



Newsletter

1st March 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 23rd February 2024

- Reception:** Well done to Alissia and Oliver C this week. Alissia for her organisation and fantastic attitude in phonics this week. You are always ready to learn. Keep up the great work!
Oliver C for his enthusiasm towards our new topic this half term 'People who help us'. You have loved learning about 'Firefighters' this week.
- Year 1:** A whole class award for fantastic structure making in Art! Well done Year 1!
- Year 2:** Well done to Koa who has done some superb writing in English. Well done to Khloe for a great attitude to learning. Khloe always listens and follows instructions and all with a smile on her face!
- Year 3:** Last week's Headteacher's awards went to two children for perseverance. In DT, Samuel and Wyatt worked really hard on their pneumatic monsters but some parts of the design were quite tricky to do. Wyatt, as did a lot of other children, found blowing up their balloon through the plastic tubing really tricky but Wyatt kept going and finally achieved what he set out to do! Samuel persevered with the outside design of his box and produced a well thought out designed pneumatic monster. Well done to both boys for persevering and carrying on with the project! Proud of you!
- Year 4:** This week in Year 4 Ashton got a certificate for his super efforts in our first Spanish lesson with Miss Vera Bo.
Albee had a certificate for working really hard on his English work where we followed a set of criteria to include in our writing.
Mylor was also chosen for his fantastic problem solving in Maths this week. He worked really well with a couple of his classmates on a mathematical investigation.
- Year 5:** A busy week was had in Year 5, where we explored our new reading book of Harry Potter, and completed activities such as green screen (see last week's newsletter) and origami to make a House themed bookmark, as well as a Maths themed activity scaling potions.
- Year 5 also had a Science Super Learning Day about the Properties of Materials. I'd like to congratulate Ruby and Poppy for an excellent day. Ruby asked and answered lots of great questions and just worked really hard! Poppy continued to be an excellent role model for her class by following the school rules and working diligently. Well done both of you.
- Year 6:** Well done to Logan for trying really hard in maths all week. Fantastic work from Chloe for great English work and always applying herself.

Attendance
26th February – 1st March 2024

Year 5
99.26%

100% Attendance
26th February – 1st March 2024

Year 5
28 children



Reception Class

Reception class are invited to a bedtime story on Thursday 7th March from 5.30pm – 6.30pm whilst parents/carers attend their second Read Write Inc workshop.

Reception class Learning Journey evening is on Wednesday 27th March and is between 3.10pm – 5pm for Reception Class parents/carers.

Reception Class are taking part in a tooth brushing programme – information will be sent home today.

Year 1

Year 1 are going to Heligan on 19th March. A letter will be sent with the details soon.

Consent will be uploaded to Parent Pay next week – keep an eye on your email inbox!

Reception Class are taking part in a tooth brushing programme – information will be sent home today.

Year 2

Year 2 are having a cake sale on Monday 4th March. Please can all cakes be bought into the Year 2 classroom in the morning. Information for this was on the Year 2 class letter sent out last week.

All monies raised will go to Little Harbour via Children's Hospice South West.

There is a poster on the end of this newsletter.

Year 3

Year 3 are having a bedtime story on 7th March. Details were sent via email and are on this newsletter.

Year 3 are going to Royal Cornwall Showground in Wadebridge for their Farm and Country event.

This is a free trip taking place on Thursday 21st March. Please log in to Parent Pay to give permission for your child to attend this brilliant event.

Year 4

Year 4 are heading to Lanhydrock on 20th March. A letter with details and consent are on Parent Pay.

Year 4 are also going to Royal Cornwall Showground in Wadebridge for their Farm and Country event.

This is a free trip taking place on Thursday 21st March. Please log in to Parent Pay to give permission for your child to attend this brilliant event.

Year 6

Year 6 parents/carers are invited to attend a workshop on Monday 4th March from 3.15pm – 4.15pm in the school hall. This is an introduction to Showbie.

Year 6 also need newspapers and art supplies for a project. If you have any you could donate to the class, it would be appreciated.

Catch Me Card Telephone Appointments

If your child has a Catch Me card, you will have received an email last week telling you when your child's class teacher is free to telephone you regarding the Catch Me cards.

These are 10-minute phone call appointments.

The bookings went live at 6pm on Wednesday 21st February and are open until Wednesday 6th March at 6pm.

Please do take the opportunity to book a telephone appointment with your child's class teacher as soon as you are able.

The link to book this appointment is:

<https://rochecp.schoolcloud.co.uk/>

This link was also sent out on the original email on parent pay.

Dates for your Diary

Monday 4 th March	Year 2 Cake Sale	Year 2	3.10pm-4.00pm
Monday 4 th March	Showbie Introduction	Year 6	3.15pm-4.15pm
Thursday 7 th March	World Book Day	Whole School	All day
Thursday 7 th March	Bedtime Story	Reception Class	5.30pm-6.30pm
Thursday 7 th March	Bedtime Story	Year 3	5.45pm-6.30pm
Thursday 7 th March	Read Write Inc Workshop	Reception Class parent/carer	5.30pm-6.30pm
Friday 8 th March	Snell Cup @ Brannel Please give permission on Parent Pay	Football/Netball Team	9am-12pm
Mon 11 th – Thurs 14 th March	Catch Me Card phone calls		PM
Wednesday 13 th March	STEM Lego @ RNAS Culdrose Please give permission on Parent Pay	STEM Lego Club	8am-4pm
Friday 15 th March	Comic Relief Crazy Hair Day	Whole School	All day
Tuesday 19 th March	Year 1 to Heligan <i>Details to follow</i>	Year 1	During School
Wednesday 20 th March	Lanhydrock Trip Please give permission on Parent Pay	Year 4	During School
Thursday 21 st March	Farm and Country Day Please give permission on Parent Pay	Year 3 + Year 4	During School
Wednesday 27 th March	Learning Journey	Reception Class parents/carers	3.10pm-5.30pm
Thursday 28 th March	Last day of term	Whole School	
Friday 29 th March – 12 th April	Easter Holidays	Whole School	

Football Report
By Chloe and Emily

On Tuesday we played a home game of football against Sandy Hill.

