



Newsletter

21st 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 14th June 2024

- Reception:** Well done to Alissia for her enthusiasm and interest in our learning about 'floating and sinking' this week.
Congratulations to Freddie for his fantastic writing in our 'Fish and chip shop' role play area this week.
- Year 1:** Unfortunately, Tilly broke her elbow in the park. This certificate is for amazing effort in all areas even with an injury!
The second award was given to the whole class for their amazing phonics throughout their phonics screening week. The children did fantastically well and we are so proud of you Year 1!
- Year 2:** Well done to Bali for his contribution to this terms science topic – Living things. Bali asked some really insightful questions and enjoyed finding out the answers.
Memphis was awarded a Headteacher's award this week for always having a 'can do' attitude in everything he is tasked with. He always follows the school rules and is a great representative of Roche School.
- Year 3:** Last week's Headteacher's awards went to Evie-Mai and Dami. Evie-Mai had a great week in Maths. She was focussed and worked hard in every lesson. She had a smile on her face throughout each lesson. Well done Evie-Mai! Congratulations also to Dami who had a great week in English. We were looking at persuasive adverts and Dami came up with some great "boastful language" to use in the adverts and then used them in his writing. Well done Dami!
- Year 4:** Last week Tommy was nominated for a Headteacher's Award for his creativity. His attention to detail is super and he has been so thoughtful in designing things for the classroom. I am impressed with his ability to sketch patterns and his high level of presentation in all subjects. The second certificate went to Megan. Her enthusiasm for English this week was great! She was asking if she could carry on writing in the afternoon as she was enjoying it so much. This was so lovely to hear. Keep up the positive attitude Megan.
- Year 5:** Both certificates last week were awarded to children who have gone out of their way to be helpful, which is just wonderful.
Maisie was particularly helpful whilst on the Polkerris trip, to another child who was feeling nervous. Not only did she reassure before they went, but also she kept checking-in whilst in the water.
Morley has been nominated by Mr Moore. Morley was not only great in cricket, but also really helpful in helping Mr Moore during a lesson, making it run really smoothly.
Well done both of you! This helpfulness was lovely to hear about.
- Year 6:** Well done to Xander for really trying his best during the play and doing an amazing job! Well done to Abigail for a super effort when creating a poster in science.

Attendance
17th – 21st June 2024

Reception Class
95.65%

Year 1 Cake Sale

On Thursday 27th June, Year 1 are having a cake sale. Please can Year 1 bring cakes to sell from Tuesday 25th June.

Make sure you bring some cash at collection time on 25th June. All monies raised will be donated to Newquay Lifeboat Station.



******Important Information re Data Collection Sheets******

A decision has been made not to give out Data Collection packs from now on. These are the A4 white envelopes you receive each year with your child's contact information plus walks around the village forms, image consent etc.

The information you provided us with last time you completed the forms is the information we will keep on file for your child's schooling unless a parent or carer changes it.

It will be parental responsibility to tell the school office if your phone number has changed or if you have moved etc and keep your child's records up to date.

Please inform the school office by email or pop in to see Mrs Batten or Mrs George if any details change.



Activities outside of school

Well done to Mia from Year 3 who ran the Cornwall Rainbow Run at RAF St Mawgan last weekend! This is to raise money for Children's Hospice South West.

This event was to run, hop, skip or walk 5K whilst having powder paint showered on you at 7 different paint stations!

Well done Mia! We love your outfit and you look like you had lots of fun with your family and friends!



School Uniform Delivery

The ordered school uniform from Price and Buckland will be delivered to school on the week beginning the 8th July. Any uniform ordered later than the cut-off date will have to be delivered to home at a cost of just under £4.

Activities outside of school



Well done to Charlotte and Roanna from Year 6 who attending the West of England Bandsmen's Festival last Saturday.

Charlotte marched and played with Bugle Silver Band and Roanna marched and played with St Austell Youth Band.

Both girls came first in their section with their bands winning trophies and prize money!

Charlotte and Roanna both play cornet with The Cornwall Youth Brass Band and have a concert at Truro High School for Girls on Sunday at 2pm which everyone is invited to attend.



Well done Charlotte and Roanna!

