



# Newsletter

5<sup>th</sup> May 2023

## Roche CP School Rules for Life

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

### Headteacher's Awards Awarded 28<sup>th</sup> April 2023

- Reception:** The Head Teacher Awards in Reception class this week went to:  
Amber for her great maths work this week and being able to understand odd and even numbers.  
Lola L for her enthusiasm toward our learning this week!
- Year 1:** This week, the Headteacher's Awards went to Millie for listening and learning well in her phonics group and Memphis for working really hard in all areas of the curriculum, especially Numbots and maths. Well done to you both!
- Year 2:** A whole class award for Year 2 for working so tremendously hard on their reading comprehension. Well done to you all.
- Year 3:** Last week's Headteacher awards went to Senara, Albee and Chase. We had been innovating a story in English and both Senara and Albee worked really hard all week. Both did some great enhancing to improve their sentences and produced good writing. Huge congratulations to Chase who has completed all of Numbots! This is a fantastic achievement. Well done Chase, all your hard work in the classroom and at home has paid off!
- Year 4:** This week the Year 4 Awards went to:  
Emmie for fantastic presentation in Maths! Her work is always set out to a high standard which helps her Maths workings to be organised. Keep it up Emmie!  
Rosie for excellent work in identifying types of triangles in maths this week! Well done Rosie!
- Year 5:** Well done to Max A and the rest of the class!  
Max's confidence in his maths really blossomed this week - well done!  
As for the whole class...well, we had a rather fiddly art lesson with lots of moving between activities that could have quite easily become chaos, but the class worked really hard and showed off just how mature they are by getting on sensibly - a big well done (and thank you!)
- Year 6:** The Headteacher's Awards this week were for Riley, Ethan N, Olivia and Kira for great partner work when playing tennis and persevering to complete a rally.

### Attendance 2<sup>nd</sup> May – 5<sup>th</sup> May 2023

YEAR 1  
97.62%

### Coronation Party

Unfortunately, the weather has beaten us for our planned Coronation Party at school this afternoon. As per the email sent yesterday morning, we will have class parties but unfortunately can't invite parents/carers. The children will still be involved in lots of activities from 2pm-3pm. Collection is at the usual time for your child.

If your child does anything for the Coronation over the weekend, please do send us pictures and information – we'd love to pop it on the newsletter!

reception@roche.tpacademytrust.org



### Coronation Mugs



A huge thank you to Roche Parish Council for providing Coronation mugs for all of our children at Roche CP School. The children will be receiving them at the end of school today.

### Tilly's Diary



Hi Everyone!

*I have loved seeing everyone in their party outfits today! I thought I'd join in and wear my Union Jack bandana!*

*Will you be watching the Coronation tomorrow? I'm going to be looking for the Corgi's on the television! I hope they dress up too!*

*I hope you have a lovely Coronation weekend!*

*Love Tilly x*

## Coronation Biscuits

A huge thank you to Mrs Whitford who made over 200 Coronation themed red, white and blue marbled biscuits for the children to have during their class parties this afternoon.

They will be very well received we are sure!



## RNLI Visit/Assembly



On Tuesday we were fortunate to have a RNLI whole school assembly from Agustin and Gonzalo.

Agustin and Gonzalo presented a fun and interactive assembly (including role play activities) which the children adored.

Thank you for visiting us!

## Ordering School Meals

Please note that school meals need to be ordered by midnight each Sunday (this includes bank holiday weekends).

Please make sure this week, your child's meals are ordered on Parent Pay by Sunday for the week beginning the 8<sup>th</sup> May (please note the 8<sup>th</sup> is a bank holiday due to the King's Coronation).



# Wellbeing

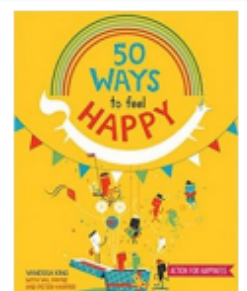
Next week is SATs week for our Year 6's. They've all worked really hard and we wish them lots of luck. However, if your child is feeling nervous, please check out the tips from Young Minds below.



- The SATs don't effect what school you will get into
- They are important, but most teachers just want you to do your best
- Lots of schools make the SATs week really relaxed, having breakfast clubs, extra playtime, relaxation time, no other lessons, so it can even be fun. Find out what your school is doing
- This is good practice for taking tests. But you can do it in the comfort of your school which you know well and will help support you
- Talk to your friends and family about how you are feeling about the SATs. It's likely that other people are feeling a bit nervous too
- If you're struggling, talk to your teacher or another adult at school that you trust and you know will listen
- If it helps, write a timetable for the week. Make sure you add some treats, like watching your favourite show, doing sport, or having your favourite meal/snack
- Talk to the people around you and tell them what you think would help you in that week, e.g. I might need more hugs or down time; I need to get to bed on time; I want you to walk me to school in the mornings
- Concentrate on the tests one at a time. Do your best and however they go, try to let the last one go and then focus on the next one
- Try to eat well, sleep well and take some exercise that week
- Get your clothes and school bag ready each night, so in the morning you can stay calm
- Celebrate when they are over!

