20th September 2019

Number 03-2019/20

Dear Parents & Carers,

Learning – Laughing – Achieving

Trick Box

Next week the children will learn a trick called Breathing Colour. Whilst the last two tricks have been to develop children's confidence, Breathing Colour is a strategy to help children to feel calm when they experience difficult emotions. Learning to acknowledge our emotions and self-manage them is an important life skill and helps us to stay mentally healthy. In Breathing Colour, you choose a colour to represent the feeling you are experiencing, for example, you might feel that red is a good colour to represent feeling angry, but when I feel calm, it feels like a blue colour. Breathe out your red angry colour and breathe in your calm blue colour. Children can chose their own colours and practise taking deep, slow breaths to get back to a feeling of calm. Try it out at home!

A week in the life of 3SW

All of the children in 3SW have settled into life at junior school brilliantly! We had an exciting start to the week with our Harbour School trip. The children explored Chichester Harbour on a giant aerial photograph before setting off through the fields and making some sketches of different views of the harbour. We collected anything of interest we found on the way in our buckets and made a 'sticky timeline' of our walk when we got back to school. We're really excited about our next trip on Monday! We have also been busy in class developing our understanding of the place value of two and three digit numbers, whilst in English we have been learning new language to describe dragons and have even designed our own! We're looking forward to doing some amazing dragon writing next week, applying everything we have learnt about expanded noun phrases and powerful adjectives.

Clubs

Mrs Williamson has just shared with me that 592 club places will be starting in school next week! This does not include the sessions that are run over lunchtime. I am incredibly proud of the huge range of opportunities that are available to our children each week at school and can't wait to see what our children achieve during this time. I'd like to thank all of our staff who give up their own time to provide these clubs and Mrs Williamson who has co-ordinated the logistics for them this week.

The Law of Sporting Basics

In PE this term we are establishing the foundations required for all sport – good physical body preparation. This week we have all learnt four key shapes, which engage different muscle groups, and learnt how to hold them with good technique. We have then been moving in different directions whilst supporting our body weight on hands and feet before developing both static and dynamic balance which requires us to engage a range of different muscles. Ask your children to show you front and rear support, top dish and top arch and see if you can hold each shape for 30 seconds this weekend.

Parent Pop Ins
It was lovely to see so many parents coming into school on Wednesday evening to say hello to the child's class teacher and see their classrooms. We will look forward to seeing you all for parents evening at the end of this half term but in the meantime if you would like to speak to class teachers about anything related to school please come into the office to make an appointment.

Munch Langar
Park Community School are proud to announce that on Saturday 28th September, they will be hosting a MUNCH Langar, a special celebration courtesy of friends from the local Sikh community. This is the 2nd time they have had the pleasure of hosting a Langar, which is a term used in Sikhism for the community kitchen in a Gurdwara (Sikh Temple) where a free meal is served to all the visitors, without distinction of religion, caste, gender, economic status or ethnicity. Everyone is welcome to this celebration, which in line with our MUNCH ethos is free for all attending (donations towards MUNCH are welcome).

And finally…
We have an Instagram account for the school which will enable family and friends to follow on a regular basis different aspects of school life. The account can be found by searching for **millrythejuniorschool**. There is another account called millrythejunior but this **is not** the current account for our school. **The school account is not for children to follow on their own Instagram app as this is not meant for children under the age of 13.**

Have a lovely weekend

David Bessant

Headteacher

Key dates for the academic year 2019 – 2020 confirmed so far:
(Changes/additions are in bold the week they are added)
Autumn 1
16th September PTA AGM 3.30 - 4.30pm
17th September Snappers Photography Pupil Photos
18th September Parent Pop Ins 3.30-3.55pm
23rd September School clubs start
4th October School Council Elections
10th October 9am and 5pm Parent Multiplication Workshops with Miss Vousden
11th October PTA Film Club
16th October Flu Immunisations
17th October 9am and 5pm Parent Reading Workshops with Mrs Brydon
18th October Year 6 Routine Weigh and Measure
23rd October Parents evening 4-7pm
24th October Year 5 World War 1 Day – parents welcome from 2pm
24th October Parents evening 4-6pm

Autumn 2
4th November Inset day
5th November Winning House Ice Bun and non-uniform
6th November Spooky Disco 5 – 6.15pm
12th November Yr 5 Citizenship Day
18th – 22nd November Year 6 Calshot and Art Week

25th November PTA Film Club
28th November Year 2 Parents Open sessions 9am and 6pm
2nd December Love of Christmas Day, Christmas Shopping and Christmas Fair
6th December Final day of clubs for the Autumn term
18th December Year 4-6 Christmas Performance at St Mary's Church
19th December Intervention Celebration Assembly 9am
19th December Christmas Dinner
20th Assembly Last day of term and Winning House Swimming Reward

Spring 1
6th January Inset day
9th January Calshot information meeting for year 5 parents
13th January Spring term clubs start
17th January PTA Film Club
22nd January 4-7pm Parents Evening
23rd January Love of Inventors Day
23rd January 4-6pm Parents evening
30th January Year 6 SATs information meeting 2.30pm
14th February Love Day

Spring 2
24th February Winning House Ice Bun and non-uniform
2nd March PTA Film Club
5th March World Book Day
19th March 9am and 5pm Parents Forum
20th March PTA Shopping day for someone special
27th March Final day of clubs for the Spring term
31st March Easter Disco
2nd April Intervention Celebration Assembly 9am
3rd April Winning House Cinema and Popcorn

Summer 1

27th April Summer term clubs start
4th May PTA Film Club
11th – 14th May SATs week
15th May Love of History of Art

Summer 2
1st June Inset day
2nd June Winning House Ice Bun and non-uniform
19th June PTA Shopping day for someone special
29th June Year 3 and 4 Sports Day and picnic
30th June Year 5 and 6 Sports Day and picnic
1st July Year 2 Parents Welcome Evening
3rd July Final day of clubs for the Summer term
6th July Year 5 and 6 Reserve Sports Day and picnic
7th July Year 3 and 4 Reserve Sports Day and picnic
8th July MRJS Transition Day
13th July Year 6 Paultons Park Reward Day
15th July Art Exhibition
16th July Year 6 Leavers Evening
17th July Year 6 Enterprise Day
21st July Winning House BBQ and Water fight
22nd July Year 6 and Parents Leavers Assembly
22nd July Last Day of Term