



# Newsletter

30<sup>th</sup> June 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 23<sup>rd</sup> June 2023

- Reception:** The Reception Head Teacher Awards this week went to:  
Darcie for the determination you have been showing us in our PE lessons and during sports day practise.  
Jaxx for using your colour mixing skills to create a wonderful painting of the sea this week.
- Year 1:** The Headteacher's awards this week went to Levi for a fantastic score on his first star reader and Flora for reading her first chapter book and scoring well on her first AR quiz! Well done to you both!
- Year 2:** The first Year 2 Headteacher's award went to George for great work in maths, using positional and directional language. The second and third award went to Amelia and Marlina for a super effort re-writing a story, changing some characters to make it their own. Brilliant work from all three pupils.
- Year 3:** Headteacher awards last week went to Harley and Ella. Harley loves English and has really enjoyed learning our journey story. He came up with some great ideas for his story and worked well in every lesson all week. I'm looking forward to reading your final story. Ella had a great week all round. Applied herself well in all lessons and I was super impressed when she remembered some prior learning from the beginning of Year 3 in a Geography lesson. Well done Ella!
- Year 4:** Year 4 got a whole class award for their efforts and commitment last Thursday at Par Athletics Track. The whole class took part in our first ever TPAT Athletics event. We carried out lots of events including, long jump, javelin, vortex, dodgeball, relays + handball. Year 4 worked really hard on the different activities. A special mention must go to:  
Vassili  
Lexi  
Poppy  
Zak  
Georgia  
These children achieved a medal for the event!  
Well done Year 4
- Year 5:** This week, we've had whole class maths, challenging PSHE, new reading comprehension and an ART SLD - what a week! I'd like to congratulate Max J and Jake for both having super weeks, and specifically, doing really well in spelling and staying focussed in art, respectively. Well done!
- Year 6:** N/A: In London

**Attendance**  
**26<sup>th</sup> June – 30<sup>th</sup> June 2023**

**YEAR 6**  
**98.52%**

**Magazines Wanted**

Year 5 are in need of magazines for a project.

If you have any you could donate, please drop them to Year 5 or into the office please.

Many thanks.



**Congratulations to Macie!**

Macie came 4th in two dances - Game of Survival and Wonderland.

The competition was on Torbay.

Macie also got through to second round of the improvisation dance.



Wear Green for The Cove, Macmillan Support 7<sup>th</sup> July 2023



The Cove Macmillan Support Centre  
Trust Wide Fundraising

Our Academy, Truro and Penwith Academy Trust, have invited all of their 34 schools to take part in a 'Wear Green' day on July 7<sup>th</sup> to raise much needed funds for The Cove Macmillan Support Centre.

*As a Trust family of schools, we have committed to raising enough funds so that every TPAT school and nursery have access to important resources, at the point of need, which can support children and families where a diagnosis of Cancer is impacting the mental health of a pupil(s) in school.*

We are asking for a £2 donation which is on Parent Pay under 'pay for other items'

For more information about The Cove, head to:

<https://www.macmillan.org.uk/in-your-area/local-dashboard/detail/Information%20and%20support%20centres/8851/The-Cove---Macmillan-Information-and-Support-Centre-in-Truro>



Wanted!

Roche School are making a Harry Potter themed scarecrow for carnival week! We are in need of items such as a scarf/glasses and other accessories. If you have any you could donate to the school, it would be hugely appreciated.

**Please be aware that the scarecrow will be outside, so items could get wet and they may not make it back to you!**

Many thanks!

Wellbeing

Have a break

If you start to feel overwhelmed, stop what you are doing, turn off the TV, tablet and phone. Your homework can wait a little while. Sit comfortably and concentrate on breathing deeply. Imagine you are blowing big bubbles or you could also try the calming star.



# Jump Back Up July 2023

SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SUNDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

MONDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

FRIDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



ACTION FOR HAPPINESS

Happier · Kinder · Together



The Year 6s had a wonderful time in London last week. We had a fun-packed few days including museums, London Eye and Matilda. As always, they represented the school extremely well and were great company! Well done Year 6s!



Thank you to everyone who came to watch Sports Day. We hope you enjoyed it as much as we did!

The children were excellent and great sports! A special well done to the Year 6s who organised and ran the event really well! The winning colour group will be announced soon!

### Club Information

The following clubs are now **finished**:

Girl's Football  
Cricket  
Cross Country



### Spare Sleeping Bags

Year 3 and 4 are heading for camp next week. If anyone has a spare sleeping bag we can borrow to take with us as a spare it would be very much appreciated.