



# Newsletter

3<sup>rd</sup> February 2023



## Headteacher's Awards Awarded 27<sup>th</sup> January 2023

- Reception:** The Reception Head Teachers Awards this week went to:  
Harry for his fantastic tens frame work with week! You can show 7 in lots of different ways!  
Ruby for the fantastic progress she has made in phonics.  
Tilly for her creative ideas when designing a new toy this week.
- Year 1:** This week the Headteacher's awards went to Millie for producing a fantastic piece of art work inspired by artist Jasper Johns. Millie listened carefully to the instructions given and thought about what she wanted to produce. Super work Millie.  
Lacie has been working really hard in all areas of the curriculum and has consistent brilliant behaviour and manners. Well done Lacie!
- Year 2:** Riley and Charlie gained a Headteacher's award this week. Riley for super work in phonics and for a huge improvement with his handwriting – well done. Charlie has been really brave at school and continues to work really hard. Well done Charlie!
- Year 3:** Very productive week in Y3 last week with 3 Headteacher awards given out! It was Numbots week last week and all of the Y3 worked really hard to move up their levels but the children who made really good progress were Senara and James. They practiced lots at home and in school and their perseverance paid off. Well done you two! Keep pushing on. Congratulations to Edward too who improved his pace in Maths last week. He focussed well in lessons and produced much more work than previous weeks. Well done Edward! Keep it up!
- Year 4:** Lexi - For her enthusiasm and dedication to Fitness Fridays every week! Lexi particularly loves the PE sessions we do with Music. She has great rhythm and inspires others in the class with her creativity. Keep up the hard work Lexi.  
Liam - He had a super week last week but in particular we have been very impressed with his attitude and effort in his English lessons. Liam can sometimes find this a struggle, but we were so impressed with him last week and it was great to see him happy and confident.
- Year 5:** Congratulations to Kaelyn and Xander! Although Kaelyn is always hard-working and conscientious, this week she worked particularly well on editing and enhancing her English, and what's more, she could talk confidently about what she was doing. Well done!  
Xander, has had a brilliant week in Maths! In Mr Moore's words, "Xander solved a problem better, and more efficiently, than he did!" which clearly deserves a certificate!
- Year 6:** This week we awarded 3 Headteacher awards. The first award went to Ethan H-G. Ethan is always ready to start each lesson, has a super attitude to learning and is making great progress in maths. Our second award went to Jacob. He has made excellent progress with his spellings and has improved from 25% to 100%! Amazing! Our third award went to Charley-Dee. Well done Charley-Dee for her super understanding of the skills we have learnt in DT lessons. She can talk confidently about how we made our bridges. Excellent efforts from all three pupils – well done.

**Attendance**  
**30<sup>th</sup> January – 3<sup>rd</sup> February 2023**

**YEAR 4**  
**98.41%**

**Football Report – Roche V Bugle (Home)**

*By Jenson*



On Tuesday, Roche played football against Bugle at home. As we kicked off, Bugle immediately had a chance but Jack S, in goal, made an amazing save and tipped it out for a corner. As the corner went in, Jack S punched the ball out of the box and Harry had a chance but Bugle's defender snatched it away.

Next, Bugle had another attempt and the striker went one on one with the goalkeeper Jack S! Once again he made an amazing save!

Straight from a goal kick, Ethan got the ball and played it to me. I passed it to Harry who scored a goal to make it 1-0 to Roche. After that goal it was half time.

In the second half, Roche were all over Bugle and managed to get a couple of chances but could not score. Bugle had another corner and headed the ball but Riley cleared it. Not long later, as a goal kick, Riley played the ball to Jack M and he played the ball to me and I hit it from outside the box and it went in!

As Bugle took the kick off, Harry went straight in, took the ball from the defender and almost scored.

The match ended 2-0 to Roche.

The man of the match has to go to the fearless Jack S who saved us many a time during the match!

We are looking forward to playing Whitemoor next week.

**Celebration of Work**

Thank you to everyone who was able to attend the Celebration of Work on Wednesday. We hope you enjoyed seeing your child/rens wonderful work.

A reminder, next week there are parent/carer phone calls from your child's teacher. Your child's teacher will telephone the number we have on record for you.

## Wellbeing

### Time to Talk Day

It's time to Talk Day on Thursday 2<sup>nd</sup> February 2023! Run by Mind, Rethink Mental Illness and Co-Op, Time to Talk Day is the nation's biggest mental health conversation.

Conversations have the power to change lives – helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it. Here are some top tips about starting conversations:

**Ask questions and listen** – Asking questions can give the person space to express how they're feeling and what they're going through and it will help you to understand their experience better. Try to ask questions that are open and not leading or judgmental, like "how does that affect you" or "what does it feel like?"

**Think about the time and place** – sometimes it's easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you're walking, cooking or stuck in traffic. However, don't let the search for the perfect place put you off!

