



# Newsletter

29<sup>th</sup> September 2023

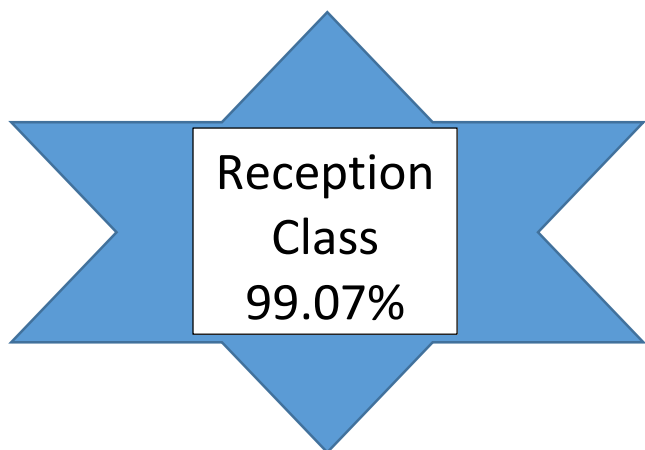
## Roche CP School Rules for Life

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

### Headteacher's Awards Awarded 22<sup>nd</sup> September 2023

- Reception:** This week in Reception the Head Teacher awards are going to:  
Erin for her excellent letter formation in our phonics lessons this week.  
Dominic for always having great focus and showing a lovely attitude to our learning at school.
- Year 1:** Well done to Tommy for fantastic learning this week in English by writing his story of the 'Three Little Rabbits'.  
Rio gained an award for enthusiastically completing his own version of the 'Three Little Pigs'.
- Year 2:** Year 2 have had a really settled week this week. They have worked hard and are now following class routines well. We have been impressed with their engagement and questioning about our topic work learning about Mugurameno village in Zambia.  
Our awards this week go to Memphis for super 'Fred Fingers' when writing numbers as words and Khloe for a great recount as a Roman slave in our Read, Write, Inc phonics. Well done!
- Year 3:** Benjamin has had an amazing week. Benjamin has been an independent learner – always ready for the next lesson with all of the correct equipment.  
Wyatt has been doing some amazing writing this week! Wyatt has worked really hard in English and then applied the taught grammar in other lessons including using apostrophes.
- Year 4:** This week 4 children were chosen for Headteacher Awards in Year 4. They were Albee, Daniel, Harry and Bea. The awards were for their passion and commitment to reading in class (and for some in the playground!) Whenever they can, they are getting their books out or are choosing new ones from our class book towers. Their love for reading is infectious and they are being fantastic role models to their peers. Keep it up!  
Valentino was nominated by his peers as well as the adults in Year 4 this week. We were all so impressed with his efforts in his PE lessons this week. He joined in and worked really hard, even when it was a little challenging. Well done Valentino!
- Year 5:** Year 5 had a lovely morning at Trevaskis farm learning about where food comes from. We also had a super final week learning about Space.  
Certificates this week go to Maisie and Bonnie. Maisie has asked some brilliant questions about Space, showing that she is really considering her learning. I am also really impressed with Bonnie, who has been a great role model and working particularly hard in maths. Well done both!
- Year 6:** This week the Headteacher's awards went to Logan and Daisy. Logan for always having a 'can do' attitude and trying particularly hard with his writing this week. Daisy has been showing super effort during writing conferencing and is already making great progress. Great work from Logan and Daisy.

**Attendance**  
**25<sup>th</sup> – 29<sup>th</sup> September 2023**



**Parent's Evening**

A reminder that Parent's Evening telephone calls are still available to book via school cloud.

<https://rohecp.schoolcloud.co.uk/>

Please make sure you book your appointment to speak with your child's class teacher by 12pm on Wednesday 4<sup>th</sup> October.



**Nasal Flu Spray**



The nasal flu portal is now open for you to consent to your child receiving the nasal flu vaccination. This is open for pupils in all classes.

To give or deny consent for your child, please head to: <https://www.kernowimmunisations.co.uk/Forms/Flu> and use Roche School's unique access code of **EE142952**

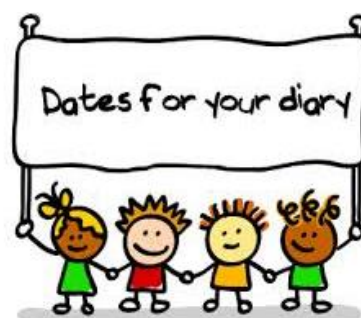
The nasal flu vaccination will be held in school on Friday 6<sup>th</sup> October 2023.

