

**Learning-Laughing-Achieving****VE Day Celebrations**

I hope that you all had a lovely bank holiday weekend last weekend and had the chance to switch off, relax and enjoy some family time.

It has certainly been an interesting week since the Government announced that the country is entering into the second phase of the response to the pandemic. I know that many people have enjoyed the slight gain in freedom that being able to see one person who is not in their family has brought. For many, it has bought challenging decisions around returning to some aspects of life before Covid-19.

As you will also be aware, the government has indicated that they would like to see children in all in years 3, 4, and 5 attend school for four weeks before the end of the summer term. As a school, we will be reviewing what we are able to offer in line with the guidance when it is issued and once this has been done we will be in contact again. At the heart of this review will be the health, safety and wellbeing of the Mill Rythe Junior School community.

**A school week in lockdown**

The key worker children have been doing lots of reading both in school and at home. 'Diary of the Wimpy Kid' is a favourite for many and Evie has challenged herself to read all the books. David Walliams is another firm favourite too. Flossie is thoroughly enjoying reading her latest book 'Slime' about a boy who invents a slime monster and Connie is enjoying the humour of 'Awful Auntie'. The year 5 and 6 children have been enjoying listening to the audio book 'The Kid Who Came from Space' and spoke enthusiastically about the story, including retelling to Miss Ifould a disgusting part of the story where a fishing hook gets stuck in Iggy's leg! Ew! They can't wait to find out what happens next.

This week, the children in school have been focusing on sport and keeping our bodies healthy. This has been particularly enjoyable now that the sun has stayed out although it's been a bit cold and windy! At the beginning of the week, we played normal cricket and football cricket with Mr Robinson and Mrs Brydon. We love this game as we get to practice our fielding and striking skills and the game always gets very rowdy! We have continued to work out with Joe Wicks and we are starting to see some improvements in our overall fitness. Issac couldn't do press ups at the start of lockdown and now he can do quite a few!

Playtimes and lunchtimes are spent playing socially distant games like four-square and basketball shooting practice. We really enjoy getting out in the fresh air and activating our bodies after all the hard work we're doing in the classroom!

### **In the farm**

In the farm, the duckling has nearly all of her adult feathers and is looking less and less like a duckling. I have been tasked with giving our duckling a name and I am very much struggling to choose one. Our ducks are currently called:

Yoko Ono



Quack Efron



Jack



Vera



What should our duckling be called?



If you have an idea email it to [mrjsclosure@millrythe-jun.hants.sch.uk](mailto:mrjsclosure@millrythe-jun.hants.sch.uk) and I will choose my favourite one.

### **Exciting News**

I am excited to be able to share that Mrs Wintle and her family have a new addition; a gorgeous baby boy born on Friday. Everyone is very well and they are at home getting used to their new normal. Mrs Wintle's eldest son is very excited to be a big brother and is enjoying telling his mum every time the baby moves.



### **Mental Health and Wellbeing**

Last week, we shared a range of links for websites to support both our pupils and parents' mental health and well-being. This continues to be a priority for us, as the world around us continues to be a strange version of the reality we are used to. The school nursing team have been in contact this week and have shared the 'Family Wellbeing Pack.' This is a fantastic resource and has a wide range of links to organisations which offer support for children's mental health and well-being.

In particular, they have extended their 'ChatHealth' text service so that parents in Hampshire of children aged between 5-19 can text their messaging service and a school nurse will respond within one working day. They are able to offer general health and wellbeing advice and signpost to other services if need.

'ChatHealth' a service for parents to discuss their child's health and wellbeing can be contacted by texting 07507332417 from 1<sup>st</sup> June. It is also the Child and Adolescent Mental Health Service Kindness week. They have provided a range of both advice and activities for pupils to complete which is attached with this newsletter.

