Hand in Hand

Learning together for a better future

Friday 6th March 2026

Dear Parent/Carer

We have had another action-packed week at Roskear. I am so proud of all the children, but would like to give a special shout out to year 3 whose writing knocked my socks off this week. I was able to give out 5 handwriting pens and know that all the children are working exceptionally hard to further improve their handwriting and presentation. Well done to staff and children!

On a personal note, I will be away from school for a short while, as I am having an operation but I leave the school in the very capable hands of Mrs Johnson, Mrs Lagdon and of course the rest of the Roskear team.

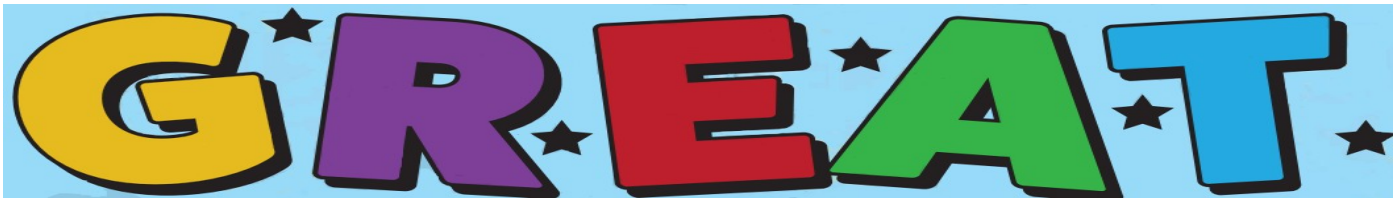
Finally, I wish you a sunny weekend and look forward to seeing you and the children very soon. Take care.

Team EYFS

Look what happened in YR this week… a few gingerbread men managed to get into our classrooms and they were caught on camera running around and around! We think they were eating gingerbread too as there were crumbs on the carpet. We had to sweep them up!

We have been busy learning the story of 'The Gingerbread Man'. Please ask us to re-tell it to you. We can use our story map to

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.

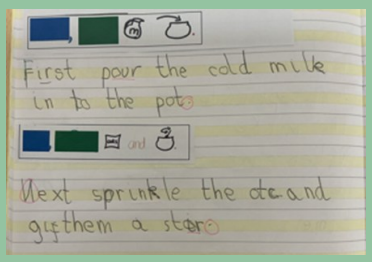


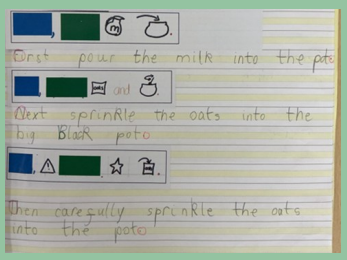
CALENDAR *(additions in red)*

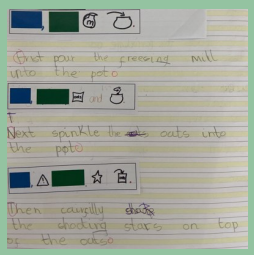
Inset Days for academic year 2025/2026: 22/07/2026, 23/07/2026
Swimming Year 5—every Thursday morning 26/02/2026—02/04/2026
Bingo Evening for Parents/Carers and accompanying children—Friday 27th February from 6:30pm
World Book Day—Thursday 5th March 2026
Yr 6 residential to London: 18th - 20th May 2026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

This half term, Year 1 are learning to write instructions. We learnt some instructions about 'How to Make Magic Porridge'. We used them to make and eat magic porridge. We have been learning to use time starters to write our instructions in the right order and 'bossy' verbs to tell the reader what to do.