Information regarding the nasal flu vaccine can be found here: <https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

Forms must be completed no later than Wednesday 4<sup>th</sup> October. If you have any issues with the forms or need extra help, please contact Kernow Immunisations on 01872 221105.

**Dates for your Diary**

Wednesday 4 <sup>th</sup> October 2023	12pm Parent Eve phone calls booking closes	
Friday 6 <sup>th</sup> October 2023	Whole School Flu Spray	Booking instructions above
Monday 9 <sup>th</sup> October 2023	Individual and Sibling Photograph	
Monday 9 <sup>th</sup> October 2023	Parent evening phone calls (all week)	
Friday 13 <sup>th</sup> October 2023	Wear Yellow for Mental Health	
Monday 23 <sup>rd</sup> October 2023 – Friday 27 <sup>th</sup> October 2023	Half Term	
Monday 30 <sup>th</sup> October 2023	INSET day	
Tuesday 31 <sup>st</sup> October 2023	First day back - Autumn 2 term	



## Wellbeing

### **Hello Yellow is back!**

World Mental Health Day is 10<sup>th</sup> October 2023, with the theme set as 'Mental Health is a universal human right'.

As we have done the past few years, staff and students at Roche School will come together with thousands across the country to say **#HelloYellow**.

Join us on 13<sup>th</sup> October by wearing yellow to show young people that how they feel matters and help us create a future where all young people get the mental health support they need, when they need it, no matter what.

We are asking for a donation of **£2.00** per family which will go to **YoungMinds**.

To donate, please head for <https://www.justgiving.com/page/roche-school-1694603985582> and donate on or before 13<sup>th</sup> October.

For more information regarding Young Minds click <https://www.youngminds.org.uk/>

#### Relaxation Activity: Turtle

This exercise releases muscle tension.  
Pretend you are a turtle going for a slow, relaxed turtle walk.



- Oh no. it's started to rain!
- Curl up tight under your shell for about 10 seconds.
- The sun's out again, so come out of your shell and return to your relaxing walk.
- Repeat a few times, making sure to finish with a walk so that your body is relaxed.

R E L A X A T I O N



# GET 'SCHOOL READY' WITH YOUR LOCAL LIBRARY

VISIT THE LIBRARY TO SEE WHAT WE HAVE TO OFFER!



97% of primary school teachers would advise a parent with a child starting school in September to enrol them with their local library \*



Rhyme times, story times and other early years activities are fun, friendly and free to attend! They are a great way to socialise & develop language skills. For more information visit:

<https://www.cornwall.gov.uk/libraries-museums-and-archives/libraries/your-local-library/>

Sharing picture books about starting school and making friends can be a fun way to prepare for your child's school adventure and foster a curiosity to learn.

Join your library and take part in the Summer Reading Challenge; a popular nationwide challenge for 4-11 yrs. It runs throughout the Summer holidays and promotes reading for pleasure. Share stories, get rewards and have fun along the way. There is also a mini challenge for under 4's.



It is free to join the library and every library in Cornwall is fine free. Ask today.



\*Poll conducted by Survation on behalf of Libraries Connected. Methodology: online interviews of primary school teachers. Fieldwork: 25th April to 1st May 2023.



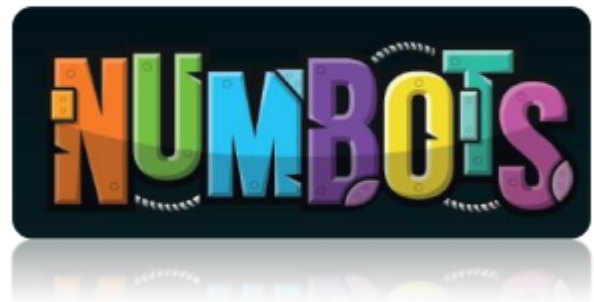
Cornwall Libraries

We are very proud to announce we are a 'First News' school! Every week, First News empowers our students with an understanding of the latest global news and the issues that impact them.

