



Newsletter

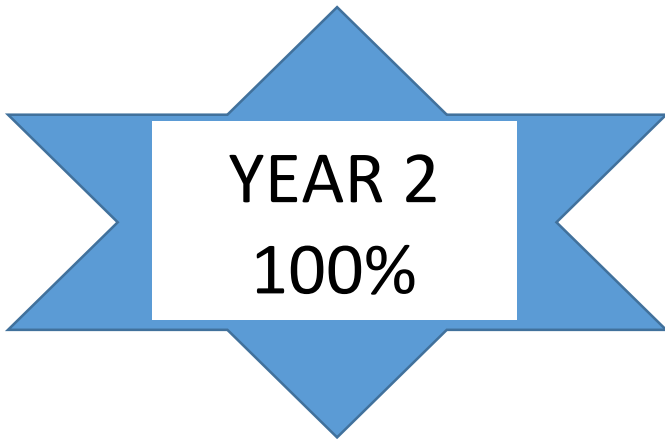
6th October 2023



Headteacher's Awards Awarded 29th September 2023

- Reception:** The Reception Head Teacher Awards this week are going to:
Jessica for her fantastic home learning!
Bobby for using your great Fred Talk and blending sounds into words.
- Year 1:** Well done to Darcie for amazing art of making waves to music. Well done to Charlie for fantastic concentration and co-operation in art also making waves to music.
- Year 2:** This week we awarded three awards. They were for Delilah, Ethan and Oscar for fantastic writing in their 'talk for writing' task. Well done to you all.
- Year 3:** Last week's Headteacher awards went to Leo and Samuel. I was very proud of Leo when Mrs Grigg said that Leo had been listening well and applying himself all week in his phonics lesson. Well done Leo, keep it up! Congratulations to Samuel for English this week, he had a great one! When we were looking at a piece of text, Samuel knew all the grammatical features and was able to identify them in the text. Well done Samuel!
- Year 4:** This week Lucy, Josie M and Senara were chosen for Headteacher's Awards. Each Fitness Friday PE session they have been observed putting lots of effort in whilst still smiling. This week they even more impressive in our Circuit Training session. Even when they were meant to be resting, the girls were dancing or creating aerobic moves. They didn't stop! Well done girls - Keep it up.
- Year 5:** This week we awarded Harry J and Lexi-Rose for super reasoning in maths. Poppy also had an award for being a conscientious student by looking back in her mypad and referring to the board to complete her work.
- Year 6:** Well done to Jake! He did some fantastic work in maths this week and kept trying! Taylor C for producing some super writing this week using hyphenated words and noun phrases.

Attendance
2nd – 6th October 2023



Hello Yellow

Next Friday is wear yellow for World Mental Health Day!

The link to donate can be found here:

<https://www.justgiving.com/page/roche-school-1694603985582>



Parent/Carer Phone Calls

Thank you for your patience regarding our online booking system for parent/carers. Apologies for the error with the School Cloud system, unfortunately it was a School Cloud internal inaccuracy.

A reminder that teachers will telephone you at your allotted time. Occasionally phone calls run slightly behind so please bear with us.

Reminder...

A reminder that if your child has hair long enough to be fixed up into a pony-tail, it should be.

Breeding season for head lice is high and anything which can be done to prevent the spread should be adhered to.



If you find that your child does have head lice, please treat your child accordingly. Tips on how to treat head lice can be found at:

<https://www.nhs.uk/conditions/head-lice-and-nits/>



Thank you to Harrison for showing us this brilliant photo of him experimenting with water and boats at the weekend.

It looks like lots of fun!

If you've done something at home you'd like to share with us, please email photos and information to reception@roche.tpacademytrust.org

Have your details changed?



Have your details changed? Do you have a new mobile phone number? Has one of your contacts moved away? Is your email address different?

Please make sure you keep the school up to date with any changes which may have occurred so we can keep our records up to date with the latest information.

Email any changes or additions to reception@roche.tpacademytrust.org

Wellbeing

Optimistic October 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Positive Thinking:

Good news! Did you know that science suggests that positive thinking is a learnable skill?

Three Good Things Exercise

1

2

3



Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do.

Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!

Tilly's Diary



Hi Everyone!

Here I am playing my favourite game of getting in a box! What you can't see is that I also put all of my toys in this box! I am really good at tidying up! Do you tidy up like me?

I'm also very excited because it's my birthday on Sunday! I'm going to be 5! I am hoping to go on a nice long walk and get lots of tummy tickles for my birthday! How exciting!

See you next week!

Love Tilly x



Phonics Links



Dear Parents and Carers,

If your child is doing phonics, please remember to get your child to access the online Virtual Classrooms that support the phonics your child has learnt the previous week.

These videos reflect the same lessons we do in class and therefore provide excellent revision.

By watching these 10 minute videos each day will help ensure that your child strengthens and improves their phonic knowledge.

In order to access these videos, you will need to log on to the school website.

The parent links can be found below.

https://rochecpschool.eschools.co.uk/web/phonics_parent_links/621779

If for any reason you are finding it difficult to access, please contact the office who will be happy to help.

We cannot stress just how valuable this resource is. Reading and phonics is the key to accessing all areas of the curriculum and beyond so should be given highest priority.

Kind regards

Karen Welch
Phonics Lead

National Child Measurement Programme Reception Class and Year 6

Please find below the link for the National Child Measurement Programme.

Please note you only have to click and complete the information within the links if you wish to **OPT OUT** of the programme. If you'd like your child to have the health screening, you do not need to do anything.

Please note there are two different links. One is for Reception Class only and one is for Year 6 only.

Reception: <https://www.healthycornwall.org.uk/make-a-change/child-health-programme-reception-year/>

Year 6: <https://www.healthycornwall.org.uk/make-a-change/child-health-programme-year-6/>

For more information regarding the programme, please see <https://www.youtube.com/watch?v=Wx4DSch3hPo>



Dates for your Diary

Monday 9 th October	Individual and sibling photographs
Monday 10 th – Friday 13 th October	Parent/Carer teacher phone calls
Tuesday 10 th October	Away game of Football and Netball At Nanpean
Tuesday 10 th October	NETBALL CLUB CANCELLED
Friday 13 th October	Wear Yellow for Mental Health



A reminder that individual and sibling photographs are being taken on Monday 9th October throughout the day.

Food Bank Donations



Thank you to everyone who donated to Roche Food Bank in theme with our Harvest assembly.

You will help feed many families with your donations.

You have linked the 5 Ways to Wellbeing too!



Online Safety

The amount of time that children spend online could increase as leisure activities, staying connected and even schoolwork will require access to a device. Here's some advice to help keep your child safe online and make the internet a fun and positive experience.

There is a brilliant website hosted by the BBC regarding online safety with children.

Check it out here:

<https://www.bbc.com/ownit/about-us/5-ways-to-a-better-internet?collection=parents>

Found Glasses



These glasses have been in the school office for a while. If they are yours, please do pop in and collect them.