



# Newsletter

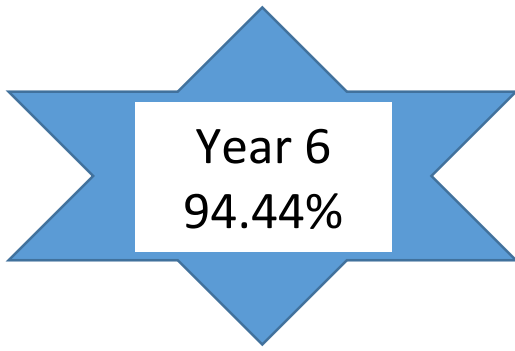
2<sup>nd</sup> December 2022



## Headteacher's Awards Awarded 25<sup>th</sup> November 2022

- Reception:** This week in Reception the Head Teacher Awards are going to:  
Amber for knowing different ways of making the number 5 and always being an independent and grown-up member of our class!  
Freddie for your great knowledge of the different animals found in the environments we visited this week. You were able to explain that animals in the arctic are white so that they can camouflage in the snow!
- Year 1:** The Headteacher's Award this week went to Oscar and Memphis. Both boys have worked incredibly hard all week in all areas of learning. Well done Oscar and Memphis – keep it up!
- Year 2:** This week we awarded two Headteacher's awards. The first one went to Callum for writing a brilliant story with lovely handwriting! Well done Callum.  
The second Headteacher's award went to George for great work in maths. George found different ways of making 20 using his number bonds knowledge.  
Fantastic working from Callum and George!
- Year 3:** Headteacher's award in Year 3 last week went to Megan for working really hard in her spelling and phonics. Megan is in Mrs Mansfield's group and she says that Megan applies herself well in both lessons. She listens well and concentrates. She is a great role model to the other children. Well done Megan, we are really pleased with the progress you are making.
- Year 4:** Ella - Even though Ella was absent a couple of days last week, she didn't let that affect her English Lesson on Friday. She still managed to produce a great letter to the children's ward at Treliske hospital. Well done Ella! Super independence and determination shown 😊  
Bonnie - For making fantastic progress with her writing! Her letter to the children's ward at Treliske was great. She has been working so hard in lessons and it is paying off. Keep up the hard work Bonnie we are very proud of you.
- Year 5:** This week, I would like to say well done to Chloe and Logan! Chloe is a fantastic member of Year 5, who always tries her hardest. This week, I felt it was time to acknowledge all of her hard work, particularly when it comes to enhancing and editing her writing. She listens well to advice and seeks reassurance when she isn't sure, showing she really wants to keep learning.  
Next is Logan! Logan has had an amazing week this week! He has noticeably been contributing to lessons to both ask and answers questions, He has been getting himself ready for a lesson with virtually no reminders and generally being a super star! Congratulations to you both.
- Year 6:** Headteacher's awards this week went to:  
Ethan N – Ethan wrote a brilliant biography about Mary Anning. He tried to use his targets including using a semi-colon.

### Attendance



### Pen Licence

Well done to Macie for achieving her pen licence.



### KS2 Production

On Wednesday 14th December, KS2 are going to be performing alongside Roche Brass Band at Roche Victory Hall.

The evening starts at 6.30pm.

The tickets are priced at £2.50 each and to start with, will be limited to two tickets per KS2 sibling group due to space.

The ticket includes refreshments and will be entered into a raffle on the night.

Tickets will be available next week on Parent Pay. You have until 9<sup>th</sup> December to claim your tickets. Any tickets left over will be offered as extra tickets to Parents/Carers.

Please could you let Mrs Batten know via email ([reception@roche.tpacademytrust.org](mailto:reception@roche.tpacademytrust.org)) if your child will NOT be attending this event.

More details will follow.



### KS1 Production

Tickets for the KS1 production are on Parent Pay. If you cannot see tickets on your Parent Pay (found under 'pay for other items') please email Mrs Batten [reception@roche.tpacademytrust.org](mailto:reception@roche.tpacademytrust.org) and let her know.

You have until 9<sup>th</sup> December to claim your tickets. Tickets not claimed will be offered out as extra tickets to parents/carers.

If your child has lines, please can you practise them at home.

Many thanks.



