

**Learning – Laughing – Achieving****Dear Mill Rythe Family,**

Since returning to school at the beginning of February following my maternity leave I have been getting to know all the new routines and systems the school has put in place to keep everyone safe. I have also really enjoyed spending time in classes across the school, reconnecting with some familiar faces and also getting to know our lovely year three pupils too. I have been really impressed with the learning that has been happening in school and been reminded of how polite, kind and hardworking our pupils at Mill Rythe are. I have also been busy, working hard to find ways to ensure we are doing our best as a



school to support the mental health and wellbeing of our staff, our children and their families. This will form a large part of my role in school and I am excited about the opportunity to work closely with our children and their families in this. Watch this space for regular updates, support and resources.

It's been lovely to be back and I am excited about the summer term and am looking forward to the opportunities we can enjoy as the warmer weather arrives and restrictions continue to ease.

Mrs Wintle

**Assembly**

It's Stress Awareness Week so in assembly this week we learnt about what stress is, what it can feel like and how we can manage it. We learnt that sometimes, if we have too many negative emotions, it can feel overwhelming, like a cup that is overflowing. This can cause us to behave differently and experience feelings like frustration, anger, confusion and hopelessness. We talked about how it is important to try to recognise feelings which can lead to stress, and then what we can do to help ourselves. Having a break from the things that are causing us to feel stressed can really help, as well as doing things we enjoy such as drawing, playing, getting out for a walk or spending time with pets. Exercise is another really good way to relieve stress! For further information and ideas about how to relieve stress, please visit [www.youngminds.org.uk](http://www.youngminds.org.uk)

Here are some **TrickBox** tricks which might help if you're feeling stressed:

**Floating Cloud**

When you're feeling angry or upset, this is a good trick to try to help you to feel calmer. Breathe in and out slowly and deeply. Clench (tighten) your fists, then your arms, your shoulders. Try clenching your toes, your feet, your legs, and then relax everything.

**Breathing Colour**

Choose a colour to represent feeling angry. Then choose a colour to represent feeling calm. Breathe your calm colour in, and your angry colour out. Take slow, deep breaths.

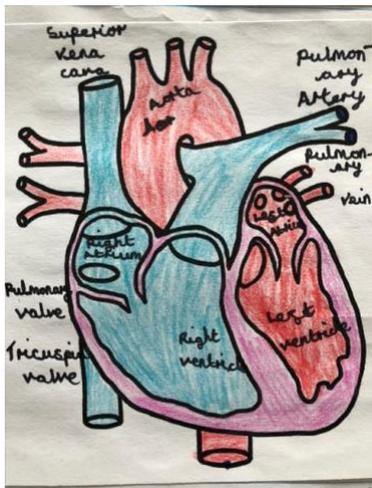
**SunnySide.**

When you are feeling upset, angry or disappointed, try to look for the positives instead of staying sad or cross. What might be good about the situation? Focus on that!

## This week in:

### Year 6

Year 6 are thoroughly enjoying our learning this week and are really getting stuck in to building our knowledge and understanding. In Science this week we have continued to develop our understanding of the heart, with a really interesting dissection of a lamb's heart! We have learnt how the heart pumps blood around our body: the heart takes in blood that's low in oxygen, pumps it to the lungs where it enriches the red blood cells with oxygen and the oxygenated blood then returns to the heart to be pumped all around the body. It's fascinating! In Geography this week we are learning about the different festivals celebrated in Mexico - one of which is the Day of the Dead. This is a national festival, which you may recognise from the film *Coco*, and it celebrates the memory of loved ones that are no longer alive. In Music we are continuing to develop our understanding of crotchets, quavers and four bar beats! This time we are introducing a one beat rest. If you hear us tapping and clapping and counting to 4 then you know we're practising what we have learnt.



In Spanish, we are learning hobbies, ready to create a poster in Spanish all about ourselves and in RE we are learning about the difference between British Law and religious law, discussing whether it's ever ok to break religious law. This week we learn that Jesus broke one of his own laws never to work on the Sabbath by helping a lady who was injured. And finally, in RHE we have learnt about puberty and some of the changes our bodies and emotions go through as we make our way into adulthood. What a busy week! We're going to need a lie in and possibly breakfast in bed to recover from all that work our brains have been doing!

