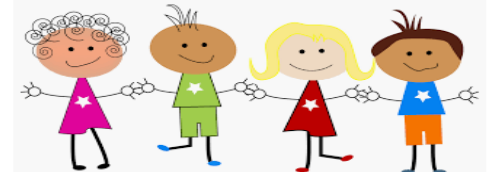




Newsletter



1st October 2021

Headteacher Awards

- Reception:** Priya for outstanding perseverance and resilience in all aspects of school life.
- Year 1:** Bailey for working really hard in phonics.
- Year 2:** Bradley for excellent learning in phonics. Ella for a great start in Year 2!
- Year 3:** This weeks' awards go to Mark and Harrison. Harrison has made a fantastic start since joining Roche. He has settled well into Year 3. He is displaying a great learning attitude and has made many new friends. Well done Harrison, you are a lovely addition to Year 3! Well done to Mark who has shown fantastic resilience with all his written work along with good self-regulating behaviours. Mrs Campbell and Mrs Mansfield were very proud of you this week especially in English. Keep it up Mark, it is lovely to see.
- Year 4:** Jamie - Fantastic role model! Always making the right choices.
Holly - Super efforts in Shared Reading this week.
- Year 5:** Special Award for the whole class for working exceptionally well during different circumstances.
- Year 6:** Logan for his fantastic attitude to learning and the great start that he has made to Year 6.
Callum and Ethan for the progress that they have made in their reading and comprehension skills since being in Year 6.

Golden Tickets

- Reception Class:** Bali for fantastic phonics!
- Year 1:** Arthur for super behaviour in phonics!
- Year 2:** India for great listening!
- Year 3:** Zak for 100% on an AR quiz!
- Year 4:** Charlotte for completing a row of Diddi-Dots!
- Year 5:** Olivia for an impressive first draft of her report!
- Year 6:** Joseph for trying really hard with place value!



Netball Club

There will be no netball club on 5th or 12th October after school. Mrs Powell is hoping to try and fit the club in at lunch time over these two weeks. The club will be back to normal on 19th October.

Nasal Flu Spray

The consent form is available at <https://www.kernowimmunisations.co.uk/Forms/Flu> and the unique reference for Roche School is **EE142952**

Please complete the online form to **OPT IN** or to **OPT OUT!**

If you have any questions or concerns, please contact the Kernow Health team on 01872 221105.

Please complete the online form no later than 4th October.

Further information is available at www.nhs.uk/child-flu



On 8th October your child is invited, alongside their usual uniform, to wear something yellow for Young Minds mental health day.

It can be a yellow hair band, t-shirt or similar.

The suggested donation is £1 per child and is payable straight to the charity Young Minds through our Just Giving page:

<https://www.justgiving.com/fundraising/roche-school-youngminds>

Please donate to the page only – do not bring cash into school.

Many thanks.

Date for your diary!

Individual pupil photographs will take place on Friday 15th October!

These will be available to order online – all of the details will be sent home on the day.

Lunch Orders

Please order your child's school lunches by midnight each Sunday for the week ahead. Our school food is ordered to the amount needed as not to have waste.

Thank you for your co-operation.

Enquiries

For general enquiries/information, please email reception@roche.cornwall.sch.uk or telephone 01726 890323 to avoid queuing and congestion in the school office each day. We aim to answer your questions the same day.

Many thanks.

A BIG THANK YOU!

A big thank you to Graham and Kirsty Robins from Graham Robins Body Motor Repair for once again sponsoring our mini bus for its annual MOT.



Mindfulness Club

Due to Parent's Evening phone calls, there will be no Mindfulness Club on Thursday 7th October (next week).

MENTAL HEALTH

IS...

- Important
- Something everyone has
- Inextricably linked to (and probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



Being mentally healthy doesn't just mean that you don't have a mental health problem.

If you're in good mental health, you can:

- make the most of your potential
- cope with life
- play a full part in your family, workplace, community and among friends.

Some people call mental health 'emotional health' or 'well-being' and it's just as important as good physical health.

Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.

Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.

There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling.

Excerpt from www.mentalhealth.org

School Water Bottles

Your child should have their school water bottle in school each day and it should contain water only.

Bottles from home can be bought in with squash for break and lunch times.

If your child forgets their bottles, they can use a cup from the classroom.



School Times

A reminder, children should be in school and ready to be collected by their teachers at 8.40am to start learning at 8.45am.

15 minutes late each day adds up to 1 hour and 15 minutes of learning lost a week.

Please try to be on time (unless you have a previous arrangement with Mr Walden).

Tilly's Diary



Hi Everyone!

Well, what can I say? I just love a paper delivery because one of my most favourite items is cardboard! I like boxes, flat card and scrunched up card. I even try to lay down on flat packed boxes when Mrs Batten is trying to make them for storage which she finds hilarious (I think!)

I am also trying to work out how many reams of paper I am sitting on. A packet of paper is called a 'ream'. There are 15 boxes of paper with 5 reams in each one. How many reams all together? If you want to take this further, a ream is 500 individual pieces of paper so how many pieces of paper are there?

I think I need to ask Mr Moore to help me! If you know the answer, will you please tell me? Ask your parent or carer to email Mrs Batten reception@roche.cornwall.sch.uk and we will put the answer on next week's newsletter!

I've been to Doggy day care this week too and played with my best friend Bear! We love running together. I always sleep well when I come home!

Love Tilly x



Your School Nurse

Your child can have access to a School Nurse at any time if you have any health concerns, in addition your School Nurse offers a full health assessment in reception and year 6.

The School Nurse can check:

- Your child is growing healthily and support with healthy eating
- Support with access to dental care and general support for dental hygiene
- Help with day / night time wetting or soiling
- Provide information about immunisations
- Guidance re healthy lifestyles
- Support with general hygiene issues including head lice and worms
- Support with general emotional health issues
- Support to access other health professionals
- Routines, including sleep

Additionally in Year 6:

- Friendships
- Relationships
- Development, including periods and puberty
- Access to specialist services – including dietician, healthy weight programmes and voluntary services
- Developmental issues
- Transition to secondary school
- Healthy lifestyles



Referrals via the Early Help Hub
www.cornwall.gov.uk/earlyhelp
Tel: 01872 322277
Client advice line: 01872 322779

 www.cornwall.gov.uk/schoolnursing