



Newsletter

14th June 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 7th June 2024

- Reception:** Well done to Lillie-Ann for recently growing in confidence and working hard in all areas of your learning!
Well done to Oliver C for your fantastic retelling of our Talk for Writing story 'The Three Billy Goats Gruff'.
- Year 1:** The first Headteacher award went to Charlie for working hard in all of his lessons. He really impressed the adults by following all of the school rules! Well done Charlie – keep it up!
The second Headteacher award went to Vincent for being such a kind friend both inside the classroom and outside at lunchtimes with all of the other children. Well done Vincent!
- Year 2:** Well done to Ella and Summer for showing great improvement in their English writing and making sure they included everything they have been learning.
A big welcome to Lexi who has joined our class. She has settled in immediately and has become a terrific member of Year 2.
- Year 3:** Last week's Headteacher Award went to the whole of Year 3! It was an obvious choice after an amazing 3 days at Camp! The children were absolutely amazing and represented Roche brilliantly. They displayed lovely manners, were polite and well behaved, all worked as part of a team, helped each other out at all times, were kind to each other, were helpful to adults, showed bravery and resilience when trying out new activities, displayed perseverance when things may have got too tricky for them, did everything with a smile on their face; the list is endless! All of the Y3 team were super impressed with all the children and nobody wanted camp to end. We went home on Wednesday tired but extremely happy with many memories made! Well done Year 3, super proud of you all and everything you achieved at camp.
- Year 4:** This week in Year 4, Archie P has been awarded a certificate for his efforts in our English lessons. We were revising direct speech. Archie put lots of effort in. Archie must be commended for always getting on in our English lessons and he shows a lot of independence. Well done.
Edward has received an award for his fantastic creativity! He has been designing a game at home which he shared with the class. His drawings were intricate and his inventions were very creative. The class loved seeing them all. He also showed kindness and wanted to involve his classmates in his designs.
Harry has been awarded a certificate for his progress in our handwriting lessons. He has been trying a lot more and even though he finds this really tricky, he is making progress. I can't wait to see if Harry can transfer these skills into his other lessons now. Keep up the hard work Harry.
- Year 5:** Congratulations to Harrison and Zak! Harrison has just had a really settled week back, and listened well to instruction and direction. Zak gets the certificate for being a great partner in cricket - at one point he really drew the short straw and had to work with Miss Goatman, whose throwing skills could certainly be improved!
- Year 6:** Well done to Freddie for his amazing problem solving skills in ICT and helping Mrs Williams fix a problem!
A fantastic audition from Rhys who made the whole class smile earned him a Headteacher's award!
What a little star you are Rhys!

Attendance
10th – 14th June 2024

YEAR 4
98.35%

Activities Outside of School



A huge congratulations to Archie for winning all of these certificates, a medal, a rosette and two trophies for showing his chickens at Royal Cornwall Show!

Archie has bantam hard feather chickens and scooped these prizes last week!

Well done Archie – we are so proud of you!



A WORKSHOP FOR TIRED FAMILIES
presented by the Cornwall Mental Health Support Team

Sleep Wise – a short presentation by Hunrosa Sleep Consultants to help parents with sleep strategies for young people and families..



Monday
8th July 2024
10:00 - 11:30 am
scan the
QR code or
book HERE

Please find here an invitation to a Sleep Wise Parent/Carer Workshop on supporting children with Sleep, delivered by Hunrosa with support from the MHST.

This 1.5 hr-2hr online workshop is taking place on Monday 8th July at 10am and is open to Parents/Carers of children in Reception to Year 6.



Wellbeing

This week's wellbeing focus is self-care. As the old saying goes, "you can't pour from an empty cup", and looking after yourself means you can give you and your family the best of you, not just what's left.

We all have those moments when we can't manage as parents and carers. That we are incapable. There's too much to do, it's overwhelming, and your inner voice is very negative.

Although it is natural to feel frustrated or full of doubts at time, it doesn't make it easy to manage.

We also all have moments that are fine! All is well. Much of the time, we are not even aware of what we are thinking because we are just getting on with parenting and day-to-day things.

So, how can we cope when it's all too much? Here are some simple ideas to help.

1. **Breathe** – it sounds simple, but focusing on your breathing can have a powerful effect on your feelings. Try to consciously take slower, deeper breaths for a few minutes.
2. **Talk** – Think of someone who will listen to you, and share with them. If you're struggling to find someone to talk to, The Samaritans or the free My Family Journal app are both great tools and completely private.
3. **Prioritise** – We can't magically create time (wouldn't it be great if we could?) So, what is important right now? What can wait? Will it still be ok if this is dealt with next week? Just remember to get the most important things done, rather than putting them off and causing your future-self more stress.
4. **Move** – Exercise has a huge impact on our mental and physical health. Try to find ways to build in active moments to your day; just standing up and moving can really help if you've been sitting down for a long time.
5. **Ask for help** – We often feel like we have to do everything ourselves. We might feel judged for things we don't do, or for asking for help, but true friends and supportive family member will want to help. Start accepting offers of help or reach out when you need support.
6. **Make noise** – There's something wonderful about letting your emotions out when you're feeling frustrated or stressed. Choose a safe space, away from your child where you can sigh, cry, shout or even scream when it feels too much. You won't be the first person to yell into a pillow!
7. **Go outside** – Getting into fresh air has a positive effect on your mood. Head to the park, or a bit of green space. What can you hear? How does the air feel? Tune into the environment around you.
8. **Smile** – Perhaps it may feel that if you don't laugh, you might cry. That's OK. Know that this time will pass, and calmer times will come again.



