

Newsleffer

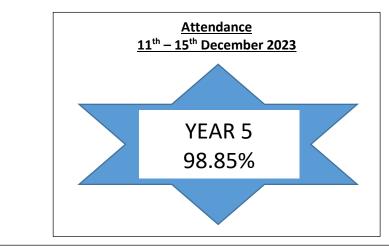
15th December 2023



Head Teacher's Awards Awarded 8th December 2023



- **Reception:** Sienna and Poppy for your brilliant writing when we wrote our letters to Santa. Oliver C for working hard in Maths and knowing your number bonds to 5!
- Year 1: Year 1 received a whole class award for great practising of the KS1 Christmas play! Well done!
- Year 2: We gave 4 awards last week! We gave an award each to Ella-Rose, Jake and Travis for making great improvements in their maths assessment scores! Well done to you all! We also gave an award to Millie for coping amazingly with the changes in routine she has faced and always walking into class with a huge smile on her face.
- Year 3: Last week's Headteacher awards went to Arwen and Marlena. Marlena worked really hard during Maths all week. We had some tests to do and Marlena tried really well in all of them and achieved some good results. Well done Marlena! Arwen also applied herself in what was a jampacked week! Arwen always follows all the school's rules for life and is fantastic role model for all the children in the class. She focussed well in the tests and received some great results. Well done Arwen, keep it up!
- Year 4: Archie P and Lola got the Headteacher's Awards this week. They showed great teamwork in our Science Super Learning Day! They had good knowledge and skills when we were learning about electricity. I could see sharing, kindness and patience when working with their partners using the practical equipment too. Well done to both of you.
- Year 5: Well done to Emmie this week for her outstanding art work she has such a talent! Another award went to Paige for her superb art work alongside the effort which had been put in. Well done to you both.
- Year 6: Well done to Lanikai and Logan for being identified as excellent role models during the KS2 rehearsal for their singing, reading and overall fantastic behaviour.







Christmas Week Round-Up

On Tuesday and Wednesday morning, KS1 wowed us with their performances of "Baarmy Bethlehem". The children were amazing and performed their songs with total enthusiasm. The staff and children had clearly worked really hard to put on such a brilliant performance. We are very proud of you KS1! Thank you to parents/carers who provided costumes and props for the children.

Wednesday was a super busy day which included the Santa Fun Run, Christmas jumpers, Christmas Dinner and the KS2 singalong at the Victory Hall!

The Santa Fun Run took place in the dry weather (thankfully!) The children looked absolutely amazing in their Santa outfits. All the staff could see were red hats and a sea of smiles and laughter! For this event, a total of £472 was raised for Cornwall Hospice Care which is incredible! There's still time to donate if you can: https://www.justgiving.com/page/roche-school-1701338368971

We all had a wonderful Christmas Dinner on Wednesday too! Mrs Whitford, Ms Wilton and Mrs Turner had been super busy in the kitchen preparing food for over 200 people! As is tradition, the children were served their lunch by the school staff. The crackers were a hit, even though they contained some terrible jokes! Thank you to the kitchen staff for their hard work once again.

On Wednesday, everyone looked amazing with their Christmas jumpers and accessories! We even had children in beautiful Christmas dresses. We will forgive Mrs Gardner for her Grinch t-shirt because she did look fantastic!



On Wednesday evening, over 300 of us (parents/carers/family/staff/children and a brass band) headed for the Victory Hall for our now annual Christmas Festive Singalong! The children had learnt their words and had a wonderful time singing alongside the brass band.

Thank you to everyone who helped with refreshments and ticket collections on the door and general help. Thank you to parents and carers for coming and participating especially with the 12 Days of Christmas props!

A huge thank you to the players of Roche Brass for their phenomenal playing and temporarily taking on a new player for "Little Drummer Boy"! I wonder what sort of surprise we could conjure up for next year?

We charge for tickets for the performances which helps raise funds for the school.

This year we raised:		Year 6 were asked to write letters for Mrs Batten to send to local
KS1 Ticket Sales:	£516	businesses to ask for sponsorship of the KS2 singalong.
KS2 Ticket Sales:	£513	Well done to Louisa whose letter was chosen to send out.
KS2 Sponsorship:	£285	With her persuasive writing, Louisa helped raise £285 for the school
KS2 Refreshment Donations:	£86.40	which is absolutely fantastic! Well done Louisa and a big thank you from us all.
Whole school total: £1400.40		Total money raised will pay for a whole year of house treats for the children at Roche CP School!

