



# Newsletter

13<sup>th</sup> October 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 6<sup>th</sup> October 2023

- Reception:** The Reception Head Teacher Awards this week are going to:  
Olly T for joining in with school routines and being a positive and helpful member of the class.  
Luna for using her creative skills to draw a fantastic observational drawing.
- Year 1:** This week the Headteacher's award went to Oskar for always having fantastic manners. Oskar has also been working really hard in maths on place value! Well done! The second award went to Ruby for trying really hard in phonics lessons.
- Year 2:** We awarded three Headteacher awards this week. The first two went to Brooke and Flora for great maths doing place value and lovely presentation. The third award went to Flynn for being enthusiastic regarding our Africa topic by asking amazing questions. Well done to you all.
- Year 3:** Headteacher's award last week went to the whole class! Year 3 were amazing on their first trip out as a class to the Owl Sanctuary. They represented Roche well with impeccable behaviour and great listening skills. The Year 3 adults were very impressed and proud. Congratulations also to Mia Cu who had an amazing week with her maths. Mia was finding it difficult at the beginning of the week but she was resilient and work hard which paid off as by the end of the week she was secure in her learning. Well done Mia!
- Year 4:** This week the Headteacher's Awards went to Daniel, Archie R and Bradley. In our Fitness Friday PE Lesson, we did a Basketball themed circuit training session. These boys were engaged throughout, showed some great skills, teamwork and they were also really helpful. Keep up the great work boys!
- Year 5:** Year 5 have moved onto their DT unit, therefore we have spent a lot of time considering what makes a meal balanced, and looking at tasty pasta dishes.  
This week I would like to congratulate Rosie and Kloe. Both girls have had a good week in Maths, rounding large number to the nearest 1000, 10 000 and 100 000. In addition, Rosie showed a super attitude in spellings when she wanted clarification over the meaning of some of her words. Well done both!
- Year 6:** Congratulations to Max J for trying hard all week in all subjects and producing some super work. Congratulations to Lanikai for great 'short writing' in English and listening well. Excellent work from you both.

**Attendance**  
**9th – 13<sup>th</sup> October 2023**



A reminder that for enquiries, please email  
[reception@roche.tpacademytrust.org](mailto:reception@roche.tpacademytrust.org)

The email which ended cornwall.sch.uk no longer works! Thank you!

**Reminder...**

A reminder that if your child has hair long enough to be fixed up into a pony-tail, it should be. Breeding season for head lice is high and anything which can be done to prevent the spread should be adhered to.



If you find that your child does have head lice, please treat your child accordingly. Tips on how to treat head lice can be found at:

<https://www.nhs.uk/conditions/head-lice-and-nits/>

**Congratulations to Miss Searle!**

*Congratulations*



Huge congratulations to Miss Searle and her partner Lee who were married last weekend in beautiful sunshine!

Miss Searle is now Mrs Garratt and the children have been amazing at remembering her new name!

The staff and pupils would like to wish Mr and Mrs Garratt all the best in their future together.

**Netball Report**  
**By Charlotte**

On Tuesday the netball team played an away game against Nanpean School. At first we were amazed at how big their pitch was – it was huge! We played really well and Chloe, Roanna, Abbigail and myself scored one goal each. Nanpean were a brilliant team and played fiercely. They scored twice. The final score was 4-2 to us. We were pleased as it was our first match of the season. I am proud of the whole team so everyone is 'man of the match'!



**Football Report**  
**By Jack**

On Tuesday we played a football match at Nanpean. It was a tough game for us but we managed to battle through! At the end of the first half, the score was 0-0. During the second half, Marshall scored a goal to make it 1-0 to us. This gave us the confidence that we could win. I scored the second goal in the last minutes making the final score 2-0 to us. The 'man of the match' goes to Zak because he was everywhere on the ball and defended well.



Apologies for the confusion re school photographs. They will be taken on Thursday 2<sup>nd</sup> November.

Please note that only siblings who attend Roche School will be photographed together. We are unable to collect siblings from outside settings.

**Jewellery**

Please make sure children are not wearing unsuitable jewellery to school. Children who have their ears pierced should wear 'sleeper' style earrings. No hoops or dangly earrings please.

Please make sure your child is not wearing necklaces. As you know, we partake in PE every day at school. No jewellery helps to prevent accidents and injuries.

Thank you for your co-operation.

## Wellbeing

World Mental Health Day was on Tuesday 10<sup>th</sup> October 2023, with the theme set as Mental health is a universal human right. The children all enjoyed an assembly on Wednesday around this theme and have looked fantastic in their yellow outfits today, raising money for **YoungMinds**.

**There is still time to donate – just head for:** <https://www.justgiving.com/page/roche-school-1694603985582>

Everyone needs support now and then. The Mental Health Foundation have these tips for opening up to someone about your own mental health.

### **1. Choose someone you trust to talk to.**

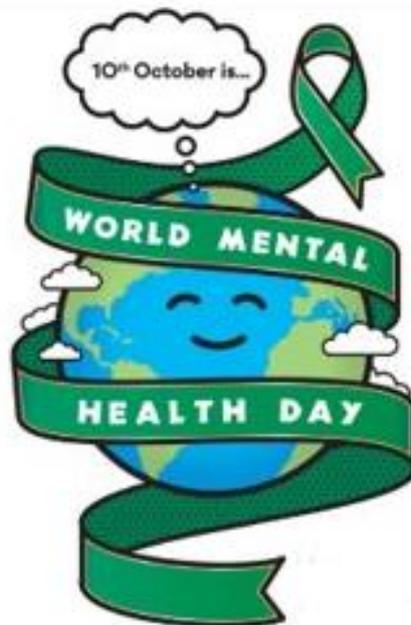
This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

### **2. Think about the best place to talk.**

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

### **3. Prepare yourself for their reaction.**

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.



