



Newsletter

31st March 2023



Headteacher's Awards Awarded 24th March 2023

- Reception:** The Head Teacher Awards in Reception Class are going to:
Jago for the fantastic questions you asked the Police Officers during their visit.
Lowen for your amazing independent writing! You were full of confidence and tried your very best.
- Year 1:** This week the Headteacher's certificates were awarded to Lara and Jake. Lara for consistently showing good manners and following our school rules and Jake for working super hard on his Numbots both at home and in school and for completing lots of levels! Super work!
- Year 2:** Raeven for knowledge about the different life-cycles that we have been learning about in science. She was able to use the word amphibian and able to describe this as an animal that breathes on land and in water.
Darcie, for super work in maths all week. Darcie works hard and tries her best and will help others in her group if they get stuck.
- Year 3:** Last week Headteacher's awards went to Lucy and Valentino. Recently, I have been super impressed with how Lucy has applied herself in Maths lessons. She has been focused and engaged in learning new methods; multiplication and division. She then applied all this new knowledge to her arithmetic and reasoning tests. She made progress in her Arithmetic test but blew me away with her reasoning score, dropping just 1 mark! Well done Lucy, great achievement. Congratulations also go to Valentino who had an amazing week and applied himself in every lesson. Well done Valentino for a great week. Keep it up!
- Year 4:** Lexton - For being enthusiastic and engaged in our Rivers work in Geography this week. He has been putting his hand up a lot and giving great answers. Keep it up!
Kezia - The adults have noticed her outstanding commitment and enthusiasm to all her subjects recently. She has been super engaged and has been giving great answers and explanations in her lessons. Well done Kezia!
- Year 5:** A busy week of poetry, computing and assessment in Year 5, but everyone worked really hard. I'd like to say a particular well done to Taylor C and Charlotte. Taylor has put a lot of effort into English this week and tried hard to contribute his ideas. Well done! Charlotte constantly tries hard but in recent weeks, her effort in reading has been super, as she has challenged herself to read longer books and still scored well! Well done!
- Year 6:** Well done to Harry for a wonderful creature photomontage! Riley for making fantastic progress with his reading comprehension – well done to you! Another well done to Tyler for an excellent evaluation for his DT. He really thought about how it was successful and what he could do to its outcome. Great work from you all!

Attendance
27th March – 31st March 2023



Clubs Information

After the Easter holidays, a new clubs list will come out. New clubs will start the week beginning the 24th April.

A clubs' letter will be given out on the first day of term (17th April) to be returned on Tuesday 18th April.

Many thanks.



The girl of the match was Chloe and I want to give special mentions to Paige and Poppy!

Girls Football Report
By Macie

We played against Nanpean and we went for a good start then out of nowhere, Paige had the ball with her feet and scored a goal! We finished the first half 1-0 to us.

The second half we kept going and Nanpean were good at getting the ball but then we had Chloe who was marking and tackling the players super well. Poppy scored a great goal too. The match ended 2-0 to us!

The second game, because we won, was played against St Dennis. A few minutes in to the game, their player got the ball and dribbled it then shot it over Abigail's head. That was the end of the first half 1-0 to St Dennis.

In the second half, there was a corner for us. I took the corner and crossed it over into the box. It came to Poppy and Poppy scored. The final score was 1-1.

It was a great match and we won overall!

Hindu Workshop – Year 6

On Thursday 3rd March, Daya came to visit and we took part in a workshop about Hinduism.

We learnt about different stories and Hindu traditions. We were able to try traditional clothing, took part in some dancing and learnt about the role of meditation and religion.

During the second part of the session we found out about the importance of food and the role of sharing food. We made chapattis and ate these with a potato curry.

We had an amazing time and learn a great deal.



Dates for your Diary

A reminder we break up for the Easter holidays today at 3.15pm.

We return to school on Monday 17th April.

There is no school on 1st May and 8th May due to the bank holidays (8th being the extra King's Coronation bank holiday).

The next half term break is 29th May – 2nd June.