## Christmas Events at Roche CP School



- Monday 12<sup>th</sup> December:** Whole School cinema trip. Please the whole school is leaving 9am sharp on this day. Every staff member accompanies this trip so please do not be late this day as there will be no-one at school to care for your child. If your child is going to be absent this day – please telephone the school, no later than 8.30am.
- Tuesday 13<sup>th</sup> December:** 9.30am. KS1 Production in the school hall. Please make sure you present your ticket on the door.
- Tuesday 13<sup>th</sup> December:** 1.30pm. KS1 Production in the school hall. Please make sure you present your ticket on the door.
- Wednesday 14<sup>th</sup> December:** Santa Fun Run – details on last week’s newsletter. Just Giving Link: <https://www.justgiving.com/page/roche-school-1669287706987>
- Wednesday 14<sup>th</sup> December:** Christmas jumper day. You are welcome to wear Christmas a Christmas jumper and accessories this day (please make sure your child’s name is in their items).
- Wednesday 14<sup>th</sup> December:** Christmas dinner day. Please make sure you head to Parent Pay and order your child’s Christmas meal no later than 7<sup>th</sup> December. Please note school packed lunches and jacket potatoes are not available this day.
- Wednesday 14<sup>th</sup> December:** KS2 Christmas sing-a-long at Roche Victory Hall. This is a ticket event only. Details have been sent via Parent Pay. More details including drop off times will be given out nearer the time. Your KS2 child can wear their Christmas jumper to this event. Free refreshments will be available.

## Christmas Cards



Christmas cards can come into school from next week. We will have a post box outside Mr Walden’s office.

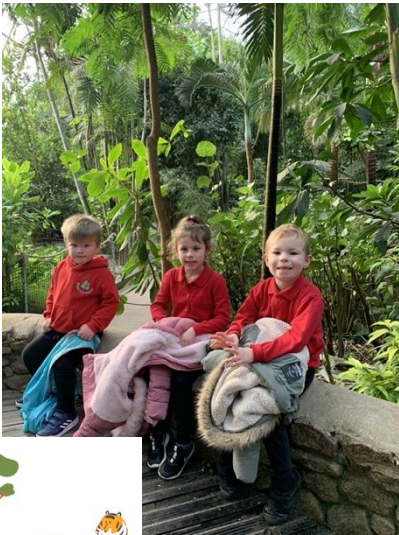
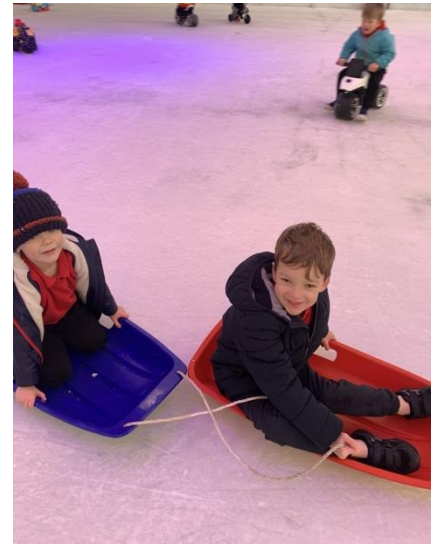
Please make sure on the front of the card the recipient’s name AND class is written.

Year 6 children will sort through the letters and deliver them to the classrooms over the following weeks. Last day of posting is Wednesday 14<sup>th</sup> December.



29.11.22

Reception Class Trip to the Eden Project visiting contrasting environments!





## Club Information

Clubs last week will be next week (week beginning 5<sup>th</sup> December).

There will be no after school clubs on the week beginning the 12<sup>th</sup> December.

Arithmetic club has now had its last session and will continue on the 5<sup>th</sup> January.

## Year 6 Lyme Regis

A reminder that the Lyme Regis trip is taking place on Wednesday 7<sup>th</sup> December. All details are exactly the same.



Don't the girls look great in their new kit? Thank you, Mr Walden! On Tuesday 28<sup>th</sup> November, our newly established girls football team played their first match against Sandy Hill Girls. The girls played exceptionally well throughout. They showed great resilience on the pitch working well as a team for the first time. We were the first to score a goal, set up by Paige and scored by Macie. The girls marked them well and put the pressure on when needed. The end score was 3-1 to Sandy Hill.

Thank you to the parents that came along to support and a big thank you to Jamie in Y5 that comes along to every training session to set up activities and give the girls top tips.

Mr Walden and Mrs Harrison were very proud.

We are looking forward to our next match.



A big thank you to everyone who has so kindly donated an item to the Christmas Dinner box. If you haven't yet donated and would still like to, Monday is the final day for donations so that Year 5 can organise the it next week ready for Miss Goatman to deliver.

