



Hand in Hand



Learning together for a better future

Friday 12th June 2026

This week has been 'Sustainability Week' at Roskear. This is a curriculum co-created by the staff at all our Crofty schools. Through our Climate Change and Sustainability Curriculum, our children have the opportunity to consider the formidable challenge of climate change but also to recognise themselves as agents of change. We hope that with this knowledge, our children will be inspired to take positive action. Our key message is that we can make a difference!

Some of our Year 5 children have spent a wonderful week on the Isles of Scilly. Miss Matthews and the team have kept us updated about all the fun they have been having exploring the island. We look forward to hearing more about their time when they return to school next week. I would like to thank Miss Matthews, Mrs Head, Mrs Staples, and Mrs Hocking for making this amazing trip happen.

Finally, it has been a busy couple of weeks with the Year 4 Multiplication Check and the Phonics Screening Check – all the staff would like to thank parents and carers with your ongoing support at home – it truly does make a difference.

I wish you a wonderful weekend.

Mrs Johnson

Acting Head Teacher

Team EYES

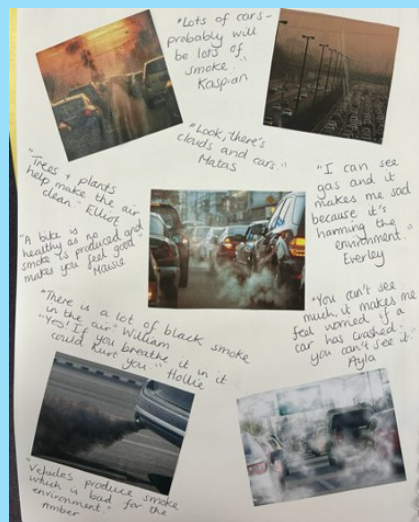
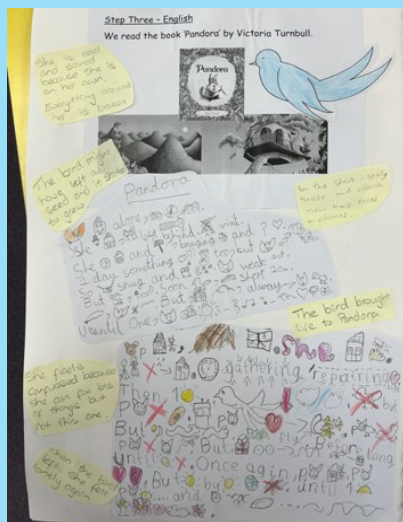
This week, the Pre-School children explored the theme of *Under the Sea!* They enjoyed role-playing as pirates, identifying sea creatures, pirate-themed counting activities, and building sand castles in the garden. The children also had fun sticking boats onto water scenes to create their own pictures. It was a wonderful week of imaginative play and creative learning!



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.

Team 1 & 2

Year 2 have enjoyed doing lots of different learning activities for Sustainability Week. We have looked at pictures of air pollution and learned about the negative impact this has on our planet, as well as our bodies. We have carried out a transport survey and looked for lichen in the school grounds. We have had so much fun. Finally, we looked at different low-polluting vehicles and designed our own vehicle of the future!



Roskear Primary School
invites Yr R - Yr 6
to a
Summer Disco

Friday 10th July 2026
Tickets: £2.50 via ParentPay

KS1 (Yr R to Yr 2) 5:30 - 6:15
KS2 (Yr 3 to Yr 6) 6:30 - 7:30

Tuck available to buy on the night:
Candy Floss, Sweets, Crisps, Drinks
Photo Booth & Novelty Items (cash only)

To ensure a safe and comfortable event for our pupils, ticket numbers are limited.

Tickets will go on sale from Monday 15th June and to ensure a safe and comfortable event for our pupils, ticket numbers will be limited.

ROSKEAR PRIMARY AND NURSERY SCHOOL

**SPORTS
STAR
OF THE
WEEK**

A weekly award to celebrate our endeavours in Real PE lessons

Aurora for being TENACIOUS in PE when practicing our defensive skills

Team 3 & 4

As part of our Sustainability Curriculum Week, the children in Year 4 have been exploring important environmental issues and thinking about how we can all help protect our planet. They worked together to write their very own rap, focusing on themes such as saving the planet, plastic pollution, and the impact of palm oil on habitats around the world. Their creativity, teamwork, and passion for making a difference shone through brilliantly.



AFTER SCHOOL CLUBS—SUMMER 2

We still have spaces available in the following clubs, please note the year groups for each club to avoid disappointment. If your child would like to attend, please contact the school office to secure a place. Spaces are limited and will be allocated on a first-come, first-served basis.

