



Newsletter

3rd November 2023

Roche CP School Rules for Life

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

Headteacher's Cup Awards Awarded 20th October 2023

For Settling in

- Reception:** The cup is going to Willow for settling so well into Reception class. She is such a kind, caring and positive member of our class who is always doing the right thing. She has immersed herself in the Reception class routines and understands our school rules. She always tries her best in all she does and enjoys learning new things. Well done on such a fantastic start to school life Willow!
- Year 1:** The cup in Year 1 is going to Oskar. Oskar has transitioned from Reception class really confidentially. He has picked up our routine and new timetable, which is packed-tight with learning. Oskar is great at listening to instructions and always applies this to his work. He has been doing his homework and playing Numbots in school and at home. Oskar has also been voted for School Council for Year 1. The best of all, Oskar is always polite and super smiley! Well done Oskar.
- Year 2:** I have nominated Koa for the settling in cup. In the beginning Koa found it quite tricky learning the new year 2 expectations. Initially he was reluctant to do his work independently and needed quite a bit of reassurance. He would often come up to me a check that what he had done was correct. Now Koa is much more confident in his abilities and no longer needs the assurance that he is doing things correctly. This means that he is becoming self-motivated and has a great attitude to his learning. Well done Koa.
- Year 3:** In Year 3 the cup for settling in went to Samuel. Samuel has settled into Year 3 exceptionally well. He is always in the line in the playground with a smile on his face ready to start the day. In class, he is eager to learn and always puts his hand up to answer questions. He has adjusted brilliantly to the Year 3 timetable and the pace of our learning day. This has all made for a great start in Year 3 which I am sure will continue for the rest of the year.
- Year 4:** Roxette was awarded the Cup in Year 4! She has transitioned to her new class and got to know her new team of adults really well. She follows the school rules amazingly and is such a role model. She is incredibly kind to her peers as well as the adults in Year 4. She absolutely loves school and it is a pleasure to see her enthusiasm. She works hard in class and tries even when some of her learning is a challenge. Huge well done Roxette on achieving the first cup of the year!
- Year 5:** Well done to Vassili! You have settled brilliantly into Year 5 and it clear to see how much you have matured over the summer and first term, allowing you to be engaged with your learning, class mates and daily school life. Keep it up!
- Year 6:** Our award winner this half term was for someone who doesn't always find change very easy but has managed the move to Year 6 brilliantly, despite having to also cope with a change of plan at the last minute when we moved into the main building. Kaelyn has taken it into her stride when she has had to cope with different teachers. Kaelyn comes into school well and applies herself with maximum effort. It has been lovely to see her smiling and relaxed and we hope that this continues for the rest of the year. Well done Kaelyn!

Please note, your child needs to return their cup to the office on Friday 8th December

Attendance
31st October – 3rd November 2023

Reception Class
98.80%

Cups

Creativity Cup: Josie P

KS1 Kindness Cup: Khloe J

KS2 Kindness Cup: Amelia B

Please note, your child needs to return their cup to the office on Friday 8th December

Reminder...

STEM Lego Club with Mrs Gardner and Street Dance Club start from 6th November.

All clubs continue on their usual days and times after half term.

New clubs will be announced after the Christmas holidays.

Pen Licence

Well done to Freddie in Year 6 for gaining a pen licence after his first piece of independent writing!

After School Collection Sheets

If you haven't done so already, please could you return your after school collection sheets to your child's classroom.

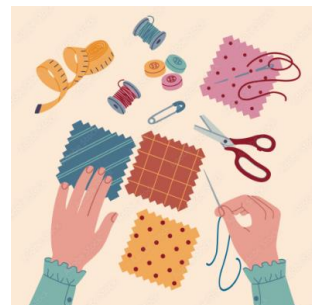
Roll-Up Cases in Year 4



Year 4 have been making roll up cases in class last term.

Frankie's mum has put her hairdressing scissors into the case and they fit beautifully!

Well done Year 4, your roll-up cases were absolutely fantastic!



From Young Minds re Hello Yellow

The grand total so far is ... £114,000!

Once again, we'd like to say a huge thank you for all your hard work in bringing your school together and showing your support for millions of young people across the country.

We have been blown away by what the #HelloYellow community has achieved.