# What Parents & Carers Need to Know about AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.



## WHAT ARE THE RISKS?

### SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as The Traitors, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

### VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

### CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

### GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

### IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

## Advice for Parents & Carers

### CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

### CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

### DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

### AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

### STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

## Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and experts site [GCR.beenand](http://GCR.beenand) has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday

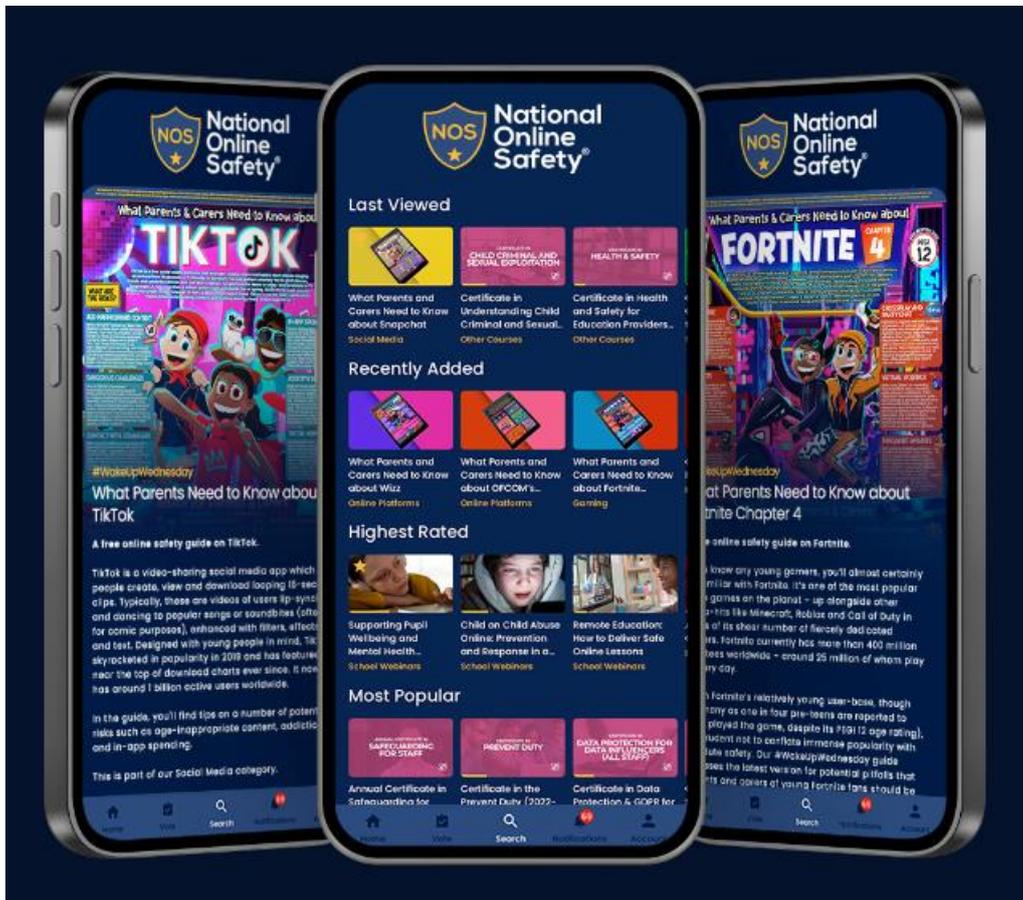
[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://www.tiktok.com/@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: 04.10.2023



The National Online Safety group have launched a free app! It's completely free for parents and carers to download and use. You can read articles and keep on top of how to keep your child safe online.

It can be downloaded from the App Store or Google Play.



### Term Dates

A reminder it is our last day of term on **Friday 20<sup>th</sup> October**. We will finish at the usual time of 3.10pm.

We return to school on **Tuesday 31<sup>st</sup> October** as **Monday 30<sup>th</sup> October** is an INSET day.

Please note school meals will still need to be ordered by **Sunday 29<sup>th</sup> October**!

Many thanks.

# 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:**

**11<sup>th</sup> October 2.30-4pm**

**22<sup>nd</sup> November 2.30-4pm**

**We will be based in the School House on these dates so please feel free to come straight there.**

### **For more information please contact:**

Email: [Restormel.Familyhubs@cornwall.gov.uk](mailto:Restormel.Familyhubs@cornwall.gov.uk)

Call: 01872 324929



# Roche Victory Hall

76<sup>th</sup> Annual

# Autumn Show

Held in the Victory Hall

on Friday 3<sup>rd</sup> November from 4.00pm – 8.00pm  
and Saturday 4<sup>th</sup> November from 10.00am – 4.00pm

Entry is open to all in the following Sections:  
Chrysanthemums, Pot Plants, Cookery, Vegetables,  
Honey, Handicraft, Floral Art, Photography,  
W.I., Young Farmers, Children's and Art Classes

If you are a new Exhibitor and would like help staging  
your entry please contact us or come along to the show  
and we will be pleased to help you stage your Exhibits

Show schedules can be obtained from

Mrs J Newark  
6 Firsleigh Park,  
Roche. Tel. 01726 891746

Mr V Blake  
5 Woodland Glade  
Lanivet. Tel. 01208 831638