



## Learning – Laughing – Achieving

### Trickbox

This week we have learnt a new Trick called Floating Cloud. This trick is another one which helps us to feel calm when perhaps we are feeling the opposite. In the Floating Cloud trick, you breath slowly and deeply and in turn, tense different muscles in your body. Try clenching your fists or your toes, holding it for a few seconds, and then relaxing them. Do this a few times and you should start to feel your muscles relax as the positive hormones serotonin and dopamine take over from the stress hormone cortisol running through your body. Another great trick to help us stay calm and relaxed. Give it a try!

### A week in the life of 5JH

Our first week back has been full of learning, laughter and achievement. We have thrown ourselves into the John McCrae poem 'In Flanders Fields', working hard in English to improve our delivery and performance of his powerful words. I am thrilled to say that we are almost word perfect. The first World War is never far from our thoughts in the lead up to Remembrance Day and we took some time to edit the letters we wrote home as a soldier at war, discuss the significance of the poppy and the role of the British Legion at this time.

There was much hilarity during our first music lesson as children harness the magic of the recorder. A couple of stray notes made for an interesting hour but by the end of the session we can confidently say we can play 'Hot cross buns!'

### Memorial Service

Miss Gray and Mrs Jones had the pleasure of taking nine of our children, who have a member of their family in the armed forces, to a memorial service where a new plaque was unveiled commemorating the Hayling Service personnel who made the ultimate sacrifice during WW2. It was a truly special service where the children were asked to place poppies on the alter and light a candle in memory of an additional nineteen men whose names were not recorded on the original plaque. The new plaque now completes the memorial of all the men from Hayling Island whose lives were taken. The service included a reading made by the Mayor of Havant and a thought- provoking song sung by the Hayling College's 'Show Team'. It was an honour for our children to be involved in such a special occasion.

#### In Flanders Fields by John McCrae -1915

In Flanders fields the poppies blow  
Between the crosses, row on row  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

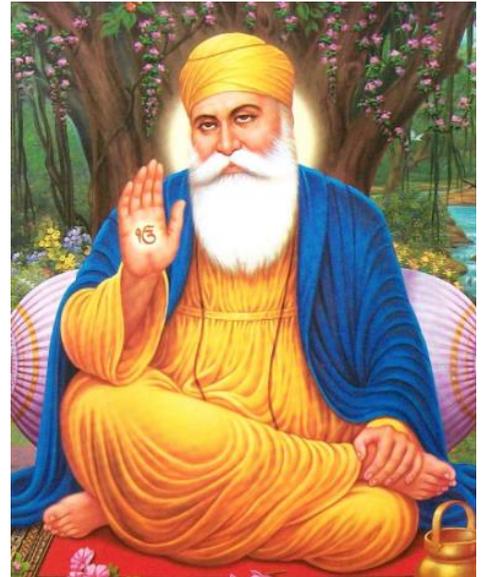
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from falling hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



## Guru Nanak

This week in assembly the children have learnt about Guru Nanak. Did you know the word 'Guru' means teacher and the word 'Sikh' means learner? Because Nanak would often explain his ideas about how to love and follow God and share God's message with the people in his village, they began to call him Guru which is why we now know him as Guru Nanak. He came from a small town in India over 500 years ago. Would you believe that his first job was a shopkeeper! He spent twenty years making 4 long journeys sharing his messages from God. People would pray, cook and eat together whether they were rich or poor. Today, each year, people remember and celebrate the life of Guru Nanak. Candles are lit in the Gurdwara (Sikh temple) and in homes, shops and offices. In the Punjab in India, where the Sikh religion began, children are given new clothes and have the day off school to join in the celebrations.



## Rugby - Siya Kolisi

This week in PE we have started our Tag Rugby unit which will continue into the spring term. At the start of the lesson we learnt a bit more about the amazing journey of Siya Kolisi:

South Africa's captain, Siya Kolisi, was born in June 1991. He endured a tough upbringing in the township of Zwide, outside Port Elizabeth. A kid from the townships who was born with nothing, whose parents were too young and too poor to raise him and so entrusted him to his grandmother. A rugby obsessive who played without kit, whose mother died when he was 15 and whose grandmother died in his arms a few months later.

At the age of 12 he was spotted by a scout at a tournament which led to him being offered a scholarship at Grey High School. On his first day at school, Siya was shocked when he was shown his bedroom. It contained a bunk bed and in the wardrobe there were socks for him to wear. In the township where he had grown up, he slept on the floor with all of the other members of his family and he had never worn socks.

Through his commitment to his sport, Siya was about to change his life and that of his family's forever. In 2019 he became the first black man to be appointed captain of South Africa. On Saturday he lifted the World Cup trophy. Following the game he was asked if he had dreamt of this moment as a child. He responded by saying, "As a child, I dreamt of where my next meal was coming from."



Hi 5 Fireworks – it is going to be spectacular!



**HI-5 Friends & Family**

**FIREWORKS NIGHT & CHRISTMAS SHOPPING MARKET**  
**Saturday 9<sup>th</sup> November**  
**4pm until 7.30pm - Hayling College**

Children's Games, Tombolas, Christmas shopping, Hot Food, Bar, Mulled Wine, Rides, Sweets, Light Up Wands, Face Painting, Scarecrow Competition with Hayling Island Scarecrows Professional Fireworks Display, Christmas Raffle Launch!

£5 For Adults & FREE for Children 16 & Under\*

\* Children must be accompanied by an adult

EVENT SPONSORED BY  
**HAYLING HARDWARE**

HI-5 ARE PROUD SUPPORTERS OF:



## PTA

If you've had a half term clear out, the PTA would be very grateful for donations of toys, books and cuddly toys to support the Love of Christmas event. You're welcome to donate into school or contact the PTA via the Facebook page if you have any more questions! Thank you.

