



Newsletter



8th October 2021

Headteacher Awards

- Reception:** A Headteacher award this week for Brendon for his fantastic home learning! Well done!
- Year 1:** Year 1 Headteacher awards last week were for Amelia, for persistence with her writing a story of the Three Little Pigs and Poppy for beautiful presentation of her story book based on the Three Little Pigs.
- Year 2:** A Headteacher award for George for improving his writing and one for Mylor for always being ready to learn and doing his best.
- Year 3:** Headteacher awards go to Georgia and Bonnie-May. We are looking at climate zones and weather in Geography and Georgia impressed the adults in the classroom with her geographical knowledge. She was able to explain the difference between climate and weather. She was also able to locate different countries and climate zones using an atlas. Well done Georgia! Congratulations to Bonnie-May who has shown great perseverance with her Maths learning. Bonnie-May has a fantastic learning attitude and is always focused in her Maths lessons. Well done Bonnie!
- Year 4:** A HUGE well done to Year 4 who went on Porthpean Camp! They made the adults so proud! The class were brave, independent and had LOTS of fun! Several also overcame fears. We completed activities including: wall climbing, archery, indoor caving, a high ropes course, kayaking, canoeing and speed boat rides! We have definitely created some fantastic memories. Special mention to Steven and Abbigail for being fantastic members of Mrs Campbell's class last week. We missed you and you have been so good about not being able to come to camp.
- Year 5:** Amelie for consistent writing with SPaG learnt from previous years and Harry for excellent concentration and effort with his Art work.
- Year 6:** Jack D for excellent partitioning of numbers. Ollie and Riley S for extremely well in spellings.

Golden Tickets

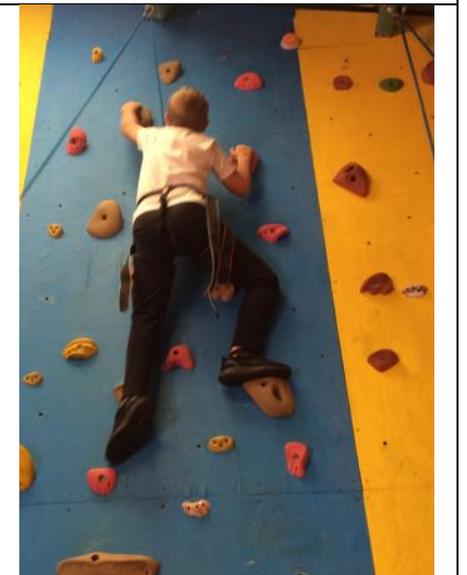
- Reception Class:** Poppy-Mai for super phonics.
- Year 1:** Bonnie for super phonics with Mrs Grigg.
- Year 2:** Harley-Pace for super sentences in phonics.
- Year 3:** Poppy for 100% in an AR quiz.
- Year 4:** Out at camp.
- Year 5:** Reuben for modelling great behaviour at breakfast club.
- Year 6:** Ethan for good PE skills.

Year 4 Camp



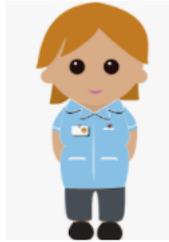
What a wonderful adventure Year 4 had on their Camp at Porthpean Outdoors. These are just a small selection of photographs documenting the fantastic few days they had.





Nasal Flu Sprays

The nasal flu sprays took part on Wednesday at school – if your child was absent this day and you'd like them to receive the spray, please contact your GP for further advice.



#HelloYellow

Thank you to everyone who came to school wearing something yellow today! So far for Young Minds, we have raised **£117**! There is still time to donate by heading over to our school fundraising page:

<https://www.justgiving.com/fundraising/roche-school-youngminds>

There is also a Hello Yellow Power Point available on the school website:

<https://www.roche.cornwall.sch.uk/wellbeing/>

Please take the time to read it with your child.

Mr Moore went all out with his Hello Yellow outfit today!

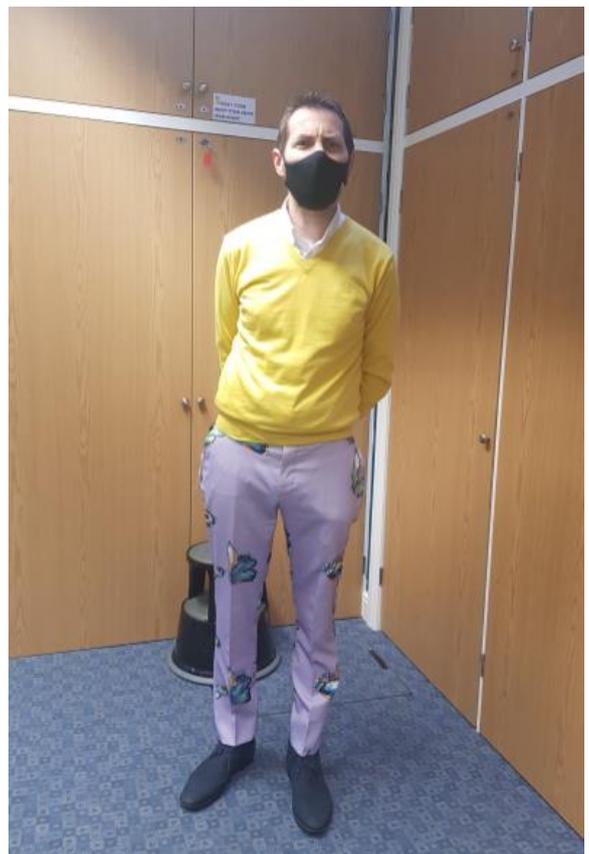
The children looked especially bright and colourful in their yellow clothing and accessories!

