



Newsletter

8th September 2023

Roche CP School Rules for Life

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

Welcome back to school! We hope you all had a great summer! The children have all settled into their new classes brilliantly and have been ready to learn!

A few 'housekeeping' reminders for you!

School meals should be ordered via Parent Pay by 12 midnight each Sunday for the week ahead. If your child is in KS1 or is entitled to Free School Meals, you will not be charged for the meals. School meals are currently £2.60.

Breakfast club is bookable up to 4pm the day before needed at a cost of £3 per session.

Parent Pay is used, not only to order school meals, but where trips can be booked and permission slips are used. If you haven't signed up or activated your account, please do so as it is an essential part of your child's school life.

Please make sure your child's school items (including shoes, coats, lunch bags and kit) are labelled with your child's name! It is far more likely to come back to the child if labelled. Last year we donated over £200 worth of unnamed 'lost property' items to charity! A reminder the red hoodies should be school issued or plain – please no large alternative logos.

Your child's Water Bottle should be in school every day. These are sent home to be washed by parents/carers. The bottles should be returned empty to be refilled with water at school. No squash/juice/fizzy/energy drinks please. Please do not send your child with a metal bottle, we have had teeth injuries with these bottles. Other drinks children bring into school can be had as part of their lunch or break-time tuck.

Please supply your child with a labelled coat. We try to get outside in all weathers so please make sure your child has appropriate outdoor clothing.

If your child wears earrings they should be studs only (which will get covered for PE). Please no fashion or hooped earrings to be worn in school.

Long hair should be fixed up and not loose. This is to prevent the spread of headlice.

If your child is going to be absent from school, please let the school know by telephoning (01726) 890323 or emailing **each day they are absent** unless told otherwise by the office team. A reminder that if we do not hear from you, your child can be reported as missing.

We describe our school uniform as an 'Active Uniform' which enables children to do PE at all times without having to change. Children do PE every day, therefore please make sure your child comes to school in trainers and that they are suitable for sport and not for fashion.

No smoking or vaping on school grounds please.

The speed in the car park is 5mph. **Please make sure you adhere to this speed at all times – no exception!** Children, staff and visitors come in and out of the school at all times and their safety is paramount. Please park considerately and not in the staff spaces or the restricted areas.

When dropping your child, please do not gather around the gates. They need to be accessible at all times.

Thank you for adhering to this information.

Useful contact information

Mr Jeremy Walden, Headteacher: head@roche.tpacademytrust.org
Mrs Chrissie George, Senior Administrator: roche@tpacademytrust.org
Mrs Rachel Batten, Administration Assistant: reception@roche.tpacademytrust.org
Mrs Helen Carlin, SENCO: hcarlin@roche.tpacademytrust.org

Telephone number of school: 01726 890323

Reception Class

Well done to all of the children who started in Reception Class this week. You have all settled in amazingly well and we are very proud of you.

Attendance 5th September – 8th September



All new Reception Class parents/carers will have received their Parent Pay activation letters via email or in paper form. Please sign up to Parent Pay as soon as possible. Not only do you book your child's meals through here, but it is where we send out class communication and important information. Parent Pay is used to give consent for school trips and activities too.

Nasal Flu Spray

The nasal flu portal is now open for you to consent to your child receiving the nasal flu vaccination. This is open for pupils in all classes.

To give or deny consent for your child, please head to: <https://www.kernowimmunisations.co.uk/Forms/Flu> and use Roche School's unique access code of **EE142952**

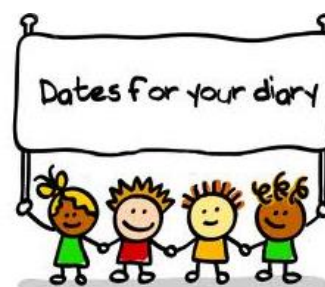
The nasal flu vaccination will be held in school on Friday 6th October 2023.

Information regarding the nasal flu vaccine can be found here: <https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

Forms must be completed no later than Wednesday 4th October. If you have any issues with the forms or need extra help, please contact Kernow Immunisations on 01872 221105.

Dates for your Diary

11 th September 2023:	Year 5 STEM trip	Please complete consent form on Parent Pay today
29 th September 2023:	Year 3 trip	Please complete consent form on Parent Pay
23 rd – 27 th October 2023:	Half Term	
30 th October 2023:	INSET day	
31 st October 2023:	Return to school	
2 nd November 2023:	Individual and Sibling Photographs	



Cleaner

Start Date: 2nd October 2023
Application Close: 20th September 2023
Interviews: Friday 22nd September

An exciting opportunity to join our friendly team

To work as part of the team of cleaners, to undertake cleaning of the school and facilities.

To maintain a high standard of cleanliness, hygiene and safety of the school at all times.

This position is for 10 hours per week (2 hours a day) flexible working, between the hours of 3.00p.m - 5.30 p.m

This will also include being involved with major periodic deep cleaning during school holidays which may involve working different times throughout the day.

Please email school for a job description and application form

roche@tpacademytrust.org

If you have any questions about the role please contact
Chrissie George on 01726 890323, or via roche@tpacademytrust.org

Interviews will take place on Friday 22nd September 2023
Please note that successful candidates will be informed via email.

Truro and Penwith Academy Trust is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. If successful in being appointed to a post you will be expected to apply for a disclosure from the Disclosure and Barring Service as well as other employment checks before your appointment is confirmed.

Staffing September 2023

<u>Class</u>	<u>Teacher</u>	<u>HLTA</u>	<u>TA/1:1 Support</u>
Reception Class	Miss Searle	Mrs Kent	Mrs Little
Year 1	Mrs Gardner	Mrs Birch	Mrs Davis
Year 2	Mrs Welch	Mrs Austin	Miss Chambers
Year 3	Mrs Campbell	Mrs Hill	Mrs Baverstock
Year 4	Miss Tonkin	Mrs Harrison Mrs Grigg	Miss Fishleigh
Year 5	Miss Goatman	Miss Richards	Mrs Harris Miss Thomas
Year 6	Mrs Powell Mrs Williams		Miss Hills (previously Mrs Smith) Miss Vera Bo

A reminder of the school staffing structure for this academic year.

You may notice that three members of staff are missing. At the end of last term, we said happy retirement to Mr Young, Mrs Lewis and Mrs Mansfield. They were long-standing members of staff at Roche School and will be missed by staff and pupils alike.

We wish them all the best in their retirements!



Tilly's Diary



Hi Everyone!

Welcome back to school, or if you are new here, welcome to Roche School!
I'm Tilly the school dog and I am at school every day!

My favourite things are hiding in small spaces (see picture), digestive biscuits and laying on my back to have my tummy stroked!

I am very happy being back at school. I haven't moved up a class like the rest of you, but I am enjoying seeing everyone settled into their new rooms and new routines.

Please make sure you come and say hello to me when you can - I enjoy your company!

Love Tilly x

Self-Care September 2023

MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together

Ella, Ashleigh and Aine invite you to their

 **Great Britain** 
selection party

When? Saturday 16th September 4-6pm

Where? Roche Sports and Social Club

Dust off those dancing shoes for a fun disco..
The girls can't wait to show you their moves to some of the party classics

Cake and sweet stalls

Raffle



This is a ticket only event.

£7 per child

E-Mail:-

welfare@kernowacademy.co.uk

to book your tickets

All proceeds will go towards the girls journey in the Great Britain squad