Wellbeing- Mindfulness

Mindfulness, at its simplest, is paying attention to what is happening in the present moment. It may be what you're feeling, hearing, or anything else you notice. There's no special place of calm you have to reach and it's not about clearing your mind, it's just an honest and kind look at what you're experiencing this moment.

Studies show that the benefits of mindfulness for kids may include:

- Increased focus, attention, self-control, classroom participation, compassion
- Improved academic performance, ability to resolve conflict, overall well-being.
- Decreased levels of stress, depression, anxiety, disruptive behaviour.

Mindfulness links to Take Notice of our five ways to wellbeing. Check out the mindfulness challenge cards below; how many can you complete?

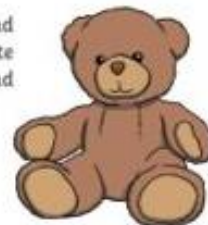
Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



Take a moment to think about how you are feeling. Which words would describe how you are feeling?

Can you trace back the origins of those feelings?



Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



New Ways November 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

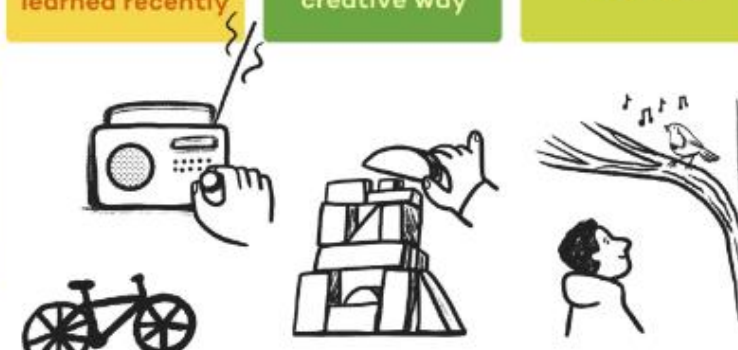
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

National Child Measuring Programme

The school nurse is visiting Roche School on Tuesday 21st November to check the heights and weights of Reception Class and Year 6 pupils.

If you wish for this **not** to be done, please complete the below **opt out** information.

Reception: <https://www.healthycornwall.org.uk/make-a-change/child-health-programme-reception-year/>

Year 6: <https://www.healthycornwall.org.uk/make-a-change/child-health-programme-year-6/>

Information regarding this has been sent previously on Parent Pay.



We will have Remembrance Day merchandise at school for sale on Friday 10th November. There will be a collection pot too.

Year 6 children will be taking the merchandise to all classrooms on Friday 10th November 2023. There is a suggested donation of £1 for each item. This can come to school as cash.

Dates for your Diary

7 th November	Home game of netball and football (Football and Netball Team)	Consent needed on Parent Pay
8 th November	Football Tournament at Biscovey (Football Team)	Consent needed on Parent Pay
12 th November	Remembrance Day Service @ St Gomonda's (12 pupils from Year 6)	Consent needed on Parent Pay
27 th November	Reception Class to Eden Project	Consent needed on Parent Pay

Information Sessions

Tuesday 7 th November @ 3.20pm	Year 3 Camp Presentation	School Hall
Wednesday 8 th November @ 3.30pm <u>or</u> 5.30pm	Year 6 SATS Information Evening	Year 6 Classroom
Tuesday 14 th November @ 9am-10am*	Reception Class Writing Workshop	Reception Class
Thursday 16 th November @ 9am-10am*	Reception Class Writing Workshop	Reception Class

Notes: If attending the Reception Class Writing Workshop or the Year 6 SATS Information Evening, please email Mrs Batten reception@roche.tpacademytrust.org and advise on which session you will be attending so we can cater accordingly.

*You only need to attend **one** of these sessions.



Year 6 London 2024



A reminder that the London payments are live on Parent Pay. Please be aware this does not have to be paid in one go, we have set it up so you can pay in instalments.

If you would like to discuss payments, please contact Mr Walden on

head@roche.tpacademytrust.org

Hatchbox Photography

Your child will receive an A5 sheet of paper with codes for your child's photo taken yesterday morning. Please note if you order sooner rather than later, any photographs will be delivered free to school.

The photographers at Hatchbox Photography commented on how polite the children were during their photography session. Well done everyone!