



Newsletter



Issue No. 17

Headteacher: Mr J Emery

19 January 2024

Let's Get Ready for Learning at 8.50

Thank you to all the parents who ensure the children arrive on time for school so we can get started with our learning at 8.50am in the morning. We really do have very supportive parents and it is so lovely to see the children's smiling faces as they come through the gates in the morning. Our prompt start to learning does mean that we expect children to come through the gates by 8.45am so they can get coats and bags organised and then be ready at their desks by 8.50am. There is a calm, settled and focused atmosphere as everyone starts their day. Keep up the good work everyone!

Early Birds and Night Owls

For those parents using Night Owls, please note the changes and information covered in the newsletters before Christmas – Issues 14 and 15. The timings for Night Owls remain the same for Monday-Thursday (finish at 5.45pm). Friday is the only change, when Night Owls finishes at 4.30pm.

To help clarify the provision of snacks, breakfast will be served at **8.15am** and tea will be served at **4.30pm** each day. Please note, we can't guarantee to provide "take-outs", so if you wish your child to have tea, please collect them from 4.45 onwards on a Monday-Thursday. On Fridays, we will serve a light snack/fruit at about 4.10pm. Thank you.

'Over To You' Assembly

On Wednesday this week, several BRAVE pupils presented to the rest of school in our assembly on the theme 'How do you prepare for a special event?'. We were treated to interesting, funny and confident presentations, with props, pictures and photos. Presentations included: the build-up to Christmas, preparing for a wedding, and Chinese New Year.

How we prepared:

- ❖ The wedding was in Scotland so we had to plan our six hour journey.
- ❖ Me and my Sister had to try on our flower girl dresses and shoes.
- ❖ We had to practise walking down the aisle and throwing our petals.
- ❖ My Daddy had to get a kilt to wear, and my Mummy had to practise her reading for the ceremony.

a wedding, and Chinese New Year.

We thank the children who put in the time and effort to plan and present, showing themselves as ARTICULATE COMMUNICATORS. There will be more opportunities for children to plan and lead our assemblies over the next term, so we encourage all children to HAVE A GO!

HOW I PREPARE FOR CHRISTMAS

- * I help by decorating the trees
- * Play the board games
- * Eat Christmas dinner
- * And open presents



Martin Luther King Day

During assemblies this week, we have covered the life of the extraordinary civil rights campaigner, Martin Luther King.

We have discussed his legacy about his campaign to end segregation and speak out for equal rights, working to build a world without prejudice or discrimination. If you would like to find out more about Martin Luther King, have a look at the following link:

<https://kids.nationalgeographic.com/history/article/martin-luther-king-jr>



Sleep Workshop Wednesday 28th February 4.30-5.30pm

All parents welcome. If you are interested in finding out more, please book through schoolinterviews.co.uk with the code:szhnt

Sleep – the forgotten superpower

Quality sleep plays a crucial for our physical and emotional wellbeing. It improves our memory and reaction times as well as our mood and behaviour. It helps us to manage negative thoughts and emotions and provides us with the energy to tackle the challenges of the day. Lack of sleep increases hyperactivity and other behavioural problems and decreases our ability to concentrate, remember and think creatively – all of which are vital for learning.

In this talk Jo Baker will explore the importance of good sleep for children's growth and development as well as their mental health and the overwhelming evidence that poor sleep habits have a serious negative impact on a child's ability to learn.

Any questions or queries please contact Mrs K-D

Next week in our assemblies, we will be thinking about sleep, covering the Health Education objective:

the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.

We will be using resources from the PSHE Association called 'The Sleep Factor'. They include learning facts about sleep, why a good night's sleep is important for our health and wellbeing, practical 'sleep solutions' with top tips for having an effective bedtime routine, which includes keeping your bedroom tidy! As with all PSHE and RE resources, you can take a look and find out more by inquiring at the school office office@thomasrussell-junior.staffs.sch.uk or asking Miss Branson cbranson@thomasrussell-juniors.staffs.sch.uk. Here is an example of what we will be discussing with the children:

TIDY YOUR ROOM!

