



Newsletter

12th January 2024

Roche CP School Rules for Life

- Show good manners at all times
- Follow instructions with thought and care
- Care for everyone and everything

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!

Attendance

8th January – 12th January 2024

YEAR 5
100%

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://rohecp.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**
5. **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!

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

ACTION FOR HAPPINESS **Happier · Kinder · Together**

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 15 th January	Numbots Launch	2.40pm start	Reception Class
Tuesday 16 th January	Treverbyn V Roche (Away)	3.15pm	Football Team only*
Tuesday 23 rd January	Roche V Sandy Hill (Home)	3.10pm	Football Team
Wednesday 24 th January	Celebration of Work	3.15pm – 5.30pm	Whole School
Tuesday 30 th January	Roche V St Dennis (Home)	3.10pm	Football/Netball Team
Friday 2 nd February	Royal Cornwall Museum	During school	Year 5
Tuesday 6 th February	Roche V Whitemoor (Home)	3.10pm	Football/Netball Team
Mon 12 th Feb-Fri 16 th Feb	Half Term		Whole School

*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.

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.

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/YepS04KNBz>



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/W4hqrSM68q>



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/cAknWmy2N3>



Sign up will close on Thursday 18th January

The Mental Health Support Team invites you to book your place on our Behaviour as Communication Workshop

This workshop introduces the concept of behaviour as communication, and aims to teach parents the reinforcement and attention rule.

The workshop will give parents practical strategies for developing more positive behaviour at home. It will also support parents to create an action plan moving forward to support their child to manage their behaviour in helpful and happier ways.

Upcoming Sessions:

- Monday, 29th January at 10:00 AM and 4:00 PM
 - Wednesday, 31st January at 4:00 PM
 - Thursday, 1st February at 9:30 AM and 5:00 PM
- Further workshops will run w/c 11th March 2024

To request a place, complete the online form or scan the QR code provided:
<https://forms.office.com/e/3DDPu9JHD7>