## **Book Recommendation: 50 Ways To Feel Happy**

What can you do to help yourself (and others) feel happier? This book is packed full of activities and ideas to try with family, friends and on your own. So, whether you feel happy right now and want to stay that way or you need some ideas to help you feel happier, this book is for you. It's a cheerful, fun, inspiring, and varied collection of projects for creative, happy and thinking individuals, containing a mixture of step-by-step projects and shorter activity ideas that encompass happiness-inspiring crafts, mindfulness, relaxation, and positivity techniques, and fun ways to get active and boost happiness outdoors.



## What's Cooking?

### Beef Goulash

On Tuesday lots of pupils (and staff) enjoyed the new meal of beef goulash and homemade bread! It was absolutely delicious! Definitely looks to be a popular dish here at Roche!

Did you know that goulash originated from Hungary?

The word gulya means 'herd of cattle' in Hungarian, and gulyas means 'herdsman' or 'cowboy'.

Over time, the dish became gulyashus (goulash meat') – that is to say, a meat dish which was prepared by herdsmen.

Beef Goulash is available on Tuesday of week 3 of the rolling menu.



### *Parent Pay Consent/ Dates to Remember*

<i>Class</i>	<i>Date of Trip</i>	<i>Trip</i>	<i>Date of Consent Needed</i>
<i>Year 6</i>	<i>10th May</i>	<i>Goss Moor</i>	<i>Already completed</i>
<i>Year 4</i>	<i>17th May</i>	<i>Falmouth Maritime Museum</i>	<i>By 15th May</i>
<i>Year 2</i>	<i>18th May</i>	<i>Turo Museum</i>	<i>Already completed</i>
<i>Year 3</i>	<i>19th May</i>	<i>Turo Museum</i>	<i>By 17th May</i>
<i>Reception</i>	<i>23rd May</i>	<i>Newquay Zoo</i>	<i>By 21st May</i>
<i>Year 6</i>	<i>20th June</i>	<i>London</i>	<i>NOW</i>
<i>Year 3 and 4</i>	<i>5th July</i>	<i>Porthpean Camp</i>	<i>NOW</i>

# Digital Wellbeing at School

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.



## Supporting Digital Wellbeing

Children and young people may be introduced to technology from a very young age so it's important to know what can support them with their digital wellbeing. This can include:

- 1 Effective time away from devices
  - 2 Healthy and appropriate expression online
  - 3 Positive influences and interactions
  - 4 Critical thinking around information and online harm
- 



## Poor Digital Wellbeing

There are still behaviours in children and young people that can contribute towards poor digital wellbeing. Some of these include:

- 1 An over-reliance on technology
  - 2 Exposure to abuse or online harm
  - 3 Poor online/ offline balance
  - 4 Negative influences or social interaction
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## What Can Schools Do?

Digital wellbeing plays an important part in the overall health of your school community. Understanding how technology, apps, online platforms and other spaces can affect students, staff and parents is hard, but consider the following ways to support digital wellbeing at school.

- 1 Encourage appropriate breaks away from devices
  - 2 Create safe spaces for individuals to talk through concerns
  - 3 Encourage the use of parental controls and filtering options for apps where necessary
  - 4 Appropriate offline activities in school
  - 5 Have staff maintain a good understanding of trends and popular apps
  - 6 Develop a school community approach towards online critical thinking
  - 7 Explain what harmful online content is and ways it can present itself
  - 8 Making the community aware of online reporting routes
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To find out more about Digital Wellbeing visit the SWGfL hub:  
[swgfl.org.uk/topics/digital-wellbeing/](http://swgfl.org.uk/topics/digital-wellbeing/)

or scan the QR code



## Further Support

Professionals Online Safety Helpline: [saferinternet.org.uk/professionals-online-safety-helpline](http://saferinternet.org.uk/professionals-online-safety-helpline)

Harmful Sexual Behaviour Support Service: [swgfl.org.uk/harmful-sexual-behaviour-support-service/](http://swgfl.org.uk/harmful-sexual-behaviour-support-service/)

Report Harmful Content:  
[reportharmfulcontent.com](http://reportharmfulcontent.com)



NOMINET

# Summer Holiday Happenings!

## Kids Holiday Club & Family Adventures - Now Booking!

We are absolutely thrilled to be introducing our all new **Kids Club** to Porthpean Outdoor.

Starting from Monday 24 July 2023, our Kids Club will be an outdoor adventure-led provision for 6-11 year olds, running from Monday to Friday throughout the summer holidays. For more information click [HERE](#).

Also in the summer holidays, we will offering our all-new **Family Adventure Breaks**, an awesome short break experience combining quality tented accommodation and *the* best activities on offer in Cornwall.

Our Family Adventure Breaks include:

- A full instructor-led programme of epic adventures
- Glamping style *and* pod accommodation
- Full meals programme and unlimited hot drinks
- Complimentary additional hire, including kayaks and SUPs
- Click [HERE](#) to read more or to book

