



Newsletter

27th January 2023



Headteacher's Awards Awarded 20th January 2023

- Reception:** The Reception Head Teacher Awards last week went to:
Rio for his perseverance in PE this week when practising our focus skill of balancing on a line.
Vincent for his good writing in phonics.
- Year 1:** This week we awarded two Headteacher awards. The first award went to Jasper for working really hard in English to write his story about the Lighthouse Keeper. The second award went to Jacob for working accurately to subtract numbers up to 20. Well done to you both.
- Year 2:** The Headteacher's awards this week went to Elsie and Wyatt. Elsie had an award for her excellent phonics and participation during lessons by listening carefully and working hard to improve her reading speed. Wyatt achieved his award for super effort and engagement in maths when adding two 2-digit numbers together. A brilliant effort from you both!
- Year 3:** The Headteacher's award last week went to Harry and Josie P. Josie P has been working with Mrs Baverstock on complements to 100. Josie listened well to Mrs Baverstock and has put all the strategies in place to help her with her maths. Well done Josie! Your perseverance has paid off! Congratulations also go to Harry too who had a great week in English. We started Talk for Writing for the first time and Harry innovated his story map and then invented a brand new story with another great story map. He was then able to tell his story by reading his own map. Well done Harry!
- Year 4:** Hollie and Kloe were awarded Headteacher's Awards last week for their commitment and effort in our daily Read Write Inc spelling lessons. They are working really hard and are trying their best in school to remember their spelling patterns. They are also scoring well in our end of week tests. Well done girls. Keep it up!
- Year 5:** Year 5's writing is really coming on a treat! As well as working towards the expectation of the lesson, so many of the children are pushing themselves to include lots of other areas of punctuation and grammar. What a superb attitude! Please keep it up!
This week, I'd like to applaud William and Lola. William is a competent mathematician, but this week he paid particular attention to ensuring that the workings of his calculations were really neat. He has also been keen to spot and correct any errors showing that he is taking a lot of pride in his work and wanting to progress.
Lola can sometimes be reluctant to share her ideas in class, or contribute answers, but this week her hand has been up loads! It has been lovely to see her confidence grow, and we have all loved hearing what she's got to say!
- Year 6:** This week the Headteacher award went to Millie-Jayne for maths. Millie-Jayne found long multiplication quite tricky at first, but this week she smashed it and worked superbly! Well done Millie-Jayne!
Well done to Jenson who achieved his pen licence this week!

Attendance
23rd – 27th January 2023



Club Cancellations and Changes

Due to the Celebration of Work afternoon – there will be no clubs on Wednesday 1st February. This includes **Lego Club**, **Girls Football** and **Jigsaw Club**.

Funky Fingers is cancelled for the 2nd February but instead will be held on 31st January.

Celebration of Work

We are pleased to say that the Celebration of Work evenings are back! On Wednesday 1st February, your child's classroom will be open from 3.20pm – 5pm. You are invited to attend at any point between these times, with your child, and they will show you their work and books. Please enter your child's classroom from the outside door – not through the office.

The children always love showing off their work and they'd especially like to show it to their parents and carers.

We look forward to seeing you!



Prickles and Paws Hedgehog Raffle

The Prickles and Paws raffle sold out at very fast rate indeed! All tickets were sold over last weekend thus making the draw quicker than anticipated!

Thank you to everyone who entered – we raised £110 for their new 'Hogspital'!

Prizes will be given to the children to bring home.



Asthma Plans



If, on our records, your child has asthma, you will have received a letter and an asthma plan to complete.

Please could you make sure it is completed and returned to the school office by the end of next week. There is also a form to complete if your child does not need an asthma pump at school any longer.

Thank you for your continued co-operation.

Year 3 DT Project

As per the message sent out on Tuesday, next week in Design and Technology, Year 3 are making Pneumatic Monsters!

To do this the children will need to have a box with a lid, preferably a shoebox or one of a similar size as long as it has a lid.

Please can these be bought into school for Monday 30th January.

Many thanks
Mrs Campbell



Message from The Clays Practice

On Saturday 4th February, The Clays Practice is open from 9.30am – 3.30pm for COVID-19 booster vaccinations or a primary dose of the vaccine to anyone who is eligible aged 5 years plus.

No need to book, just turn up on the day.

BOOST YOUR IMMUNITY THIS WINTER WITH YOUR COVID-19 BOOSTER



The Clays Practice in Roche

WHEN?

9.30am - 3.30pm Saturday 4 February

Just turn up, no need to book!

