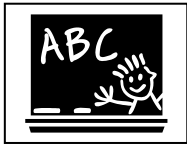


Thomas Russell Junior School

'An expectation of excellence' ofsted June 2014.



Newsletter



Issue No. 24

Headteacher: Mrs S Sharpe

17th March 2017



Playground lines

Please remember that next week we are having the lines painted on the playground. There will be different sections of the playground which will be inaccessible throughout the week. Parents (and younger siblings) are most welcome to pop down on to the playground at the end of the week and see all of the children's plans in place. We are very excited to see how it will look and to get on with using the lines to enhance sports provision and also help to make play times even more fun.

Joseph and his Technicolour Dreamcoat

Last night the children took part in the first of three performances of Joseph and his Technicolour Dreamcoat and were absolutely amazing! The students from John Taylor High School have worked exceptionally hard as well and there are definitely some future stars of Broadway amongst them. I was so proud of the children who overcame the first night nerves to pull off a stunning performance. Roll on tonight's performance ☺! There are still some tickets left for the 5pm performance if anyone would like to purchase on the door, you would be welcome and I can promise you a great show. The 7pm performance has been sold out since last week.



Comic Relief

Don't forget children have the opportunity to wear red / non-uniform next week and any other Red Nose Day merchandise (labelled). Any donations will be collected for Comic Relief.

ParentPay

Apologies for the blip that ParentPay has had this week duplicating all adjustments. We hope they have now resolved the issue.



Early Birds and Night Owls

I would like to remind parents about the importance of pre-booking Early Birds and Night Owls. Whilst we will always endeavour to accommodate requests, we do need to know how many children are attending for catering and staffing levels, as well as being able to follow up if children do not attend when they were expected to ensure their safety. Messages are best conveyed via e-mail to kjackson@thomasrussell-junior.staffs.sch.uk to reduce confusion. Thank you.

Dinners or Sandwiches

Children are expected to decide whether they are dinners or sandwiches on each day of the week and remain in the same routine until written notice is given to change. It is not possible to chop and change on a daily basis. We are having more and more children who do not follow the same pattern each week and it makes ordering and cooking for a constantly changing number of children very difficult. We would appreciate parental support in this - we have 245 children in school now, so I am sure you can understand the logistical difficulties it causes.

Receive Newsletters by e-mail, or ask a question: questions@thomasrussell-junior.staffs.sch.uk

Eyes

We have a slot on Wednesday straight after dinner (1:15 - 2:20) which we are struggling to cover. If anyone would be available to help out, then we would really appreciate it. The role of 'Eyes' is a relatively simple but absolutely vital one - keeping a watch on the children while they swim to ensure they don't get into any difficulties.

Happy Children

If you were to ask any parent what they want first and foremost for their child as they grow up, I believe the huge majority would say "to be happy".



Academic success would feature highly for some, financial security would be there too, I'm sure; and, for others, social characteristics would be listed more highly: being responsible, respectful, well rounded and having a strong moral compass or belief system. ***Integrity is doing the right thing, even when no-one is watching.*** (One of my favourite sayings from C S Lewis.)

Every parents list would differ slightly depending on their own values, but **happy** and **healthy** are key. More and more in modern society we are seeing children struggle at a younger and younger age with stress, anxiety, pressure and other mental health related issues. Keeping your body healthy and active have been proven two of the most effective ways to combat mental health issues. They are therefore two things that staff at Thomas Russell Junior School are passionate about: supporting parents to achieve for their children.

DID YOU KNOW?



- **Children of junior school age should be drinking 5-8 cups of water a day?**

This is why all children are encouraged to have a water bottle in school every day, to drink regularly and are allowed to use the toilet at break times and during lessons, if required.

Do you at home monitor the amount of water your child drinks?

- **Children should be encourage to eat a minimum of 5 portions of fruit and veg each day?**

We encourage this through various avenues: requesting a 'healthy option' morning snack, Science and cookery curriculum learning and working with Mellors to allow the children to make informed choices about the food they are eating.

Do you at home notice the food choices your child makes or does s/he need guidance to make 'good' choices?

- **Children should take part in at least 30 minutes intense physical activity PER DAY!**

We are really proud that we provide access to far more than this throughout the week with one hour of PE, one hour of Games, one hour of Swimming, plus the Friday Cooper Run and numerous break and lunchtime free choice active play opportunities.

Do you at home plan family time that involves active physical fun? Do you model physical activity as a positive lifestyle choice?

