



Newsletter

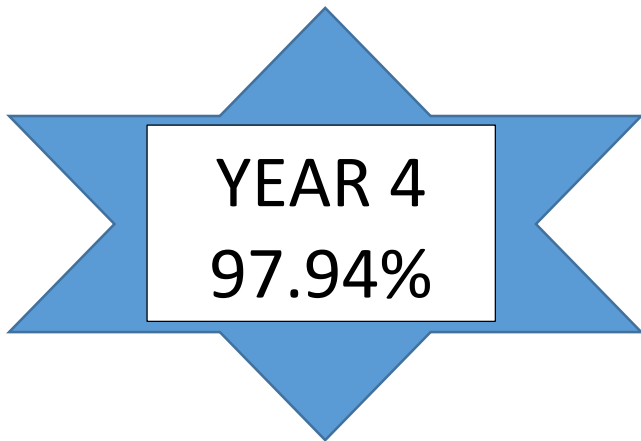
2nd February 2024



Headteacher's Awards Awarded 26th January 2024

- Reception:** This week, the Headteacher's awards went to Arabella for always being a thoughtful and kind friend and to Jessica for her perseverance in PE this week when practising our focus skill of balancing on a line! Well done to you both!
- Year 1:** Well done to Freddie W and Olivia this week. Freddie for a super 'can do' attitude this week and working well in all areas of learning. Keep it up Freddie, well done!
This week, Olivia produced a great piece of art using primary and secondary colours inspired by artists Jasper Johns. Super listening and concentration throughout. Well done Olivia.
- Year 2:** Congratulations to Jacob for taking care in English and producing superb handwriting. Great work Jacob!
Priya has been phenomenal this week. Priya has been brave and patient after having new diabetes equipment and has still completed all of her work! What a great attitude!
- Year 3:** Last week's Headteacher awards went to Bailey and Eva. Bailey worked really hard during English inventing a main character for his story, The Titanium T-Rex! He used great adjectives to describe him. He then planned the rest of the story. I am looking forward to reading it when it is finished! Well done to Eva too who had a great week during our Science lessons looking at Forces and Magnets. She has such a curious inquisitive mind and is always keen not just to ask questions but also thinks about what the answer could be. Well done Eva!
- Year 4:** Archie R achieved a certificate this week firstly for being really helpful in the classroom. Secondly, his commitment to making progress on NumBots last week was great! Keep it up.
Bea was awarded a certificate this week for her commitment to improving her handwriting. In her English book it shows so much progression! Bea will now work on this standard across the other subjects. Well done Bea.
- Year 5:** Vassili had superb focus in PE this week which kept the game flowing – well done Vassili!
Rosie had marvellous question answering in RE this week so was definitely deserving of a Headteacher's award too!
- Year 6:** Great effort from Kaelyn this week for fantastic writing not only this week, but last week too! She is using lots of different factors to great effect! Well done!
Excellent work from Xander this week for always contributing so well in PE. He always works hard as part of a team and is a super PE monitor. Splendid efforts from Kaelyn and Xander.

Attendance
29th January – 2nd February 2024



Pen Licences

Congratulations to Lucy and Ashton in Year 4 who were awarded handwriting pens this week!

Congratulations to Cory and Ellie in Year 6 who have also been awarded pen licences.

Well done to you all!

Netball Report by Chloe and Emily

On Tuesday, we played a home game of netball against St Dennis. During the match, we did some fantastic passing up the court towards the net with some high passes from Charlotte and great passes by Emily. We had some brilliant goals scored by Chloe (2 goals), Kaelyn (3 goals), Roanna (1 goal), Abbigail (1 goal) and Ellie (1 goal).

We worked well as a team and made sure we communicated with each other when we were free to receive the ball and pass it on to our team mates. St Dennis played really well too.

The final score was 8-3 to us which we were really proud of.

Woman of the match was Ellie for a brilliant intercepting of the ball and then passing it to others.

Football Report by Jake and Jack

On Tuesday we played a home game against St Dennis. It was a really fun game we all enjoyed it. It started by them scoring a goal from a pass from their mid fielder. Then we came back with a goal by Jack which was first shot by Marshall, it hit the cross bar then Jack hit the volley. Right after that Zak stormed a shot from the half way line deflected by the defender.

Jake saved a good goal which St Dennis tried to score. In the last two minutes St Dennis scored making the final score a draw at 2-2.

Man of the match was Morley for great defending.

Safer Internet Day 2024

Next Tuesday (6th February) is Safer Internet Day. Safer Internet Day is a chance to think about any worries we might have about using technology and the internet, but it's also about celebrating all the fantastic things technology can help us with. SaferInternet.org.uk has a range of guides and resources for parents and carers on a variety of topics, including:

Mobile phones

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/phones>

Games consoles

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/games-consoles>

Smart Speakers

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/smart-speakers>

Social media

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

Surprise Party!