Thrive 365

Dragonfly: Impact Education



Did you know?

Being hopeful has been linked to improved physical health, improved mental health, higher levels of achievement and improved social wellbeing. It can also be a protective factor against stressful situations and experiences. For these reasons, it has been referred to as a type of 'psychological capital'. [1]

So how can we foster hopefulness?

[1] Hart, K., & Sasso, T. (2011). Mapping the Contours of Contemporary Positive Psychology. *Canadian Psychology*, 52, 82-92.
<http://dx.doi.org/10.1037/a0023118>

①

Learn it

Hope can be better defined as a cognitive process than an emotion because it is about our thoughts - specifically our expectations of the future. This means that hope is something that can be learned and strengthened through practice. One way to do this is by setting goals and breaking them down into small, actionable steps. Each time you achieve one of the action steps, you become more hopeful - this is closely linked to the concepts of optimism and motivation too.

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Growth mindset

Seeing mistakes and failures as a natural part of the learning process allows for hope to remain even in the face of setbacks and adversity. In addition to using the language of growth mindset (for example: 'This is hard - what can help me with it?'; 'I can't do this - yet. I've overcome obstacles before, what do I need now?') it can also be helpful to make a list of resources you have to help you through challenges. These might be in the form of practical resources, other people who have knowledge or experience that can help you, or personal resources or qualities.

③

Make it relevant

Simply knowing why hope is important to your wellbeing can help you be more hopeful! It can also help to know why your work and everyday activities are important - to have a sense of purpose and to know that your contributions make a positive impact are important elements of hopefulness. Spend some time each day or week reflecting on your 'why' and remember it's the little things you do that make a difference to those around you. A simple act of kindness for someone else can reconnect you to your sense of hope.

Our training: www.dragonflyimpact.com/link-tree

Email: info@dragonflyimpact.co.uk

   @dragonflyimpact

Fostering Hopefulness

Being hopeful has been linked to improved physical health, improved mental health, higher levels of achievement and improved social wellbeing. It can also be a protective factor against stressful situations and experiences. For these



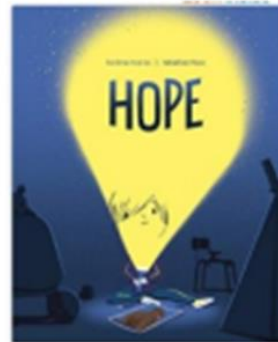
reasons, it has been referred to as a type of 'psychological capital'.

Find out how you can foster hope in your life on the attached flyer.

Book Recommendation—Hope by Corrinne Averiss and Sebastien Pelon

"Hope is keeping a light on, however dark things seem."

Comet is Finn's dog, and his very best friend. They do everything together. But one day Comet won't get out of his basket - not even for his very favourite things! The vet tells Finn that Comet needs to stay in overnight for an operation. That evening, Finn sits in his den feeling very alone. Dad tells him to keep on hoping. At night, as Finn sleeps, thousand of little lights appear in the sky, each one a hope from a different person in the world. Emotional, funny and uplifting, this beautiful picture book is a pure delight from start to finish. A wonderful story that shows children not to give up hope when times are uncertain.



Studio 4 Dance are offering Dance Days over half term for £5.

There is a chance for a free space if you are entitled to free school meals.

To book a space please email admin@studio4dance.com

Parent's Evening

Have you booked your Parent's Evening appointment yet? You have until Tuesday 31st January at 6.00pm.

To log onto the portal please follow this link: <https://rochecp.schoolcloud.co.uk/> You will need your name, email address, child's name and date of birth to log in. No passwords are needed.

Parent Pay Consent

Currently on Parent Pay there are consent forms to complete for a home game of football on Tuesday 31st January (Roche V Bugle), the Rugby Festival on Wednesday 1st February, an away football match at Whitemoor on 7th February, an away football and netball match at St Dennis on 28th February and the consent/deposit for London (20th June).

If your child is involved in these events, you will have received an email via Parent Pay with all of the relevant information.

Please can you make sure these forms are completed ahead of the event to enable your child to attend.

Many thanks.

Celebration Cups

If your child received a cup at the end of last term, please return it to the school office no later than Monday 6th February.

Many thanks.



The last day of term is Friday 10th February. We finish at the usual time of 3.15pm.

We return to school on Monday 20th February.



Tilly's Diary

Hello Everyone!

I'm sorry I've not been on the newsletter much recently - I have been busy going on play dates!

I did enjoy playing in the snow last week and I've been out and about with my friend in Year 5 too!

See you soon!

Love Tilly x