax Support, then you don't have to do anything else – you will receive your payment automatically.

To find out if you are eligible for Council Tax Support, please check the information here <https://www.gov.uk/benefits-calculators> .

You can make a claim for Council Tax Support by using this link <https://www.cornwall.gov.uk/benefits-and-support/council-tax-support/apply-for-council-tax-support/>

It is important that you submit your application by 31st May 2024.

You may also be entitled to help from the Household Support Fund via one of the Household Support Fund partners. Their details can be found here <https://www.cornwall.gov.uk/benefits-and-support/household-support-fund/>

Why have we made this change?

Because entitlement to Free school meals has been protected since 2018, parents of children who are entitled to free school meals aren't always still on a low income. By using our Council Tax Support data, we can ensure that the Household Support Fund awards are going to parents who currently have a low income and are struggling with the increased costs of running their home. By better targeting the awards, we are able to help families with children of any age, rather than just school age children.

Families of children in receipt of free school meals can still access help through the Time2Move holiday programme. This scheme offers fun physical activities, games and wider activities plus a meal for all children during the main school holiday periods.



On Monday 6th May there is a bank holiday so school is closed.

School meals will still need to be ordered by midnight on Sunday 5th May at midnight for the week ahead.

TPAT TTRS Cup

Next week is the second of our 3 TTRS TPAT Cup battles against other schools in the trust. Again, the competition is open to Years 2-6 and we will be awarding certificates for top 3 pupils in class and top 3 classes each week. The competition will run from Monday 6th to Friday 10th May and the window for competing is 6:00 to 6:30pm

Here are our certificates for the 1st week of competition:

Top 3 Pupils in the school: Tommy (Y4) 1st, Chloe (Y6) 2nd, Maisie (Y5) 3rd

Top 3 Classes in the school: Year 4 1st, Year 6 2nd, Year 5 3rd

Special mention:

Year 4 for being the highest scoring band in the whole competition.

Tommy (Y4) for being the second highest scoring pupil in the whole competition.

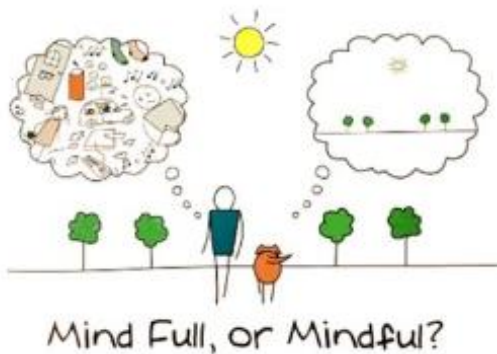


Wellbeing

Looking after our mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health. Staying on top of our mental wellbeing is good for us now but also helps us manage difficult times in the future. Over time, it can also reduce our risk of physical health problems. There are lots of things we can do to look after our mental health and wellbeing.

Make a start with 7 top tips from the NHS "Every Mind Matters" website at: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/>

This website includes short video clips to support you with mindful breathing, healthy living, how to improve your sleep health and how to reframe negative thoughts.



Our Year 6 children will be sitting their SATs in a couple of weeks. It is natural for children to feel nervous or anxious about the upcoming tests. This web link gives tips on how to support your child before, during and after SATs week.

<https://thirdspacelearning.com/blog/sats-mental-wellbeing/>

Here are some signs that your child may be feeling stressed or worried:

- **Extreme emotional reactions to small stimuli** – If a child makes a small mistake in their work and their reaction to this is disproportionate, they may be under stress.
- **A desire to not go to school** – If a child is adamant that they 'don't want to go into school' around the time of SATs, stress could be the cause.
- **Stress manifesting as physical problems** -Stomach aches, headaches or other physical complaints could be caused by stress.
- **Low self-esteem** – If you hear a child referring to themselves as 'stupid' or telling themselves that they are 'bad' at certain things, this could be stress talking.
- **Changes in their regular daily patterns** – Sleep & eating times changing could indicate stress.
- **Not wanting to talk about school work or the SATs** – As parents, it is normal to get a response along the lines of "I don't know, some fractions" when you ask what your child got up to at school that day, but if you notice that their answers to this question are becoming less and less thorough, stress could be to blame.