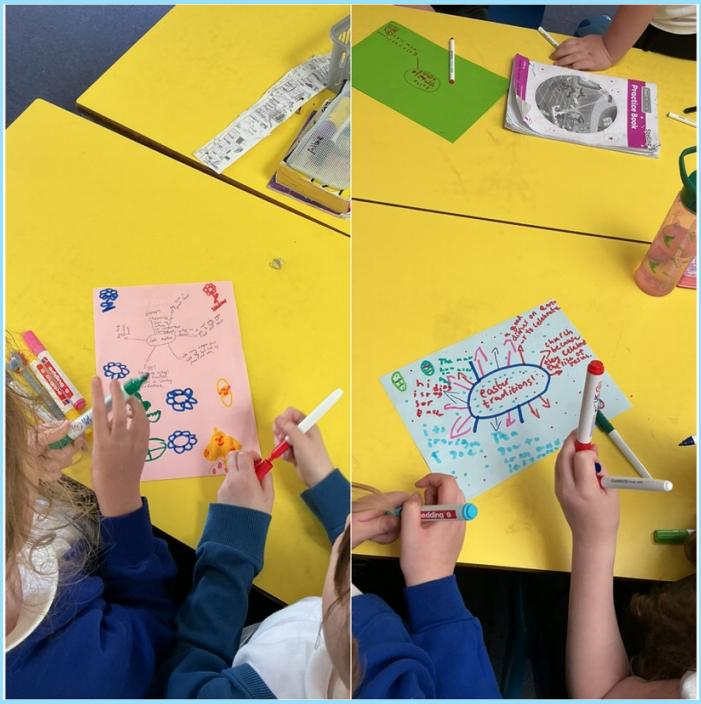
Polite Reminder

Please can we refrain from parking in Teylu House Staff Car Park. These parking bays are reserved solely for Teylu Staff.

Team 3 & 4

Falmouth class have been busy learning about the Easter story, Easter traditions and Holy Week in RE.

We created mind maps to show all of the different Easter traditions Christians have, such as, church processions, making hot cross buns, and eating an Easter dinner!



Cornwall Wildlife Trust

NHS Cornwall Partnership NHS Foundation Trust

MHST Wild Wellbeing

MHST, in collaboration with Natural England, Cornwall Wildlife Trust and National Trust, would like you to join us on a FREE Wild Wellbeing session in Cornwall.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing.

Please book EACH child on to a session

Each session will last approx. 2 hours

Locations and dates:

07 April - Golitha Falls

07 April - The Gardeners House, Penzance

14 & 15 April - Penrose Estate

16 April - St Ives Community Orchard

More sites and dates may be added so keep checking!

All sessions will begin at 10am. Please wear weather appropriate clothing!

To request a place, complete the online form https://forms.office.com/e/CdbKBnMH0q

Scan to sign up

Please be aware that spaces are limited and assigned on a first-come, first-served basis. If you cannot attend after being allocated a place, inform us so we can give your spot to someone else.

Follow us on Facebook for updates and upcoming events: Cornwall Mental Health Support Team (MHST)

ROSKEAR PRIMARY AND NURSERY SCHOOL

SPORTS STAR OF THE WEEK

A weekly award to celebrate our endeavours in Real PE lessons

Amber and Lilley C

For your fantastic mirroring in gymnastics this week!

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue *is a vital first step.*

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

Sources:https://www.bbc.co.uk/newsround/60417805 | https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/ | https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war

National Online Safety®

#WakeUpWednesday

Team 5 & 6

St Piran pupils have enjoyed a wonderful range of activities in celebration of World Book Day. One of the highlights has been our daily Stop, Drop and Read sessions. At various points throughout the day, the class has paused whatever they were doing, picked up a book, and enjoyed a few quiet moments of focused reading. This simple routine has created a lovely sense of calm in the classroom and has given pupils an opportunity to immerse themselves in stories they love. It has also been brilliant to see how quickly they settle into reading and how much their concentration and focus have grown as a result.

To mark World Book Day itself, pupils arrived in a fantastic array of book-themed outfits. From classic characters to imaginative modern favourites, the costumes brought a huge amount of excitement and colour to our day. The children were so proud to share which characters they had chosen and talk about the books that inspired them. It sparked lots of thoughtful conversations about reading, stories, and favourite authors, and really helped reinforce the joy that books can bring. Mr B will be scrubbing green body paint off himself for days to come after dressing as Frankenstein's Monster!

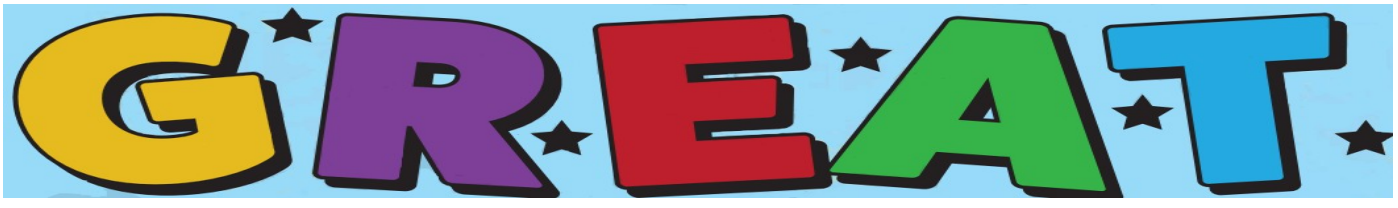
We are incredibly proud of how engaged and enthusiastic the pupils have been and we look forward to continuing to build on this positive momentum throughout the term.