- **Children of junior age should get between 9 and 11 hours of sleep each night.**

I know there can be a big difference between children going to bed and falling asleep, but a bedtime story can be a thoroughly enjoyable experience even for older children. There are also some excellent children's meditations available via a quick internet search which you might find helpful to give a moment of quiet to relax in this very busy world.

It is sad with so many technological advances and better medical awareness than ever before that reports of children's mental wellbeing are of increasing concern but hopefully we can work together to keep mental health and wellbeing top of our priority list both in school and at home.

Visitor Lunch

We would like to offer Year 3 children the opportunity to bring a visitor for lunch and to see their classroom.

3M - Tuesday 28th March at 12:00

3P - Wednesday 29th March at 12:00

The cost of an adult visitor lunch is £2.52 and your child will be required to have a lunch too. If you would like to take up this opportunity, please log in to Parent Pay to book and pay. (Max. 1 visitor per child please)

Extra-Curricular Activities

Week commencing		NEXT WEEK 20/3	27/3	3/4
M	Easter Craft	Y	Y	Y
	Forest Schs	Y	Y	Y
T	Gymnastics 2	Y	Y	Y
W	Art 2	Y	Y	Cancelled due to Spring Fair
	Mario Kart 2	Y		
	Netball	Y		
	Tennis	Y	Y	
Th	Football	Y	Y	
	Science	Y		
F	Choir			

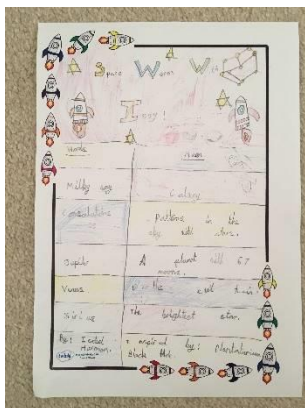


British Science Week

The Blackhole Planetarium
10th - 19th March 2017



To celebrate British Science Week, children at Thomas Russell Junior School have all had the opportunity to develop their knowledge about 'Earth and Space' via a wonderful presentation inside our very own inflatable planetarium!



The children learnt about: the nature of our Sun and stars, the solar system, night and day, years, distances, phases of the moon, Mythological figures which are used to illustrate tales from Ancient Greece whilst graphically demonstrating the motion of the stars across the sky, and how to navigate the night sky by reference to the star patterns within Greek constellations.

It was a great experience for all involved. Here are just a few comments from children and photographs of some work which was carried out after the experience.

'The planetarium was absolutely amazing! It was an awesome experience. I found out some amazing facts. We were shown how many stars are actually in the sky; different galaxies; constellation (and their stories); all the planets and the materials they were made from.'

Jessica. P (Year 6)

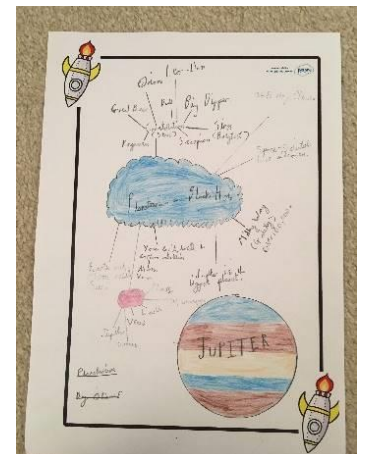
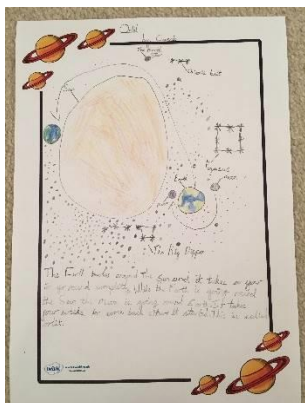
'I thought it was really enjoyable. Everyone should do it. It's interesting how he teaches about the stars and the planets and it's great that he has time to answer any questions. I hope to see him again.' Harley. M (Year 6)

'It was amazing because I found out that there are loads of different constellations. I saw how the stars form different shapes.' Freya. M (Year 5)

'It was really fun. He told us where all the stars would be and where all the planets would be seen on that night. He told us how the stars join to make picture and patterns. I would like it again!' Harrison. J (Year 5)

'It was extra ordinary!' George. M (Year 4)

'I didn't know how to find the star constellations, but now I do.' Mercy. S (Year 4)



Best wishes, Mrs Sharpe