Wellbeing

Mindfulness Rainbow Walk

Go for a walk with your children and be mindful of all the beautiful colours you can see. Get them to write what they see in each colour of the rainbow. They might see several things that are red, yellow, blue, green and orange. The aim of the session is to use their power of sight to notice things around them right now in the present moment. When they have written the things in the rainbow they can carefully colour their rainbows with coloured pencils so as not to hide the writing.



Continued...

Wellbeing Continued

The Easter Holidays are an exciting time, but school holidays can also be a time of worry for parents, particularly financially. Follow this link for fun, at-home activities:

<https://calmahoykids.co.uk/2021/03/20/calming-easter-activities-for-kids/>

Create A Family Playlist!!

Listening and sharing music and songs together as a family is a really lovely experience and creating your own family playlist provides a wonderful opportunity to talk, share and have fun together.

Try swapping your finished playlists with friends and other families!



Screen Time

What is screen time?

Screen time is the amount of time that someone spends using a device or computer, watching television or playing on a games console. Although managing this is important, focusing on the type of activities that children are doing online is essential. A recent report suggested using the Goldilocks method – ‘not too little, not too much but just the right amount’.

What are the effects of screen time on children?

Benefits of screen time

- Online games and activities can enhance teamwork and creativity
- The internet gives children access to a wealth of information to help build their knowledge
- Interacting with computers improves both visual intelligence and hand-eye coordination
- Technology takes away physical barriers to social connections – which is important for children who find it hard to make friends or have special interests or special needs.
- Children in households with computers perform better academically than peers who do not have ready access to computers.
- Outcomes for children are better if they benefit from connected technology.

Screen Time continued...

Potential risks of too much screen time



Effect of screen time on sleep

Sleep cycles are affected by blue light from screens tricking our brain into thinking it is still daylight, making it difficult to sleep.



Effect on behaviour

We're creatures of habit so it doesn't take long to get used to glancing at your smartphone 150 times a day.



Effects of screen time on brain development

Screen-based entertainment increases central nervous system arousal, which can amplify anxiety. Millennials are more forgetful than OAP's; they've outsourced their memory to Google, GPS, calendar alerts etc. Columbia University found that when people know that they'll be able to find information online easily, they're less likely to form a memory of it.

New Menu – Summer 2023

On Monday, Year 6 (plus Mrs George and Mrs Batten) were offered a 'taste test' of this beautiful macaroon tray bake. They are on the Friday of week one for dessert alongside fruit bites.

There was a mass decision that they are absolutely delicious and a second one should be offered just to make sure!!

They include jam and coconut!

The new menu is below for the Summer term and has been uploaded to Parent Pay. Printed copies are available on request.

As before, meal choices for the week should be made each Sunday before midnight. You can order for the term if you wish by changing the date.