Thank you to everyone who participated and donated to Young Minds.

YOU ARE
AMAZING

Individual School Photographs

Our individual and sibling photographs will take place next Friday.



Optimistic October 2021

MONDAY



TUESDAY

WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY



4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished this week

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the week ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities this week?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

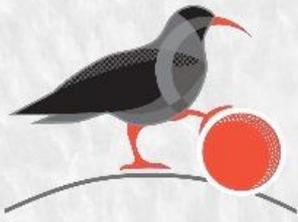
31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together





Cornwall
Cricket

WP

OCTOBER HALF TERM

CRICKET CAMPS

IN CORNWALL



WHERE?

CORNWALL (INDOOR)
CRICKET CENTRE

WHO?

- MIXED & GIRLS ONLY CAMPS
- CAMPS FOR 5-15 YEAR OLDS

MONEY BACK
GUARANTEE
IF CANCELLED

WHY?

A GREAT OPPORTUNITY TO
HAVE THE KIDS ENTERTAINED
AND TO IMPROVE THEIR
CRICKET SKILLS AND
MATCH PLAY

FROM AS LOW AS

£15
PER CHILD
PER DAY

WHAT?

SOFTBALL- EQUIPMENT PROVIDED
HARDBALL- BRING OWN
FULL PROTECTIVE GEAR

GRAY-NICOLLS

ALL PARTICIPANTS TO RECEIVE 20%
OFF GRAY-NICOLLS ONLINE SHOP
& CORNWALL CRICKET CERTIFICATE

WIN ONE OF TWO GRAY-NICOLLS
BATS BY SIMPLY ATTENDING
CORNWALL CRICKET HOLIDAY
CAMPS BETWEEN NOW AND
SUMMER 2022. YOU'LL BE
AUTOMATICALLY ENTERED FOR
EACH TIME YOU PARTICIPATE.
DRAW TO BE MADE AUGUST 2022

★ BOOK HERE ★

[HTTPS://CORNWALLCRICKET.CO.UK/
JUNIOR-CRICKET/HOLIDAY-CAMPS.HTML](https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html)
OR JUST SEARCH
CORNWALL CRICKET HOLIDAY CAMP

WIN A GRAY-NICOLLS BAT

WWW.CORNWALLCRICKET.CO.UK



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GIRLS OPEN SESSIONS

**WINTER CRICKET
SESSIONS FOR GIRLS
AGES 8-18**

**ALL ABILITIES
WELCOME**

CORNWALL CRICKET CENTRE

HARDBALL SESSIONS

£10 PER PERSON

SOFTBALL SESSIONS

£7.50 PER PERSON

**SIGN UP
NOW!**

**STARTING SUNDAY
24TH OCTOBER**

www.cornwallcricket.co.uk



WP

Moonlight Cricket

**FRIDAY
OCT 29TH**

**SUNDAY
NOV 28TH**

CORNWALL CRICKET CENTRE

GLOW IN THE DARK

CRICKET

**U13 GIRLS
5-7PM**

**WOMEN
7-9PM**

£3 Per Person

SIGN UP NOW

www.cornwallcricket.co.uk



making space for nature in Cornish towns

Join our volunteer gardening days at Cemetery Park, St Austell

October 7th, November 4th and December 2nd 2021

10am -1pm and 1.30pm - 3pm | Meet at the sundial

All equipment is provided and you do not need to
commit to the entire day.

Please dress in robust footwear and clothing suitable
for gardening and the weather!

Contact: **Becky, Cormac's Urban Ranger**

Email: volunteers@cormacltd.co.uk

Mobile: **07796996351**

Web: www.cornwall.gov.uk/spacefornature



Green Infrastructure for Growth 2 is part funded by the European Regional Development Fund

Making Space for Nature aims to be good for people and wildlife in lots of different ways by:

- creating attractive spaces in towns
- planting flowers, trees and shrubs
- improving spaces for birds, insects and wildlife
- enhancing space for people to relax and exercise
- providing volunteering opportunities
- educating people and encouraging them to join in to help nature

The video below gives a flavour of the work

[Making Space for Nature - Falmouth Beacon \(vimeo.com\)](#)

There is much research demonstrating the benefits to physical and mental health and wellbeing through engagement with nature and green spaces. There are opportunities coming up soon in Bodmin, Falmouth, Launceston, Liskeard and St Austell which are led by members of the Making Space for nature team.