

Newsletter

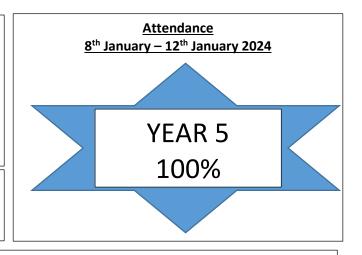
12th January 2024



There are no Headteacher awards this week as we were only back for two days last week. They have been given out today and so will roll over to next week and so on.

It's lovely to see the children have settled back into school after the Christmas holidays and are getting on really well in class.

Well done to Abbigail in Year 6 for achieving her pen licence!



Parents Evening Bookings

Reception Class - Year 5:

We are holding Parent/Carer evenings the week beginning 29th January.

This time we are offering 10 minute appointments either by telephone or face to face.

Only face to face appointments will be held on Wednesday 31st January, between 3:30pm - 5:30pm.

There are a limited number of face to face meetings, once these are all booked, only telephone appointments will be available.

Below are the details of how to go online and book your appointment.

The online booking system will be open from 18:30 on 10th January and close at 18:30 on 24th January

The evenings your child's teacher is available are:

Mrs Garratt - Tuesday and Wednesday

Mrs Gardner - Monday, Tuesday and Wednesday

Mrs Welch - Tuesday and Wednesday

Mrs Campbell - Monday, Tuesday and Wednesday

Miss Tonkin - Monday, Wednesday and Thursday

Miss Goatman - Monday, Tuesday, Wednesday and Thursday

The Year 6 Parent/Carer evening will be on Wednesday 31st January.

This time we are offering 10 minute appointments either by telephone or face to face between 3:30pm and 6:00pm Telephone appointments will be with Mrs Powell and face to face meetings with Mrs Williams.

To book, click on:

https://rochecp.schoolcloud.co.uk/

Wellbeing

Wellbeing – what we do in school

In school, we promote the 5 ways to positive wellbeing. Teachers deliver discrete lessons on the 5 strands, as well as thread them through all learning within school.

The 5 ways to wellbeing are:

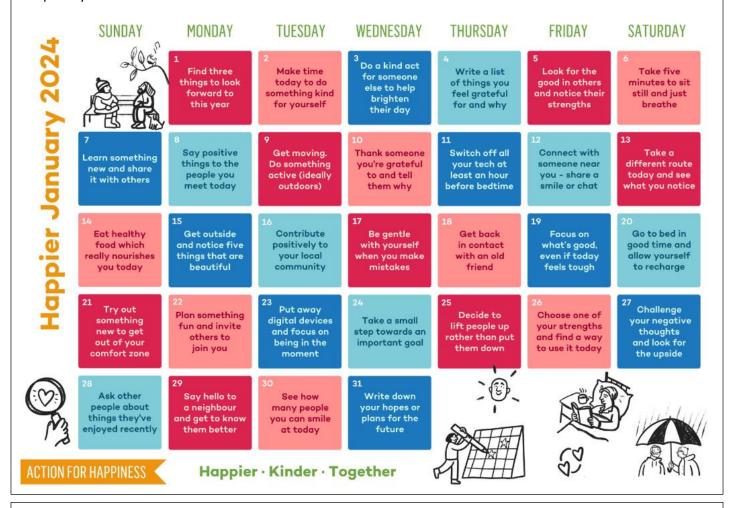
- 1. Connect
- 2. Be Active
- 3. Take Notice
- 4. Keep Learning
- Give



These 5 strands are simple ways that we feel can make a difference to the way the children feel, think and react to school life's ups and downs.

The 5 ways to wellbeing are tried and tested actions to improve both mental and physical wellbeing. They can be done at school and at home.

Keep an eye on the newsletter for a feature on each of the 5 strands this half term!



Phonics Links

Don't forget, each week we publish the phonics your child has been learning for the week. (Your child will know if they have a phonics lesson each day).

