

Thomas Russell Junior School

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



Newsletter



Issue No. 20

Headteacher: Mrs S Sharpe

7th February 2020

Children's Mental Health Week

As mentioned in last week's newsletter this week we have been focusing on 'Finding Our Brave' and the importance of looking after our mental health. We have discussed how we can focus on ourselves and our well-being; Y3 and 4 designed super heroes in their class assemblies, Y5 shared their stories in the library with Y2; and Y6 read to each other books that we enjoyed when we were little (whilst snuggling with blankets, teddies and eating a sneaky biscuit!). We then settled down to listen to the beautifully written and illustrated book **'The boy, the mole, the fox and the horse'** which is a celebration of kindness, compassion and understanding. (If you haven't read it yet, we urge you to!).

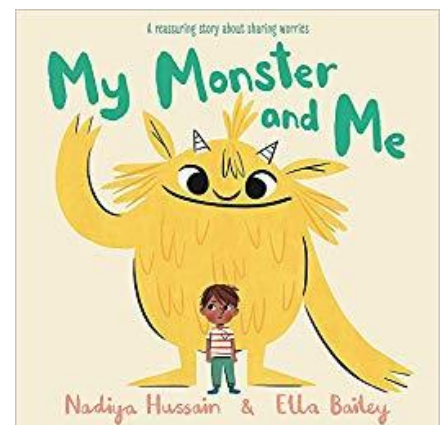


On Thursday we were blown away with our Y6s as they professionally delivered their well-planned lessons for the rest of the school about 'Mind Mates' and the importance of having a Positive Mental Attitude. All the teachers commented on how engaged, enthusiastic and well-prepared the Y6s were, and how much the younger children enjoyed the mindfulness session at the start, and then the creative activities on offer to create their own Mind Mate. We had mind mates from tin foil, playdoh, plasticine and Lego to name but a few.



We finished the session with a whole school assembly where we shared our work, and then listened to Nadiya Hussain's book 'The Monster and Me' which is an engaging story to help children talk about their anxieties.

What a wonderful week!



A mind mate is an animal, object or person who keeps you positive through something that you think is hard.

Your mind mate reminds you to have a Positive Mental Attitude

My mind mate is called Henry. He is a robot and he will make me feel brave when you're not.
William

I made a unicorn because it will help me find my way through when I am sad.
Hannah

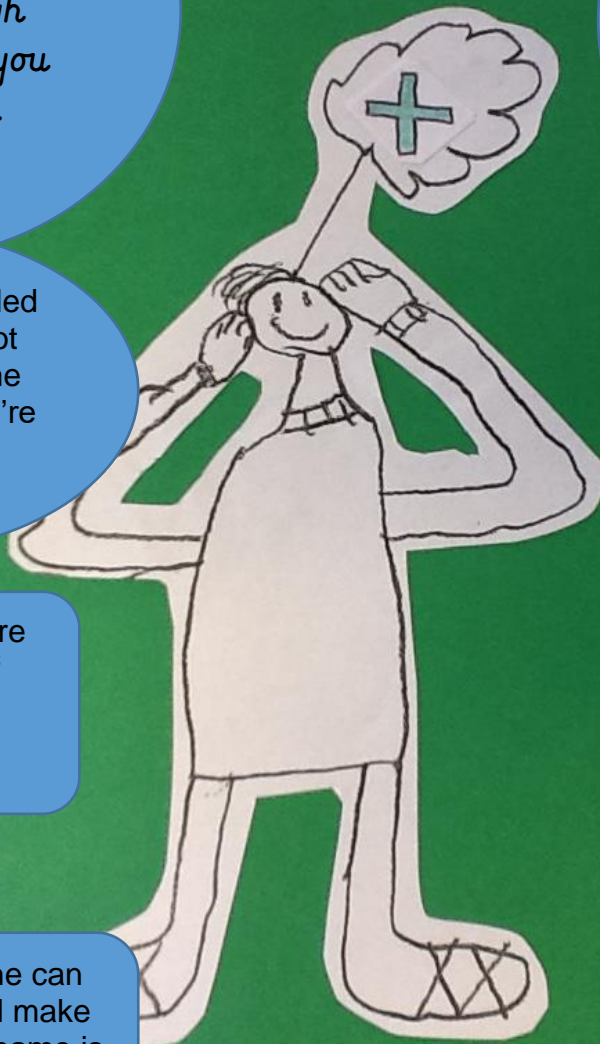
My mind mate will inspire me to carry on even if something is hard.
Jess

My mind mate is called Puppet Face because it is very funny and when I'm down it might help.
Jack

I chose a pig because he can make me feel better and make me feel happy. My pig's name is Bobby.
Kyon

My mind mate is called Tom because he always helps me when I'm sad.
Jacob

My mind mates are a dog and a superhero. They will help me if I am down if I can't do something.
Nevaeh



Mindful Mentors

Excitingly we had our first 'Mindful Mentors' meeting last week where we discussed our ideas for the future of mindfulness at TRJS. Our first job is to record how often each class is focusing on mindfulness and what activities they are doing.

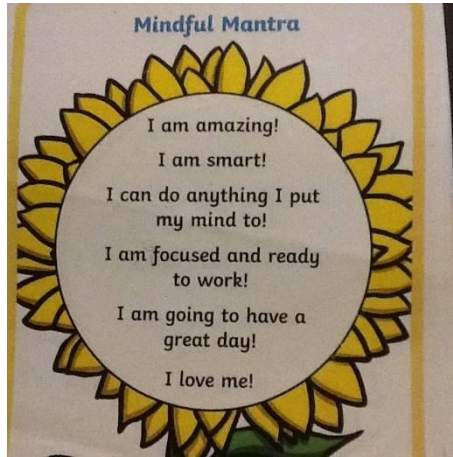
Our Mindful Mentors are: Tyler P, Dylan C, Ruby D, Flora H, Poppy V, Bradley C, Abbi C, Riley R, Georgia H, Connie W, Lucas V and Evie W.

We still have some vacancies to fill so watch this space for the rest of the names.

If you have any suggestions for how TRJS can help improve mindfulness let these children know: they have notebooks to jots ideas down!

Mindful Mantra Competition

In school, we are currently using this mantra during the day...



...but we would love to have our own TRJS Mindful Mantra, so get your thinking hats on and write down your ideas. Give them to either a Mindful Mentor, Mrs Kerr-Delworth or Mrs Cowgill (or email if you wish to do them electronically)

Don't forget to put your name and class on so that if you win we know who to give the prize to!

Deadline: Thursday 27th February

Valentine's Day Menu – Thursday 13th February

Cheese Burger, Quorn Burger or Chicken Strips and Fries

Jacket Potato

Baked Beans or Corn on the Cob

Love Heart Cupcakes

If your child usually has a dinner on this day, they will just be able to select from the special menu. If you would like them to stay dinners instead of sandwiches, then please load payment on to ParentPay and send us a little message via lpatrick@thomasrussell-junior.staffs.sch.uk.

Best wishes, Mrs Sharpe