



Newsletter

22nd 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

Headteacher's Awards Awarded 15th September 2023

- Reception:** This week in Reception class the whole class is getting the head teachers award for having a great first week at school and settling into their new routines.
- Year 1:** This week we awarded two Headteacher Awards. The first one was for Kieron for showing brilliant behaviour and attitude to learning! Well done Kieron! The second award went to Mia M for her fantastic enthusiasm for Numbots in class and at home. Keep it up!
- Year 2:** Lacie and Evie gained a Headteacher's Award this week for being fantastic role models and engaging in class.
- Year 3:** Last week's Headteacher's award went to Amelia and Riley. Amelia has settled into Y3 really well and has shown great resilience with her learning. It's been lovely to see. Keep it up Amelia! Riley blew me away last week with a fantastic learning attitude all week. His enthusiasm for learning was seen in all lessons. Well done Riley!
- Year 4:** This week Ella was nominated for an award from Mr Moore. She has worked really hard in her Maths lessons this week, demonstrating good independent learning and resilience.
- Year 5:** Well done to Morely. During PE, he showed excellent fairness and great sportsmanship. Another well done to Kezia, who displayed wonderful vocabulary during our STEM day at St Dennis.
- Year 6:** This week we awarded three Headteacher Awards. They went to Abbigail, Max A and Roanna for demonstrating really careful joining when making their spaghetti truss bridge.

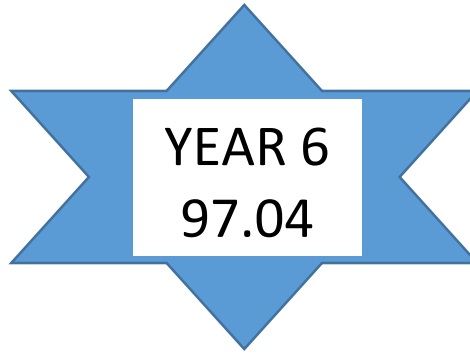
Parent/Carer Telephone Calls Booking

There will be parent/carers telephone calls from the week beginning 9th October. Bookings open at 6pm tonight and close at 12pm on 4th October.

This is a 10-minute telephone conversation with your child's teacher where they will ring you.

To book your time, please log in to <https://rohecp.schoolcloud.co.uk/>

Attendance
18th – 22nd September 2023



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.

Hello Yellow



On Friday 13th October, we are taking part in a fundraiser for Young Minds. Young Minds is a mental health charity which supports young people. All children are invited to wear something yellow on Friday 13th October in return for a £2 donation per sibling group.

Your child can wear a yellow t-shirt, yellow laces or even a yellow scrunchie in their hair.

To donate, please head for <https://www.justgiving.com/page/roche-school-1694603985582> and donate on or before 13th October.

For more information regarding Young Minds click <https://www.youngminds.org.uk/>



Car Park Speed Limit

A reminder, there is a strict **5 mph** speed limit in the school car park.

There are children, staff and visitors constantly on site throughout the day.

Please be mindful of your children running in between cars. Their safety is paramount.

Wellbeing

World Gratitude Day is celebrated on September 21 annually. This day aims to remind us of the **importance of expressing gestures of thanks and appreciation**. Understandably, sometimes we can get caught up in our busy lives and neglect to show how grateful we are for the people around us.

Gratitude is one of the most positive emotions we, as humans, can feel, and it has the power to change a negative point of view into a positive one.

Gratitude has a wide range of benefits, including the following:

- It can improve your physical health by boosting your immune system, lowering stress levels, and improving your sleep.
- It can improve your mental health by increasing self-esteem and lower symptoms of depression.
- It can help you develop a range of social and professional skills.

Have a go at the attached 'Gratitude Scavenger Hunt' as a family and let us know what you found!



What Parents & Carers Need to Know about LIVE STREAMING

Live streaming involves broadcasting and watching videos online in real time, often on social media or via platforms like YouTube and Twitch. Viewers can interact through comments, chats and reactions during the broadcast: such instant engagement makes this an exciting way to share experiences, learn from others and build digital communities. Despite the many positives, live streaming also creates a potential platform for unsuitable content and poses some risks to children: it's essential to keep privacy and safety in mind and comply with each site or app's age restrictions.