We would like to say a huge thank you to all of the parents who put on a brilliant disco for our children on Wednesday evening this week.

## Online Safety

Starting a conversation with your child about a sensitive issue or something you don't usually talk about isn't always easy, especially if this means you will be talking about things they prefer to keep private, but there are ways to make having these conversations with your child easier.

**Find a good time and place.** Try to choose a good moment. Pick an opportunity when you know you're not going to be interrupted and you are both going to feel comfortable and have enough time – without turning it into one of those 'special talks' moments.

**Think about how you are going to introduce the subject.** You could mention a recent news story or just explain why you would like to talk to them about something. Try to be clear. It's not good having a difficult conversation if at the end of it they don't really understand what you wanted to talk to them about.

**Explain to them why you are worried.** Your child might think that you are getting worried for no good reason, but if you explain why something is troubling you they will understand why you want to talk to them. Tell them if it is something you've noticed in their behaviour or maybe something you have read about or seen their friends doing. Help them to understand your worries so that together you can work them out.

**Let them talk.** It's hard sometimes when a child doesn't want to open up. Asking them a question like 'how are things going' and remembering to give them time to answer will help. It's tempting to keep talking at them to fill the space – try not to.

**Listen more than you talk.** A conversation has to have two people in it. It's important you listen to them and that you explain you'd like them to listen to you. Talking at them is never going to work.

**Be loving and supportive.** The most difficult conversations can be made easier if your child understands that you care about them and whatever the outcome you will love them just as much.



## **If your child tells you something that worries you:**

**Take a break.** If your child is telling you things that worry you it is really important to stay calm and not to react immediately. Let them tell you what's going on and then decide together how you're going to deal with it.

**Get help together.** If your child tells you something which means they could be in danger you must report this to the relevant organisations. Try to agree to do this together. Don't take over unless you think that is your only option.

**Get support for yourself.** Your focus is going to be on looking after your child but remember to look after yourself as well and get support from your family and friends. You can get further [advice from Thinkuknow](#) , [Parent Zone](#) and [Parent Info](#), and there are [other organisations that can help](#) you and your child.

## **What if your child doesn't want to talk?**

If your child doesn't want to talk to you and you are still really worried don't give up. Try again another time or find a different way to start the conversation. Be patient and make sure they know where they can go themselves for support on difficult issues. You might want to talk to their teacher to see if they share your concerns – whatever you decide be ready when your child decides they want to talk to you.

If you have concerns about an adult your child is in contact with on or offline, you can report these concerns to [CEOP](#).

**If you are concerned your child is in immediate danger, call 999.**

## **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 2**

9<sup>th</sup> November Hi-5 Fireworks Display – tickets available at school office

12<sup>th</sup> November Year 5 Citizenship Day

18<sup>th</sup> – 22<sup>nd</sup> November Year 6 Calshot and Art Week

22<sup>nd</sup> November Art Week work display

25<sup>th</sup> November Non-uniform in return for chocolate donations – all year groups

25<sup>th</sup> November PTA Film Club

28<sup>th</sup> November Year 3 Portals to the past (in school)

**28<sup>th</sup> November Year 2 Parents Open sessions 6pm**

**29<sup>th</sup> November Year 2 Parents Open sessions 9am**

2<sup>nd</sup> December Love of Christmas Day, Christmas Shopping and Christmas Fair

**2<sup>nd</sup> December Christmas Jumper Day**

6<sup>th</sup> December Final day of clubs for the Autumn term

18<sup>th</sup> December Year 4-6 Christmas Performance at St Mary's Church

19<sup>th</sup> December Celebration Assembly 9am  
19<sup>th</sup> December Christmas Dinner  
20<sup>th</sup> December Assembly Last day of term and Winning House Swimming Reward

### **Spring 1**

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

### **Spring 2**

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

### **Summer 1**

27<sup>th</sup> April Summer term clubs start  
4<sup>th</sup> May PTA Film Club  
7<sup>th</sup> May Year 3 Harold Hillier Gardens Trip  
8<sup>th</sup> May Bank Holiday  
11<sup>th</sup> – 14<sup>th</sup> May SATs week  
15<sup>th</sup> May Love of History of Art

### **Summer 2**

1<sup>st</sup> June Inset day  
Week beginning 1<sup>st</sup> June Year 6 Bikeability  
2<sup>nd</sup> June Winning House ice bun and non-uniform  
5<sup>th</sup> June Art Exhibition in School  
19<sup>th</sup> June PTA Shopping day for someone special  
29<sup>th</sup> June Year 3 and 4 Sports Day and picnic  
30<sup>th</sup> June Year 5 and 6 Sports Day and picnic  
1<sup>st</sup> July Year 2 Parents Welcome Evening  
3<sup>rd</sup> July Final day of clubs for the Summer term  
6<sup>th</sup> July Year 5 and 6 Reserve Sports Day and picnic  
7<sup>th</sup> July Year 3 and 4 Reserve Sports Day and picnic  
7<sup>th</sup> & 8<sup>th</sup> July Hayling College Year 6 Transition Days  
8<sup>th</sup> July MRJS Transition Day  
13<sup>th</sup> July Year 6 Paultons Park Reward Day  
15<sup>th</sup> July Art Exhibition  
16<sup>th</sup> July Year 6 Leavers Evening  
17<sup>th</sup> July Year 6 Enterprise Day  
21<sup>st</sup> July Winning House BBQ and water fight  
22<sup>nd</sup> July Year 6 and Parents Leavers Assembly 10am  
22<sup>nd</sup> July Last Day of Term