



Newsletter

28th June 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 21st June 2024

- Reception:** Well done to Grayson for being able to show 'teen numbers' in lots of different ways!
Congratulations to Keeley for the determination and lovely teamwork you have been showing us in our PE lessons and during sports day practise.
- Year 1:** Two Headteacher awards were given out last week. The first was for Emily-Mae for working really hard in the Year 2 comprehension group! Emily-Mae took her AR test and has been practising her reading.
The second award went to Lola G for absolutely smashing the Year 1 phonics screening score with a massive 40 out of 40! Superb! Well done Lola!
- Year 2:** Well done to Ella and Brooke for making amazing progress with their maths assessments this week, a well-deserved Headteacher's award for you both.
We had a fantastic piece of writing from Seth last week. Seth has been working hard on his handwriting and it shows. Well done Seth – a Headteacher's award for you too!
- Year 3:** Last week's Headteacher awards went to Leo and Riley Q. Leo's love of reading has really developed recently and he has been reading lots of books. His comprehension skills have been improving and he is regularly getting 100% on his AR tests. Well done Leo! Your hard work is paying off! Well done to Riley Q who, in English last week used some fantastic language and good sentence structure in his persuasive advert writing! Great work Riley Q!
- Year 4:** This week George won an award for his work in Maths lessons. He has been working hard on our lessons involving decimals. He is also so helpful and organised in these lessons every day. Keep up the good work George.
The second award went to Frankie. Her progress in Writing is to be commended. She is also participating in whole class inputs a lot more. Keep it up Frankie!
- Year 5:** Both certificates are for maths this week! Well done to Liam for showing brilliant focus whilst completing an online assessment. You worked really hard to get through loads of questions! Marshall, you've been great this week, and clearly understand angles. You've worked hard and stayed focused.
- Year 6:** Away in London

Attendance
24th June – 28th June 2024

Year 3
94.81%

Home Learning Reception Class

Poppy has been really busy enjoying her home learning!

Poppy has been collecting and counting shells to support her maths learning.

Poppy has been making boats with her mum! All of the boats had a character and a sticker.

Poppy's mum said "Poppy made some waves in the bath so my boat with Bo Peep inside was a little wobbly!"

Well done Poppy, we love your home learning!



Activities outside of school

Jake from Year 5 has been doing so well at boxing that he earned himself a trophy!

He attends St Austell amateur boxing club. Jake is pictured with head coach Jimmy giving the trophy and coach Frank who he trains with 3 times a week.

Jake, this is amazing – what an achievement! Well done!

For more information on the boxing club, head to

<https://www.staustell.co.uk/discover/st-austell-boxing-club/>



Year 4 Swimming

A reminder that from 1st July for two weeks (not Friday 12th July), Year 4 are going swimming each day.

All children will need:

A swimming costume/swimming trunks

A towel

Goggles

Optional

Swimming hat

Hair must be tied up in a ponytail or bun please.

Please make sure the two forms for swimming are completed on Parent Pay



Farm Safety



We've had local farmers telling us that children are accessing private land to play on hay bales and enter fields with animals.

Please remind your children about farm safety. When cows have calves and are in open fields they are very protective of their young – if they sense danger, there is a high chance of unauthorised people being trampled and injured. The same with hay bales – not only are they a source of food for the animals, they weigh up to 408 kgs and if they fell on someone they could cause serious injury or worse.

Please remind your children they should not be entering any private fields around the area – these farms are working farms and not a play area.

Thank you for your co-operation.

School Meals Pre-Order



Unfortunately, we had 12 pupils who had not had a lunch ordered from the school kitchen this week.

Please make sure your child's meals are ordered by midnight every Sunday for the week ahead. If, in some cases, our stocks are low because of non-ordering, we will have to telephone parents/carers and ask them to bring a packed lunch into school for their child.

Thank you for your co-operation.

Wellbeing

Jump Back Up July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Our Sports Day was organised by our brilliant Year 6s and focused on the '5 Ways to Wellbeing'

At Roche School we value the 5 Ways to Wellbeing. The Five Ways to Wellbeing are:



At Sports Day, we connected with each other and with you, we kept active, we took notice, supported and looked out for each other and we tried new activities. The Year 6s have given their time to organise this event.

Summer

Holiday Clubs

For ages 5 - 16

Across the sessions we will be running a mixture of our traditional and alternative sporting activities, from Basketball, Football and Dodgeball to Crossbow, Bubble Football and VR.

How to Book?

Bookings can be made via **Playwaze** or by visiting the **DT Coaching** website: www.dtcoaching.co.uk

DT
Sports
COACHING SERVICES

Please contact us for further details or for help booking:



clubs@dtcoaching.co.uk



01872 306730



Location

Roche Primary School
(PL26 8EP)

Dates

Tues 6th & Wed 7th August
Tues 13th & Wed 14th August
Tues 20th & Wed 21st August
Tues 27th & Wed 28th August

Times

9:00am - 1:00pm

Funded for those eligible for Free School Meals, with a hot lunch included!



Department
for Education

Dates for your Diary

1 st July	Swimming	Year 4	Please complete the consent form on Parent Pay And answer swimming questions
2 nd July	Tec Girls	Selected children*	Please complete the consent form on Parent Pay
5 th July	Wheal Martyn	Year 2	Please complete the consent form on Parent Pay
8 th July	Newquay Zoo	Year 2	Please complete the consent form on Parent Pay
15 th July	Newquay Aquarium	Reception Class	Please complete the consent form on Parent Pay
15 th July	Newquay Lifeboat	Year 1	Please complete the consent form on Parent Pay

*please return your photo consent to Mrs Gardner or Mrs Batten asap

Information and letters for all of these trips can be found on the home page of your Parent Pay under 'alerts and communications'.

Sports Day Results

KS1 (races only)

Red 55 points
Blue 62 points
Green 67 points
Yellow 60 points

KS2 (races and field events)

Red 2198 points
Blue 2785 points
Green 3321 points
Yellow 2515 points

1st
Green
2nd
Blue
3rd
Yellow
4th
Red



Sports Day

Thank you to the PTFA who set up and ran the refreshment and raffle stall at Sports Day. We raised a brilliant £260.90.

Thank you to everyone who bought raffle tickets and refreshments during the day.

If you'd like to join the PTFA, please email Mrs Austin taustin@roche.tpacademytrust.org who can give you further information on what is involved.

**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