REMINDER

TO KEEP OUR CHILDREN, PARENTS AND STAFF SAFE, WE CLOSE OUR BARRIER TO THE SCHOOL CAR PARK AT 3.05PM AND REOPEN AGAIN AT 3.20PM.

PLEASE DO NOT MOVE OR DRIVE AROUND OUR CONES TO GET TO THE BARRIER.

THE CONES ARE IN PLACE TO KEEP EVERYONE SAFE, THANK YOU FOR YOUR UNDERSTANDING.



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

Golden Responsible Empathetic Aspirational Tenacious

Class	Name	Reason for Certificate
Chapel Porth	Charlotte	For being GOLDEN and trying her best. We are so proud of you Charlotte!
Porthcurno	Natalia	For being ASPIRATIONAL and using Fred Talk when writing new words. Well done!
Poldhu	Lily	For being TENACIOUS with her phonics to read words speedily.
Gwithian	Oliver	For being TENACIOUS with his instruction writing. You are GREAT!
Marazion	Elliot	For being GOLDEN in all of his learning and always trying his best! GREAT work!
Portreath	Elowen	For being GOLDEN in everything she does. You are a GREAT role model to your friends.
Coverack	Ruby	For being TENACIOUS with her fractions this week and absolutely smashing it! We are so proud of you!
Truro	Raoul	For being RESPONSIBLE and being more independent when learning.
Newlyn	Sienna	For her consistent ASPIRATIONAL effort in the presentation of her learning in all subjects
Falmouth	Mason C	For her GOLDEN behaviour every single day. Keep it up!
St. Blazey	Theo	For being TENACIOUS with his learning. Keep it up!
St Piran	Toby	For being RESPONSIBLE with your maths learning this week.
Helston	Amber	For being RESPONSIBLE when taking the time to check and correct in maths this week.
St Petroc	Ava	For doing ASPIRATIONAL work in reading this week!

Position	Class	% Attend	Number of Late pupils	Change from last week
1st	Chapel Porth	100	2	-
2nd	Poldhu	99.5	3	+2
3rd	St Blazey	96.7	3	+2
4th	Falmouth	96.3	2	-1
5th	Coverack	96.2	4	+2
6th	Marazion	95.9	4	+1
7th	Portreath	95.8	1	+1
8th	Truro	95.8	2	+1
9th	Gwithian	93.6	2	+1
10th	Helston	93.6	-	-
11th	Newlyn	92.1	2	+1
12th	St Piran	91.8	1	-2
13th	Porthcurno	91	2	-1
14th	St Petroc	90.3	1	-1

WEEKLY ATTENDANCE DATA

This year's target is

96%

Congratulations to

CHAPEL PORTH

who came

1st

this week

Parent/Carer Questionnaire

If you have not had an opportunity to attend this week's parent/teacher meeting, this will also mean you have not yet had an opportunity to complete the annual parent/ carer questionnaire.

If you wish to complete a questionnaire please do so using this QR code.

Many thanks, Roskear

Menu for week commencing Monday 9th March 2026

WEEK 1

W/C: 03/11/2025, 24/11/2025, 15/12/2025, 05/01/2026, 26/01/2026, 09/03/2026, 30/03/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges (V)	Beef Bolognese with Wholewheat Pasta	Roast Chicken with Roast Potatoes and Gravy	Chicken and Vegetable Pie with Mashed Potatoes and Gravy	Southern Fried Chicken with Chips
	OR					
	OPTION 2	BBQ Vegetable Wrap with Potato Wedges (V)	Vegetarian Bolognese with Wholewheat Pasta (V)	Roast Quorn with Roast Potatoes and Gravy (V)	Cheesy Vegetable Hotpot (V)	Quorn Dippers 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		Crunchy Apple Slice	Strawberry Shortcake Mousse	Oat Cookie	Apple Crumble with Custard	Berry Blondie

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

AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water

(V) Vegetarian (VG) Vegan Oily Fish Wholegrain Fruity! 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.