



# Newsletter

26<sup>th</sup> 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

### Headteacher's Awards Awarded 19<sup>th</sup> January 2024

- Reception:** Well done to Enys for his fantastic story telling of our Talk for Writing story 'Supertato' and Erin for her growing confidence in our class and our PE lessons. We are doing some dance lessons this half term and she has been great at combining different movements to create a dance and performing it to her peers. Great work from Enys and Erin this week!
- Year 1:** This week we awarded two Headteacher awards. The first award went to Mia B for her fantastic reading and spelling in phonics. The second award went to Harry for always following the rules with thought and care. Well done to you both.
- Year 2:** This half term we have been learning about Florence Nightingale and Mary Seacole in History. Jacob has been very inquisitive in this topic and provided lots of answers when recalling information.  
Ella-Rose has become more vocal in her phonics lessons and Mrs Austin has seen significant progress because of this.  
This week, we have started looking at subtraction using column method. Seth found this tricky to start with but persevered and can now do it.  
Well done to Jacob, Ella-Rose and Seth for your Headteacher's Awards.
- Year 3:** Last week's Headteacher's awards went to Florence, George and Darcie. Well done to Darcie for being resilient in PE. Darcie found a movement quite tricky to do in Gymnastics but persevered and did so well that Mrs Hill then asked her to demonstrate to the rest of the class. What a great role model! Congratulations to Florence and George who worked really hard on innovating their story of the Iron Man. Well done to both!
- Year 4:** This week Chase was nominated. He has been incredibly brave in class and managed to get on with his work even though he has a couple of broken fingers! He has stayed positive and determined throughout. Well done Chase!  
Roxette was awarded a certificate for her efforts in her English lessons this week. We have been working on expanded noun phrases and she managed to apply them in her 'Quick Writes.' Well done Roxette.
- Year 5:** This week, I'd like to congratulate Emmie and Callum. Emmie clearly worked really hard in her quick-write and managed to include a fronted adverbial, commas in a list AND brackets in her piece. Thank you to Callum for asking some good questions in Geography, both about Athens, and cities in general.
- Year 6:** This week Charlotte and Chloe received a Headteacher's award each for great contributions within science when planning an investigation! Well done to you both – keep up the great work!

Attendance  
22<sup>nd</sup> – 26<sup>th</sup> January 2024

RECEPTION  
CLASS  
100%

### Contact Information

Please make sure our records are up to date with your contact details! Do you have a new mobile phone number? Has a contact we have for your child moved away?

Please make sure you inform us of any changes as soon as you can either by telephone 01726 890323 or by emailing [reception@roche.tpacademytrust.org](mailto:reception@roche.tpacademytrust.org)

Thank you for your co-operation.

### Gardening Tools

If you have any gardening tools you don't need such as trowels, rakes, hand spades, vegetable seeds, planting pots/trays, please would you consider donating them to school for the children to use.

We are trying to recycle/reuse before we need to buy any.

Donations will be gratefully received through the office.

Thank you.



### Year 4

Year 4 need small 500ml plastic bottles for a DT project please.

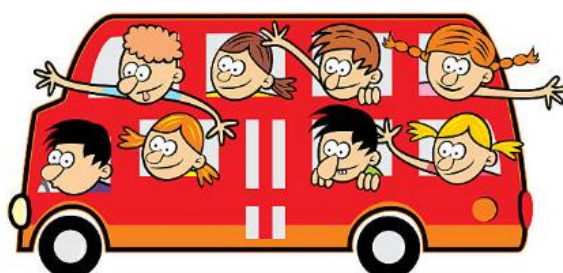
If anyone has any they can donate as well as Year 4 bringing them in, it would be really helpful.

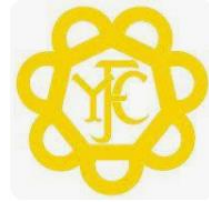
Many thanks.



### London 2024/Porthpean Camp 2024 Year 3 and Year 6

The London trip and Porthpean camp are still live on Parent Pay for parents/carers to make payments in instalments. If you'd like to discuss payments with Mr Walden, please telephone school 01726 890323 or email him on [iwalden@roche.tpacademytrust.org](mailto:iwalden@roche.tpacademytrust.org).