AGE RESTRICTION
13+
16+
18+
Age varies by platform

WHAT ARE THE RISKS?

LACK OF AGE VERIFICATION

Despite their age restrictions, some platforms don't require proof of age at sign up – meaning that anyone can register for an account (and potentially pretend to be older or younger than they actually are). In many cases, this means that young live streamers can never be totally certain exactly who they are broadcasting to and who is engaging with their live stream.

DISCLOSING PERSONAL INFO

A characteristic of live streaming is the ability for videos to be instantly shared worldwide. Without the correct privacy settings enabled, a child could inadvertently reveal personal information or their location, making them vulnerable to online predators or identity theft. It's wise to regularly check the privacy settings (and what data is being shared) on any apps your child has signed up for.

ANYTHING COULD HAPPEN

As the video streams are live, children might encounter (or inadvertently share) inappropriate content. Most live-streaming apps have rules to prevent this and monitor their services, also providing report buttons where content can be flagged for review. It may not be dealt with instantly, however, meaning that your child could be further exposed to harmful content during a live stream.

UNAUTHORISED RECORDINGS

Each live streaming platform stores completed videos for different periods (Twitch saves broadcasts for 60 days, for example, while Facebook and YouTube remove them only at the creator's request). Deleting a video, though, doesn't always stop it from being shared: in some cases, streams have been illegally recorded (or screenshots taken) by certain viewers and redistributed on other sites.

ROGUE CONTENT CREATORS

Children can also watch other people's live streams, which could potentially contain anything at any time (such as nudity, drug use or profanity). Most apps claim to monitor live streams and will stop any that don't adhere to their guidelines – but with millions of streams per day, it's complicated to regulate them all, so children could be exposed to inappropriate content without parents knowing.

DANGER OF GROOMING

There are increasing reports of children being coerced into performing "suggestive acts" by strangers on some live-streaming apps. Due to the lack of verification required for certain apps, almost anyone can sign up to these services (including anonymously or under a fake identity). It's vital, therefore, to ensure the correct safety measures are in place before your child begins live streaming.

Advice for Parents & Carers

PUT PRIVACY FIRST

Through the streaming app's settings, switch your child's account to 'private', so only their friends and followers can see their broadcasts. You could also turn off the live chat, shielding your child from any upsetting comments – although viewers' feedback is often seen as an integral part of the fun. Identify any nearby items (such as school uniforms or visible landmarks) that could give away your child's location.

MANAGE MULTISTREAMING

Some apps and sites let users stream their content through multiple social media platforms at once. A broadcast on SteamYard, for example, can be shared on YouTube, Twitch, X and Facebook if the accounts are linked. The privacy settings can differ on each of these, so we'd suggest only streaming via one platform at a time to maintain greater control over who's watching your child's videos.

GET INVOLVED YOURSELF

Research suggests a significant number of streams show a child on their own, often in a supposed safe space like their bedroom. If your child wants to live stream, ask if you could be present because you're interested in how it works. You could even set up your own account to gain a more detailed knowledge of what your child talks about in their live streams – and who they're broadcasting to.

TALK ABOUT LIVE STREAMING

Try to start with positives before discussing potential risks. You could ask which live streaming apps your child likes and how they use them. Do they just watch streams or create their own? Explain why it's unwise to reveal personal information while streaming (even to friends). If you feel your child's too young for live streams, explain your reasoning to them and perhaps agree to review this decision in the future.

CONSIDER THEIR ONLINE REPUTATION

As the broadcasts are live, it often causes the misconception among young people that whatever happens in their video simply 'vanishes' once the stream ends. However, videos can stay online indefinitely or be recorded by other users. It's important that your child understands what they do and say in a live stream could potentially damage their online reputation and, quite possibly, be seen by prospective future employers, colleges or universities.

Meet Our Expert

Rhodie Smith is Head of Digital Learning at Thomas's Kensington, London. Recognised in the EdTech 50 UK Awards Yearbook 2021/22 for his efforts in the digital transformation at Cubitt Town Primary School and Tower Hamlets, he is also a Google for Education Certified Trainer and guest lecturer at University College London on the integration of technology across the curriculum.



