



Newsletter

15th December 2023

Roche CP School Rules for Life

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



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 Marlana. Marlana worked really hard during Maths all week. We had some tests to do and Marlana tried really well in all of them and achieved some good results. Well done Marlana! Arwen also applied herself in what was a jam-packed 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.

Attendance 11th – 15th December 2023

YEAR 5
98.85%



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:

KS1 Ticket Sales: £516
KS2 Ticket Sales: £513
KS2 Sponsorship: £285
KS2 Refreshment Donations: £86.40

Whole school total: **£1400.40**

Year 6 were asked to write letters for Mrs Batten to send to local businesses to ask for sponsorship of the KS2 singalong.

Well done to Louisa whose letter was chosen to send out.

With her persuasive writing, Louisa helped raise £285 for the school which is absolutely fantastic! Well done Louisa and a big thank you from us all.

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!!!**



To our Pupils, Parents, Carers and Friends,



A very Merry Christmas and Happy New Year from Roche CP School Staff



Stay Safe, Be Merry and Have Fun!

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 – lwhitford@roche.tpacademytrust.org

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

Fruit Salad Available Daily

Mixed Salad Available Daily

Jacket Potatoes Available Daily

What Parents & Carers Need to Know about

DISNEY+

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 the 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

While Disney+ is predominantly family friendly, there are some movies and shows in its library which are aimed 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

With the option to view content on any internet-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.

ENCROACHING ADVERTS

Disney+ has introduced a new subscription package – Disney+ Standard with Ads – 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 toggle 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+.

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.

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

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

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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#WakeUpWednesday

Source: <https://help.disneyplus.com/en-gb/articles/adjust-content-settings>, <https://help.disneyplus.com/en-gb/articles/turn-off-auto-play>, <https://help.disneyplus.com/en-gb/articles/add-pin-protection>, <https://help.disneyplus.com/en-gb/articles/enjoy-as-a-family>



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