### **Numbots week**

Next week (2<sup>nd</sup> – 6<sup>th</sup> October) all Year 1 to Year 6 pupils will be taking part in Numbots week. During this week we'll be doing Numbots in our slots normally reserved for TTRS and are encouraging pupils to complete as many levels and stages in that week, both in school and at home.

This half term we will be awarding class and whole school certificates for the top three pupils with the most **minutes played**.



### **School Kit**

If you have any school kit at home ie football kit, cross country running kit or netball kit, please can it be returned to school so we can do a stock check please. Replacing items of kit is costly to the school.

Kit usually includes t-shirts, shorts/skirts and socks.



## Mrs Gardner's Science Club



If your child was invited to Mrs Gardner's STEM Lego Club, please note it will start on Monday 6<sup>th</sup> November after school (3.10pm-4pm) and continue on Monday's thereafter.



### Tilly's Diary

Hi Everyone!

This week I changed my role within the school and attempted Mrs George's job. Unfortunately, it was very difficult to type emails as I have no opposable thumbs. It was also very cumbersome to pick up the phone! Whilst I was there I was not offered drinks or snacks so decided it wasn't the job for me!

It's been another fun and busy week at school. I have loved listening to the children in Reception Class begin their phonics journey.

See you soon!

Love Tilly x

## Lost Property

We seem to have a growing mound of lost property in the office foyer. Please do pop in and have a look to see if anything belongs to your child.

**Please make sure all of your child's items have your child's name in it or on it (to include clothing and lunch boxes/drink bottles).**

The items are far more likely to come back to you if they are labelled.

Many thanks for your co-operation.



## Harvest and Foodbank collection

This harvest time, we are collecting items for the Foodbank. The Foodbank is a vital community resource that relies on local donations for support and we are fortunate to have one located on our school grounds.

We would like to help the Foodbank further by offering donations bought in from the children.

There is a list below of suggested items that Foodbank need (you don't need to donate all the items, just pick one).

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes/pasta sauce
- Lentils, beans and pulses
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- Long life milk/fruit juice
- Sanitary items, wet wipes and nappies



Please make sure any food you are donating is **in date and unopened**. Please bring donations to your children's classes by Friday 6<sup>th</sup> October.

If you are looking for Foodbank support, interested in volunteering or curious to find out about the work that The Trussell Trust (The charity that supports the 1,300 + foodbanks in the UK) do please visit their website:

<https://www.trusselltrust.org/>



# What Parents & Carers Need to Know about

# WHATSAPP

AGE RESTRICTION  
**16+**  
In UK and Europe;  
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

...MSG ME...



**WHAT ARE THE RISKS?**

**EVOLVING SCAMS**

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

**CONTACT FROM STRANGERS**

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

**FAKE NEWS**

WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original - and might not be entirely factual, either.



**'VIEW ONCE' CONTENT**

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts. Knowing that the recipient can't re-open them later to use as evidence of misconduct, people used to be able to screenshot this 'disappearing' content - but a recently added WhatsApp feature now blocks this, citing increased privacy.

**CHAT LOCK**


Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

**VISIBLE LOCATION**

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.


## Advice for Parents & Carers ...TYPING...

**EMPHASISE CAUTION**



Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

**ADJUST THE SETTINGS**




It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

**THINKING BEFORE SHARING**

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

**CHAT ABOUT PRIVACY**



Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'locked chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

**Meet Our Expert**

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



**National Online Safety**  
#WakeUpWednesday

Sources: <https://blog.whatsapp.com/an-open-letter> | <https://iq.whatsapp.com/107018839582332> | [https://iq.whatsapp.com/3800588188245/?hl=preference\\_inay](https://iq.whatsapp.com/3800588188245/?hl=preference_inay) | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-more-private> | <https://www.auro.com/learn/whatsapp-scams>





# BINGO

## Night



*Join us for an evening of prize bingo in aid of  
The Clay's Scout Group!*

*Amazing prizes to be won - don't miss it!*

26TH  
OCT

ROCHE FOOTBALL  
CLUB

DOORS OPEN 6PM  
EYES DOWN 7PM

ALL WELCOME!

[theclaysscoutgroup@outlook.com](mailto:theclaysscoutgroup@outlook.com)

