



# Newsletter

19<sup>th</sup> July 2024

## Roche CP School Rules for Life

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

### Headteacher Awards Awarded 12<sup>th</sup> June 2024

- Reception:** Well done to Poppy for doing well at creating and continuing repeating patterns in Maths this week. Well done also to Sienna for being able to spot the similarities and differences between seaside holidays in the past and present.
- Year 1:** Oskar has written an amazing annotated version of Lost and Found. His handwriting is amazing and his punctuation was all present and correct. He was well deserving of a Headteacher's award. Darcie has been trying really hard with her phonics and using her knowledge to help her writing for the innovated version of Lost and Found.
- Year 2:** Congratulations to Flynn and Jake for being really involved and enthusiastic with our computing lessons by following instructions to create music on a laptop.
- Year 3:** Last week's awards went to Bailey and Elsie. Bailey and Elise always stand out for being super role models and always following the School rules. They both have a great learning attitude and give 100% all the time. Bailey has worked particularly hard in English this week and Elsie has worked particularly well in Maths where we have been learning division. Well done to both, really deserved!
- Year 4:** It has to be another whole class award for Year 4! They were so good about our 'Source To Sea' canoe trip being cancelled due to thunder and lightning forecast in Fowey, even though it was such disappointing news. We used the majority of the day to complete their DT projects. The class created some fantastic Pavilions. Their creativity, skills and independence was amazing! We managed to show off their final products to Year 2 and 5 who were very impressed! Well done Year 4!
- Year 5:** Well done to Lowen and Lexi this week! In Year 5, we've been learning about different styles of poetry, including Kennings which act like a riddle. Both Lowen and Lexi wrote super Kennings poems - great work girls.
- Year 6:** Well done to Holly and Sophia for a great effort in production rehearsals. Brilliant singing and dancing.

### Attendance 15<sup>th</sup> – 19<sup>th</sup> July 2024

Year 1  
98%

### Creativity Cup

Frankie

Year 4



**Cup Awards**  
**'A great year'**  
**Awarded**  
**Thursday 18<sup>th</sup> July**

*These cups are due  
back to school on 18<sup>th</sup>  
October!*

- Reception:** The Cup Award in Reception Class for 'a great year' is going to Oliver C. He has really come out of his shell over the year and has grown in independence and confidence. He is always willing to contribute his ideas in class and has made great progress across all areas of his learning.  
It has been so lovely to see his Oliver thrive this year and I know he is going to continue to shine in Year One!
- Year 1:** In year 1 the progress that has been made in English and maths has been amazing! Discussing with my TA's about all the children and the progress that they have made, we realised that this was going to be a tricky choice. We wish we had 30 cups to give, but unfortunately we only have one. So after many discussions with Mrs Birch and Mrs Davis, we chose Piper. When Piper came into year 1 she was extremely quiet, shy and didn't really push herself in her learning. Then like a flower, she started to blossom, growing into the confident hard working young lady that she has become this year. She has made fantastic progress in her phonics, passing her phonics screening and moving from purple in Autumn 1 to Grey in Summer 2, a jump of 5 groups. In maths she has worked really hard in all areas and during our last assessments she scored 13/15 in arithmetic and 19/20 in reasoning. In her writing, Piper has always enjoyed writing, but her flare has consistently improved and she has incorporated her phonics knowledge into her spelling, she has also improved her handwriting and has passionately improved her love for writing. Now independently writing stories and writing beautifully in foundation subjects as well.  
Great progress across the whole curriculum and a very joint decision, well done Piper.
- Year 2:** The class cup for a great year goes to Skyla. She has had an amazing year. She came into year two lacking confidence in her abilities. During the year she has continued to grow in confidence and it's been a joy watching her develop and enjoy her successes. Skyla has made accelerated progress in reading, writing and maths, but also enjoys our foundation subjects and is keen to contribute in class. She is often helpful in class and is always eager to do a job. I'm looking forward to seeing how much more she can achieve as she moves through KS2. An amazing year Skyla! Well done!
- Year 3:** The cup for the whole year goes to Amelia.  
She has had an amazing year and it's been wonderful to see her develop and grow in all areas. When she first started in Year 3, Amelia was very nervous and lacked confidence in her abilities. Wow! What a change! She has made progress in Reading and Writing is now working at EXS. She can sometimes find writing tricky and whereas before she would panic and get quite emotional this has become less and less as she has matured and learnt strategies to deal with these emotions. She has a great learning attitude and always tries her best in all lessons. She loves Art and has been creative in all our Art and DT lessons. She is extremely kind and helpful and this stood out when Jack and Sophia joined Y3 during the year. The best thing of all year has been for all of the adults in Y3 to watch her attitude change towards PE. At first, she lacked confidence in her abilities and did not really enjoy PE. She pushed herself in lessons and challenged herself to do things outside of her comfort zone. She started to enjoy PE! Fast forward to Sports Day and she gave 100% in all her practice lessons and even practiced the running races at break times and lunch times! She then ran in the sprint and the 1 lap race! What an achievement Amelia!
- Year 4:** The Year 4 end of year cup went to Josie P! She has astounded us with her writing this year as well as her great reading comprehension! She has achieved the Greater Depth Standard in both these subjects. Josie will openly say Maths is the subject she struggles with more, however this year she is more confident and even likes Maths now! Josie's confidence has grown in the classroom as the year has gone on. She can show kindness to her peers and adults too. Josie's progress in swimming this year was really impressive and it was wonderful to see her abilities and confidence grow each lesson. Josie we are all proud of you and can't wait to see what you achieve next year. Congratulations!
- Year 5:** A huge well done to Callum! Callum has not only made super progress academically, but what really stands out this year is how Callum has grown as a person. He has become much more confident in himself, his choices and his abilities. He has matured fantastically and now strikes a wonderful balance between banter, but also cracking on! He has shown super engagement and now needs little encouragement to ask and answer questions. This is a brilliant foundation for what I'm sure will be an outstanding final year at Roche.
- Year 6:** Well done to Max J for a great year! He has worked hard all year academically and has made super progress with challenging himself when we went to London and taking part in the production. Well done Max, you should be really proud of yourself!

