



Hand in Hand



Learning together for a better future

Friday 8th May 2026

I want to give a special shout out to Year 6 this week, who have been working incredibly hard in preparation for their KS2 SATs next week. I have had a number of pupils coming to find me with beaming smiles, desperate to tell me about the progress they have made. We are all extremely proud of all the extra effort that has been put in. I would also like to give a big shout out to those pupils that have come in to do extra maths boosters. Parents, please ensure that your child gets a good night's sleep and they arrive on time for their delicious, free SATs breakfast. In previous years, children, who come in for their breakfast feel much more settled and ready for the day ahead.

Once again, I have had the pleasure of seeing some amazing writing, maths and RE work this week. In fact, I had such a large queue of pupils today, it took me over 20 minutes to see all of their learning! The ambitious use of vocabulary in Years 4 and 5 in particular, has been impressive. If your child comes home with a headteacher's sticker, please do ask them to tell you all about their fabulous work.

I wish you all a wonderful weekend.

Mrs. Johnson
Deputy Headteacher

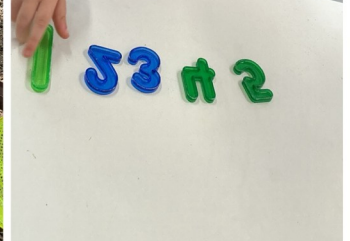
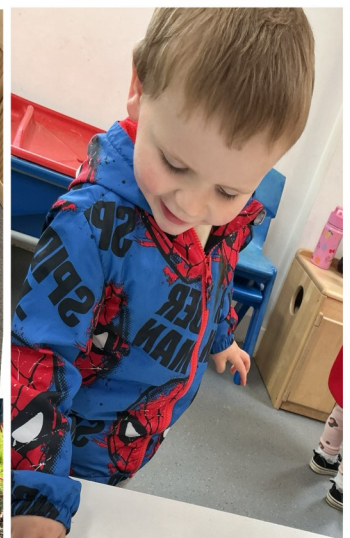
Team EYES

This week, our preschool children have been having a fantastic time practising their counting through lots of fun number songs!

The children are becoming more confident with counting and recognising numbers each day.

It has been lovely to see them having fun, learning together, and showing off how high they can count.

Well done, super counters!



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

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

We are pleased to invite all Year 1 parents and guardians to our first Sound Cinema on **Wednesday 20th May at 2.30pm**. This is a fantastic opportunity for you to come and watch a RWInc video with your child, and to find out how you can support your child with their phonics.

You will receive some popcorn to snack on during the videos, new QR codes to take home and you will have the opportunity to ask Mrs James and Mrs Burt any questions you have about your child's reading.



Toy Sale Fundraiser for Penhaligon's Friends.

We are inviting pupils to donate good quality, clean toys or games that they no longer use. Donations can be brought into school from Tuesday 5th April right up until the sale dates.

On Thursday 21st and Friday 22nd May, during break time, we will be holding a Toy Sale to raise money for **Penhaligon's Friends**, a charity that supports bereaved children and their families.

All proceeds will go directly to Penhaligon's Friends, and our fantastic Eco Warriors will be helping to run the event.

Thank you for your support in helping us make a difference.



Team 3 & 4

Year 4 have been learning about states of matter, and we carried out an exciting experiment mixing bicarbonate of soda with white vinegar. The reaction produced a gas that inflated a glove, much to everyone's amazement.

It was a brilliant way to see science in action.



MHST
MANAGING BEHAVIOUR
TIPS & SUPPORT WITH MANAGING YOUR CHILD'S BEHAVIOUR

STAY CALM
LISTEN & TALK
SET CLEAR RULES

HELPING CHILDREN THRIVE

To request a place, fill out the online form or scan the QR code:
<https://forms.office.com/e/2W5GhsT9HK>

Tuesday 12 May 2026
9.30am or 1.30pm

ROSKEAR PRIMARY AND NURSERY SCHOOL

SPORTS STAR OF THE WEEK

A weekly award to celebrate our endeavours in Real PE lessons

Layla for being a GREAT team leader and encouraging her peers.

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Position	Class	% Attend	Number of Late pupils	Change from last week
1st	Marazion	97.7	4	-
2nd	Portreath	96.9	1	-
3rd	Poldhu	96.4	2	-
4th	Falmouth	96.3	0	-1
5th	Truro	95.2	1	-1
6th	Porthcurno	95	2	-
7th	St. Blazey	94.4	4	+2
8th	St. Petroc	93.1	2	-2
9th	Gwithian	92.5	0	-3
10th	Newlyn	92.4	2	+2
11th	St. Piran	92	4	+2
12th	Chapel Porth	90.6	0	-3
13th	Coverack	86.1	2	+1
14th	Helston	85.7	1	-3

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10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

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 Penistone Grammar School.



Congratulations to the following
pupils who achieved



Golden Responsible Empathetic Aspirational Tenacious

Class	Name	Reason for Certificate
Chapel Porth	Olexander	For settling into Roskear school with a GOLDEN attitude. Well done Alex, you are a star!
Porthcurno	Neo	for being GOLDEN and always trying his best. We are proud of you.
Poldhu	Mazen	For being TENACIOUS with his writing and for always being a GOLDEN role model to his friends.
Gwithian	Finley	For being GREAT all week and always trying his best.
Marazion	Kai	For being GREAT with his 3D shape learning this week. Keep it up!
Portreath	Evie	For being an ASPIRATIONAL mathematician this week. We are so proud of you!
Coverack	Violet	For being ASPIRATIONAL in our reading lessons, setting a fabulous example to whole class. Well done Violet!
Truro	Alyvia	For making a GREAT effort in her writing this week.
Newlyn	Olivia S	For her TENACIOUS attitude to learning in mathematics, always striving to be her best!
St Piran	Ollie	For being reliably GOLDEN and especially TENACIOUS in all your learning this week.
Helston	Corey	For being TENACIOUS and ASPIRATIONAL in SATs revision this week!
St Petroc	Oliver	For being TENACIOUS in your SATS revision - Hard work pays off!

Menu for week commencing Monday 11th May 2026

WEEK 2

W/C: 20/04/2026, 11/05/2026, 01/06/2026, 22/06/2026, 13/07/2026, 14/09/2026, 05/10/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges OR	Beef Burger with Potato Wedges OR	Roast Gammon with Roast Potatoes and Gravy OR	Tandoori Chicken with Wholegrain Rice and Chota Naan Bread OR	Fish Fingers with Chips OR
	OPTION 2	Tex Mex Vegetable Fajita with Wholegrain Rice OR	Beany Vegetable Burger with Potato Wedges OR	Roast BBQ Quorn with Roast Potatoes and Gravy OR	Macaroni Cheese OR	Spanish Omelette with Chips OR
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta OR	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta OR	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta OR	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta OR	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta OR

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

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

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT	Chocolate Cookie - with Fruit Slices OR	Sticky Oat Slice OR	Caramel Mousse OR	Chocolate Brownie OR	Strawberry Ice Cream
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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.