To access this free resource, head for: https://rochecpschool.eschools.co.uk/web/phonics_parent_links/621779

This will help you support your child with their phonics journey.

Dates for your Diary

Monday 15th January Tuesday 16th January Tuesday 23rd January Wednesday 24th January Tuesday 30th January Friday 2nd February Tuesday 6th February Mon 12th Feb-Fri 16th Feb Numbots Launch Treverbyn V Roche (Away) Roche V Sandy Hill (Home) Celebration of Work Roche V St Dennis (Home) Royal Cornwall Museum Roche V Whitemoor (Home)

Half Term

3.10pm 3.15pm – 5.30pm 3.10pm During school 3.10pm

2.40pm start

3.15pm

Football Team only*
Football Team
Whole School
Football/Netball Team
Year 5
Football/Netball Team

Reception Class

Whole School

Clubs

Arithmetic Club for existing Year 6 pupils began on Thursday 11th January and will continue weekly.

The existing STEM/Lego Club with Mrs Gardner (NOT Mrs Austin's Lego Club – this has now ended) will continue with the current enrolled pupils on Monday 8th January, however, there will **not** be a session on Monday 15th January. This club will finish at 4pm each week. Please make a note of this in your diaries.

Cross country running with Miss Tonkin will begin on Friday 19th January and will take place on school grounds.

Please be aware, you will only receive a message through Parent Pay if your child **HAS NOT** gained a space in a club.

All other clubs (not mentioned above) will begin from the week beginning 15th January.

Celebration of Work



You are invited to come to school on Wednesday 24th January any time between 3.15pm and 5.30pm to view your child's work in their classroom.

We encourage you to bring your child so you can look through the books together and see the progress your child is making.

Harry Potter Books



If anyone has any Harry Potter books they'd be willing to donate to the school, it would be hugely appreciated.

^{*}Please note that this originally said Netball Team and Football Team. Unfortunately, Treverbyn School do not currently have a Netball Team for us to play.

The Mental Health Support Team invites you to book your place on our Decider Skills Workshop

Decider Skills are a set of life skills based on cognitive behaviour therapy (CBT). The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health. They also include basic problem solving and conflict de-escalation skills, and have a strong focus on supporting children in regulating their own emotions.

Upcoming Sessions:

- · Monday, 19th February at 10:00 AM and 4:00 PM
- · Wednesday, 21st February at 4:00 PM
- Thursday, 22nd February at 9:30 AM and 5:00 PM Further Resilience courses will run w/c 18th March 2024

To request a place, complete the online form or scan the QR code provided: https://forms.office.com/e/Y



Sign up will close on Thursday 15th February

The Mental Health Support Team invites you to book your place on our Introduction to Resilience Workshop

This is a single, hour-long session aimed at parents.

The session covers how to encourage young people to develop greater resilience, and provides psychoeducation around what mental health and resilience is.

When young people are resilient, they are more able to cope with challenges and stress, and can therefore be more curious, adaptable and able to extend their reach into the world.

Upcoming Sessions:

- . Monday, 5th February at 10:00 AM and 4:00 PM
- · Wednesday, 7th February at 4:00 PM
- Thursday, 8th February at 9:30 AM and 5:00 PM Further Resilience courses will run w/c 18th March 2024

To request a place, complete the online form or scan the QR code provided: https://forms.office.com/e/W 4hqrSM68q



Sign up will close on Thursday 1st February

The Mental Health Support Team invites you to book your place on our **Introduction to Anxiety Workshop** A single, hour-long workshop aimed at providing psychoeducation around What is worry and Why does my child worry? We also aim to provide practical strategies for supporting your child with managing their worries. **Upcoming Sessions:** · Monday, 22nd January at 10:00 AM and 4:00 PM • Wednesday, 24th January at 4:00 PM • Thursday, 25th January at 9:30 AM and 5:00 PM Further Anxiety courses will run w/c 4th March 2024 To request a place, complete the online form or scan the QR code provided: https://forms.office.com/e/c AknWmy2N3 Sign up will close on Thursday 18th January

