

# Thomas Russell Junior School

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



## Newsletter



Issue No. 5

Headteacher: Mrs S Sharpe

8<sup>th</sup> October 2021

### #HelloYellow World Mental Health Day

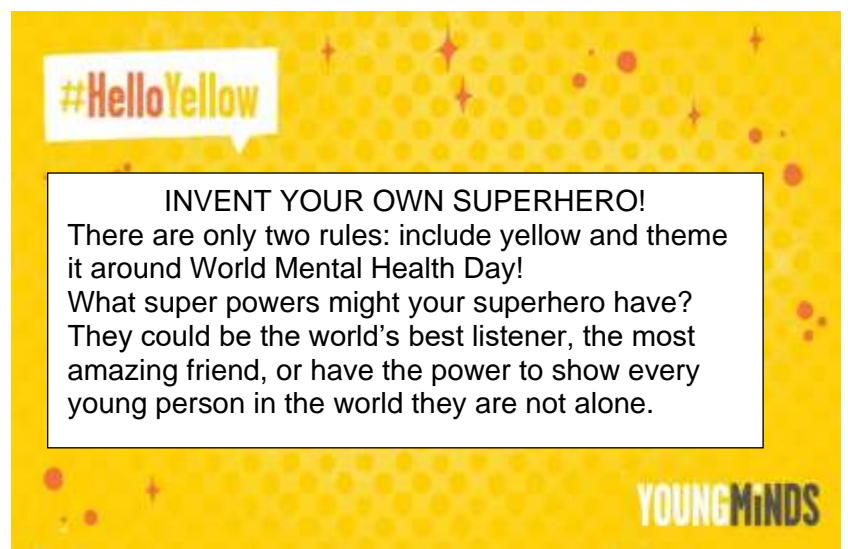


It was lovely to see so many children in yellow today to show our support for World Mental Health Day. We started with class assemblies where we looked at what mental health means, why self-care is important for us all, and who we can turn to if our feelings get too big for us.

Year 3 then Year 4 did a mindfulness activity followed by exploring our emotions. We discussed that different situations make us feel different emotions and that there is no right or wrong as people react to things differently.

Year 5 then Year 6 looked at how we can feel grateful for the little things, how our emotions might look or feel like or what shape might they take. Some of us tried to imagine what an emotion might say/do if it were a person.

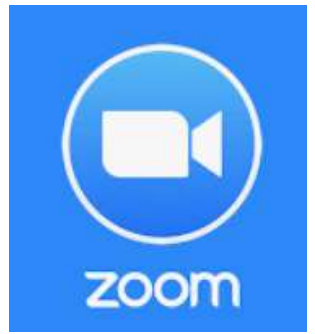
Mrs K-D is running a little competition to win some self-care goodies. Years 3 and 4 have brought home a colouring in sheet and Years 5 and 6 have an 'Invent a Superhero' task. All entries in by Monday 18<sup>th</sup> October. You've got to be in it to win it 😊



Don't forget to give a donation towards Young Minds via ParentPay if you are able to.

## Parent Consultations

We very much look forward to seeing you next week at our online consultations. We do hope there will be an opportunity to welcome parents in to school for face-to-face events as soon as it is safe. You should have received a letter with Zoom codes on Tuesday this week. If you are missing the codes, please call the office and we will re-send it.



## Covid Update

Thank you for your support and understanding in dealing with a tricky situation that developed over last weekend and into the beginning of this week.

Whilst we have been disappointed to see the number of cases across school rise significantly (from 1 to 8), we are pleased to report that, of those who tested positive, very few have any serious symptoms; in fact most have shown no real signs or symptoms at all. We look forward to seeing those who have been isolating back in school over the coming week and wish those who are unwell, a speedy and full recovery.

Sadly, this is likely to be an ongoing situation - we will do our best to manage the balance between keeping children and staff as safe as possible, whilst also providing consistency and continuity of in-school learning.

As ever, your vigilance is appreciated and PCR testing can help to prevent any further spread. It would be helpful to all involved if parents and children could be discouraged from speculation and rumour, these often feed fear and increase anxiety levels, at an already tough time.

## Cauliflower Cards

Thank you for your support for our Cauliflower Cards projects. Orders are now complete and we anticipate receiving some super cards, wrapping paper and personalised gifts in plenty of time for Christmas.

## Pringles tubes (other crisp varieties are available...)



We have had a request for any solid tubes to be donated to school for an art project being undertaken at Night Owls.

If you are able to send in any empty tubes, we would appreciate it. (Or if you only have full tubes, you could donate these and we will do our best to empty them before Night Owls need them ☺)

*Best wishes, Mrs Sharpe*