



# Newsletter

12<sup>th</sup> May 2023



## Headteacher's Awards Awarded 5<sup>th</sup> May 2023

- Reception:** The Reception Head Teachers Awards in Reception class this week went to:  
Vincent for his enthusiasm towards all areas of his learning this week and being independent.  
Ruby for her great maths work this week, you are able to share equally between two groups!
- Year 1:** Year 1 received a whole class award for fantastic Coronation celebrations.
- Year 2:** This week, we awarded the whole class for an amazing trip to Bodmin and Wenford Railway. Their behaviour and manners were impeccable. We were so proud of everyone. A Headteacher's Award also went to Adrian for having a super time with his class on the steam train.  
Well done Year 2!
- Year 3:** Last week's Headteacher awards went to Bea and Lola. Bea always displays great self-regulating behaviours in all lessons and applies herself well in all her learning. Last week in particular, she excelled in the Maths lessons when learning about fractions of amounts. Well done Bea! The award went to Lola for her presentation of her non-chronological report on the Roman Army in History. Lola's presentation of her work is always to a high standard however, Lola worked extra hard on her report and was creative in the design and layout. The finished report was brilliant. Congratulations to Lola!
- Year 4:** Callum - For reviewing Geography with Miss Searle really well this week! She was impressed with your knowledge and enthusiasm towards the subject. Well done!  
Morley - For independently wanting to include vocabulary from our reading into his writing this week! We were very impressed you challenged yourself to do this. Keep it up!
- Year 5:** Only a short week this week, but we continued to work hard in Year 5. A particular well done to Ellie and Taylor H. Ellie really seemed to click with the maths this week and raced through the questions with a great understanding. Taylor H always works hard, but what impressed me this week was his dedication to listen to constructive criticism and keep trying to improve, as well as using the correct terminology in English.  
Great work from both of you!
- Year 6:** This week we awarded three Headteacher Awards. They went to Jack, Macie and Riley. Jack has been working really hard with his writing. He has really improved his handwriting and tried to use different features within his writing work. Macie has made brilliant progress with her reading. Her comprehension has really improved. Riley has been presenting an amazing attitude all week, especially during PE and following the school rules.  
Well done to you all!

Attendance  
9th May – 12<sup>th</sup> May 2023

YEAR 6  
100%



A huge well done to our Year 6's who have all worked incredibly hard in their SATs this week.  
You are a credit to our school and we are really proud of you!

### **Numbots week**

Next week (15<sup>th</sup> – 19<sup>th</sup> May) all Year 1 to Year 6 pupils will be taking part in Numbots week. During this week we'll be doing Numbots in our slots normally reserved for TTRS and are encouraging pupils to complete as many levels and stages in that week, both in school and at home.

This half term we will be awarding class and whole school certificates for the top three pupils with the most **levels passed**.



Wellbeing  
Mental Health Awareness Week – Anxiety



Next week is Mental Health Awareness week, with a focus on Anxiety this year.

All of us feel anxious from time to time – a little bit of worry can actually be good!

However, if you feel your anxieties are impacting your daily life, please reach out and talk to someone.

<p><b>1. QUIET HUGS</b></p> <p>Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety, so sitting quietly with lots of hug and empathizing can often work better.</p>	<p><b>2. SEE YOUR CALM PLACE</b></p> <p>Remember a time you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.</p>
<p><b>3. 5X5 GROUNDING</b></p> <p>See 5 things, hear 4 things, touch 3 things, smell 2 things and taste 1 thing.</p>	<p><b>4. DRAW YOUR ANXIETY</b></p> <p>Draw a picture of what you are worried about.</p>
<p><b>5. BLOW BUBBLES</b></p> <p>Research has shown the 10 deep breaths resets the automatic nervous system and helps to calm the amygdala. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or straw and balled up paper offer other ways to do the same.</p>	<p><b>6. PET A FURRY FRIEND</b></p> <p>Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 10 or 15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.</p>
<p><b>7. JUMPING JACKS</b></p> <p>Anxiety often causes shallow breathing. Having the child do an exercise forces deep breaths that can reset the anxious feelings.</p>	<p><b>8. REMEMBER PAST SUCCESS</b></p> <p>Remind the child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it can be hard.</p>
<p><b>9. PROBLEM SOLVE THE FEAR</b></p> <p>Help the child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst can help calm the fear.</p>	<p><b>10. DESTROY THE WORRY</b></p> <p>Have the child write their anxiety on a piece of paper and then tear it up and throw it away.</p>



