



Learning – Laughing – Achieving

Dear Mill Rythe Family,

I need to begin this week by thanking our MRJS family for the incredible support and understanding that you have demonstrated since the start of term. Whether that has been an email, a phone call, conversations online with class teachers, letters of support sent to ourselves or Ofsted, offers of help with different aspects of school life or a kind word on the gate in the morning, we all feel incredibly fortunate to work with such wonderful families.

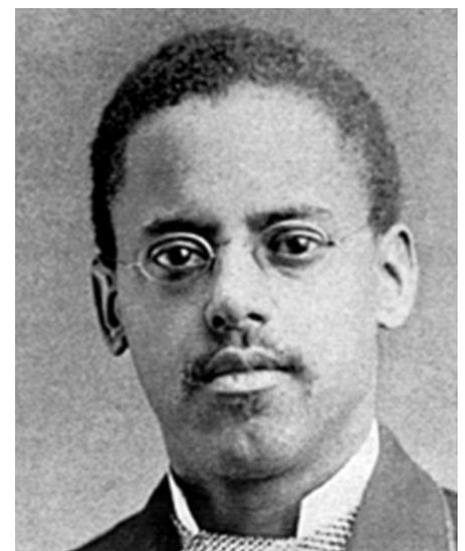
The DfE classified 'vulnerable' children and children of critical workers in school continue to be brilliant to work with. Their care for each other and our staff team is exemplary and as such they are ensuring through their actions that we can learn, laugh and achieve safely alongside each other. If it is possible, I have been even more impressed with our children who are learning remotely from home and the parents and carers who are supporting them. The quality of work being produced is brilliant to see as is their engagement with it.

From next week, we will be adding our school assembly to google classrooms and we hope to hold a google meet session each Friday morning for up to ten children at a time and their class teachers to join. We hope that this will be something that everyone who is working from home each day can look forward to. There will be more information for parents and carers about this next week.

The school closure on Tuesday 5th January has been taken as an inset day and as such children and staff will be learning together in school on Monday 22nd February. This was originally planned to be an inset day.

Assembly – Lewis Howard Latimer

In this weeks assembly, we looked at the life, works and struggles of Lewis Howard Latimer. A man who was conducive in the success and application of the lightbulb and telephone. A man who changed the way the world works around us. A man who doesn't get the praise, recognition, fame and adulation he so rightly deserves purely because he was black. Lewis Latimer grew up in an age surrounded by hate, prejudice and civil unrest. Slavery was yet to be abolished in America (in fact his father was an escaped slave who found safety and solace in a state where slavery was banned) and despite living in a free state, life was not easy for a young black man in a white man's world where outdated, racist views were allowed to run free. It makes you think just what would Lewis Latimer have been able to achieve in this world had he been born white. Sadly we still live in an age where you can be held back, stunted in your pursuit of happiness and brilliance based purely on the colour of your skin. It is something that has to change, and must change, and that change starts with us.



Breathing Exercises for Anxiety

For all children and adults, anxiety is going to part of our lives at one point or another. One of the best ways to help children learn to cope with anxiety is to use breathing techniques/exercises. Breathing exercises are a great coping mechanism for both adults and children to help instill calm in any situation, particularly when you are having problems with technology or when trying to manage remote learning for a number of children of different ages whilst having to work yourselves! Getting enough rest, eating a healthy diet, exercising, talking with a friend, or finding an activity to enjoy will also help to ease anxiety.

Every week, we will include a new suggestion on a breathing exercise, a yoga posture or a mindfulness tip for you and your child to try.

Five finger breathing is a simple breathing exercise to start with. Give it a go!



Heart4Hayling

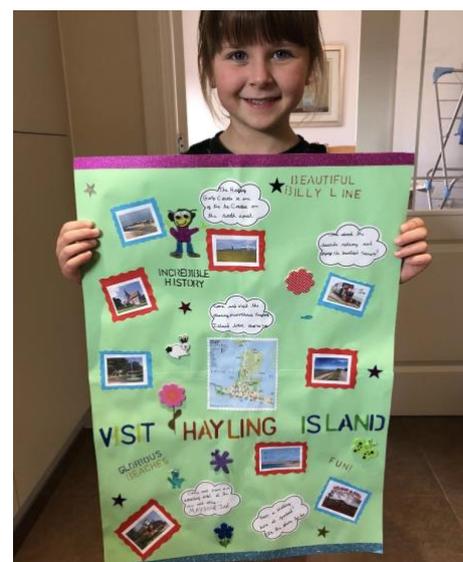
I was really pleased to be contacted by a parent this week who shared with me the Heart4Hayling initiative that is sweeping our Island. With only a few weeks to Valentines Day, we are all invited to make a heart containing a message for someone special. It could be for a member of your family, who you have not been able to see recently, or a thank you to a critical worker, whose actions are making a difference to so many of us. I can't wait to see them popping up in your windows in the coming days and weeks. The children who are in school, will be making them before half term as part of their art work on a Monday afternoon.



Remote Learning

We have been inundated with positive feedback about the 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.sch.uk

Parents are not teachers and as such pupils should be able to complete the work with minimal support; they will love to share with their families what they are doing and may benefit from some support with turning work in. I would love to see pieces of work that your children are particularly proud of and are happy for me to share with the MRJS family via Instagram. If you would like to share photos with me please email them to mrjsclosure@millrythe-jun.hants.sch.uk with the heading instagram.



Top tips for supporting families working at home:

- **Opening you 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.

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 **millrythejuniorsschool**. 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.** We also have a lost property Instagram page which can be found at **MRJS_lost_property**. We will hold all lost property until the end of a half term at which point it will be donated.

Have a lovely weekend and keep up the amazing progress with couch to 5k.



David Bessant

Headteacher

Key dates for the academic year 2020 – 2021 confirmed so far:

Spring 1

~~20th January Yr 6 Parents evening 4-7pm~~

~~21st January Yr 6 Parents evening 4-6pm~~

12th February Love Day

Spring 2

22nd February Inset day cancelled – school will now be open on this day

23rd February Winning House Ice Bun and non-uniform day

4th March World Book Day

8th – 12th March Practice SATs week

12th March Mother Day Shopping

15th March Parents evening 4-7pm 3AT, 4IC, 5SG and 5SH

16th March Parents evening 4-6pm 3AT, 4IC, 5SG and 5SH

17th March Parents evening 4-7pm 3MD, 4JS, 5JH and 5MC

18th March Parents evening 4-6pm 3MD, 4JS, 5JH and 5MC

31st March Intervention Celebration Assembly

1st April Winning house cinema and popcorn reward

Summer 1

10th – 13th May SATs week

14th May History of Art Day

Summer 2

7th June Inset day

8th June Winning House Ice Bun and non-uniform day

18th June Fathers Day Shopping

28th June Year 3 and 4 Sports Day

29th June Year 5 and 6 Sports Day

9th July Year 6 at Paultons Park
16th July Year 6 Leavers Event
19th July Year 6 Enterprise Day
22nd July Winning House BBQ and Waterfight
23rd July Year 6 Leavers Assembly