A messy bedroom can actually affect good sleep! It is much easier to relax and fall into a deep sleep in a tidy, organised room. Making a bedroom dark and cool before going to sleep can also help.

CALM DOWN!

Avoid running around or doing lots of exercise just before bedtime. This can make the body wake up when it needs to be winding down.



TURN IT OFF!

All electronic screens like the TV, computer, tablet, mobile phone should be turned off at least an hour before bedtime. It's best to put them away in a room where people don't sleep.

DON'T DRINK THAT!

Drinking or eating anything with caffeine (like coffee, tea or energy drinks) or lots of sugar (like sweets and fizzy drinks) can keep someone awake for a long time. This might mean that when they fall asleep, they don't sleep very well.

FACTS ABOUT SLEEP



Children aged 6-12 years old usually need between 10 and 11 hours sleep every night (some may need more or less). To wake up at 7am in time for school, a good time to go to bed is before 9pm.

Doing something relaxing in the hour before going to sleep can really help. This could be things like reading a book or listening to a story being read, having a bath, cuddling a pet, talking to someone in your family about your day, or playing a board game or puzzle.



Spending time outside during the day and exercising can help someone fall asleep and help them to sleep well.

Keeping to the same routine is a good idea, such as going to bed and waking up at the same time every day, even at weekends.

SLEEP

People who get good quality sleep are more likely to...

FEEL happy

MAKE GOOD decisions

PERFORM better at sports



GET BETTER scores in exams

AVOID illness

LEARN better

BE MORE creative



REMEMBER more

FEEL healthier

HEAL FASTER from an injury

Biscuit-Henge, Lego-Henge, Jenga-Henge...!

As part of Year 3's learning about the Stone Age, children were challenged to build their own Stonehenge out of household objects. We were thrilled with the ingenuity and engagement from the children with this homework, not to mention the patience, perseverance and resilience needed to balance the 'stones'! We LOVE LEARNING in Year 3; well done and thank you to all children (and parents, siblings and pets) who got involved.



Raising Achievement Through Wellbeing

At TRJS we are passionate about supporting the social and emotional wellbeing of our children and families and are keen to share with you that we at the beginning of a 'Raising Attainment with Wellbeing' programme which aims to:



- Improve the emotional wellbeing and mental health of our school community
- Create a culture and practise that is trauma-informed and relationships-driven
- Apply the latest knowledge in the neuroscience of learning to ensure our classrooms support neurodiverse learners through cognitive and metacognitive practice

We are offering some short and informal drop-ins for anyone interested to come and along to find out a bit more or share your views and ideas. From this we are going to create a 'steering group' of our children, staff, governors and parents to help us work towards achieving this award. We are holding 4 sessions across a day, in the hope that we can see as many of you as possible!

The sessions will be on **Tuesday 6th February**

8.50am-9.30am, 10.30am-11.10am, 2.50pm-3.30pm, 5.00pm-5.40pm

Please email Mrs K-D to confirm your attendance: skerrdelworth@thomasrussell-junior.staffs.sch.uk

Water Safety

We have reminded all children in assembly about the dangers of ice on the surface of ponds, canals or lakes. The water at this time of year is very cold. The ice is very thin. If any child played on the ice and then fell through the ice, the cold would cause them to go into shock and they would be in serious trouble. Please, please remind your children not to walk, slide or play on/near the ice. Let's keep everyone safe!



Wrap up Warm!

May we remind everyone to wrap up warm during the cold winter weather. It is great to see children in warm coats, scarves, gloves and hats. They are often outside at lunchtime for 45 minutes, so let's wrap up!

Young Artists Summer Show

The Royal Academy of Arts are running a summer show. It is now open and children can bring artwork into to school for Mrs Khalid to submit or parents can submit from home. Please see the information on the poster. Calling all you budding artists, why don't you have a go? Be BRAVE...



A reminder that Friday 9 February (the Friday just before half term) is an INSET day for staff so school will be closed to pupils on that day as staff are undertaking training.

The next newsletter will be Friday 2nd February.

J Emery