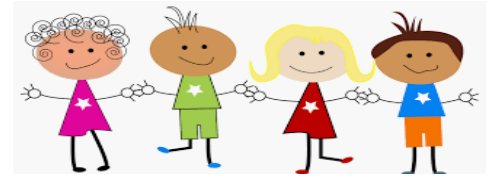




# Newsletter



24<sup>th</sup> September 2021

## Headteacher Awards

- Reception Class:** Whole class award for settling in so well to a new school and routine. Well done everyone!
- Year 1:** Our head teacher award is for Elsie! She has settled into the Year 1 routine really quickly and has started off the year with a really positive manner.
- Year 2:** A whole class award for Year 2 for settling in to class and working so well.
- Year 3:** A whole class award for settling in superbly into Year 3. Well done!
- Year 4:** Max A for fantastic work in Maths last week! Also for Abbigail - Super positive attitude to her learning across all subjects!
- Year 5:** Tilly has a head teacher award for great settling in and always being ready to learn! William also for amazing settling in and terrific maths. Well done.
- Year 6:** Whole class award as you have settled in really well to your new class and are ready to be a responsible and mature Year 6. They have tried their absolute best this week in their mock SATs and other assessments and we look forward to all of the progress that they make this year. Well done to our new Year 6 class!

## Golden Tickets

- Year 1:** Samuel for spotting grammar errors in a sentence.
- Year 2:** Archie P for super work in phonics.
- Year 3:** Lexton for 100% in an AR quiz.
- Year 4:** Taylor H for completing a row of diddy dots.
- Year 5:** Jack for 100% in an AR quiz.
- Year 6:** Callum for fantastic maths.

## Parent's Evening

Parent's Evenings (phone calls) are still available to book on <https://rochecp.schoolcloud.co.uk/>

### Toys in School Reminder

A reminder there should be no toys in school including poppits **UNLESS** it has been confirmed with Mrs Carlin or the class teacher for sensory breaks.

Thank you for your co-operation.

### Craft Club

There will be no craft club on 29<sup>th</sup> September due to camp taking place.

It will be back as normal on 6<sup>th</sup> October.

### Street Dance

A reminder that Street Dance is £1 per week (£9 total). If your child is taking part in Street Dance, the payments are live on Parent Pay under 'pay for other items'

Many thanks.



### Nasal Flu Spray

The consent form is available at <https://www.kernowimmunisations.co.uk/Forms/Flu> and the unique reference for Roche School is **EE142952**

Please complete the online form to **OPT IN** or to **OPT OUT!**

If you have any questions or concerns, please contact the Kernow Health team on 01872 221105.

Please complete the online form no later than 4<sup>th</sup> October.

Further information is available at [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

### Clubs



<b>Club</b>	<b>Day</b>	<b>Pick up time</b>
Football	Monday	4.15pm
Street Dance	Monday	4.00pm
Netball	Tuesday	4.00pm
Craft Club	Wednesday	4.00pm
Mindfulness	Thursday	4.00pm

**The last week of clubs will be the week beginning 6<sup>th</sup> December 2021.**

### Brannel School Open Evening

You are invited to Brannel School's Open Evening on Tuesday 5<sup>th</sup> October from 5pm-7.30pm.

Tours will be offered throughout the evening with a chance to look at the school's facilities and speak to the Headteacher Mr Liles.



### Poltair School Open Evening

You are invited to Poltair School's Open Evening on Thursday 30<sup>th</sup> September from 4.30pm – 7.30pm.

This is an opportunity for perspective parents/carers to see Poltair School.

There is also an opportunity for parents/carers to book and open tour to see the school from Monday 4<sup>th</sup> – Friday 15<sup>th</sup> October but these places will be limited and Poltair prefer that you attend the Open Evening.



### School Camp (Year 4)

School Camp for Year 4 is next week! Please make sure you log on to Parent Pay and complete the consent form which includes emergency contact details and medical information (allergies etc).

On Wednesday please make sure your child comes to school 'camp ready' and a reminder that children need to be collected from Porthpean Outdoors (PL26 6AZ) on Friday by a Parent/Carer at 1.30pm. If your child is being collected by someone other than yourself, please let the school office know by email ([reception@roche.cornwall.sch.uk](mailto:reception@roche.cornwall.sch.uk)) by Tuesday 28<sup>th</sup> October.