Year 4 had a fantastic afternoon on Monday celebrating Valentino's 9th Birthday!

We surprised the class and Valentino! After lunch the whole class got changed into Sonic costumes, Valentino's absolute favourite character. We then snuck into the hall where we surprised him from under a parachute!

We went on to play some Sonic themed party games and had some delicious chocolate cake.

Year 4 you were all superstars and showed so much kindness to the Birthday Boy! We made some super memories.

A huge thank you to the Year 4 parents for keeping it a secret over the weekend and for sponsoring your mini-Sonics! So far Year 4 have raised £135 which will go to the Children's Hospice South West. They donate to the amazing Little Harbour where Valentino and his family have been and will continue to go.

If you would like to donate, here is the link:

<https://www.justgiving.com/page/roche-school-1705397252437>



**HAPPY 9TH
BIRTHDAY
VALENTINO!**

Wellbeing



The 5 ways to wellbeing

This week we're focusing on **Taking Notice**

“**Take Notice**” is about paying attention (on purpose) to what is going on around you and how you feel, in the present moment.

It is sometimes hard to see how just ‘Taking Notice’ can help us feel happier and healthier.

However, taking time to focus on the here and now within this busy, confusing and sometimes scary world we live in can help us:

Enjoy life and appreciate what we have

Understand ourselves better

Stay calm

Think about how to approach challenges

‘Take Notice’ is connected to **mindfulness** – a popular meditation practice that encourages people to notice and accept their current thoughts and feelings, whilst staying in the present moment (which means trying not to focus on the past or future).

This [one-minute video](#) from Smiling Mind helps explain mindfulness.

<https://www.youtube.com/watch?v=OaRDbLWeSXE>



Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell and feel. Perhaps notice what the people around you are up to, how they are feeling or acting.

MY VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

KEEP SCROLLING

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesday

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ChatHealth
Cornwall and the Isles of Scilly

ChatHealth Parent Line 5-19

School Nursing messaging service for parents and carers of children and young people 5-19 years in Cornwall and Isles of Scilly

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Together for Families



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To read our full privacy notice please visit www.cornwall.gov.uk/tffprivacynotice

We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.

Measles: Are you protected?

You need **2 doses** of the **MMR vaccine** for lifelong protection.

If you haven't had **both doses**, you could be at risk.

Contact your GP practice and book an appointment if you're not up to date.

Measles Awareness and MMR Vaccination

Cases of measles are rising across England, including among children. It's an infection that spreads very easily and for some people can cause serious problems. It is particularly easy to catch in environments when in close contact with others, such as nurseries and schools. There are currently large outbreaks in London and Birmingham, and we have experienced some outbreaks in the south-west already. We anticipate that it is only a matter of time before we see measles outbreaks in Cornwall.

The best protection against measles for children and adults is to get both doses of the MMR vaccine.

Key messages

- MMR is a preschool vaccination normally given at 12 months and 3 year 4 months to protect against Measles, Mumps and Rubella. Parents and guardians should be encouraged to check their children's MMR status in their red book, or contact their GP practice as soon as possible if they are not sure.
- it is never too late to catch up on any missed MMR vaccinations, contact your GP to book an appointment.
- Symptoms include a high fever, sore red watery eyes and a blotchy red-brown rash.
- Measles often starts as cold-like symptoms. NHS guidance says it is fine to send a child to school with a minor cough or common cold, provided they don't have a temperature. School attendance is vitally important to children's learning and health.
- If a child has measles they should stay off nursery or school for at least 4 days from when the rash first appears, and avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

What you can do to help

- Check your own and your family's MMR vaccination status and book vaccinations with your GP if you are unvaccinated or only partially vaccinated. MMR is given over two doses, and both doses are needed for full protection.

If you are due to have had 2 doses of MMR but have not yet received them, no matter what age you are, you should contact your GP to get vaccinated as soon as possible. MMR vaccination is free.

If you can't remember if you have had any, 1 or 2 doses of MMR vaccine, check your personal child health record (the Red Book). If this doesn't help, speak to your GP.

It's better to have 2 doses of MMR vaccine now rather than risk being unprotected.

For further information see:

- MMR (measles, mumps and rubella) vaccine - NHS (www.nhs.uk)
<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>
- Measles is circulating leaflet Measles leaflet English (publishing.service.gov.uk)
https://assets.publishing.service.gov.uk/media/6440262d6dda69000d11e14a/UKHSA_12624_Measles_leaflet_English-ch_01_WEB.pdf
- What to do if you think your child has measles and when to keep them off school - The Education Hub (blog.gov.uk)
<https://educationhub.blog.gov.uk/2024/01/22/what-to-do-if-you-think-your-child-has-measles-and-when-to-keep-them-off-school/>

Friendly February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

WEDNESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

29 Acknowledge someone's problem or pain rather than trying to fix it

FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



ACTION FOR HAPPINESS

Happier · Kinder · Together