Hand in Hand

Learning together for a better future

Friday 27th February 2026

Dear Parent/Carer,

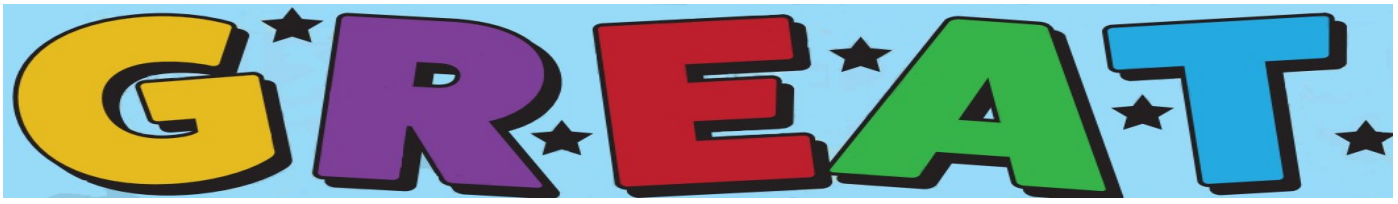
It has been lovely to see the children so bright and keen to return after the half term break. Having visited classes I can see already children focused and making progress. It is however, very difficult for children to make sustained progress when they are often absent from school. Mrs Ladgon and I will be sending letters home over the next week to those families where there are concerns around absence. If you are invited to attend a meeting, please do come as it is vital we work together to achieve a positive outcome for your child.

I wish you all a relaxing weekend. Fingers crossed it doesn't rain. Take care.

Team EYFS

This week the Pre-School children have been exploring the ocean! We have been digging for pirate treasure, decorating colourful seashells and discovering which animals live under the sea. Please ask us about our favourite sea animals and why!"

Notice: Roskear School distributes fliers and magazines offering family services or posts details of local activities on the newsletter. Whilst we think that parents might like the information and find it useful, the school does not necessarily endorse these services.



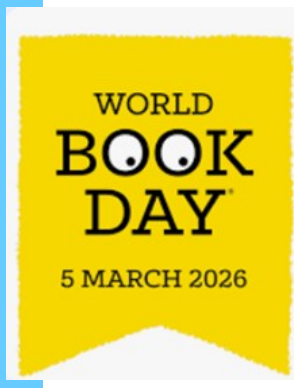
CALENDAR *(additions in red)*

Inset Days for academic year 2025/2026: 22/07/2026, 23/07/2026
Swimming Year 5—every Thursday morning 26/02/2026—02/04/2026
Bingo Evening for Parents/Carers and accompanying children—Friday 27th February from 6:30pm
World Book Day—Thursday 5th March 2026
Yr 6 residential to London: 18th - 20th May 2026
Yr 5 residential to Isles of Scilly: 8th - 12th June 2026
Yr 4 residential to Porthpean Outdoors Centre: 6th—8th July 2026

Team 1 & 2

Year 2 were shocked to find our three diamonds were missing. We came into school on Wednesday to find a crime scene in our classrooms. There was an enormous muddy footprint, moss-covered pebbles and animal bones. The police came to secure the sight and told us the dragon had taken our diamonds. Luckily, the dragon was caught and returned to his home.

This years World Book Day will be celebrated at Roskear Primary and Nursery School and Crofty Minors' Pre-school on Thursday 5th March 2026. Children are invited to come to school dressed as their favourite character from a book. As a school, we will be taking part in Stop, Drop and Read throughout the day and partner teachers will be reading to classes.