If your child needs medication on the camp, please call into the office to collect a medical form and bring into school on Tuesday 28<sup>th</sup> September.

If you have any questions, please contact the school on 01726 890323 or on the reception email.

### Date for your diary!

Individual pupil photographs will take place on Friday 15<sup>th</sup> October!

These will be available to order online – all of the details will be sent home on the day.



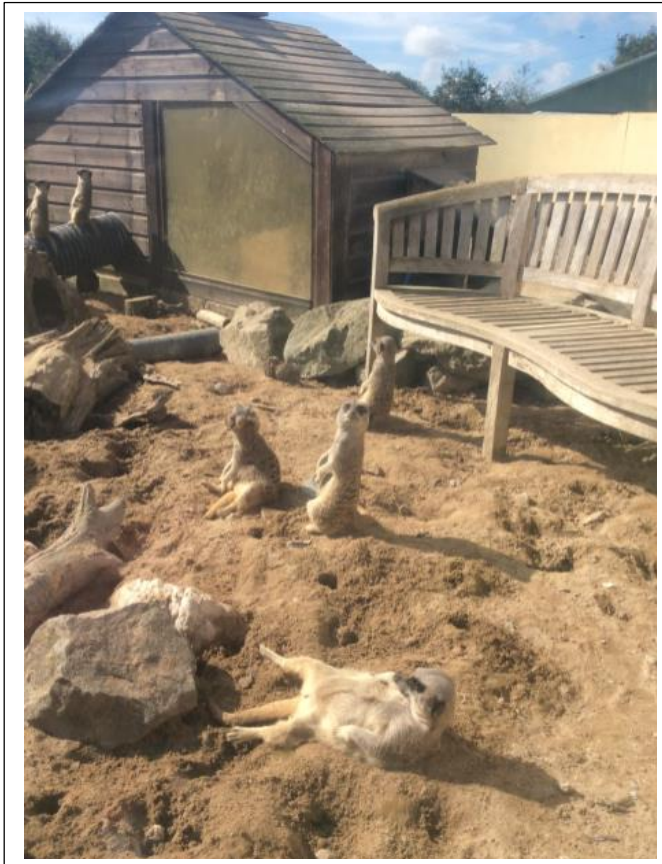
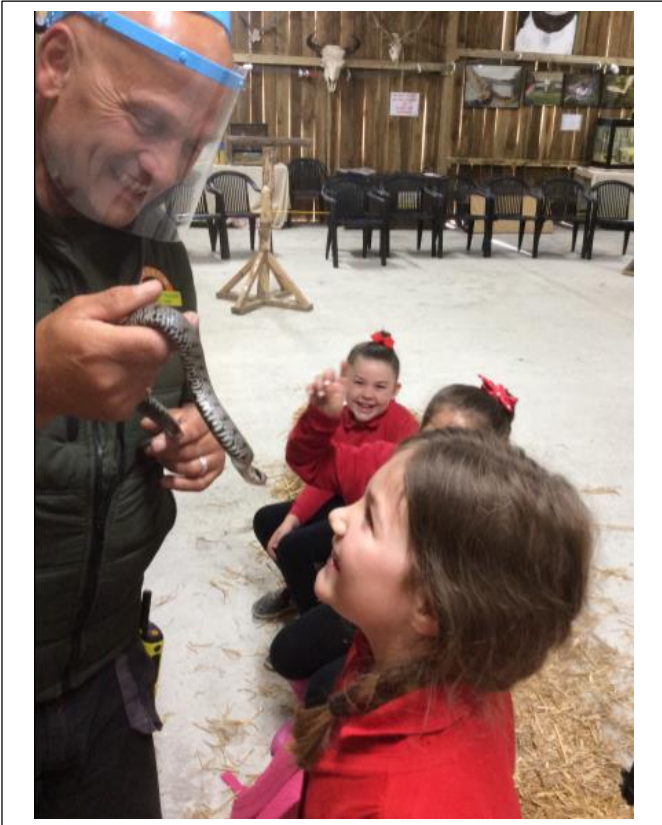
Please remember if your child is going to be away from school, you must contact us and let us know by 9am. You can telephone us on 01726 890323 and either speak to a member of staff or leave a message. Alternatively you can email [reception@roche.cornwall.sch.uk](mailto:reception@roche.cornwall.sch.uk).

