



Newsletter

25th November 2022



Headteacher's Awards Awarded 18th November 2022

- Reception:** This week in Reception the Head Teacher Awards are going to:
Leo for the fantastic Rangoli Pattern that he created outside using chalk.
Lowen for working hard in phonics.
Lola L for her knowledge and use of vocabulary this week whilst learning all about Diwali.
- Year 1:** The Headteacher's awards this week went to Summer for working really hard in phonics and number bonds to 10. Flynn also had an award for working super hard in phonics with Mrs Birch and for brilliant reading of our story.
- Year 2:** This week the Headteacher's awards went to Arwen for drawing a brilliant story map and re-telling the story and Amelia for a super week in all subjects. Well done!
- Year 3:** Congratulations to Roxette and Ashton for last week's awards. Roxette worked well in English when learning about prepositions and was able to identify them. She has also been focussing on her reading and is regularly scoring highly on her AR tests. Well done Roxette, keep it up! Congratulations to Ashton too for being a fantastic role model for the whole of Year 3. Ashton is focussed in all lessons showing great learning behaviours and always makes the right choices during playtimes. He is a good friend to lots of the children. It's lovely to see.
- Year 4:** This week the Headteacher's award went to Harry J for working hard in Fitness Friday. He did amazingly well and came first during the bleep test! Zak was very close behind Harry J in the bleep test so also gets a Headteacher's award! Well done! Maisie got an astounding 9/9 for her reading comprehension reading a wide range of text so another Headteacher's award was given out!
- Year 5:** A busy week this week in Year 5! Year 5 had a Science Super Learning Day, and write some VERY persuasive letters! But a particular well done has to go to Senna and Xander. Senna's persuasive letter had all of the features she was asked to include. In addition, Senna is always ready to start learning and listens well to instructions, proving she always wants to do her best.
Xander's certificate is for music. I was excited to see some mini-performances from Year 5 on Monday, and Xander's enthusiasm during his performance was just lovely to see - well done!
- Year 6:** The Headteacher's awards this week went to Macie for her determination this week even though she has been unwell and Kira for mastering common multiples and trying extremely hard with her work all week.

Attendance

Year 4
93.87%

Pen Licence

Well done to Kira and Ethan N in Year 6 who have achieved their pen licence!



Thank you!

A big thank you to everyone who donated to Children in Need via Parent Pay for non-uniform day. We raised a total of £129.50. If you haven't donated, there is still time! Just look for 'pay for other items' under your child's name and the donation button will be there.

Christmas Menu – 14th December

The school Christmas dinner menu is live on Parent Pay. The choices are:

Main: Roast Turkey
Roast Potatoes
Pigs in blankets
Roast parsnips
Sprouts
Carrots
Stuffing
Gravy

Vegetarian: Quorn Roast
Roast Potatoes
Roast parsnips
Sprouts
Carrots
Stuffing
Gravy



The dessert choice is festive cake or biscuit. There will also be satsumas available.

If your child is entitled to Free School Meals or is in KS1 this meal is free. Otherwise, there is a cost of £2.30 per child. Please scroll along on the dates on Parent Pay and pre book the meal no later than 7th December.

Please note school packed lunches or jacket potatoes are *not* available on this day.

Girls Football

A date for your diary, there will be no girls football on 7th December.

Christmas Dinner in a Box

<https://cornwallchristmasbox.co.uk/>

In keeping with the 5 ways to well-being that underpin everything we do at Roche, Year 5 would like to continue the tradition of 'give' started last year by putting together Christmas Dinner Boxes. By working together as a school, we hope to put together more than one box.

If you feel you could donate any of the items below, **please get them into school by Monday 5th**, so that Year 5 students have the opportunity to collate the items into the boxes.

By splitting the list between KS1 and KS2, we hope to ensure a range of products and not get an influx of mince pies! Should we have any leftover items, they will be donated to the Food Bank.

Information below:

Christmas Dinner in a box for the poorest families in Cornwall.

Each box donated contains enough food for Christmas dinner with all the extra little goodies, treats like mince pies and biscuits, and of course Christmas pudding – which all go to make up a feast for a family in need. Due to storage and distribution limitations we can't accept fresh food but there are plenty of good things to eat that can still be included. A typical box costs around £30-£40 but you can share the cost by getting together with friends, neighbours and colleagues to fill a box together. The boxes will be distributed by Cornwall Council's 'Together for Families' team and some Family Hubs to families in need.



<https://cornwallchristmasbox.co.uk/>

- 2 x tins of meat
 - Tin of potatoes
 - Tin of sweetcorn
 - Tin of carrots
 - Jar of cranberry sauce
 - Gravy granules
 - Stuffing
 - Christmas pudding
-
- Mince pies
 - Packet of custard
 - Tin of fruit
 - Packet of yummy, sweet biscuits
 - Box of chocolates
 - Packet of 'nibbles' (crisps or similar)
 - Chocolate log or Christmas cake
 - Soft drink (plastic bottle & no alcohol please)
- KS1**
- KS2**

Wellbeing – create your own calm jar

Using the Calm Jar

When we are **stressed, anxious, sad or angry**, our mind is like the Calm Jar when it is shaken up.

