



**Robert Miles  
Infant School**  
July 2020

## Message from the Head of School.

Welcome to our final newsletter of the term. It is with very mixed feelings that we draw this year to a close. Before the end of March, we were enjoying school, the children were settled and progressing and we were busy making plans for the Summer term; then everything was brought to such an abrupt halt. From my personal point of view, the last few months have been the most stressful of my 23 year career. The pressures on all of us have been immense and I know from many conversations with parents and my own personal experience, that trying to keep children at going with their home learning has been a very difficult task and we thank you for the efforts you have put in. Myself and the staff have been touched by all the kind messages of support from parents and I think on a positive note it has made our Robert Miles community stronger. I think we will all be keen to start a new year with the hope that school can be as 'normal' as possible.

There have been announcements from the Government about all children returning to school in September and the social distancing rules changing. However, we are awaiting the guidance from the Government, giving us the details of this, which they have indicated will be out later this week. At this moment, we cannot make firm plans for September until we know what the guidance says. As soon as we do, we will let you know what the arrangements will be.

Best wishes to you all. *Mrs Barbuti*

## Reports and new classes.

Teachers have written their reports, which are based on the children's progress from September- March. These will be given to the Year 1s that are in school on Wednesday 8th July and posted to those people who are not at school.

The envelope will also contain a letter telling you your child's class teacher for next year. If you remember last year we wrote to you to say that we would not be mixing the classes up automatically each year, as this often created problems and unsettles a lot of children. We felt it was especially important at this time when the children will be so unsettled from their disrupted year to keep classes together.

Year 2 children should receive a letter from Mr Gilbey from RMJ to let you know your class teacher. Again, we have sent the classes up as they are to make the transition easier for them.

## Reminder about reading books.

Thank you to all those who have returned their reading books, plastic wallets and Read Write Inc books. So far we only have 35 Read Write Inc books back, so please have a hunt for them- they are so expensive to replace. There is a box outside the main office. Year 2 please make sure you bring yours with you on the 17<sup>th</sup> July.

## Year 2 reminder.

We are so looking forward to seeing our Year 2 children on the 17<sup>th</sup> July. If you haven't yet booked your place please do so via [clicking here](#).

I will send a letter next week letting you know which group your child is in and start/finish times.

Please bring a spare carrier bag to take home all their books.



## What's been happening in School?

Last week the Year 1 children completed a unit of work about Edward Lear's poem, 'The Owl and the Pussycat'. All the children went outside to perform the poem. It was amazing to see over 40 children all reciting such a long poem together, and with actions.

This week the Year 1 children have started a unit of work based on a book called 'Lila and the Secret of Rain', a story set in Kenya. It has been lovely to hear the sound of children singing Kenyan songs drifting out of the classrooms.

In the Butterfly bubble they have been pretending to be Superheroes.



## Joke corner.

**What did zero say to eight?**

- Nice belt!

**Where do sheep get their wool cut?**

- At the BAAAbars!

**What is brown and sticky?**

- A stick!

**What do you call a pig that knows karate?**

- A pork chop!

## Mrs Ryan's storytime

Mrs Ryan was very excited this week when her new Supertato book came in the post. Head to our YouTube channel to watch her reading it.

## What's been happening with Home learning?

**CHRISTOPHER COLUMBUS**

Christopher Columbus was born in Italy in 1451. He wanted to be a sailor because he loved adventures. He wanted to sail to the Indies because they were full of wealth. He went west thinking that it will be quicker but he didn't know that the Americas was going to be in the way. So then he discovered the Americas instead of the Indies. He used the moon, stars, <sup>sun</sup> and the compass. The ships he sailed on were the Niña, <sup>the</sup> Pinta and the Santa Maria. His problems on the ship were he ran out of food and he got wet by the storms. He is significant because he is brave and never gave up his ideas. He died on the 20th May in 1506 at the age of 55.

Did you know...

by chloe

Chloe did extra research on Christopher Columbus and produced a non-chronological report.



Edward has been busy learning about capacity and loved the practical work.



Henry made a sports pitch during the Sports theme week.



# Nova well-being articles for parents.



## Gratitude

- Have you heard of 'gratitude'? A definition of 'gratitude' – 'The quality of being thankful; readiness to show appreciation for and to return kindness'. It's a technique that has been proven to release the happy chemicals in the brain, such as serotonin, and if practised for a long period of time, it can actually make long term changes to the brain's function.
- To practise it, you focus on the good stuff in your life. If we can train ourselves to always see the best bit - the good bits in bad situations, events, people - then we can be happier, healthier and more resilient.
- When we focus on the good, it's just not possible to spend time worrying about the bad. Gratitude can help us 'flip' the mind when we are angry, low or sad. It can also aid depression, anxiety and worry. By consciously choosing and focusing on the good stuff, it stops us filling our minds with the bad stuff.

### **How to start a gratitude practice:**

- Get into a routine – dedicate a time of the day when you can practice gratitude. Either in the morning or at night or both. Studies have shown if we dedicate 20 seconds at a time to gratitude it's long enough to create positive structural changes to the brain.
  - Think of 3 things first thing in the morning and three things last thing at night that you are grateful for.
  - Leave mobile phones out of the room, as this will stop you looking at them as soon as you wake up. This time could be spent thinking of great stuff that will start your day off on a positive start.
  - Just say 'thank you' over and over again in situation where you may feel nervous or an emotion that is not helpful. You don't have to be saying 'thank you' for anything in particular, just the word has a positive impact on the brain, which has a knock on effect on how we feel and act.
  - Set a timer on your phone that goes off every so often to remind you to stop and think of 3 things you are grateful for.
  - Set passwords as words that remind you to be thankful.
  - Create visual reminders like sticky notes, pictures or written text.
  - The small things – the breeze on your skin, the sun on your face, a warm cosy bed.
  - Write things down. Keep a journal, write in it every morning, night or throughout the day.
  - Use a gratitude app.
  - Actually say 'thank you' to people.
  - Encourage friends and family to have conversations that are grateful rather than negative.
- Set time aside at meal times for this.
- Set up a WhatsApp/Facebook groups where you and friend actively write and share the good stuff. We all too often moan when were with friends, try and lift each other up but celebrating your wins- big and small.
  - If you have children get them to practice gratitude finish their day with this while tucking them in bed.

## **Black lives matter.**

I was speaking to a parent the other day who asked for some advice on how to talk to their child about racism. This explain what racism is- A kids book about racism by Jelani Memory – <https://www.youtube.com/watch?v=LnaltG5N8nE> –

This book may be a little old for our younger pupils. Parents have a look first and see- Something happened in Our Town [https://www.youtube.com/watch?v=whR\\_Jlzknp0](https://www.youtube.com/watch?v=whR_Jlzknp0)