Daisy and Chloe attended Cornwall Young Farmers speaking day at Wadebridge Pavilions. They came first in the junior reading section and will now represent Cornwall at the South West Area competitions in March!

Congratulations and good luck!

If you take part in any clubs outside of school, we'd love to hear from you and celebrate your achievements.

Please email any information and photos to [reception@roche.tpacademytrust.org](mailto:reception@roche.tpacademytrust.org) and you could feature on the newsletter!

## Wellbeing



### The 5 ways to wellbeing

This week we're focusing on **Being Active**

**Be active:** We know that there's a link between staying active and positive mental health and wellbeing. People who exercise regularly have lower rates of sadness and depression and feel less anxious. You don't have to do anything really intense or difficult.

At Roche School, all the pupils do PE every day, as part of our 5 ways to wellbeing. Let's see what they think of it:

I like Gym – [Liam, Y5](#)

I like PE – it makes me sweaty! – [Arthur, Y1](#)

My favourite is Fitness Friday and using the apparatus. It makes me feel happy. – [Mia, Y1](#)

PE is great, I like ball games. – [Freddie, Y6](#)

Doing PE every day keeps me active, so I don't get tired. – [Lanikai, Y6](#)

I like running, it uses my energy. – [Harry, Y4](#)

I really like fitness Fridays and climbing the ropes because I nearly get to the top every time. – [Ella, Y4](#)

PE keeps us healthy. We only did it twice a week in my old school, this is better! I love doing it every day! – [Theo, Y5](#)

Doing PE every day stops me being miserable! It makes me happy to be active, I'm not just sat down all day. – [Rosie, Y5](#)



Do something active with your family or friends like going for a walk or playing a game that gets you moving.

### Dates for your Diary

Mon 29 <sup>th</sup> Jan – Thurs 1 <sup>st</sup> Feb	Parent meetings/phone calls	As reserved	Whole School
Tuesday 30 <sup>th</sup> January	Roche V St Dennis (Home)* Clays School Fixture	3.10pm	Football/Netball* Team
Friday 2 <sup>nd</sup> February	Royal Cornwall Museum*	During school	Year 5
Tuesday 6 <sup>th</sup> February	Roche V Whitemoor (Home) Clays School Fixture	3.10pm	Football/Netball* Team
<b>Mon 12<sup>th</sup> Feb-Fri 16<sup>th</sup> Feb</b>	<b>Half Term</b>		<b>Whole School</b>
Tuesday 20 <sup>th</sup> February	Roche V St Mewan (Home) Friendly match	3.00pm	Girls Football Team
Tuesday 20 <sup>th</sup> February	Roche V St Mewan (Home) Diamond Shield	3.30pm	Football
Tuesday 27 <sup>th</sup> February	Roche V Sandy Hill (Home) Rosewarne Cup	3.10pm	Football Team
Tuesday 27 <sup>th</sup> February	Roche V Sandy Hill (Home)	3.10pm	Girls Football Team

**\*\*\*\*\*PLEASE NOTE, IF THERE IS A NETBALL MATCH, THERE IS NO NETBALL CLUB ON THE SAME DAY\*\*\*\*\***

\*Permission is needed on Parent Pay for these events.

### Online Safety – Livestreaming

#### **Livestream**

*[verb]*

To transmit or receive live video and audio coverage of an event or person over the Internet.

#### **What is livestreaming?**

Livestreaming is becoming a very popular way for people to broadcast themselves on apps and sites such as Snapchat, TikTok, Twitch and Instagram.

