



# Hand in Hand



*Learning together for a better future*

Friday 20th March 2026

Dear Parent/Carer,

Today the school had a fire drill, and everyone was excellent in leaving school quickly and safely. I know Mrs Johnson and Mrs Lagdon were impressed.

The sun has been shining this week, and the sunny weather is the ideal time to add some resources and toys to further improve lunchtimes. An order has gone off for more resources, and we look forward to having these out for lunch after Easter break. If you have spare small world toys such as cars, trains, train tracks or dolls etc that you no longer use please do donate them as we will put them to good use.

Finally, I wish you all a sunny weekend and look forward to seeing you Monday.

Best wishes,

Nic Furnish.

## Team EYES

This week, the children have enjoyed planting cress seeds. This activity has helped them learn about how plants grow and what they need, such as water and light.

The children used their fine motor skills to sprinkle the seeds all over the cotton wool.

Over the next few weeks, we will observe the cress growing and talk about the changes we see. We will be bringing our cress home with us and look forward to sharing this with you!



**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.**

# G★R★E★A★T★

## 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  
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

In Design and Technology, Year 1 have been looking at Mechanisms. This week we have had a go at making sliders and levers. We made a rabbit jump out of a hat and a fish swim from side to side.



## Non Uniform Flower Friday 27th March

Dear Parents and Carers,

We are excited to begin developing a sensory garden area for the children to enjoy, explore, and learn in. To help bring this project to life, we are kindly asking for your support.

We would greatly appreciate a small donation of £1, (or more if you can) or alternatively, contributions of plants—lavender and other perennial plants that are suitable for a sensory environment. Examples include rosemary, mint, thyme, ornamental grasses, and brightly coloured flowering plants.

To make this even more fun for the children, we will be holding a special day on FRIDAY 27th MARCH, where children are invited to come dressed in their favourite flower colour.

Thank you for your continued support in helping us create a beautiful and engaging outdoor space for all the children to enjoy.



*Roskear Primary & Nursery School children are invited to take part in our*

## **Easter Bonnet Parade!**

**Thursday April 2nd at 2pm**

**£1 per entry**

**Prizes for each year group as well as most creative, most recycled and most funny design.**

**A limited number of plain, straw hats for decorating can be purchased via ParentPay for 50p.**

**Otherwise be creative with an old hat, cardboard, feathers, ribbons, fluffy chicks etc.**

**(School uniform to be worn during the day please)**

**A children's chocolate raffle will also take place at the Parade —tickets: 50p per strip.**



### **Parent Partnership Meeting**

Please join us on: Thursday 26<sup>th</sup> March for our next parent partnership meeting.

Refreshments will be served from 2:15pm - meeting to start at 2:30pm.

Please inform the school office if you are able to come along.

I look forward to seeing you soon. Everyone welcome.

Mrs Lagdon

ROSKEAR PRIMARY AND NURSERY SCHOOL

# SPORTS STAR OF THE WEEK

A weekly award to celebrate our endeavours in Real PE lessons

Jade, for attending ballet classes every week outside of school. Well done for keeping your body fit and healthy and finding a sport that makes you happy!

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# 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

## 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

## 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

## 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

## 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

## 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

## 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

## 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

## 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

## 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

## 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College

# Team 5 & 6

Year 5 have had a fantastic half term so far exploring their science unit all about time. The class have shown brilliant curiosity and enthusiasm, especially during this week's hands-on investigation into how shadows move throughout the day. After learning about the Sun's position in the sky and how it creates shadows, the children worked in small groups to design and build their own sundials. They carefully marked out the hours, positioned their gnomons, and then tested their creations to see how the shadow moved.

What really stood out, and always does, was the thoughtful discussions that followed. St Piran shared excellent ideas about the limitations of using a sundial—including what happens on cloudy days, how shadows change with the seasons, and why sundials can't be used indoors or at night. Their ability to think critically and apply what they had learned was impressive.

Throughout the unit so far, the class have remained highly engaged, asked insightful questions, and shown a real enjoyment of practical science. St Piran should feel very proud of the progress they have made, and it's exciting to see how confidently they are beginning to understand the concept of time and how we measure it.



**Everyone Welcome**

**GWEALAN TOPS**  
ADVENTURE PLAYGROUND

**Free Teatime Community Meal**

A warm welcome, with tasty hot food and great company!  
No referral or voucher needed  
All diets catered for

**Menu This Term**

- Feb 25<sup>th</sup> - Chilli
- March 4<sup>th</sup> - No meal
- March 11<sup>th</sup> - Mushroom risotto
- March 18<sup>th</sup> - Pizza
- March 25<sup>th</sup> - Sweet potato & chickpea curry
- April 1<sup>st</sup> - Cauliflower mac & cheese

To book please email [bex@gwealantops.org](mailto:bex@gwealantops.org) by midday on Tuesday (the day before)

Gwealan Tops Adventure Playground, School Lane, Redruth, TR15 2ER  
[www.gwealantops.org](http://www.gwealantops.org)