Please see the list below for items.

- 2 x tins of meat
  - Tin of potatoes
  - Tin of sweetcorn
  - Tin of carrots
  - Jar of cranberry sauce
  - Gravy granules
  - Stuffing
  - Christmas pudding
  - Mince pies
  - Packet of custard
  - Tin of fruit
  - Packet of yummy, sweet biscuits
  - Box of chocolates
  - Packet of 'nibbles' (crisps or similar)
  - Chocolate log or Christmas cake
  - Soft drink (plastic bottle & no alcohol please)
- 
- Two decorative snowflake graphics are placed to the right of the list. The first is a simple, light grey snowflake, and the second is a more complex, multi-pointed snowflake with a central circular motif.

## Coping with Seasonal Affective Disorder

Seasonal Affective Disorder (S.A.D) is a form of depression where the changing seasons have an effect on your mood and energy levels.

Kim from Southampton shares her diagnosis journey and some ideas for coping during the winter months.

"I've always suffered with winter blues and struggled as days got shorter, but a few years ago I found it was worse than before. I struggled to get out of bed but also found it hard to sleep, and I had no motivation or energy to do anything. I felt like I was disconnected... simply "meh" all the time.

My family encouraged me to visit my GP, who told me about S.A.D. For me it's like an endless grey, not just in the weather but also emotionally, and sometimes it's hard to remember what an easy day feels like.

Medication helps many people to manage the symptoms, but I found that talking it through helped. I self-referred to talk, Solent Mind and Southern Health's free talking therapy service and learned some self-help strategies to help me manage how I felt.



What currently helps me is to fill in a diary, only a short sentence or two per day, each night. It allows me to look back at both busy and quiet days and celebrate achievements, even when it feels like nothing at the time.

On a hard day, I know that if I just managed to get out of bed, or showered or did some colouring, I have accomplished something important for my wellbeing.

For me, SAD isn't going to simply 'go away', but I am always eager to find and try out new ways to help me cope."

### Kim's tips

Be gentle with yourself. Don't put pressure on yourself to complete a to-do list and adapt your routine as needed instead.

Keep the curtains closed on gloomy day and use lights (I love fairy lights!) to distract you from the weather outside.

Open the windows – fresh air will make you feel less claustrophobic and weighed down.

Try mindful exercises, like listening to the rain when trying to sleep or relax.

HOUSE PLANTS! When everything out of the window looks really dull and colourless, plants, cacti and succulents make indoors feel like a tropical jungle.

### 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



# CHRISTMAS 2022 ACTIVITIES

## BOOK NOW!



DT Coaching will be running a number of fun activities during Christmas week, varying from laser tag and swimming to basketball and craft workshops. So come and join us for some festive fun!

- ✓ **FREE** places for all children eligible for Free School Meals.
- ✓ Activities available for children aged **5 - 16**.



### Activity Dates

Monday 19<sup>th</sup> - Thursday 22<sup>nd</sup> December

### Locations

Redruth School  
St John's RC School (Camborne)  
Perranporth School  
Penair School (Truro)  
St Dennis School  
Roche School

### How to Book

Bookings can be made via **Playwaze**. Visit the DT Coaching website at:

[www.dtcoaching.co.uk/upcoming-events](http://www.dtcoaching.co.uk/upcoming-events)

and follow the link directly through to our bookings page on Playwaze.

For more information about the T2M Programme contact:  
Email: [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk)  
Phone: 01872 323335

**DT** Sports  
COACHING SERVICES  
Email: [info@dtcoaching.co.uk](mailto:info@dtcoaching.co.uk)



**CHRISTMAS**

# Cricket Camps



**Cornwall  
Cricket**

## Soft Ball

**MONDAY 19TH DEC, TUESDAY 20TH DEC  
10-3PM  
SCHOOL YEARS 1-4  
£15 PER CHILD**



## Hard Ball

**WEDNESDAY 21ST DEC, THURSDAY 22ND DEC  
10-3PM  
SCHOOL YEARS 5-8  
£20 PER CHILD**

**LOCATION - CORNWALL CRICKET CENTRE**

**TO BOOK YOUR SPOT**

**<https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html>**

*Any booking queries contact*

**ADMIN@CORNWALLCRICKET.CO.UK**



ROCHE BRASS



Christmas  
CONCERT

SUN 11TH DEC

7PM



ROCHE VICTORY HALL  
PL26 8JF

FREE ENTRY