

THE ROSEACRE NEWSLETTER

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FROM THE HEADTEACHER

I am pleased to inform parents and carers that we are in a position to offer ALL Roseacre children a Christmas dinner on Friday 10th December. Parents and carers should receive notification on Monday 15th November. I would stress the need for any parents or carers wishing their children to have a Christmas dinner, to please respond by Tuesday 30th November.

School refurbishments continue. The KS1 Hall is the most recent area to receive a full makeover. Rob Sanderson has recently been appointed as our new site supervisor. As a current Roseacre parent, Rob will already be known to many of you. Welcome to Roseacre Rob!

The children's School Leadership Team was an absolute credit this week. All the children proved to be excellent ambassadors when meeting prospective parents on Wednesday. Governors were equally impressed at the Full Governing Body meeting held earlier today.

— Excellence for all... Excellence from all —

DATES FOR THE DIARY



THE SCARECROWS' WEDDING
THURSDAY 18TH NOVEMBER
YEAR 1 NON-UNIFORM



CHILDREN IN NEED
FRIDAY 19TH NOVEMBER
PUDSEY ACCESSORIES
AS PART OF A NON-UNIFORM DAY

NATIONAL CHRISTMAS
JUMPER DAY
FRIDAY 10TH DECEMBER

CHRISTMAS DINNER
FRIDAY 10TH DECEMBER

ROCK & ROLL MATHS WEEK 2021



Excellence for all... Excellence from all

BLACKPOOL DANCE FESTIVAL 2021



Excellence for all... Excellence from all



**Congratulations to
Jessie Jones (5LS)
for a spectacular
performance at her
dance competition
this weekend.**



**Millie Elliott will be
going to Nationals in
London for her lyrical
dancing! She was
awarded first and
second place in her
latest competition!**



**A huge well done to those in 4PS who
proudly represent Scorpion Rugby Club.**

**Random act of Kindness
Ethan (Y3) and Ashton (Y6) who both
donated their own money to a homeless
person whilst in Blackpool, last
weekend.**

ROSEACRE RECOGNISES YOU



OPERATION CHRISTMAS CHILD

**Should you wish to gift any
items, we kindly ask that these
be sent to school by Friday
19th November, affording us
time to assemble the shoe
boxes ready for collection.**

Excellence for all... Excellence from all



Self-care and support for young people

Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here's some **self-care tips** to help **protect against stress**:

Try

- Nurture your physical health** – body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.
- Set aside time to have fun or do something nice for yourself** – positive emotions can help build a buffer against stress.
- Spend time on an activity you enjoy** – whether painting, playing guitar, or learning a new sport.
- Talk to someone** – tell a trusted friend or family member about how you're feeling, or chat online on a support site like **Childline** or **The Mix**.

Avoid

- Overdoing it on caffeine, alcohol or sugar** – they're a quick fix which can increase stress in the long term.
- Overworking** – we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.
- Chasing perfection** – it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.
- Too much screen time** – it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.
- Bottling up your feelings and assuming they will go away** – this can make things worse in the long run.

If you're struggling to manage your stress, don't keep it to yourself – there is no shame in seeking help.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See list of support organisations.

#HandsUp4HealthyMinds

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TWEET OF THE WEEK

Youth Potential Retweeted

Youth Potential @YthPotential · Nov 9

FOR ANTI-BULLYING WEEK..... WE ARE GIVING AWAY FREE PDF COPIES OF THE TRUTH ABOUT BULLYING BOOK

FREE from our website here: youthpotential.mykajabi.com

The PAPERBACK version is also available from Amazon bookstore here; amazon.co.uk/dp/B08B1G8J9Q

#AntiBullyingWeek #edutwitter

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SHOULD ANYONE BE HAVING A PRE CHRISTMAS CLEAR OUT OF TOYS, DONATIONS FOR BASCC WILL BE MUCH APPRECIATED.