Monday Year 1 & 2—Miss Rundell's Art Club

Tuesday Year 1 & 2—Miss Kotenko's Construction Club

Tuesday Year 1 & 2—Mrs James's Science Club

Tuesday Year 3, 4, 5, & 6 —Miss Terry's Rounders Club

CALENDAR *(additions in red)*

Inset Days for academic year 2025/2026: 23/07/2025

Yr 4 residential to Porthpean Outdoors Centre: 6th—8th July 2026

Year 6 Helston Class—Geevor Mine Trip—Tuesday 16th June

KS2 Sports Day at Carn Brea Leisure Centre—Friday 19th June 10am-2.15pm

Year R—Pirate Dress up day

Year 6 St Petroc Class—Geevor Mine Trip—Tuesday 23rd June

Year 6—Camel Creek Activity Day—Thursday 25th June

Sports Day Year R - 24th June 11am-12noon sports event and picnic

KS1 Sports Day—3rd July at 9.30am

Year R—Trip to Portreath beach—8th July

Friday 17th July Year 6 play showings 1.30pm and 5.30pm

Tuesday 21st July—Year 6 Leavers Assembly 10am

Position	Class	% Attend	Number of Late pupils	Change from last week
1st	Chapel Porth	99.4	2	-
2nd	Falmouth	98.7	-	-
3rd	St Blazey	98.1	-	-
4th	Poldhu	97.5	1	-
5th	Gwithian	97.2	1	-
6th	Newlyn	96.9	2	+2
7th	Marazion	96.8	2	+1
8th	Portreath	95.8	-	-
9th	St Piran	95.4	2	-
10th	Porthcurno	93.5	2	+1
11th	Truro	93.2	2	-
12th	Coverack	91.9	1	-3
13th	Helston	89.7	1	-
14th	St Petroc	86	-	-

WEEKLY ATTENDANCE

DATA

This year's target is

96%

Congratulations to
CHAPEL PORTH

who came

1st

this week

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



Golden Responsible Empathetic Aspirational Tenacious

Class	Name	Reason for Certificate
Chapel Porth	Bailee	For being TENACIOUS with settling into his new class and not being afraid to get stuck in.
Porthcurno	Royalty	For being TENACIOUS with her writing this week, using Fred talk to spell words. Wow!
Poldhu	Lilee	For being GREAT this week and settling into your new class so brilliantly.
Gwithian	Olivia	For being TENACIOUS with her reading and sounds! We are so proud of you!
Marazion	Kolbie	For being TENACIOUS during our new unit on time! GREAT work Kolbie!
Portreath	Rupert	For being TENACIOUS when telling the time this week. Well done Rupert!
Coverack	Oliver	For having a GREAT week and being golden in everything we have been doing. You are on fire
Truro	Cole	For trying his best with all his learning this week and confidently sharing his ideas with everyone.
Newlyn	Aoife	For her GREAT running skills in cross country sports day practice.
Falmouth	Skyla	For her ASPIRATIONAL ideas during sustainability week!
St. Blazey	Charlie D	For your TENACIOUS manner to your learning.
St Piran	Afsah	For your ASPIRATIONAL writing this week and your attitude to your learning.
Helston	Isla	For being RESPONSIBLE - helping with the organisation of multiple events this week.
St Petroc	Yashar	For being GOLDEN all week - setting a wonderful example to others.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



HELIFEST

Cornwall Air Ambulance 

ABBA TRIBUTE
TAKE A CHANCE ON US

BARRETT'S PRIVATEERS

SEAMUS MCKENNA

KANA

TREGONY TEACHERS

MEET YOUR AIRCREW **BLUE LIGHT SERVICES** **DEMONSTRATIONS**
FLIGHT EXPERIENCES **FAIRGROUND RIDES** **GREAT FOOD** **LIVE MUSIC**

BOOK YOUR TICKETS



BOOK YOUR TICKETS

SATURDAY
4 JULY 2026

LIVE at Scorrier House, Redruth
cornwallairambulancetrust.org/helifest

Cornwall's
 biggest blue light
 festival for a
 great family
 day out

Charity Number 1133295



































Thank you to our event partners



Menu for week commencing Monday 15th June 2026



WEEK 1

W/C: 04/05/2026, 15/06/2026, 06/07/2026, 07/09/2026, 28/09/2026, 19/10/2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges 	Beef Bolognese with Wholewheat Pasta  	Roast Chicken with Roast Potatoes and Gravy 	Homemade Sausage Roll with Mashed Potatoes and Gravy	Battered Pollock with Chips
	OPTION 2	BBQ Vegetable Wrap with Wholegrain Rice   	Vegetarian Bolognese with Wholewheat Pasta   	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy   	Macaroni Cheese  	Quorn Dippers with Chips 
	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	Ham Wrap	Tuna Wrap	Ham Wrap	Tuna Wrap	Ham Wrap
	OPTION 5	Cheese Sandwich 	Ham Sandwich	Cheese Sandwich 	Cheese Sandwich 	Cheese Sandwich 
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT	Vanilla Slice with Melon Wedges 	Oat Cookie 	Strawberry Shortcake Mousse	Strawberry Jelly - with Fruit Slices  	Chocolate Ice Cream	




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.