# WALK TO SCHOOL WEEK 2023



Next week is 'Walk to School' week! We are encouraging all children to walk, wheel, cycle or scoot to school every day next week! Don't worry if you live outside the village, you are able to park at the Football Club and walk from there if you are able.

Members of staff will be on the school gates at drop off time and each child who walks will gain a sticker!

Walking to school is important as it helps with your child's 60 minutes of exercise and reduces car fumes from the planet!

We hope all children will get involved!



## GET READY TO WALK FOR:

- INCLUSION
- SUSTAINABILITY
- HEALTH
- MINDFULNESS
- FRIENDSHIP

# Coronation Memories



Thank you to everyone who dressed up for our school Coronation Party last week. Even though the weather was not as hoped, the children loved their class activities and games. The biscuits from Mrs Whitford proved very popular indeed!







It looks like Liam and Janey are enjoying their Coronation mugs!

We hope the children enjoyed their mugs.

Thank you once again to Roche Parish Council for gifting them to our pupils.

### Online Safety

#### Just keep talking

Children have told us that having conversations about their online life is really important, and that keeping it part of the day-to-day things you talk to your child about is often better than having just one 'Big Talk' about the internet.

Letting children know that you are interested and want to support their online life is a way of:

- Finding out what's going on, what's going well, what they are enjoying, seeing and experiencing
- What they feel funny about, not quite right or concerned about
- Letting them know that they can talk to you if something isn't ok or if something has upset or worried them online
- Letting them know they won't be blamed or punished if they have seen something unpleasant, but rather that they can talk to you about it

It can also help children to know that they can talk to other adults too – not just you. Are there other parents, relatives or friends in your network who you can encourage to listen to your child about their online life?

For more information about online safety and other relevant information, head to:

<https://families.barnardos.org.uk/9-12-years/online-life>



# 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

## AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

## CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

## BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

## ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

## MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

## BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

## TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

## THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

## STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

## USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

## Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on BBC *Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



**NOS** National Online Safety®  
#WakeUpWednesday

# Family Worker Drop In

**Roche C.P School**

*Fore Street PL26 8EP*

**These sessions will be run by the Restormel Early Help Team**

Do you need some support and advice to understand your child's needs and behaviours?

Advice on positive parenting and how to keep your child safe?

Support with budgeting and debt advice?

To understand the importance of routines for your family?

We are running drop-in sessions with no appointment necessary. The sessions will take place on the following dates and times:

**15<sup>th</sup> March 2.30-4pm**

**25<sup>th</sup> May 2.30- 4pm**

**12<sup>th</sup> July 2.30-4pm**

**11<sup>th</sup> October 2.30-4pm**

**22<sup>nd</sup> November 2.30-4pm**

**We will be based in the School House on these dates so please feel free to come straight there.**



**Cornwall Beaver Project presents**

# **Our Future with Beavers**

**A talk with Chris Jones  
Woodland Valley Farm.**

**Wednesday 7th June 7pm Roche Victory Hall**



**How will we adjust to having beavers in our land?  
What effects will they have?  
Chris is a farmer and already has beavers on his land in Cornwall.**

**Refreshments  
Donations to Cornwall Beaver Project  
Contact Chris on [oldmacdonald59@gmail.com](mailto:oldmacdonald59@gmail.com)**

Please try to let us know in advance that you intend to come, but tickets will be available on the door.