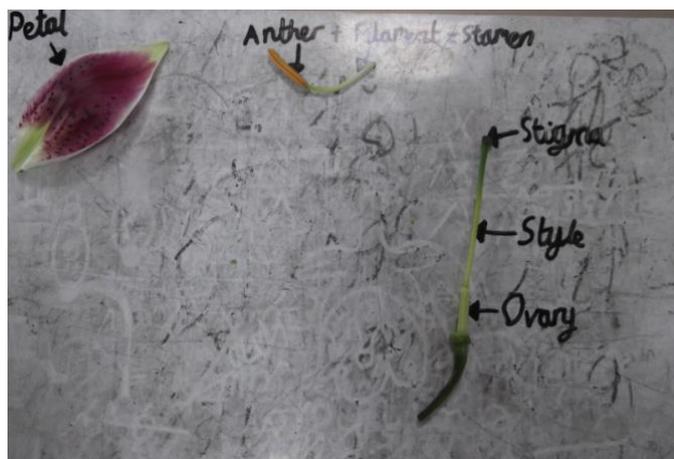
### Year 5

Year 5 have been busy learning lots of knowledge and skills across the different classes. Some of us have learnt the meaning of justice and discussed situations which we think are examples of fairness. We have developed our understanding by reading Christian and Islamic stories and identified the messages behind these to believers of these religions.

Some of us have learnt the different parts of the ukulele and enjoyed learning and practicing the chord c on our instruments. We clapped along to the rhythm of music before strumming an accompaniment to a backing track.

In Science, we were shocked and saddened to hear all about an inspirational botanist's (George Washington Carver) life and enjoyed stepping into his botanist role where we dissected flowers to discover the different parts such as anther, filament and stigma.

We have also had fun using conditional loops, forever loops and other codes to create our own maze game in Scratch.



## Year 4

In English this week, we have continued to explore a new book called *Electrigril*. It is a book about a girl called Holly who gets struck by lightning and gains superpowers. We have been looking at the features of a good setting description and have applied these features when writing our own, improved versions. In maths, we have been learning new ways to find fractions of amounts. We started off by revisiting and practicing using bar models but have moved on to just using division and multiplication sentences. We are very happy to have this new skill as it saves us lots of time when working out fractions of amounts.

In art, we used the knowledge we had gained throughout our watercolour unit to produce some spectacular sunset silhouettes using the Portsmouth skyline. We started by creating a variegated wash using yellow, orange and red. We made sure to blend these colours together gradually in order to create an effective background. Once our wash had dried, we then sketched and painted our skyline pictures over the top. We were very pleased with the results.



## Year 3

Year 3 have been having a roller-coaster of a time so far this term! For Our writing, we have been using the astoundingly beautiful and well written book '*Voices in the park*' by Anthony Browne as our driver and the children have been absolutely captivated by it. It's an extremely well drawn book with such rich imagery on every page. I heartily recommend you getting hold of a copy to read with your child, they will love pointing out and explaining all the imagery and deep meaning hidden in every picture. But the fun hasn't stopped there! For maths we have been going measuring crazy! We have measured every inch - sorry, millimetre of our school and the children will love regaling you of their adventures with the trundle wheel. Our afternoons so far have been filled with learning about emotions and what to do in tricky situations. They have been fantastic at coming up with methods to deal with sadness and anger, as well as learning new methods, not only to help themselves but also others. We've also been learning how to cope with loneliness and boredom. So if you see your child making a right mess of their room, don't worry, this is just a technique to elevate either of those feelings (they are of course meant to tidy it up immediately afterwards, so if this part isn't done, you might want to step in 🤖) For the next few weeks, we're going to be going fuelling our afternoons with Science and Computer game programming which I am incredibly excited about. Have a tremendous bank holiday and see you all soon!

### 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.** 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.

Erica Wintle

Deputy Headteacher

## **Key Dates**

### **Summer 1**

3<sup>rd</sup> May Bank Holiday

14<sup>th</sup> May History of Art Day

### **Summer 2**

7<sup>th</sup> June Inset day

8<sup>th</sup> June Winning House Ice Bun and non-uniform day

28<sup>th</sup> June Year 3 and 4 Sports Day

29<sup>th</sup> June Year 5 and 6 Sports Day

5<sup>th</sup> July Bikeability for Year 6

12<sup>th</sup> July Year 6 Assessment Week

16<sup>th</sup> July Year 6 at Paultons Park

19<sup>th</sup> – 21<sup>st</sup> July Calshot

22<sup>nd</sup> July Winning House BBQ and Waterfight

23<sup>rd</sup> July Year 6 Leavers Assembly