

# Thomas Russell Junior School

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



## Newsletter



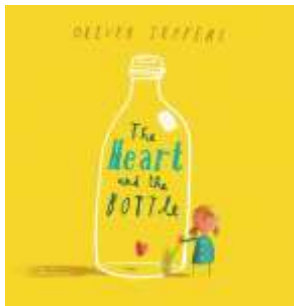
Issue No. 9

Headteacher: Mrs S Sharpe

11<sup>th</sup> November 2022

### 'Looking Back, Looking Forward'

The children must be commended on their respectful, reflective and thoughtful behaviour during our assemblies this week and also for their supportive behaviour towards their peers where the content has evoked some emotional responses.



We know parents have been very keen to support their children too, and we thought the following links may help in opening up conversations about the books we have looked at.

The Heart and the Bottle:

[https://www.youtube.com/watch?v=TPw\\_JTmnXqU](https://www.youtube.com/watch?v=TPw_JTmnXqU)

The Sad Book:

<https://www.youtube.com/watch?v=X5lx69-F3cA>



Sometimes children find it hard to talk about their grief at home, as they may be mindful of or worried about upsetting parents. Please do stay in touch with us if there is anything we can do to support any families through difficult times. Here is another resource we have used this week:



## GROWING AROUND GRIEF

**When someone close to us dies, we feel grief.**

Grief is a big feeling made up of a lot of other feelings – things like feeling sad, angry, scared, worried, tired. Sometimes grief makes people feel cross, or confused, or very unhappy. Sometimes, grief gives people physical feelings, such as tummy aches. Sometimes grief feels like a big, empty, hollow pain inside.

All of these feelings get jumbled and tangled up together.

To begin with, grief feels as if it takes up all of the room inside us. There's no room for anything else.

It's a bit like trying to squeeze a ball (like a tennis ball) into a mug.



After a while, people find that they can do and feel other things.  
There's a bit of room for feeling happy and having fun.

It's a bit like putting that same ball into a large bowl.

After more time, people may find that they have room for lots of feelings,  
for doing and learning new things.

It's a bit like putting that same ball into a bucket or waste paper basket.

The ball hasn't shrunk. It hasn't become smaller.  
It's the same size.

The space around it has got bigger.

Grief doesn't get smaller, but we grow around it.

*(And some days, it takes up all the space. And some days, it doesn't.)*

Tonkin, L. Growing around grief - another way of looking at grief and recovery Bereavement Care Volume 5, 1996, Issue 1

**Helpline 08088 020 021**  
**winstonswish.org**

### Swimming Eyes

We have had a couple of responses to the appeal for Y4 Eyes and now have the sessions up until Christmas covered - thank you ☺. If there are any other parents who would be able to offer their help, even if just for a few weeks in the new year, we would really appreciate it.

**Y3 Reading Café at Barton Library from 3:45 - 4:45 on Thursday 17<sup>th</sup> November.**

*It's not too late for Y3 parents to sign up for the Reading Café - please just ensure you let us know if you are going so we can ensure the correct amount of resources and refreshments are provided. If you've already signed up - Miss Murfin is looking forward to meeting you.*



## Cake Sale!

Huge congratulations to Jamie and Joseph who organised a cake sale to raise money for Barnardo's outside of school last night. Thank you also to all of the parents and children for their fabulous support. They sold out faster than any of us could have imagined given that they had nearly 150 cakes. Sorry to those who missed out!

The raffle for Barney the Barnardo's bear was drawn in Merit Assembly today and went to William Mar in Y3.

I am pleased to say that the boys raised an incredible £225 which I know is already on the way to Barnardo's.





## Remembrance Day

*I was incredibly proud of our House Captains this morning as we attended the act of remembrance at the War Memorial in the centre of the village.*

*Miss Branson also commended the Vice Captains who contributed to the whole school assembly back in school as well with a presentation.*

*This is what our House Captains had to say:*

*"I was so privileged to have visited the War Memorial on Friday and to meet and talk to a lovely man who experienced and*



*was a part of World War 2. We listened to a prayer and Reverend Andy read out the names of the fallen soldiers from WWI and WWII.*

*I was very grateful to get to lay a wreath with Emily on behalf of Thomas Russell Junior School.*

*I was proud to be part of this experience seeing everybody from young, to TRIS, to John Taylor. Lots of people came to pay their respects.*

*I enjoyed holding the flag after the service, which was an amazing experience.*

*I was very grateful to have the opportunity to be amongst those veterans who went to fight in World War 2. It was very interesting."*



## Children in Need

**On Friday 18<sup>th</sup> November, we will be supporting Children in Need by offering our children the opportunity to come dressed in yellow / wear spots / wear any other Children in Need merchandise they wish.**

**This will be a non-uniform day, but we ask for parental support in ensuring children make sensible choices that suit the weather and are practical ☺ onesie look fabulous, but children need to be able to take themselves to the toilet! PJs can also be great fun to wear, but please pop something on underneath so that they are warm enough.**

**Anyone wishing to make a donation via ParentPay can use this link:**

**<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=8024>**

*Best wishes, Mrs Sharpe*