Our thoughts become busy and mixed up. If we get caught up in our stresses and problems, it is like shaking the jar and it just keeps our thoughts busy and not calm.

When we feel stressed we can use the calm jar to help us settle.

- 1 Start by picking the jar up and giving it a good shake. Allow the glitter to get mixed up and 'busy'.
- 2 Then, place the jar on a table or flat surface and focus on the movement inside the jar. Watch as it swirls and moves.
- 3 Just keep focusing your attention on the jar, watching as it settles. There is nothing else to do. Just giving yourself a few minutes to calm.
- 4 If the mind wanders, that is OK. Nothing has gone wrong. Just gently bring your focus back to the jar.
- 5 See if you can stay focused on the water until it settles and becomes still.
- 6 Then, notice how you feel. You will probably notice that you feel a little calmer, more settled.
- 7 If not, you can begin again, shaking the jar and watching it settle.

Create Your Own Calm Jar

Being mindful is all about learning to pay attention.

By focusing our thoughts, we can help settle the mind.

This is particularly important when we are facing strong and difficult emotions.

When we are **stressed, anxious, sad or angry**, we can quickly get carried away by our emotions and this can affect our mood and behaviour.

However, by being mindful we can help focus and settle the mind when we experience difficult emotions.

This activity allows us to be creative and to make a 'Calm Jar'. This is a simple mindful tool that we can use to help us calm when we feel **stressed, anxious, sad, angry** or just out of sorts.



Preparation

You will need:

- An empty and clean jam jar or bottle
- Water
- Glitter glue
- Fine glitter or glitter shapes
- Food colouring (optional)

Instructions (please ask for help from an adult when making the jar):

- 1 Start by filling the jar or bottle with water almost to the top. Remember to leave a little space.
- 2 Then add the glitter glue to the jar. You can squeeze in as much as you like. It is your Calm Jar, so be creative!
- 3 Next, add the extra glitter and glitter shapes to the jar. Perhaps notice how cloudy and mixed up the water and glitter has become.
- 4 If you are using the food colouring, add a few drops to the water now.
- 5 Finally, screw on the lid of the jar or bottle. Make sure it is tight and leak proof!

Christmas Events at Roche CP School – Dates for your Diary



Friday 9th December:

House Treat for most tokens – who will it be?!

Monday 12th December:

AM: Whole School Cinema Trip to see a surprise film

Tuesday 13th December:

9.30am: KS1 Production School Hall (tickets available soon)
1.30pm: KS1 Production School Hall (tickets available soon)

Wednesday 14th December:

Whole School Santa Fun Run for Cornwall Hospice Care (details below)
Whole School Christmas Jumper Day
Whole School Christmas Lunch
6.30pm: KS2 Sing-a-long at Roche Victory Hall with Roche Brass (details to follow)

Thursday 15th December:

Santa Fun Run if Weds 14th Dec is wet weather.

Friday 16th December:

Film Afternoon and last day of term (normal finish time of 3.15pm)

Phonics

A reminder that if your child does Read, Write, Inc phonics, they should be reading every day at home as well as and looking at their videos on the website for their group. The link is below. These links are updated weekly.

https://rohecpschool.eschools.co.uk/web/phonics_parent_links/621779



KS1 Christmas Costumes

For our nativity play we are short of some angel costumes. If anyone has any, can we please borrow them?

Also, for shepherds in Year 1, we are looking for any striped shirts to make into shepherd's costumes.

For year 2 we are after some smart waist coat/jackets for 3 boys to wear with a tie or bow tie please.

If you can help with any of these, please let us know!

You will have received a Parent Pay email with which items your child needs for the play.



Dear Parent/Guardian,

This Christmas, Cornwall Hospice Care have invited us to join in with their annual Santa Series. This is a charity that is close to all of our hearts here at Roche School.

Cornwall Hospice Care is a Cornish charity that operates the only two adult hospices in the county, in St. Austell and Hayle. They rely on fundraising and generous donations from the public to keep our hospices open and to continue to give the same care as always to the local community, and this year we want to help.

We are planning a Santa Fun Run on the 14th of December. Cornwall Hospice Care provided Santa suits the last time we did it and are also providing a festive medal for all pupils who take part, in return they are asking for a minimum sponsorship of £5 per child to cover their costs. Last year, schools like ours across the county raised over £20,000 which is 1000 hours of nursing care for families in need.

Please upload any sponsorship with anything you and your friends, family and neighbours can give to our Just Giving page <https://www.justgiving.com/page/roche-school-1669287706987> and help us to fund the care this Christmas.

Sunday 4
December
10am until
4pm



WHEAL MARTYN
CLAY WORKS

ELVES AND REIN-DOG FESTIVE FUN DAY



A day filled with festive family fun and a chance to meet Father Christmas!

Join us to celebrate the festive season and bring your dogs as reindeer and children as elves.

Explore the museum and woodland trails for a discounted entry of £5 for adults and £3 for children, with lots of fun activities on offer for all.

We are incredibly excited to announce Father Christmas will be visiting Wheal Martyn for the day! You can book your place to meet him (£3 per child) and hear a captivating Cornish story told by one of his elves. Rumour has it that he may bring a few presents too!



For more info call 01726 850362

www.wheal-martyn.com