### Activities outside of school



A few weekends ago, Kezia from Year 5 helped her dad at work by fitting some new hand rails in a garden for an elderly couple.

Kezia helped to saw and sand the wood which was needed for the project!

Well done Kezia – you’ve done a great job helping your Dad!



### Congratulations

Congratulations to Stella who had two auditions for C4 Dance Studios. Stella aced her auditions and has made in onto the performance and street performance team!

Well done Stella – what a great achievement!



### Activities outside of school

Archie from Year 4 went to Liskeard Agricultural Show last Saturday with his chickens!

He won show champion alongside three 1<sup>st</sup> prizes and a 2<sup>nd</sup> prize.

He also won highly commended on his egg!

Archie, this is fantastic! What a brilliant hobby you have. We are so proud of you!







# Summer Holiday Clubs

**For ages 5 - 16**

Across the sessions we will be running a mixture of our traditional and alternative sporting activities, from Basketball, Football and Dodgeball to Crossbow, Bubble Football and VR.

**How to Book?**  
Bookings can be made via **Playwaze** or by visiting the **DT Coaching** website: [www.dtcoaching.co.uk](http://www.dtcoaching.co.uk)

**DT Coaching Services**

Please contact us for further details or for help booking:

[clubsedtcoaching.co.uk](mailto:clubsedtcoaching.co.uk)  
01872 306730

**TIME MOVE Holiday Programme**

**Location**  
Roche Primary School (PL26 8EP)

**Dates**  
Tues 6th & Wed 7th August  
Tues 13th & Wed 14th August  
Tues 20th & Wed 21st August  
Tues 27th & Wed 28th August

**Times**  
9:00am - 1:00pm

Funded for those eligible for Free School Meals, with a hot lunch included!

**active CORNWALL** | **CORNWALL COUNCIL** | **Department for Education**



# ROCHE CARNIVAL 2024

28th July to 3rd Aug

## Carnival Week Line Up

**Sunday 28th July** - Show and Shine, Dog Show, Crowning of Carnival Royalty  
**Monday 29th July** - Treasure Trail & Olympic Themed Scarecrow Competition  
**Tuesday 30th July** - Kids' Disco  
**Wednesday 31st July** - Kids' Bingo  
**Thursday 1st Aug** - Prize Bingo  
**Carnival Parade Friday 2nd Aug**  
**Saturday 3rd Aug** - Roche Brass Band

## PRIZES

Contact the Roche Carnival Committee via email or visit the Roche Carnival Facebook Page for more information...