Please remember that if you have strong feelings and feel overwhelmed for a long time, or your feelings interfere with you enjoying your day-to-day life, speak to a Doctor about support for your mental health.



Activities outside of school

Look at this amazing boat Rowan made with his dad!

They used a piece of wood to make the boat and then cut some fabric and sewed it to make a sail! Isn't it fantastic?

Reception class are learning about floating and sinking so we hope your boat floats Rowan!

Thank you for sending us this lovely photo!

If you have made something outside of school, please do email it to Mrs Batten reception@roche.tpacademytrust.org and you can feature on the newsletter!

Price & Buckland
SCHOOLWEAR SINCE 1959

ORDER BEFORE THE 1ST AUGUST



Don't get caught in the August rush

Price & Buckland politely request that all school uniform orders are placed by the **1st August**.

This is to ensure delivery before the start of the new school year.

School Uniform

From September, we will be continuing with our PE kit themed uniform.

As you know, the uniform is a red hoody, red t-shirt, black jogging bottoms/leggings/shorts.

Trainers **do not** have to be black but should be appropriate for sport as each class takes part in PE daily.

If you order school uniform from Price and Buckland sooner rather than later, it is delivered FREE to school.

<https://www.pbuniform-online.co.uk/schools/roche-primary-school.html>

Uniform can also be purchased from other retailers.

Kernow Young Carers

Specialist support for Young Carers and Young Adult Carers in Cornwall



In partnership with
Believe in children
Barnardo's

AMIA

YOUNG CARER?

If any of these sound like you,
you may be a Young Carer...



- Practical tasks -**
cooking, housework, shopping and gardening.
- Physical care -**
helping the cared for in/out of bed, around the house, outside the home.
- Emotional support -**
listening, talking and showing empathy.
- Personal care -**
undressing/dressing, bathing, using the toilet.
- Managing the family budget -**
paying bills, seeking benefits, working to contribute financially.
- Supporting with Communication -**
Making calls, relaying needs to professionals, helping a sibling communicate.
- Dealing with Medication -**
collecting prescriptions, giving medication, attending appointments.
- Supporting family members during crisis -**
calling emergency services, providing emotional support during hospital visits, dealing with the trauma after the event.
- Looking after siblings -**
feeding, bathing, dressing, homework, emotional support.
- Completing daily nursing tasks -**
clearing peg/breathing tubes, personal care, feeding and bathing.

To find out more,
scan the QR code



For more information about registering as a young carer or to find out more about workshops Kernow Young Carers hold, please head for: <https://www.cornwallcarers.org.uk/kernow-young-carers>



**Creative Pathways
to Smart Money**

Free
workshops
in St. Austell

Free Cooking Workshops in St Austell



Learn how to cook delicious meals on a budget with experienced chef Adele Hemming. All ingredients and resources are provided.

Venue: St Austell Family Hub, St Austell Children's Centre, Woodland Road, St Austell, PL25 4RA.

Email jane@smartsavings.org.uk or phone/text on 07760 214254 to book a place.

Dates & Times:
10:00 - 12:00
Friday 5 July
Friday 12 July
Friday 19 July

Thanks to funding received from Cornwall Community Foundation, we are delivering free, healthy cooking workshops in St. Austell from Friday, 5th July for three weeks.

We are particularly keen to support families who have been adversely impacted by the rising cost of living.

To reserve a place, please email Jane Jiwa on jane@smartsavings.org.uk



Working in partnership with:



Volunteers Needed



We need volunteers to help serve refreshments at Sports Day. We welcome not only parents and carers, but friends, grannies, grandads, uncles and aunts!

If you could help for the day, an hour or a session, please do contact school or preferably email Mrs Austin on taustin@roche.tpacademytrust.org

Thank you!

Family Worker Drop In

Roche C.P School

Fore Street PL26 8EP

These sessions will be run by the Restormel Early Help Team

Do you need some support and advice to understand your child's needs and behaviours?

Advice on positive parenting and how to keep your child safe?

Support with budgeting and debt advice?

To understand the importance of routines for your family?

We are running drop-in sessions with no appointment necessary.

The sessions will take place on the following dates and times:

24th June 2024 12.30-1.30.

Please speak to reception who will be able to direct you to the Family Worker.

For more information please contact:

Email: Restormel.Familyhubs@cornwall.gov.uk

Call: 01872 324929



www.cornwall.gov.uk