Home Learning



Rosie in Reception Class has been wowing us with her home learning!

Rosie drew a picture of the seaside with labels about what you find at the beach.

Rosie also did a shape scavenger hunt at home to practise shape knowledge.

Rosie is working really hard to practise her phonics and reading at home and also completed another level of Numbots!

Well done Rosie – you have been working so hard at home as well as school!

Activities outside of school



Last Sunday at Brannel School, Paige in Year 5, with her team the Charlestown Robins, won the Cornwall Youth Football League beating 12 other teams from across Cornwall!

Here is a picture of Paige proudly holding their trophy!

Well done to Paige and the team for your brilliant performance. Paige's dad says:

"Myself and Cathy (Paige's mum) spent the day watching the team who were just incredible; Paige did a brilliant job!"

If you've done something outside of school, please email a photo and information to reception@roche.tpacademytrust.org

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

Wellbeing

Grounding

Just how our senses can trigger an emotional response, they can do the opposite and help us to calm down too.

One grounding technique asks you to think about:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Focusing on this helps your body to regulate!



Focus: Recognizing & Supporting children's mental health

Common warning signs of mental health issues include:

1. Sudden mood and behaviour changes
2. Unexplained physical changes, such as weight loss or gain
3. Sudden poor academic behaviour or performance
4. Sleeping problems
5. Changes in social habits, such as withdrawal or avoidance of friends and family.

Tips to support a young persons mental health.

1. Be there for them and listen. Let your children know that it's ok to talk about their feelings and nurture the idea of being open.
2. Validate their feelings by taking what they say seriously.
3. Support them through difficulties while encouraging them to stay open.
4. Build positive routines with structure, plenty of sleep, healthy eating habits, regular outdoor time and physical activities.

If you are worried about your child, please let us know at school so we can help to support them.

Junk Modelling Needed

Reception Class are going to be making boats to support their topic of floating and sinking. They are in need of junk modelling materials such as egg boxes, small cardboard boxes, off-cuts of fabric, lolly sticks and foil.

If you have any of these items in your recycling boxes, please would you consider donating them to school for the Reception Class children?

Many thanks



10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College®

Summer Reading Challenge 2024

Delivered in partnership with libraries

Marvellous Makers



Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024.

Summer Reading Challenge

The Summer Reading Challenge 2024 starts on Saturday 6th July and runs until Saturday 14th September.

- **What is the Summer Reading Challenge?**

The UK's biggest reading for pleasure programme for primary school children in libraries, encouraging children to read for fun during the school holidays.

- **Who can take part?**

The Summer Reading Challenge is a flexible programme, designed for all levels of ability. It is open to all children aged 4-11. Some library services also offer early years activities.

- **When does it start and how can children sign up?**

The Challenge runs throughout the summer holidays in the majority of UK public libraries. Children can sign up at any time during the Challenge period, either at the library or online at summerreadingchallenge.org.uk. Check start and finish dates with your local library service.

- **What does the Challenge involve?**

At the library:

- A child visits their local library to sign up and pick up a Summer Reading Challenge folder
- They set a reading goal and borrow books of their choice
- They collect bespoke stickers and incentives from the library for their reading, including a certificate for reaching their reading goal

Online:

Alternatively, children can take part in the Challenge online at summerreadingchallenge.org.uk where they will set a reading goal and unlock digital rewards including a PDF certificate. They'll get book recommendations and tips for accessing books for free at home.

- **What will children read for their Challenge?**

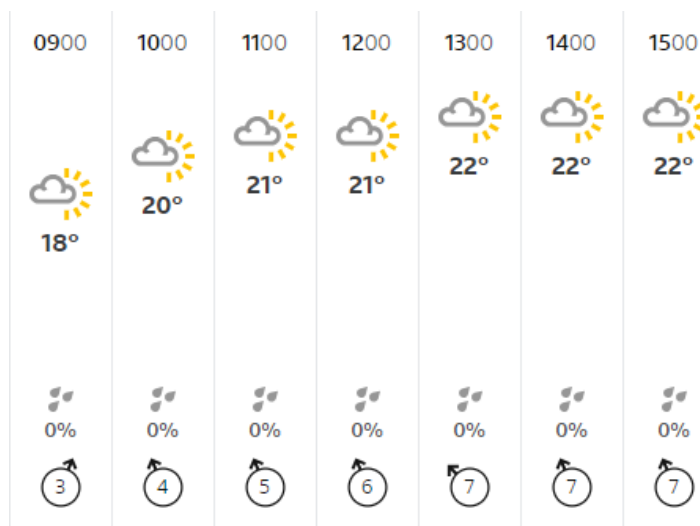
The Challenge is all about reading for fun, so children can choose to read anything they like. Really - anything! Audiobooks, e-books, fiction, non-fiction, comics, joke books, poetry, graphic novels... it all counts! Library staff and volunteers will help children discover new reads which suit their interests and reading level.