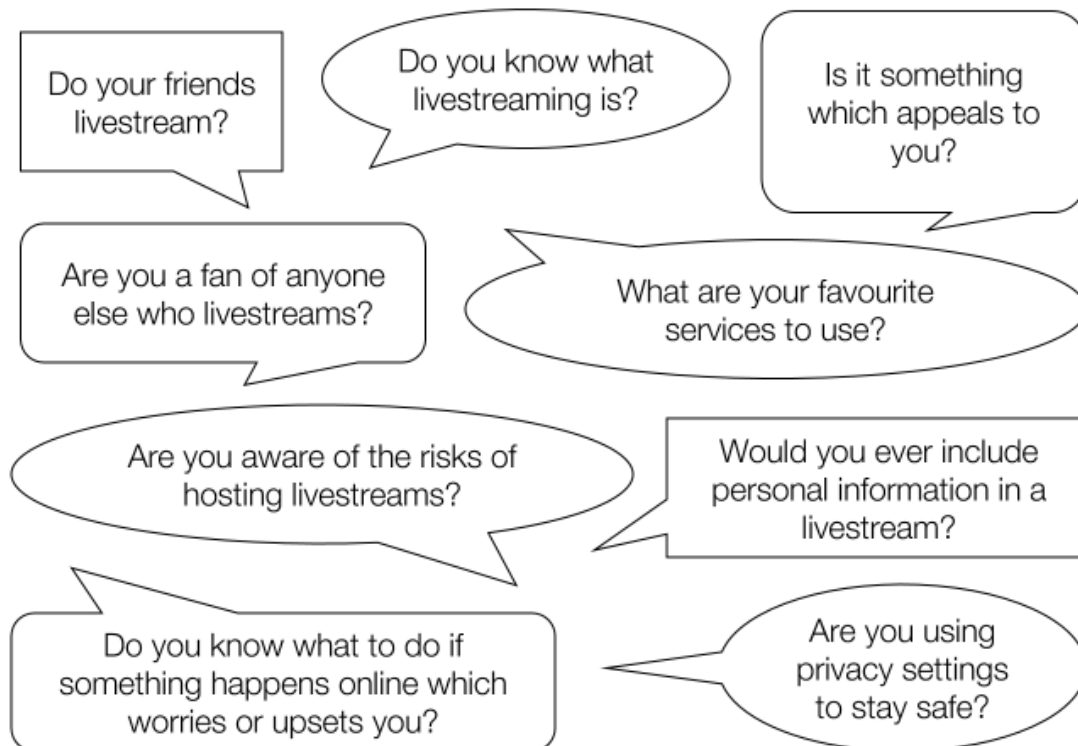
People use these services to broadcast live video footage to others, such as their friends, a certain group of people or the general public. On some services this footage is also recorded and available to view after the livestream has ended.

Livestreaming is also used as a means to communicate to the world what is happening at a specific moment in time. For example, livestreaming can be used to document breaking news stories. On many occasions this footage is used by some of the large media channels in order to document a breaking story.

#### **How can I support my child when they're watching or hosting livestreams?**

Regardless of how your child is engaging with livestreaming, there are lots of things you can do to support them in staying safe.

Discussion and involvement with your child's online life is key. Find out how they are engaging with livestreaming – always start with the positives before talking about the risks involved. Why not use one of the conversation starters below?



Find out more about the services your child is using. Get them to give you a tour of the site or app and talk you through how it works. Use it together if you can, or set up your own account to familiarise yourself with how it works. You can also find more information on specific livestreaming services from NetAware (a collaboration between O2 and the NSPCC) or Common Sense Media. If you're really stuck, then try searching the name of the service and 'livestreaming' on a search engine.

Consider using a family agreement to establish your expectations and ensure everyone is on the same page. <https://www.childnet.com/resources/family-agreement/>

It may be that you decide your child is too young to be watching or hosting livestreams – make sure they know why this is and then together agree when you can review this decision.

If your child is already a fan of livestreaming, you might want to set guidelines on when and where they can do it. You could agree that they can livestream only from a set room in the house, such as the living room and always with the door open. You might agree that an adult must always be present or forewarn them that you will check in at regular intervals throughout their stream.

Make sure your child knows they can and should come to you if anything is worrying or upsetting them online. Ensure your child knows that you are there to support them and to help them stay safe.

Tell your child that if he or she is ever asked to say or do something online they don't feel comfortable with, they can always say no, end the chat or broadcast, and talk in confidence with you or another trusted adult. Remind them that it is never too late to tell you about something which has happened online.