We'd like to thank Roche Brass for coming to support our Singalong. Roche Brass always offer their service for free for our event but we'd like to donate to them £250 to say thank you.

Look out on the newsletter and local press for when Roche Brass will be having an open day for families to come and have a go at playing an instrument. Players will also be coming into school in the new year.



The Christmas post box has now returned home!

Thank you to our Year 6 Christmas Elves who sorted the cards into class piles and delivered them around the school – you did it superbly well!



Christmas Dinner day is AWESOME!!!



Wellbeing

We wish you all a very merry Christmas break. Here are some indoor activities for inspiration (if you need it!)

https://www.twinkl.co.uk/resource/100-fun-indoor-activity-ideas-t-tp-2549426

These leisure time activity ideas for children include:

- Having treasure hunts around the house
- Creating stories
- Making musical instruments,
- Making a scrapbook of a favourite holiday
- Having a fashion shoot
- Learning and singing new songs
- Research and make a family tree
- Create your own board and card games
- Playing charades
- Make building bricks cities
- Make your own doll's house
- Setting up a photo booth for selfies



Breathe Like Santa

Breathing exercises can really help children (and adults) feel calm and happy. This breathing exercise has a fun, festive twist that you will all enjoy!

Take a deep breath in, hold it for a moment and then slowly let it out with a slow "Ho ho ho". It may feel silly at first but it definitely helps release stress and worry at this busy time.

New Menu Next Term

Please find below the menu for Spring Term 2024. This menu has been uploaded on Parent Pay and is available to order from now.

As always, meals for the week should be ordered by the Sunday night for the week ahead. Meals can be ordered weekly or for the whole term if you wish.

If your child has an allergy and you are not sure which meals are suitable for your child, please email our chef, Mrs Whitford, who will advise you – <u>lwhitford@roche.tpacademytrust.org</u>

Roche C. P. School Menu – Spring Term 1 2024

Week One – Weeks Beginning 01/01 22/01 19/02 11/03	Week Two – Weeks Beginning 08/01 29/01 26/02 18/03	Week Three – Weeks Beginning 15/01 05/02 04/03 25/03
MONDAY	MONDAY	MONDAY
Mondar Main – Margarita Pizza and Wedges	Main – Tomato and Herb Pasta Bake	MonDAT Main – Quorn Burger and Wedges
Veg - Macaroni Cheese	Veg – Macaroni Cheese	Veg - Macaroni Cheese
Peas and Carrots	Peas and Carrots	Peas and Carrots
Dessert - Apple Crumble and Custard	Dessert – Lemon Drizzle Cake	Dessert – Strawberry Jam Cake
Packed Lunch – Cheese Wrap	Packed Lunch – Cheese Sandwich	Packed Lunch – Ham Wrap
TUESDAY	TUESDAY	TUESDAY
Main – Sausage and Mash	Main – Build Your Own Burger and Wedges	Main – Year 5's Pesto Pasta
Veg – Vegetable Stir Fry	Veg – Shepherdess Pie	Veg - Vegetable Curry and Rice
Sweetcorn and Broccoli	Coleslaw and Sweetcorn	Cauliflower and Sweetcorn
Dessert – Apple Cake	Dessert – Marble Cake and Custard	Dessert – Chocolate Cake and Custard
Packed Lunch – Ham Wrap	Packed Lunch – Ham Sandwich	Packed Lunch – Cheese Wrap
WEDNESDAY	WEDNESDAY	WEDNESDAY
Main – Roast Gammon	Main – Roast Pork	Main – Roast Turkey
Veg - Quorn Roast	Veg – Vegetable Crumble	Veg – Cauliflower and Broccoli Cheese
Cabbage and Carrots	Green Beans and Carrots	Cabbage and Carrots
Dessert - Fruit and Ice Cream	Dessert – Fruit and Ice Cream Sundae	Dessert – Jelly and Ice Cream
Packed Lunch – Cheese Sandwich	Packed Lunch – Cheese Wrap	Packed Lunch – Ham Sandwich
THURSDAY	THURSDAY	THURSDAY
Main – Mild Chicken Curry and Rice	Main – Chicken Stew and Herb Dumplings with Mash	Main – Beef Lasagne
Veg – Chimichanga and Rice (wrap) Green Beans and Sweetcorn	Veg – Country Vegetable Pie and Mash Cauliflower and Sweetcorn	Veg – Spaghetti Quorn Carbonara Green Beans and Sweetcorn
Dessert – Victoria Sponge	Dessert – Sticky Toffee Pudding and Custard	Dessert – Strawberry Angel Delight and Berrie
Packed Lunch – Ham Wrap	Packed Lunch – Ham Wrap	Packed Lunch – Cheese Sandwich
FRIDAY	FRIDAY	FRIDAY
Main - Fish and Chips	Main – Sausages and Chips	Main – Fish Fingers and Chips
Veg – Mediterranean Tart and Chips	Veg – BBQ Wrap and Chips	Veg – Falafel in a Bun and Chips
Peas and Baked Beans	Peas and Baked Beans	Peas and Baked Beans
Dessert – Oat Cookie with Fruit Slices	Dessert – Custard Biscuit with Fruit Slices	Dessert – Ginger Biscuit with Fruit Slices
Packed Lunch – Cheese Sandwich	Packed Lunch – Cheese Sandwich	Packed Lunch – Ham Wrap

