



Newsletter

23rd June 2023



Headteacher's Awards Awarded 16th June 2023

- Reception:** The Head Teacher Awards in Reception class this week are going to:
Charlie for his enthusiasm and interest in our learning about 'floating and sinking' this week.
Emily for your fantastic retelling of our Talk for Writing story 'The Three Billy Goats Gruff'.
- Year 1:** A whole class award for Year 1 for amazing behaviour on our trip to Newquay Lifeboat station. The children were all brilliantly behaved, they asked amazing questions and were very polite. They also loved playing on the beach.
- Year 2:** This week, Arwen and Sam gained a Headteacher's award. Arwen's was for amazing storytelling and expression when reading out story maps in 'Talk 4 Writing'.
Sam did super work with Mr Moore and Mrs Welch in Maths and he was being so enthusiastic about all of his learning.
- Year 3:** Headteacher awards last week went to Archie P and George. In English last week, George drew a great story map to help him retell a story we were learning. He then told the story using all the actions we had learnt. He also helped other children with the actions. Well done George! Archie had an amazing week all round. He excelled at Geography answering many questions and knew lots of facts. He also produced some great work in English and Maths. Well done Archie, what a role model!
- Year 4:** Zak for great rounding of decimals in Maths. Mr Moore has been really impressed with his learning for this objective. Well done Zak.
Year 4 also received a whole class award for their dedication and commitment to their Government Multiplication Check last week. They have been working so hard all year and have made lots of progress. We can't wait to find out their results.
- Year 5:** Well done to Holly and Logan this week. Holly for trying really hard in English, for putting her hand up and wanting to improve her sentences. Logan for excellent maths work; finding a unique way of calculating an area.
- Year 6:** Lily and Isla have done superbly this week. Well done to Lily for a super improvement in her times tables practice this week. Excellence from Isla for beautiful reading aloud to the class and for always being a great role model.

Attendance
19th June – 23rd June 2023

Reception Class
98.15%

Wear Green for The Cove, Macmillan Support 7th July 2023



The Cove Macmillan Support Centre
Trust Wide Fundraising

Our Academy, Truro and Penwith Academy Trust, have invited all of their 34 schools to take part in a 'Wear Green' day on July 7th to raise much needed funds for The Cove Macmillan Support Centre.

As a Trust family of schools, we have committed to raising enough funds so that every TPAT school and nursery have access to important resources, at the point of need, which can support children and families where a diagnosis of Cancer is impacting the mental health of a pupil(s) in school.

We are asking for a £2 donation which is on Parent Pay under 'pay for other items'

For more information about The Cove, head to:

<https://www.macmillan.org.uk/in-your-area/local-dashboard/detail/Information%20and%20support%20centres/8851/The-Cove---Macmillan-Information-and-Support-Centre-in-Truro>

Wellbeing – Self Care

Ideas for Self – Care

Self – Care is doing more of what makes you feel calm and happy. This is really important if you're not feeling good. This could be...

- A bath with a bath bomb or bubbles
- A walk in the woods
- Playing football
- Watching your favourite film
- Talking to your best friends
- Eating chocolate cake...

Talking of chocolate cake, here is a super easy recipe made in a mug. It takes minutes and tastes delicious! Remember to ask an adult for help when using a microwave.



Parent Pay Reminders

<u>Class</u>	<u>Trip</u>	<u>Day of Trip</u>	<u>Due Date</u>
Year 2	Wheal Martyn	27 th June 2023	25 th June 2023
Year 3+4	Porthpean Camp	5 th July 2023	NOW
Year 3+4	Swimming Questions	5 th July 2023	NOW
Year 4	Swimming Consent	10 th July 2023	3 rd July 2023
Year 2	Newquay Zoo	13 th July 2023	11 th July 2023
Reception Class	Blue Reef Aquarium	18 th July 2023	16 th July 2023



Junk Modelling Needed Please!



Reception Class will be making boats but they desperately need junk modelling!

If you have any small cardboard boxes, straws, scraps of fabric or yogurt pots Reception Class could have, they would be very appreciative!

Please drop any clean items to the office.

Thank you!



Science Club

Please can the children who attend Science Club with Mrs Gardner on a Monday, bring a scooter (if they have one) to school for the club on Monday. Please make sure your child also has a helmet.

**Roche CP School
Rules for Life**

- Show good manners at all times
- Follow instructions with thought and care
- Care for everyone and everything



Roche School council are launching a competition to design a poster/display for our 'Rules for Life'!

School council representatives have already visited your child's classroom and explained the competition to everyone.

Your poster should be bright and colourful and the school rules for life should be clearly visible. Your child can use pens, paint, crayons or ICT to create the poster.

Please give the creation to your child's teacher no later than Wednesday 28th June.

We are looking forward to seeing your designs!

Tilly's Diary

Hi Everyone!

This week I have been feeling very hot indeed! Have you?

I've been keeping hydrated by drinking lots of water and also staying in the shade.

The heat has made me tired too so I usually fall asleep right in the middle of the office floor! The picture is of me asleep! The adults who come into the office walk around me and I don't notice them at all! I am in dreamland!

Make sure you have a drink at school everyone and a sun hat and sun cream! I'm looking forward to Sports Day next week! Is there a doggy race?

Have a lovely weekend everyone! Don't forget to tell Mrs Batten if you've taken part in an activity at the weekend - you can feature on the newsletter like me!

Love Tilly x



10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance; striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



NOS National Online Safety®
#WakeUpWednesday

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