There are lots of tools to help you manage the devices used by your family. For example, knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online. For advice and guidance on how to make use of parental controls and other safety features on devices, check out the UKSIC's free Parents' Guide to Technology. <https://saferinternet.org.uk/guide-and-resource/parents-guide-to-technology>

If your child is using livestreaming services, it's also worth considering the privacy settings available to them, as well as how to make a report if they see or hear anything offensive or abusive.

For further reading:

<https://www.childnet.com/help-and-advice/livestreaming-parents/>





### Lost Property

These items are currently in the school office.

Two pairs of glasses, a watch face, a pearl earring and a bunch containing four keyrings.

If they belong to you or your child, please do pop into the office.

Many thanks

### After School Care Provision

Dear Parents and Carers

As some of you know, Pebbles is stopping its after school provision. A number of parents have contacted me to find out whether school will be taking this provision on. We have been looking in to what we could offer.

We are not in a position to staff this provision ourselves, but we have been speaking to DT Coaching who provide our end of term House Point activities to staff the provision. They will staff the provision and provide the same types of activities that they do on our House point treat days. This will ensure a good range of engaging activities each night

Our proposal is to run provision from end of school until 6pm.

We want to cater for key stage 1 and 2 children.

We would charge a flat rate of £10 for a child to attend the provision.

At this point we need to ascertain the level of interest from parents and carers. We need to know how many children we would need to cater for each night to ensure that we can run the provision without financial loss and ensure correct staffing ratios.

If this offer of after school provision would be of interest to you, could you please email or call Mrs Batten in the office. She will need an indication of which nights you would require provision for.

[reception@roche.tpacademytrust.org](mailto:reception@roche.tpacademytrust.org)

I would appreciate you responding by Friday 2nd February. At this point we will be able to decide whether the after-school provision can go ahead.

If you have questions about the provision, please contact me via email [jwalden@roche.tpacademytrust.org](mailto:jwalden@roche.tpacademytrust.org) or call 01726 890323.

best wishes

Jeremy Walden

**\*\*\*FURTHER INFORMATION HAS BEEN SENT REGARDING THIS VIA EMAILS\*\*\***

### Head Lice

We have had a few cases of head lice in school. A reminder that if your child has hair which can be tied back, it should be to help prevent the spread of lice from child to child.

Don't forget, if your child has head lice, not only should you treat your child, you need to wash bedding, towels and hairbrushes as lice can live on these items for up to a week.

Advice on how to treat head lice can be found here: <https://www.nhs.uk/conditions/head-lice-and-nits/>

### Chinese New Year

Dragon Chinese New Year is on Saturday 10<sup>th</sup> February. The dragon is the fifth animal in the Chinese zodiac. In the Chinese culture, the dragon represents good luck, strength, health and also the male element Yang.

We are celebrating at Roche School with a menu change on Thursday 8<sup>th</sup> February.

The choices will be:

**Main:** Chinese chicken with rice

**Vegetarian:** Vegetable chow mein

**Please note there will be no school packed lunches or jacket potatoes available this day.**

If you have ordered your child's meals for the term or have completed the week beginning 5<sup>th</sup> February already, you will have to re-book the 8<sup>th</sup> February as all pre-orders for this date will be erased to accommodate the menu change.

Click here for a free download to make a red envelope for Chinese New Year!

<https://www.learningresources.com/media/amasty/amfile/attach/iS6BO4GdNqor1kEVy9r1tMYxhU1uv07D.pdf>



祝你新年快乐！

Zhù nǐ xīnnián kuàilè!



### School Meals

Grayson enjoyed chicken curry and rice this week with green beans and sweetcorn. He also enjoyed a piece of Victoria sponge with some fruit for dessert!

This meal looks delicious Grayson and we are glad you enjoyed it!

Mild chicken curry can be found on week one of our rolling menu on a Thursday.

## Breakfast Club



This week in breakfast club, as well as enjoying some delicious breakfasts, the children have been enjoying many different activities.

We had a doughnut shop set up in the hall this morning! Unfortunately, they were pretend doughnuts!

We also had some absolutely brilliant Lego creations too!