NOS
National Online Safety®
#WakeUpWednesday

Source: <https://www.iwi.org.uk/media/2393rc2/distribution-of-captures-of-live-streamed-child-sexual-abuse-final.pdf>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.09.2023

Free After School Club Activities

Are you a parent of a child in primary school? Join Healthy Cornwall's FREE after school activity clubs! There are a range of fun and exciting activities every week during term-time in a variety of locations across Cornwall! Activities include archery, NERF battles, laser tag, ultimate frisbee, Kin-Ball, and much more!

<https://www.healthycornwall.org.uk/what-s-on/healthy-cornwall-current-programmes/#KidsActivityclubs>

Complete Healthy Cornwall's enquiry form to book a place or call 01209 615600

https://orlo.uk/Healthy_Cornwall_Enquiry_Form_VwY6m

Please use the attending child's details when registering. For programme select 'Healthy Weight' then 'Tier 1 Active Kids Club'

Dates for your Diary

Friday 22nd September 2023 6pm Parent Eve phone calls booking **opens**

Friday 29th September 2023 Year 3 Trip Screech Owl Sanctuary

Wednesday 4th October 2023 12pm Parent Eve phone calls booking **closes**

Friday 6th October 2023 Whole School Flu Spray Booking instructions above

Monday 9th October 2023 Individual and Sibling Photograph

Monday 9th October 2023 Parent evening phone calls (all week)

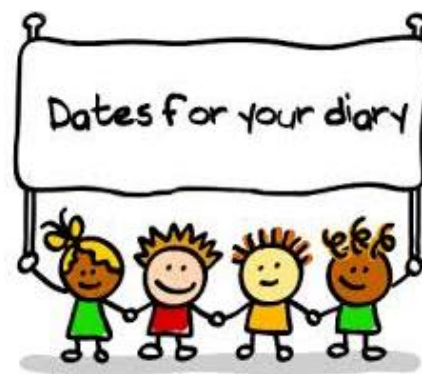
Friday 13th October 2023 Wear Yellow for Mental Health

Monday 23rd October 2023 –
Friday 27th October 2023

Half Term

Monday 30th October 2023 INSET day

Tuesday 31st October 2023 First day back - Autumn 2 term



School Meals

There was a lot of excitement on Wednesday because vegetable crumble was back on the lunch menu! This is a firm favourite with pupils (and staff!)

Rhys from Year 6 asked to try some vegetable crumble and said "I will give Mrs Whitford 10 out of 10!"

Thank you Rhys for being our-in house critique! It's a pleasure to see you and your friends enjoy your lunches.

Vegetable crumble is available on week 3 of the menu. Order it for next time – 11th October!

BRITISH WILDLIFE & CONSERVATION DAY

@ Screech Owl Sanctuary & Animal Park

Saturday 30th September 10am – 4pm

Save the date and come and join us at the Sanctuary to experience a range of additional activities (at no extra cost to entry) to learn more about British Wildlife & Conservation.

Some of the groups joining us on the day are

- British Trust for Ornithology



- Cornish Seal Group

CORNWALL
SEAL GROUP
RESEARCH TRUST



- Cornwall Butterfly Conservation



- Cornwall Reptile & Amphibian Group



- Cornwall Wildlife Trust

Cornwall
Wildlife Trust



**Reduced entry on the day at £8 per person
(for anyone aged 3 and over)**



Roche Pantomime Players Family Disco

Saturday 28th October 2023

Roche Victory Hall

7pm – 11pm



£2 per person – children under 16 to be accompanied by an adult



A reminder, these styles of bottles should not be in school. We have had incidents with chipped teeth because of them.

Please make sure bottles are plastic.
Thank you.

Leavers Hoodies Last Year

If your child was in Year 6 last year, you may have bought a leavers hoody. Unfortunately one went missing at the end of last term.

Please can you check if your child who left in July 2023 has accidentally got 2? If so, please give the office a ring or return to school. It is an adult Medium or Large.

Many thanks.