## Keeping our children safe online

CEOP (child exploitation and online protection) command are generating 15-minute support packs for children of different ages. The fourth pack is attached to the email with this week's newsletter and I would encourage all families to work through these together. If you would like to access similar packs for older or younger members of your family please follow the link below:

[Home activity pack 4](#)



## Sharing work and experiences

During this time do please continue to keep in touch with us through [mrjsclosure@millrythe-jun.hants.sch.uk](mailto:mrjsclosure@millrythe-jun.hants.sch.uk) and share the amazing work and activities that are taking place at home.

Have a relaxing and enjoyable weekend.

Becky Vousden

Deputy Headteacher

**The information below has been shared previously but will remain on each weekly newsletter for the time being.**

## Home Learning

We have been inundated with positive feedback about the home learning that has been set by staff for children across our school; thank you for taking the time to provide this feedback which has also been shared with all staff. I have also spoken to a few parents who have had a few teething problems and we have been able to address these quickly. If you are encountering any problems or have questions please contact me via: [mrjsclosure@millrythe-jun.hants.ch.uk](mailto:mrjsclosure@millrythe-jun.hants.ch.uk)

Parents are not teachers and as such pupils should be able to complete the work that has been set independently; they will love to share with their families what they are doing and I would love to see work and other activities that are being completed at home. If you would like to share photos with me please email them to [mrjsclosure@millrythe-jun.hants.ch.uk](mailto:mrjsclosure@millrythe-jun.hants.ch.uk) with the heading instagram. Some of these will be added to our account and shared with the MRJS family over the coming days and weeks.

There is flexibility for parents to guide children to complete work for the year group above and below their own if this is appropriate. We have also emailed individual learning home for some children. Please refer to the 'home learning during self-isolation' letter that can be found on the home learning page of the school website.



Top tips for supporting families working at home:

- **Opening your new school:** establish a place for your children to work from and get them involved in setting up their learning zones.
- **Establish routines:** draw up a plan with your child(ren) for each day so that they can see what work they will be completing when. Children react well to structured routines but these can also look different for different children. Not all of our children can sit and maintain focus on their learning for an hour at a time. You know your children better than anyone else so build in physical and mental breaks to help them with their learning.

- **Encouraging good learning habits with positive interactions:** think about the teachers that inspired you at school; what was it about their relationships and interactions with you that ensured you fostered a love of learning with them. Now is your chance to apply these with your own children.
- **Feed their love of learning:** it is more important than ever that we are all making good choices with the food we are eating and drinking plenty of water. Avoid sugary snacks and take regular fresh air breaks with opportunities for exercise beyond those that we have planned for each day.
- **Good teachers lead by example:** put plans in place to care for yourself too. Take time to relax; make sure your own diet is varied and balanced and that you partake in physical exercise.

If you would like me to speak to any children whilst they are at home with you then please let me know via: [mrjsclosure@millrythe-jun.hants.ch.uk](mailto:mrjsclosure@millrythe-jun.hants.ch.uk)

### **Audible books**

I was delighted to learn that audible books have made all children's books available to families whilst schools remain closed. I would encourage everyone to make the most of this opportunity - there are so many wonderful stories for children to be able to enjoy over the coming weeks. Please follow the link below to access them: <https://stories.audible.com/start-listen>

Mrs Brydon has identified the following broad categories that different year groups may like to choose from initially:

Year 3 – choose mainly from 'Elementary', although there are one or two classics in 'Littlest Listeners' that children will love, such as 'Timeless Tales of Beatrix Potter' or 'Just So Stories'

Year 4 – choose from a wide range of brilliant books in 'Elementary'

Year 5 – Choose from 'Elementary' or 'Tween'

Year 6 – Choose from 'Tween' or 'Literary Classics' such as 'Moby Dick', 'The Call of the Wild'

### **Mental health and wellbeing**

Hampshire and Isle of Wight Educational Psychology team have shared the following guidance with schools for parents and families to refer to in the coming days and weeks.

<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>

The changes that we are all making to our everyday routines are significant and it is essential that we are able to support each other with our mental health and wellbeing at this time.