

Thomas Russell Junior School

'Ambitious culture, strong team ethos, outstanding academic achievement, high expectations, exemplary behaviour' Ofsted 2019.



Newsletter



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Headteacher: Mrs S Sharpe

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And so we come to the end of Week 2 ...

Happy May Day – I hope you've enjoyed the return of a little sunshine today after a fairly dull week. I know that making the most of opportunities to get outside to exercise and enjoy the fresh air will be key to keeping healthy in mind and body.

Thank you again to everyone who has been in touch. We have been genuinely astounded by the things the children are getting up to and the creative and imaginative ways they have been using their time.

We have nominated ten Rainbow Learners this week (although again, we could have picked many more!)

Please keep up your fabulous work and keep sharing with myself and your teachers.

Rainbow Learners this week: Sophie M, Ella F, Monty C, Amillie T, Noah G, Sophie D, Kenzie U, Eoin H, Grace & Olivia G.

Your engagement and enthusiasm for your learning is incredible and we have been delighted to see so many different ways in which children are bringing their learning to life.

I have also awarded 25 virtual Headteacher's Awards which has been a joy as this is always one of the favourite parts of my job.

Thomas Russell Junior School



Rainbow Learner

TT Rockstars – Top of the Rocks Update

Five days into a 7-day battle against 5 other local primary schools, and the children of TRJS are doing us proud! 196 TRJS children have taken part as of midday today. Come on the other 56 – even if you just score 20 or 30 points, you'll be helping us out.

Rank	Rock Name	Real Name	Score
1	KING SALLY	OP	9,935
2	MOORIN NAVARRO		9,550
3	MATT ALLISON		8,808
4	THALIA VALENZUELA		7,722
5	TATIANA DEWEES		7,626
6	TOMMY COLEMAN		7,440
7	AXLE KEENE	AD	6,481
8	LINDA WOOD	SK	6,382
9	NODA NAUER		6,353
10	JOJO PETERSON		6,269

Three of our children are in the Top 10, which is a truly fabulous performance by them.

We are becoming familiar with these names by now: King Sally (Abi P), Axle Keene (Isaac O) and Linda Wood (Lana M).

Three of our classes make the Top 10 in terms of average score per child.

Y6 are doing us proud in second and third place with 6P just marginally head of 6M. 4R are also in tenth position with a very respectable average of 992 per person.

5M and 5K are sitting just outside the top 10 in 12th and 14th position and are close to making it into the top ten.

3SH is in 19th position.

	Only my school	Class average / user	Class score
1	Mr Cunningham - Christ Church Primary School, Burton Upon Trent		1,673
2	6P - Thomas Russell Junior School, Burton-on-trent		1,371
3	6M - Thomas Russell Junior School, Burton-on-trent		1,327
4	Mr Darlington - Christ Church Primary School, Burton Upon Trent		1,303
5	5JK - Tower View Primary School		1,133
6	Class 5 - Burton Fields School		1,083
7	3Ho - Holy Rosary Roman Catholic Primary School, Burton Upon Trent		1,077
8	Class 4 - Burton Fields School		1,023
9	Y6 Hancock - Holy Rosary Roman Catholic Primary School, Burton Upon Trent		999
10	4R - Thomas Russell Junior School, Burton-on-trent		992

Calling all children in 4P and 3EH. It would be super if all TRJS classes could make it into the top 20. At the moment, you are just outside this position. Can you set yourselves this challenge before the battle ends on Sunday?

Well done everyone – you are doing a brilliant job! Mrs Preston.

Government decisions

Whether you are looking forward to or dreading the Government announcements next week with regard to the phases of the exit strategy, please be assured that we will be making decisions about how we implement the strategy at Thomas Russell Junior School in the best interests of all children and staff. We are all desperate to get back to school, but not at the expense of anyone's health. Patience and control will be key in the coming weeks. We'll be meticulously planning our 'new normal' as opposed to rushing blindly to get 'back to normal'.

Looking after ourselves

Now, more than ever, we need to make sure that we take some time to look after our mental well-being; this is just as important for us parents, as it is for our children. Here are some lovely activities for children that might help if anyone is feeling a little fragile, and some attached information about looking after our own emotional well-being.



THANKS A BUNCH!

Feeling thankful for the things we have, can help us feel less sad about our problems and worries. Here's how to make a thankful tree to remind yourself of the good things in your life.



YOU WILL NEED:

A jam jar or small vase
Stickers or ribbon for decoration (optional)
Long twigs or skinny branches
Pen or pencil
Coloured paper
Scissors
Hole punch
String, twine, thread or ribbon

Scissors are sharp!
Ask a grown up to help with this craft

WHAT TO DO:

1. First, collect twigs or thin branches from your garden or park. Remember, don't cut live plants without permission.
2. Decorate your jar or vase. Add stickers or tie a piece of pretty ribbon around the neck.
3. Place the cluster of twigs inside the jar, as you would with a bunch of flowers. Your tree is now ready.
4. Cut the leaves out with the scissors.
5. Write down something you're thankful for on each leaf. Then punch a hole in one end of them.
6. Tie each leaf to a branch using lengths of string, thread or ribbon.

You don't have to add all the leaves at once, you could save them and add them as you think of things you're grateful for.

RELAX

Try this relaxation exercise:

1. Lie down on a rug or carpet and close your eyes.
2. Begin by breathing in through your nose. Hold your breath for a few seconds, then breathe out. Take another deep breath through your nose. Imagine your tummy is a balloon filling with air and then as you breathe out, imagine all the air escaping.
3. Stretch out your legs in front of you, pointing your toes. Stretch out your arms either side of you, stretching all the way through to your fingertips.
4. Now start to tense all the muscles in your body. Begin with your toes. Curl them over so they're clenched. Then think about tensing the muscles all the way up your legs and through your tummy. Imagine something is about to step on your tummy and you want to make it into a hard wall.
5. Tense your arms as well, so your arms are by your sides and even your fists are clenched. Bring your shoulders up around your ears.
6. Last of all, scrunch up your face. Push your lips together and frown down into your face so your forehead is all crinkled.
7. Now, make your body go limp again. Let your legs and arms go limp. Relax your shoulders by bringing them down. Imagine yourself as a floppy rag doll.
8. Take a deep breath in through your nose and breathe out again. Notice how relaxed and calm you feel and then, when you're ready, open your eyes.



SMELL AND TELL

Focusing on our senses can help us be in the moment and calm angry or sad emotions.

Play this game with an adult.

Keep your eyes firmly closed. The adult should pass you something fragrant, like a piece of orange peel, or something nice to touch, like a feather.

Keeping your eyes tight shut, really focus on how the object smells or feels.

You could play this game with a group of friends and take it in turns to use your senses.

OUT OF IDEAS? TRY ONE OF THESE...

a feather	a sprig of lavender	a cube of jelly	some coffee beans
a pine cone	a pebble	a dressing gown cord	a blob of toothpaste
a banana	a plastic piece of cutlery	a cup of rice	a freshly washed piece of laundry
a pencil	a cuddly toy	a piece of ribbon	a lemon or a lime
a piece of fluff	a rock	a lump of modelling clay	a plastic brick
a rose petal	a deflated balloon	a squirt of perfume on a piece of paper	a leaf
a sprig of rosemary	a shell		

We all want you to know how much we appreciate your support, communications, feedback and news at the moment. Please do let us know if there is anything further we can do to help.

Best wishes, Mrs Sharpe