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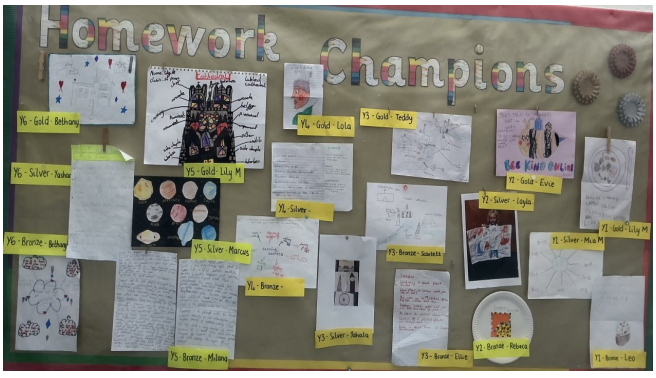
Team 3 & 4

Year 4 enjoyed their first samba lesson today, and it was a fantastic start to their new music unit.

The children were excited to explore the rhythms and instruments of samba, and they threw themselves into the session with great enthusiasm.

We're looking forward to seeing their confidence and musical skills grow over the coming weeks.

Homework Winners Last Term



Year 1 Gold – Lily M, **Silver** – Mia M, **Bronze** – Leo
Year 2 Gold – Evie, **Silver** – Layla, **Bronze** – Rebeca
Year 3 Gold – Teddy, **Silver** – Yahala
Bronze – Scarlett, **Bronze** – Ellie
Year 4 Gold—Lola
Year 5 Gold—Lily M, **Silver**—Marcus, **Bronze**—Milana
Year 6 Gold-Bethany, **Silver** Yasher, **Bronze -** Bethany

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

#WakeUpWednesday®

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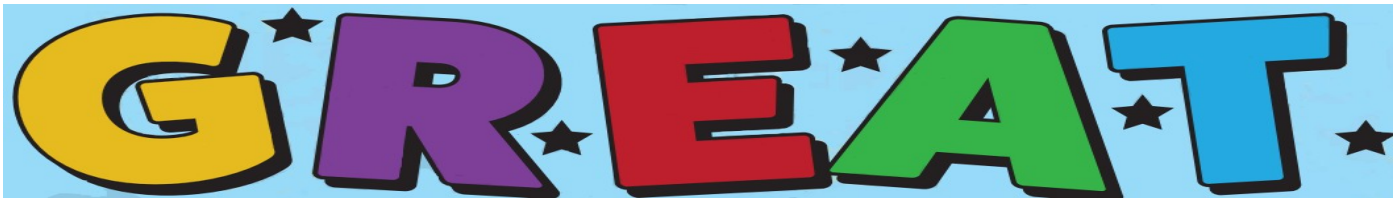
Team 5 & 6

Year 6:

In Art, the children have been learning about Pop Art artists (Andy Warhol and Roy Linchtenstein). They have learnt that Pop Art reflects everyday life and common objects. Pop Art also uses vibrant colours, repeated patterns and bold print with a comic strip style. The children created their own pieces linked to their North America, topic.

Roskear Primary School will be running Parent/Teacher Consultations next week on Monday 2nd, Tuesday 3rd and Thursday 5th March (full details below). You will be able to book a slot through Arbor with your child's teacher to discuss their progress. The booking system opened Thursday 25th February. If you are having a problem booking a slot, please ring the school and we can book for you. If your child has a STAR plan with the school, you will not be able to book a slot as your child's teacher will arrange a mutually convenient time for you to come into the school to meet with them. Thank you.
**Yr R Chapel Porth - as Mrs Davies is unavailable next week, Parent/Teacher consultations for this class will be at a later date, tbc.

- Yr R Porthcurno - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 1 Poldhu - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 1 Gwithian - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 2 Marazion - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 2 Portreath - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 3 Coverack - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 3 Truro - Tuesday 3rd 1:15 - 5:35pm
- Yr 4 Newlyn - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 4 Falmouth - Monday 2nd and Tuesday 3rd 3:45 - 5:35pm
- Yr 5 St Blazey - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 5 St Piran - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 6 St Petroc - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm
- Yr 6 Helston - Tuesday 3rd and Thursday 5th 3:45 - 5:35pm



Congratulations to the following pupils who achieved 'Star of the week'