As parents, you know your child best. If you have any concerns, please reach out to the Year 6 team by contacting reception@roche.tpacademytrust.org, and someone will be happy to have a chat with you.

Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Do something kind for someone you really care about

2 Focus on what you can do rather than what you can't do

3 Take a step towards an important goal, however small

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

Online Safety

As a parent or carer, you can play a key role in helping your child to stay safe online. This is particularly important at the moment when children and young people are using social media to keep in touch with friends as they are unable to meet in the usual ways.

The Government has issued new guidance on staying safe on line. This includes tips on:

- Making best use of parental controls
- Talking to your children and encouraging them to raise any concerns if they are uncomfortable
- Staying healthy by having a balance of activities and managing on-line use

How to start a conversation with your child about using a phone safely:

Why do you want to get a phone?

Whilst deciding if it is time for your child to have their first phone can be a great opportunity to find out what your child expects to use their phone for. This could be for connecting with friends, playing games, for keeping in touch whilst out of the house or other reasons.

What do you like about using your phone?

You can ask your child about their favourite apps or games, what they like using their phone for, or you can ask them to show you how to play or use their favourite game or website.

What would you do if something worrying or upsetting happened on your phone?

You can ask them about the places they can go to find the safety advice, find out what they know about privacy settings, and ask them how to report or block on the services they use.

How can we do more online together?

Ask your child about activities or games that you could enjoy as a family, this can be a great time to establish a family agreement to manage your families time online.

https://www.internetmatters.org/connecting-safely-online/wp-content/uploads/sites/2/2020/06/IM-CSO-Family-Agreement.pdf?_gl=1*brxl2d*_up*MQ..&gclid=CjwKCAjw88yxBhBWEiWA7cm6paTSKUijaCUxns0D0NqllYQQQL_L54hycjKlq3mLXRm_8z25jD0S03RoCy50QAvD_BwE

Dodgeball

Last week I took a group of children from Y3/4/5/6 to Brannel to play in the School Games Qualifier for Dodgeball. The children took part in a competition against other schools. Some of the children had not played dodgeball before and listened they to the instructions really well.

There were quite a lot of rules to follow and it is a very fast game! They showed great teamwork, encouraging and helping each other at all times. They played really well and grasped the game quickly. The Y3/4 team came 4th and the Y5/6 team came 3rd.

It was a great afternoon and most importantly the children had a great time experiencing a new sport. Well done!

Mrs Campbell

Book Review

Lots of children have taken a book review form from Mrs Batten but have yet to complete it. If you have read a book which made you laugh out loud or a book which made you cry or even a book that made you shocked, please collect a book review form from Mrs Batten in the office. If you complete it and hand it back in to the office, you will get your review published on the school newsletter!



A reminder that packed lunch boxes from home should contain no sweets.

For ideas and help on how to make a healthy packed lunch, head to <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

There is also a useful Eatwell Guide from the NHS. <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Not sure how to eat 5-a-day? There is a helpful guide here: <https://www.nhs.uk/live-well/eat-well/5-a-day/5-a-day-what-counts/>

Phonics

Each week, the links to help your child with their phonics are uploaded onto the school website. This is to help you to support your child with their learning. Your child will know if they are in a morning phonics group.

To find the phonics links, head to <https://rochecpschool.eschools.co.uk/web>

- Our curriculum
- Reading
- Phonics
- Phonics parent links



There you will find the name of the group and member of staff who your child attends phonics sessions with each day and the sounds they are learning.

https://rochecpschool.eschools.co.uk/web/phonics_parent_links/621779



**STUDY
SMART**



LOOKING FOR A JOB IN A SCHOOL?

**Teaching Assistant
Playground | Midday Supervisor
Examinations Invigilator
Cover Support Role
Behaviour Support Role
Youth Worker
Support Work**

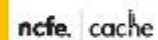


**Fully Funded (FREE) - Qualified in ONLY 6 weeks - No Travel -
Online based - Classes in school hours**

Accredited Qualifications:

- NCFE | CACHE Level 2 Certificate in Understanding Challenging Behaviours
- NCFE | CACHE Level 2 Certificate in Understanding Safeguarding and Prevention.

Progression to an ONLINE Level 3 Teaching Assistant Course FULLY FUNDED



Register here: www.studysmartuk.online or scan the QR code

Contact Adam: 07534 175 965

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