

# Newsletter

30th June 2023



# 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 Marlena 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!

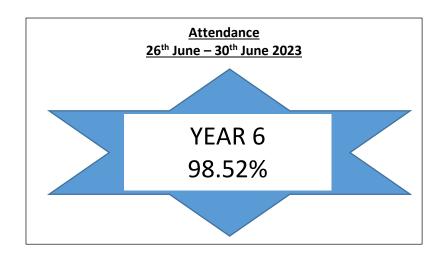
Well done Year 4

**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



## **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 7th 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%2 Ocentres/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.

<u>Please be aware that the scarecrow will be outside, so items</u> 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.



# **Up July 2023** Back E E

## SATURDAY

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

**SUNDAY** 

## MONDAY

TUESDAY

WEDNESDAY

## THURSDAY

FRIDAY

Take a small step to help overcome a problem or worry

to ask for help when you need it

Find something to look forward to today

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

Pause, breathe and feel your feet firmly on the ground

Shift your mood by doing something you really enjoy

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

Put a problem in perspective by seeing the bigger picture

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

a difficult

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

Challenge negative thoughts. Find an alternative interpretation

Get outside and move to help clear your head

Set yourself an achievable goal and take the first step

Find fun ways to distract yourself from unhelpful thoughts

Use one of your strengths to overcome a challenge today

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

If you it, change the way you think

When things go wrong, pause and be kind to vourself

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

Find 3 things you feel hopeful about and write them down

and situations

Choose to see something good about what has gone wrong

25

Notice when you are feeling judgmental and be kind instead

Catch yourself over-reacting and take a deep breath

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

Think about what you can learn from a recent problem



Be a realistic optimist. Focus on what could go right

Reach out to a friend. family member or colleague for support

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









**Happier** · Kinder · Together





The Year 6s had a wonderful time in London last week. We had a funpacked 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.