Roche C. P. School Menu – Summer Term 2023

Week One – Weeks Beginning 17/04 08/05 05/06 26/06 17/07	Week Two – Weeks Beginning 24/04 15/05 12/06 03/07	Week Three – Weeks Beginning 01/05 22/05 19/06 10/07
MONDAY Main – Margarita Pizza and Wedges Veg - Macaroni Cheese Peas and Carrots Dessert - Apple Crumble and Custard Packed Lunch – Ham Wrap	MONDAY Main – Tomato Pasta Bake Veg – Macaroni Cheese Peas and Carrots Dessert - Flapjack Packed Lunch – Cheese Sandwich	MONDAY Main – Quorn Burger and Wedges Veg - Macaroni Cheese Peas and Carrots Dessert – Ginger Cake and Custard Packed Lunch – Ham Wrap
TUESDAY Main – Bacon and Sweetcorn Pasta Veg – Vegetable Cous Cous Sweetcorn and Broccoli Dessert – Orange Sponge and Chocolate Custard Packed Lunch – Cheese Wrap	TUESDAY Main – Sausage Bean Casserole and Mash Veg – Quorn Sausage and Mash Broccoli and Sweetcorn Dessert – Banana Cake and Custard Packed Lunch – Ham Sandwich	TUESDAY Main – Beef Goulash with Homemade Bread Veg - Vegetable Chilli and Rice Cauliflower and Sweetcorn Dessert – Vanilla Sponge and Custard Packed Lunch – Cheese Wrap
WEDNESDAY Main – Roast Pork Veg - Quorn Roast Cabbage and Carrots Dessert - Fruity Jelly and Ice Cream Packed Lunch – Ham Sandwich	WEDNESDAY Main – Roast Turkey Veg - Cauliflower Cheese Green Beans and Carrots Dessert – Fruit and Ice Cream Packed Lunch – Cheese Wrap	WEDNESDAY Main – Roast Gammon Veg – Cheesy Leek Bake Cabbage and Carrots Dessert – Trifle Packed Lunch – Ham Sandwich
THURSDAY Main - Beef Burger and Wedges Veg – Vegetable Quiche and Wedges Coleslaw and Sweetcorn Dessert –Chocolate Burst Cake Packed Lunch – Cheese Sandwich	THURSDAY Main – Meatballs and Spaghetti Veg –Vegetable Fried Rice Cauliflower and Sweetcorn Dessert – Pineapple Upside Down Cake and Custard Packed Lunch – Ham Wrap	THURSDAY Main – BBQ Chicken* and Rice Veg – Pea and Onion Risotto* Green Beans and Sweetcorn Dessert – Peaches and Chocolate Delight Packed Lunch – Cheese Wrap
FRIDAY Main - Fish and Chips Veg - Spinach and Cheese Pancakes and Chips Peas and Baked Beans Dessert –Macaroon Tray Bake with Fruit Slices Packed Lunch – Ham Wrap	FRIDAY Main – Fish Fingers and Chips Veg - Vegetable Omelette Tray Bake Peas and Baked Beans Dessert – Chocolate Crispy with Fruit Slices Packed Lunch – Cheese Sandwich	FRIDAY Main - Sausages and Chips Veg - Mediterranean Tart* Peas and Baked Beans Dessert – Oat Cookies with Fruit Slices Packed Lunch – Ham Wrap

Year 5 Art

After half term, Y5 are doing Art and need:

- Boxes (shoe box or A4/A3 photocopier paper box size)
- Magazines
- Fabric scraps

If you could help buy donating any of these, we would be very grateful!

Thank you!



Rugby Festival

By Jack S, Emilia and Olivia

On Wednesday in the mud and rain, 13 of us went to Tregorrick and played tag rugby with other schools. On the first match against St Columb Major, Jack S scored a try. At the end of the match it was 2-1 to them.

We then played St Wenn, Bishop Bronescombe and St Mewan. We did not win any of them but against two of the teams the score was 0-0.

We all tried our hardest and had a really good time even though we didn't win. We were still in high spirits and even the wet and muddy weather didn't stop us!

In the end we were muddy and happy munching chocolate croissants and fruit!

Well done to Harry D, Emilia G, Paige H, Thomas H, Olivia J, Harry J, Rosie K, Ethan N, Ruan R, Jack S, Tilly-Rose T, Poppy W and Callum W for competing in the Rugby Festival. We are super proud of you all!

No Peanuts



A reminder that Roche CP School is a 'no peanut' school. Please refrain from giving your children peanut-based food to bring to school.

If a label says 'may contain traces of nuts' it can be accepted.

Tilly's Diary



Hello Everyone!

This week I have been getting ready for Easter by making myself a little nest under Mrs George's desk! It's a good job the token boxes are nearly empty - I managed to slide one out of the way and squeeze myself in to have a little snooze! It's hard work being a Tilly you know!

I hope you have a great Easter holiday no matter what you do. I am hoping for walks and treats!

See you soon!

Tilly x



Reward Tokens Spring 2 2023



BLUE!

Easter Holiday Activities

Roche

DT
Sports
COACHING SERVICES

Why not come and join us this Easter in various locations across Cornwall. DT Coaching will be running a number of fun activities, varying from laser tag and swimming to basketball and craft workshops.



FREE places for those eligible for Free School Meals

Ages:
5 - 16 years

Every session includes a **healthy meal** for every child

3rd - 6th April 2023

Roche C.P School

12:30pm - 4:30pm

How to Book

Bookings are made via Playwaze. Visit the DT Coaching website at: www.dtcoaching.co.uk/upcoming-events and follow the link directly through to our bookings page on Playwaze.

playwaze

For any questions relating to the DT Coaching activities, please contact: info@dtcoaching.co.uk

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

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