Sports Day

Sports Day will be on **Monday 24th June**.

KS2 will start at 9.15am (Year 3, Year 4, Year 5 and Year 6)

KS1 will start at 1.15pm (Reception, Year 1 and Year 2)



Looking at the forecasted weather, Sports Day will go ahead on Monday.

Please make sure the following is in place for your child. These bullet points are non-negotiable.

- **All children must** be wearing a sun hat (please make sure it is labelled with your child's name). Unfortunately, there is no shade on the field so a hat is paramount.
- **All children must** be wearing sun cream of a high SPF factor AND bring some to reapply.
- The pollen level is high this day so as we are on the field, please make sure *if* your child has allergies to the current pollen, they have taken suitable medication.
- **All children must** have a large drink (preferably water) with them.
- **All children must** be in suitable PE kit for Sports Day including trainers suitable for sport.
- Can all spectators wait at the green gate by Pebbles. A member of staff will open the gate to let you in 5 minutes before Sports Day begins.

As per previous newsletters and information, refreshments will be available for adults for a small fee (50p for drinks etc cash only please) on the field including a raffle with prizes for the Seal Sanctuary, Dreadlock Escape Rooms, surf lessons, Wheal Martyn Admission, Beauty Vouchers, a hamper and much more!



Important information re photographs

You may take individual photographs of your child at Sports Day, however if you have other people's children in your photo you **must** get permission from their parent or carer before you post it onto any social media platform. Please be respectful of other people's right not to be on social media.

We thank you for your constant co-operation with this.

Sponsored Bike Ride
Paul Kent (Mrs Kent's husband)



I'm am taking part for the fourth time in Children's Hospice South West's annual event Ride for Precious Lives 2024.

I am completing this special event with my colleague Tim Luscombe and 110 other cyclists between 12- 14 July.

The event will begin in Bristol at their hospice Charlton Farm and we will over 3 days, cycle through Cheddar Gorge, up over Exmoor to their hospice Little Bridge House in Barnstaple and finally on day three cycle from Bideford to St Austell in Cornwall where we will cross the finish line at Little Harbour.

The cycle will include 14,000ft of climbing over 200 miles which will approx take about 8 hours a day.

Please help me reach my target of £1,200 for Children's Hospice South West to help raise vital funds to support and care for over 560 children and young people living with life-limiting conditions, and their families. Any donation will be appreciated:

- £5 could fund ingredients to make a birthday cake that will make memories for families to last a lifetime
- £20 could fund an hour of fun in the Hydrotherapy pool
- £60 could fund a specialist nurse to visit a child at home
- £70 could fund an hour of care for a family

To sponsor Paul, please head for: <https://www.justgiving.com/fundraising/paul-kent2024>

Mental Health Support Team

The Mental Health Support Team are running their next sessions of free online workshops for parents/carers of children ages 5-11.

The workshops are as follows: (All start at 11am)

03/07/2024 - Understanding worry – <https://forms.office.com/e/CSm8FGX274>

10/07/2024 - Behaviour as communication - <https://forms.office.com/e/Jn4aPxZygX>

17/07/2024 – Intro to resilience – <https://forms.office.com/e/h4vDr95tEY>

24/07/2024 – Parent Decider Skills - <https://forms.office.com/e/GNSeyHZAb8>

Once you sign up for as many of these workshops as you like, you will be sent a Teams link 48 hours before the one-hour session.

Parents and Carers of pupils at Roche School who have attended these sessions have said how helpful they have been and are worth signing up for any which suit your family.