**f ROCHE CARNIVAL 2024** | [rohecarnival@outlook.com](mailto:rohecarnival@outlook.com)

Thank you to the Community of Roche and the Clays for all your support in 2023

## Wellbeing

### 30 Family Wellbeing Activities to Celebrate Summer

- Host a barbeque for family and friends.
- Read a book outdoors.
- Create some outdoor nature art.
- Have a water fight outdoors!
- Make a homemade Eton mess.
- Go fruit picking.
- Do yoga outdoors.
- Plant carrots and lettuce.
- Draw a summer picture for a loved one.
- Go on a rainbow nature scavenger hunt.
- Create a summer scrapbook.
- Make junk model boats to sail on your paddling pool.
- Head to an adventure playground.
- Make a playlist of summer feel-good songs.
- Row a boat.
- Press fresh flowers.
- Tidy an area of the house.
- Have a sunflower growing competition.
- Head to the library and find books about
- Make ice lollies.
- Go camping.
- Play rounders in the park.
- Write a postcard and send it to a friend or neighbour.
- Go to the cinema on a rainy day.
- Write a summer adventure story.
- Visit a museum.
- Tie-dye a t-shirt.
- Discover a castle.
- Make paper aeroplanes
- Play tennis.





15.07.24 Reception Class Trip to Towan Beach and Blue Reef Aquarium



### **Online Safety**

With the holidays coming up, it is likely that children will be spending more time on devices and their online life can take over.

With this in mind, our online safety supplier, Knowsley, have produced some videos to aid parents and carers in setting up parental controls. They are definitely worth a watch.

<https://www.knowsleyclcs.org.uk/online-safety-videos/>

<https://www.knowsleyclcs.org.uk/online-safety-video-embed-codes/>

### **Newquay Lifeboat**

On Monday 15<sup>th</sup> July, Year 1 went on an exciting journey to Newquay to see the lifeboat. Fortunately rain, in this case did not stop play!

The children had a fantastic time learning all about the RNLI and the fantastic work that they do. John and Graham from Newquay lifeboat thoroughly enjoyed teaching Year 1 about the lifeboat, the tractors and the kit that the crew have to wear on each and every rescue.

The children really enjoyed trying on the life jacket and helmet and at the end we surprised John with a lovely picture that Tilly had coloured in beautifully and £141 from our cake sale; our own donation towards the fantastic work the RNLI do.

Thank you to all Year 1 parents who made and donated cakes and to everyone who bought them to donate towards this fantastic charity.





# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY



Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## DIFFERENTIATING WORRY FROM ANXIETY



While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## Meet Our Expert

Adam Gillatt is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College



## Help over the Summer

**Foodbank:** Email Mr Walden on [jwalden@roche.tpacademytrust.org](mailto:jwalden@roche.tpacademytrust.org) if you require a foodbank voucher.

**Community Food:** Treverbyn Community Hall. Wednesday 2pm-4pm, Friday 12pm-4pm, Sunday 4.30pm-5pm. If you are unwell, isolating or disabled and are unable to get to one of the participating community larders, please do contact The Hall and we can see if we can get food to you as a one off delivery. Contact 01726 858657.

**Bugle Library of Things:** From community food to used books and toys, Bugle Library of Things is a lovely community care and share shop on Fore Street in Bugle.

**Activities and Information for Roche Village:**

<https://www.rocheaparishcouncil.gov.uk/Roche%20News%20Latest.pdf>



### MORRISONS

Kids eat for free in Morrisons Cafes every day when you spend over £5 on a adult's meal.

### TESCO

Free kid's meal, with a 60p minimum spend Monday to Friday in Tesco Cafes. Clubcard needed.

### DOBBIES GARDEN CENTRE

Every day from noon, kids can eat from the Dobbies lunch or pick 'n' mix menu for free when an adult gets a main meal.

### GORDON RAMSEY RESTAURANT

Kids under 8 can eat for free at Gordon Ramsey Restaurants when an adults eats from the à la carte menu.

### PREZZO

Free 3 course meal everyday from 4th July - 1st September when an adult buys a main meal.

### IKEA

Kid's mac and cheese, fruit and drink for 95p from 11 AM (exc Fridays) or £1.50 for anything else from the kid's menu.

### PAUSA CAFÉ at DUNELM

Spend £4 and get one free choice from the Kids Menu in Pausa Cafés on Monday to Friday after 3pm.

### ASDA

Kids eat for £1 with no minimum spend. Plus, they get a free piece of fruit such as and apple, pear or banana.

### BEEFEATER

Get two free kids' breakfasts for those under 16s at Beefeater when you buy an unlimited adult breakfast.

### YO! SUSHI

Kids under 12 get a free bento box deal, plus a drink when an adult spends at least £10. Offer runs 1st July - 30th August 2024.

### SAINSBURY'S

Kids get a hot meal or lunch bag for £1 when an adult gets a hot meal costing at least£5.20.

### TGI Fridays

Kids eat a free all day, every day, when an adult buys a main meal and presents their Stripes loyalty card.

**SKINT DAD**





# Summer Holidays

22nd July-3rd Sept

At Roche Primary School we wish  
you a happy summer holiday.  
We return to school on Wednesday  
4th September!