**NATURAL ENGLAND** National Trust **Cornwall Wildlife Trust** 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

**EXTRA SITES!!!** Each session will last approx. 2 hours

**ALERT!**

**Locations and dates:**

- 07 April - Golitha Falls
- 07 April - The Gardeners House, Penzance
- 07 April - Lanhydrock House
- 14 & 15 April - Penrose Estate
- 16 April - St Ives Community Orchard
- 16 April - Tehidy Woods

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)**

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



**Golden Responsible Empathetic Aspirational Tenacious**

Class	Name	Reason for Certificate
Chapel Porth	Bianca	For being <b>TENACIOUS</b> during phonics and for always being a responsible member of the class.
Porthcurno	Roman	For being <b>ASPIRATIONAL</b> when writing this week. You are GREAT!
Poldhu	Ahlam	For being an <b>ASPIRATIONAL</b> writer this week to write her instructions.
Gwithian	Conor	For always being <b>GREAT</b> and trying his best in everything he does! We are so proud of you!
Marazion	Eirys	For being <b>ASPIRATIONAL</b> and working hard during her maths this week! Great work!
Portreath	Evie	For her <b>ASPIRATIONAL</b> reading and moving up to blue group in RWInc. Well done!
Coverack	Aryanna	For being <b>ASPIRATIONAL</b> in English this week, pushing herself to write an engaging and exciting information text.
Truro	Ezra M	For using <b>ASPIRATIONAL</b> vocabulary when writing his mythical creature text.
Newlyn	Alexia	For making a <b>GREAT</b> effort in her handwriting and presentation.
Falmouth	Mason B	For his <b>ASPIRATIONAL</b> participation in class discussions and being a <b>GOLDEN</b> member of the Falmouth team.
St. Blazey	Maverick	For having a <b>GREAT</b> week and <b>TENACIOUS</b> attitude towards his swimming.
St Piran	Bodhi	For his <b>ASPIRATIONAL</b> performance in swimming this half term! Keep it up.
Helston	Kayla	For being <b>ASPIRATIONAL</b> in improving her handwriting!
St Petroc	Elijah T	For being <b>ASPIRATIONAL</b> and working incredibly hard during the maths mock papers!

Position	Class	% Attend	Number of Late pupils	Change from last week
1st	Marazion	98.7	2	-
2nd	Portreath	96.7	-	-
3rd	Poldhu	96.6	3	-
4th	Truro	96.5	1	-1
5th	Falmouth	95	1	-
6th	St Piran	95	1	+1
7th	St Blazey	94.8	4	+2
8th	Chapel Porth	94.4	2	+2
9th	Helston	93.9	1	-1
10th	Gwithian	93.2	3	+1
11th	Coverack	91.9	-	-1
12th	Newlyn	90.7	2	-
13th	St Petroc	90.7	5	+2
14th	Porthcurno	90.5	2	+1

WEEKLY  
ATTENDANCE DATA  
This year's target is  
**96%**  
Congratulations to  
MARAZION  
who came  
**1st**  
this week

**CROFTY**  
SCHOOL COMMUNITY GOVERNORS

**CROFTY VOLUNTEERS**  
PLEASE JOIN

**LEARNING**  
Do you believe that education changes lives?

**COMMUNITY**  
Could you support your local school to help all children thrive?

**INTEGRITY**  
Are you able to act as a critical friend?

Then why not become a School Community Governor!

To learn more about our governor vacancies and application process, please visit: <https://croftymat.org/volunteer-at-crofty/>

**NEEDED OLD PICTURE FRAMES**

**WE ARE IN NEED OF OLD PICTURE FRAMES FOR OUR ART DISPLAY FOR TREVITHICK DAY**

**IF YOU ARE ABLE TO DONATE ANY PLEASE GIVE HAND THEM INTO MAIN RECEPTION**

## Polite Reminder

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



















If you are unable to park in the school car park, we kindly ask that you park at Tesco, Camborne and walk across.



# Menu for week commencing Monday 23rd 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 	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	OR	OR	OR	OR
	OPTION 2	Veggie Meat Feast Pizza with Potato Wedges 	Veggie Meatballs in Tomato Sauce with Wholegrain Pasta  	Quorn Roast with Mashed Potato and Gravy 	Macaroni Cheese 	Veggie Fingers with Chips 
	OR	OR	OR	OR	OR	
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta  	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta  	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta  	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta  	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta  

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD



DELI DISHES	OPTION 4	Cheese Wrap 	Cheese Wrap 	Ham Wrap	Cheese Wrap 	Ham Wrap
		OR	OR	OR	OR	OR
	OPTION 5	Ham Sandwich	Ham Sandwich	Cheese Sandwich 	Ham Sandwich	Cheese Sandwich 

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT	Chocolate Marble Cake 	Orange Glazed Sticky Sponge Cake with Custard 	Lemon Cookie 	Crunchy Chocolate Mousse	Fruits of the Forest Jelly 
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### BAKED POTATOES SERVED DAILY

With a choice of toppings  



### AVAILABLE DAILY

Fresh fruit, salad, yoghurt and water

 Vegetarian  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.