Golden Responsible Empathetic Aspirational Tenacious

Class	Name	Reason for Certificate
Chapel Porth	Adomah	For being GREAT everyday and trying his very best in all he does. Well done Adomah
Porthcurno	Lily-Mae	For being GREAT at all times and especially being a kind friend and a helpful member of the class.
Poldhu	Isla-Rose	For being a GOLDEN at all times, she is always a kind friend and a helpful member of the class.
Gwithian	Amalia	For being RESPONSIBLE for her own learning.
Marazion	Parker	For being TENACIOUS during his basketball lesson this week! Great Work!
Portreath	Max	For his GREAT knowledge of multiplication during our maths lessons. Well done!
Coverack	Emony	For being ASPIRATIONAL in her fraction work, using technical language to explain her answers. Well done!
Truro	Elija T	For her TENACIOUS attitude towards fractions.
Newlyn	Sophia J	For her TENACIOUS attitude to learning.
Falmouth	Brooklyn	For her TENACIOUS attitude to learning in class this week. Well done!
St. Blazey	Evelyn Pedley	For being TENACIOUS when nervous in the test swimming during our first swimming session.
St Piran	Shannon	For being a courteous, RESPONSIBLE example for the whole class.
Helston	Elijah H	For being ASPIRATIONAL in writing his newspaper report this week and showing GOLDEN behaviour.
St Petroc	Ayla	For being TENACIOUS with your newspaper report writing this week.

Position	Class	% Attend	Number of Late pupils	Change from last week
1st	St Blazey	99.1	2	-4
2nd	Poldhu	98.8	1	-2
3rd	Chapel Porth	98.4	1	-2
4th	Marazion	97.7	3	+2
5th	Porthcurno	97.5	2	+1
6th	Falmouth	97.5	3	-1
7th	Portreath	96.4	0	-2
8th	Truro	94	1	-2
9th	Newlyn	92	1	-
10th	St Piran	92	2	-2
11th	Helston	91.1	1	-2
12th	St Petroc	89.2	3	+1
13th	Gwithian	87.6	3	+2
14th	Coverack	87.5	2	-2

WEEKLY ATTENDANCE DATA

This year's target is

99.1%

Congratulations to

ST BLAZEY

who came

1st

this week

Dear Parents and Carers,

We have recently received reports of vehicles travelling too quickly in and around our school car park, especially when cars are proceeding down towards the main reception/office area. The safety of our children, families and staff is our highest priority. Thank You.

Menu for week commencing Monday 2nd March 2026

WEEK 3

W/C: 17/11/2025, 08/12/2025, 19/01/2026, 09/02/2026, 02/03/2026, 23/03/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges (V)	Beef Meatballs in Tomato Sauce with Wholewheat Pasta	Roast Gammon with Mashed Potatoes and Gravy	Chicken and Sweetcorn Pasta Bake	Battered Pollock with Chips
	OR					
	OPTION 2	Veggie Meat Feast Pizza with Potato Wedges (V)	Veggie Meatballs in Tomato Sauce with Wholegrain Pasta (V)	Quorn Roast with Mashed Potato and Gravy (V)	Macaroni Cheese (V)	Veggie Fingers with Chips (V)
	OR					
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V)	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V)	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V)	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V)	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V)
		HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES	OPTION 4	Cheese Wrap (V)	Cheese Wrap (V)	Ham Wrap	Cheese Wrap (V)	Ham Wrap
	OR					
	OPTION 5	Ham Sandwich	Ham Sandwich	Cheese Sandwich (V)	Ham Sandwich	Cheese Sandwich (V)
		DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT		Chocolate Marble Cake	Orange Glazed Sticky Sponge Cake with Custard	Lemon Cookie (Ve)	Crunchy Chocolate Mousse	Fruits of the Forest Jelly (Ve)

BAKED POTATOES SERVED DAILY
With a choice of toppings (V) (Ve)

AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water

(V) Vegetarian (Ve) Vegan (O) Oily Fish (W) Wholegrain (F) Fruity! (N) Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

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