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about enline safety with their children, should they fee it is needed. This guide focuses on one of many platforms which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

WHAT ARE THE RISKS?

The Walt Disney Company's streaming service, Disney+ combines entertainment from the famous animation studio itself with Pixar, Star and National Geographic, plus the Marvel and Star Wars franchises. With access to latest releases, Disney classics and original series, there's plenty of content to explore. While parents may have noted that adverts have now been introduced on some versions of the service, the platform is unsurprisingly for a Disney product – designed to be appropriate for the whole family.

LESS SUITABLE CONTENT

D@*#! While Disney+ is predominantly family friendly, there are some movies and shows in its library which are alimed at an older audience: these may scare younger ones or contain themes or language that you'd rather your child wasn't exposed to. You could avoid such situations by enabling Junior Mode (see 'Adjust content settings', below) or specifying a content age rating for your child's profile.

BINGE WATCHING

00 With the option to view content on any intermet-enabled device and a growing catalogue of movies, cartoons and documentaries, Disney+ can make managing screen time difficult. This could result in children binge watching content, distracting them from activities like homework or socialising. Too much screen time has also been shown to negatively impact mood, sleep patterns and weight.

PHISHING EMAILS

Be especially cautious if you receive emails or text messages purporting to be from Disney+. There have been numerous reports of online scammers impersonating Disney+ staff in an attempt to gain access to subscribers' personal information. Disney+ states it will never email or call customers asking for their payment details, their private information or their password.



Disney+ has introduced a new subscription package – Disney+ Standard with Ade – which plays commercials before movies and during shows (like many TV channels). There are no adverts in Junior Mode, but profiles with a content rating of 6+ years will see ads appropriate for that age category. Adults who give consent will see personalised adverts based on their location and viewing history.

ACCESSING ADULTS' PROFILES ***

If adults don't set a PIN for their profile, children could access it and encounter content which isn't age appropriate. In the settings, Junior Mode has a taggie titled 'Kid-Proof Exit' which requires the user to read four words (numbers, spelled out) and enter them to switch profiles. For older children who can read, though, this isn't secure enough - so using a PIN for adult profiles is recommended.

Advice for Parents & Carers

ADJUST CONTENT SETTINGS

When setting up an account, there's an option to create profiles in what's called Junior Mode. This generally covers material that's suitable for children up to age 6 and is therefore fairly limited. You can give older children a wider choice of viewing by building a standard profile, then going into the settings and choosing a content rating from one of the pre-set alternatives: 6+, 9+, 12+ or 14+.

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TURN OFF AUTO-PLAY

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from the screen and move on to a different activity.

Source: https://wwpcisneyplus.com/csp?id=csp_article_content&sys_kb_id=#882edd3ds-fd9189295ec60948 https://wwp.disneyplus.com/csp?id=csp_article_content&sys_kb_id=#882e6ddb16a650058ce6dd599897114

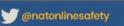
ADD PIN PROTECTION

Disney+ enables you to effectively lock profiles behind a four-digit PIN. In particular, some of the shows on the platform's Star content hub are far more oriented to adults (including several hard-hitting dramas from US networks), so protecting parents' or older siblings' profiles with a PIN will help to prevent younger children stumbling across material which isn't intended for them.

ENJOY AS A FAMILY

We When your child watches a movie or show on Disney+ for the first time, you may want to sit with them to ensure it's suitable. You could do the same when introducing them to older films that you haven't seen for years: your perception of what's appropriate has very probably changed, and some of the language and attitudes in movies from your own childhood may seem quite shocking today.

Meet Our Expert



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