You must telephone each day your child is away unless told otherwise.

Please can you also let the office team know if you will be collecting your child for an appointment.

Many thanks for your co-operation.

### Year 3 Screech Owl Trip Photographs



#### Year 3 Screech Owl Trip

On Tuesday, Year 3 went to the Screech Owl Sanctuary. They had a marvellous day.

Another visitor was kind enough to post this on Social Media:

*"I went to Screech Owl Sanctuary today and there were about thirty youngsters from Roche School. I must say they were a credit to the school. Well behaved and asking intelligent questions for the staff to answer. Well done Roche School – a real credit to all the pupils and staff."*



## PSHE – RSE Policy

An updated PSHE policy has been uploaded to our website. Please find the link here:

<https://www.roche.cornwall.sch.uk/wp-content/uploads/2021/04/PSHE-RSE-policy-updated-2021.pdf>

Any feedback would be greatly appreciated regarding the policy.

Please also find attached the link to the NSPCC's 'PANTS' guide for parents/carers.

<https://www.roche.cornwall.sch.uk/wp-content/uploads/2021/04/pants-parents-guide-online.pdf>

## Wellbeing

# RUN, WALK, SKIP, SWIM OR SKATE

Getting active can help manage stress. Doing something physical releases chemical endorphins into our bodies. And these chemicals can help us cope with difficult feelings.

You don't have to be really sporty or competitive. Exercise can include walking, swimming, yoga, skipping, skateboarding and dancing. Find what works for you. Try a few things to see what you enjoy.

Being active has loads of benefits like:

- making you feel less stressed
- helping your mind and body feel healthy
- keeping you focussed
- calming you down.

If you're stressed, it might seem like you don't have time or energy to be active. But even a little bit of exercise can make a big difference.



Information from [www.learning.nspcc.org.uk](http://www.learning.nspcc.org.uk)



### *Tilly's Diary*

*Hello everyone!*

*Another awesome week at Roche School!*

*I've had a week of 'the zoomies' where I run from the office to the quad and back multiple times! I love coming to a skidding halt on the office carpet!*

*This is a dog-only activity however!*

*Hope you all have a great weekend!*

*Love Tilly x*

We're fundraising for  
**YOUNGMINDS**  
fighting for young people's mental health

On 8<sup>th</sup> October your child is invited, alongside their usual uniform, to wear something yellow for Young Minds mental health day.

It can be a yellow hair band, t-shirt or similar.

The suggested donation is £1 per child and is payable straight to the charity Young Minds through our Just Giving page:

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

Please donate to the page only – do not bring cash into school.

Many thanks.





## Family Activity Sheet – Watching online videos

This activity sheet has been created to help you to learn more about what your child watches online, take some actions to stay safe, and have some fun together exploring the internet.

### Conversation starters

Here some questions you can ask to start a conversation:

- What videos have you watched online recently? Do you have a favourite? Why is it your favourite?
- Apparently most children and young people watch videos online now, rather than on TV – is this true for your friends?
- Do you have a favourite YouTuber or online creator? What do you like about their videos?

### Online safety action

Pick one of these actions to do as a family:

- Visit our [Thinkuknow website](#) and look for tips on how be safe when watching videos.
- Watch BBC Own It video [Has something online scared you?](#) Talk through the steps to take if they come across content that is not OK.
- Visit [Internet Matters Parental Controls](#). Pick a device a set up the safety controls together.

### Fun family task

Ask each family member to write their favourite video (which would be suitable for everyone to watch) on a piece of paper. Fold the paper up and put it in a bowl. Each day, choose a time to pick one, and watch together.

Or

Ask each family member for a favourite subject or something they want to learn more about. Together, search YouTube for a suitable video about the topic, you can watch as a family. Remember to set up [YouTube in safe mode](#) if you have children under 13.

### More information for parents and carers

For more information about viewing online, the risks and what you can do to support your child, you can visit [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents).

You can also read our article [Parent's guide to watching videos online](#).