It started off well with brilliant defence by Bonnie and Georgia. We had some fantastic shots with Emily assisting Daisy with the first goal.

In the second half, Sandy Hill scored 1 but it was an impossible goal to save. Chloe assisted Emily for the next goal then Emily scored another!

The final score was 3-1 to Roche!

Woman of the match was Bonnie for brilliant defence and Emily for the wonderful goals and great team work!

Football Report
By Jack and Jake

On Tuesday we played a home game of football against Sandy Hill in the Rosewarne Cup qualifier.

It started off well with both teams having a good chance. Jack scored the first goal assisted by Theo. Then just before the end of the first half, Theo scored a goal assisted by Marshall.

After half time, they were close to the goal – they made a good shot and Jake made a good save. It rebounded and Jake saved it AGAIN!

Then Sandy Hill scored 1 and after, Jack scored another goal for Roche.

Just before the end of the game, Sandy Hill scored one more.

The final score was 3-2 to Roche.

Mr Walden was very happy because that was the first time we had beaten Sandy Hill in 15 years!

Man of the match was the whole team for great team work and communication.

Porthpean Camp and London Trip
Reminder!

The Porthpean Camp for Year 3 and the London Trip for Year 6 is still live on Parent Pay for parents/carers to make payments towards the final cost.

Newsletters and Information

Missed a school newsletter? Looking for some previous information? Searching for term dates? Wondering what's for lunch this week? Don't worry, it can all be found on our school website!

<https://rochecpschool.eschools.co.uk/web>

If there is something not on the website you'd like to see, please do tell us – we welcome your feedback.

Glass Jars Needed

Year 5 are in need of glass jars for a project. The lids are not needed. If you have any glass jars you could please donate to Year 5, it would be appreciated. Please drop any donations to the school office.
Many thanks.



Thank you to all children and staff who wore odd socks on Thursday 29th February for our Odds and Socks day in aid of the Huntington's Disease Association. To date, we have raised **£628** for the charity which is absolutely phenomenal! A huge thank you from us all for your incredibly kind donations!

There is still time to donate:

<https://www.justgiving.com/page/roche-school-1706524742909>



World Book Day

Year 3
7th March 2024

You've heard of CBeebies Bedtime Stories? Tom Hardy, Harry Styles, Jason Momoa and Dolly Parton all reading bedtime stories! Well, next week to celebrate World Book Day, I'd like to do RCP Bedtime Stories with Mrs Campbell!

I would like to invite the Year 3 children to come back into school in the evening in their pyjamas and bring a pillow and a small blanket (and of course, a cuddly special friend!)

We shall have a few stories, warm milk and cookies and hopefully the children will all sleep well for you!

Children should come back to school for 5.45pm and be collected at 6.30pm

To confirm your child will be attending the bedtime story, please give permission on Parent Pay.



Support Organisations



**In an emergency,
call 999**



Worried about a child?

Multi-agency Referral Unit (MARU)

0300 123 1116

Out-of-hours number 01208 251300

multiagencyreferralunit@cornwall.gov.uk



Support for children and young people is available from

Cornwall's Early Help Hub

(01872) 322 277

earlyhelpclub@cornwall.gov.uk

NSPCC

0808 800 5000



Cornwall **foodbank**

Citizens Advice Cornwall who will be able to issue you with a **food bank voucher** - call 0800 144 8848

Financial support or advice on care and support services for families

0808 208 2138

www.supportincornwall.org.uk



YOUNGMINDS

Support young people with the tools to look after their mental health

Parents helpline -
0808 802 5544

Young person -
Text SHOUT to 85258



free, safe & anonymous
advice at kooth.com

shout

85258

"It's alright to
ask for help"

SAMARITANS

116 123



0800 58 58 58
Helpline for men
www.thecalmzone.net

HOPELINE247
0800 068 4141

TEXT: 07860 039 967



Support for young people
aged 11 to 25

youngpeoplecornwall.org

SAFER

FUTURES

Ending Abuse in
Cornwall &
Isles of Scilly

0300 777 4777
Mon-Fri 9am-9pm
Sat- 9am-5pm



LEARNING TOGETHER
CORNWALL EDUCATION LEARNING TRUST

Reception have been really enjoying the new doctors and nurses role play area this week! They have been learning the names of all the equipment that doctors and nurses use and taking on different roles. We also had a very special visit this week from a Nurse called Beth. She showed us lots of the equipment she uses and talked to us about her job role.

Thank you Beth we loved our visit.



Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



A group of the Y4 Gardening Club got to go to the Garden Centre in Bodmin with Mr Walden, Mrs Grigg and Mrs Harrison on Thursday afternoon. They had a tour to see how it all worked. They also got to choose seeds and onion and potato sets for school free of charge!


A huge thank you to the staff for taking the time to pass on vital gardening knowledge to the children. The group also represented the school really well! We look forward to getting to work sowing all the seeds. We have almost got all the new beds ready.

Year 2
cake sale

Monday 4th march

3.15 PM on the
playground
raising money
for Little
Harbour



Little Harbour 



children's hospice
SOUTH WEST