**Treat them the same** – When someone has a mental health problem, they're still the same person as they were before. And that means when a friend or loved one opens up about mental health, they don't want to be treated any differently. If you want to support them, keep it simple. Do the things you'd normally do.

**Don't try and fix it** – It is natural to try and offer advice or solve the problems of someone you care about, but this will not help a person with a mental health problem. The best thing you can do is listen and let them know that you are there for them.

**Be patient** – no matter how hard you try some people might not be ready to talk about what they're going through. That's OK – the fact that you've tried to talk to them about it may make it easier for them to open up another time.



### **Why Time to Talk Day is important**

- One in 4 of us will experience a mental health problem in any given year.
- We want everyone to feel comfortable talking about mental health – whenever they like.
- Talking about mental health reduces helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.
- Opening up the conversation about mental health problems is important. By talking about it, we can support ourselves and others.



### Time2Move

Time2Move will once again be at Roche Primary School over the Easter holidays (specifically 3<sup>rd</sup> – 6<sup>th</sup> April).



Bookings are not yet open but keep an eye on this newsletter for details nearer the time. For more information on the programme and activities they potentially will offer over the Easter break, head to <https://www.activecornwall.org/t2mholidayprogramme/>

If your child is eligible for free school meals, they could have a free space. The free school meal information box can be completed on the Active Cornwall website which links through to the cornwall.gov webpage. <https://www.cornwall.gov.uk/time2move>

### Year 6 London 2023

### Year 3 and Year 4 Porthpean Camp 2023

The instalments for London and Porthpean are live on Parent Pay. If you would like to discuss payments, please speak to Mr Walden or email him [head@roche.tpacademytrust.org](mailto:head@roche.tpacademytrust.org)



### Dates for your Diary

<b>6<sup>th</sup> – 10<sup>th</sup> February:</b>	Parent/Carer phone calls
<b>7<sup>th</sup> February:</b>	Whitemoor V Roche Away game (Football only)
<b>13<sup>th</sup> -17<sup>th</sup> February:</b>	Half term
<b>19<sup>th</sup> February:</b>	Order meals for week commencing 20 <sup>th</sup> February
<b>21<sup>st</sup> February:</b>	Bugle V Roche Away game (Football only)
<b>2<sup>nd</sup> March:</b>	World Book Day (details to follow)
<b>7<sup>th</sup> March:</b>	St Piran's Day
<b>8<sup>th</sup> March:</b>	Snell Cup (details to follow)
<b>17<sup>th</sup> March:</b>	Comic Relief (details to follow)
<b>27<sup>th</sup> March:</b>	Cross Country Races at Brannel
<b>3<sup>rd</sup> April:</b>	Easter Holidays



## Year 4

Hi everyone, it's Year 4 here!

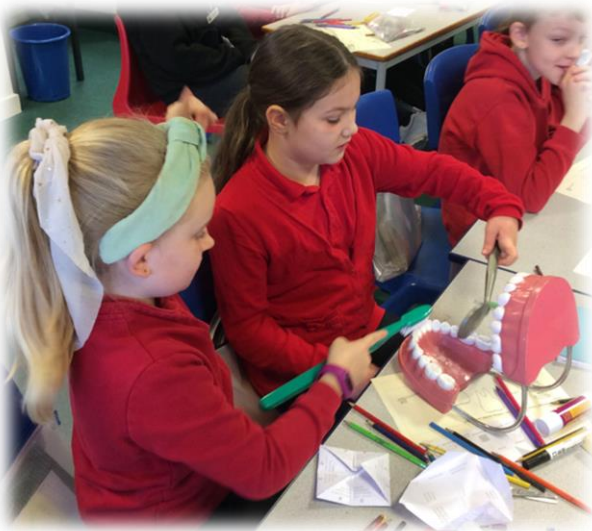
We had important visitors in our classroom this week. A dentist and dental nurse visited us from The Old Carriage Works in Lostwithiel to help us with our Science learning.

Here are some top tips we want to share with you and your family:

- Brush in circles and not side to side.
- Don't forget to brush your gums.
- Use a pea size amount of toothpaste.
- Make sure your toothpaste has fluoride in it.
- You must spit and not rinse. If you rinse, you are washing away the fluoride.
- You need to brush your teeth twice a day. The most important time is the evening before you go to bed!
- You need to brush your teeth for 2minutes. If you don't, you will not remove all the plaque and bacteria that builds up when you eat and drink.
- Use Brush DJ App if you want a fun timer whilst listening to music.
- WARNING - If plaque builds up, you will damage your enamel and you then might get cavities. Cavities mean fillings at the dentist!
- Try to visit the dentist every 6 to 12 months. Children under 18 go for free!

We hope you enjoyed hearing all the knowledge we have now learnt.

Thank you for visiting us!



# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



**NOS** National Online Safety®  
#WakeUpWednesday