

Millbrook Junior School

Churchill Way, Kettering, Northamptonshire, NN15 5DP

<http://www.millbrookjuniors.co.uk/>

01536 517049



Class Assemblies

We will let you know as soon as we are able to resume these.

Dear Parents/Carers

It has been lovely welcoming back your children and seeing them enjoying their learning at school.

Mrs Danielle Warren

Coronavirus Arrangements

Thank you to all parents and carers who have supported us during this difficult time. The staggered drop off and pick up is working well and the school is getting back to as much 'normality' as possible.

As the number of cases of COVID19 continue to rise nationally, please make sure you do not send your child into school if they have any COVID19 symptoms. We now have a dedicated page on our website that contains all the up-to-date guidance you need about which symptoms to look for and how to access a test. We appreciate that many children will be getting the usual coughs and colds that they do get at this time of year but we urge you, for the safety of our whole school community, to ensure you keep your child off school and get your child tested if they demonstrate any COVID19 symptoms. More information and the updated government guidance can be [found here](#). If you do access a test please remember to contact us as soon as you get the result. Your child will not be able to return to school until you have notified us of the result.

Please also remember that if your child has been in contact with anyone who has tested positive for COVID19, they must not attend school. More advice is available [on our website](#).

We appreciate that this may be very difficult for you, especially as it is getting more difficult to access tests, but it is important we all follow this guidance to ensure we keep our whole school community safe.

Arriving at School

A number of children are arriving very early for school. This means that they are potentially crossing children from other bubbles. It is really important that we keep the children apart as much as possible so if we do

P.A.T.H

Please remember to use PATH meetings to speak to the class teacher. (Parent/Carer and Teacher Hours) every Monday from 3.30pm until 5.30pm.

Appointments can also be made during this time to meet with Senior Leaders of the school.

Although we are unable to meet you in person at the moment we are always happy to speak with you on the phone. We care about your children and want to work with you to get it right.

To make an appointment with the class teacher please phone or email the school office.

Don't forget, each class has its own email account. If you would like to email your child's class teacher the email address is the class name followed by @millbrookjuniors.co.uk. E.g. Galileo class email address is Galileo@millbrookjuniors.co.uk

If you have a complaint, please make sure you follow the school Complaints Policy which can be found on the school website.

get a positive case we will only be sending a minimal number of children home to isolate for 14 days. The more the bubbles cross, the more children that will need to isolate away from school should we have a positive case. Every child has a ten-minute time slot in which to arrive at school. Please ensure your child arrives during their slot. We do appreciate how difficult this may be for some of you but it is important that we ensure the integrity of our bubbles so the children are not missing time in school unnecessarily.

Meet the Team

Usually, we hold a 'Meet the Team' event at school where you are able to meet with your child's class teacher and visit your child's classroom. Unfortunately, we are not able to invite you into school, so this year we will be doing things differently. Our teachers have carefully prepared a PowerPoint presentation for you that will introduce you to the members of the team. These will be sent via email next week and added to the year group pages on our website. If, after viewing the presentation, you still have some questions, please either ring the school to speak to your child's class teacher or email the class teacher directly using the class email account.

Outdoor Learning

This year, all children will have one hour of outdoor learning per week. The day that your child has outdoor learning is recorded in their planner. As the weather starts to get colder, please ensure your child has suitable clothing for the conditions.

Water

Please make sure that your child brings enough water in to school to last them for the day. If they need to, they can bring more than one water bottle to school.

School Planners

Your child's school planner is for recording homework activities, reading and notes but it is also a very valuable communication tool between us and you at home. If you have a message for your child's class teacher, please put it in the planner. This will save you having to ring the school office.

Poetry Competition

National Poetry Day is on 1st October this year. Millbrook Junior School will celebrate this by undertaking our own whole-school poetry recital competition. We are really looking forward to encouraging our children with this exciting challenge and we hope that you will support us with this at home.

We will introduce the competition to our children on National Poetry day and every child in school will then choose a poem to learn by heart. Class teachers will help the children to select a poem by sharing some examples with them. We will also give the children some time to learn and practise their chosen poem in school.

The poem chosen does not have to be long or difficult. Your child will, however, need to learn the words and practise at home in order to perfect their recital before the competition takes place in school.

Please help your child to learn their poem by heart by encouraging them to read it aloud; write out the words of the poem; learn it in sections and by testing them.

Please also help your child to think about how to recite their chosen poem effectively. Encourage them not to read too quickly, but to slow down so that each word can be heard clearly. Remind your child to recite their poem with expression and intonation but they will not need to over-exaggerate emotion or add any actions. Ensure that the ending of the poem is read clearly and is not rushed.

Recitals will take place during week commencing 12th October 2020. There will be a first, second and third winner for each year group and an overall whole school winner who we intend to announce in school during week commencing 19th October 2020.

We wish everyone the very best of luck!

Head Pupils and House Captains

Congratulations to our new Head Pupils and House Captains who all received their badges this week.

Head Pupils

Owen R, Cavan M, Lottie G and Lucy W.

House Captains

Ise House – Sebastian A and Niamh K

Harpers House – William Y and Isla L

Slade House – Nate S and Lola S

Willow House – Adam H and Kyana H

Message from Our Chair of Governors

Millbrook Junior School governing board has two parent governor vacancies. I hope you will consider becoming a governor.

The main criteria to becoming a governor is a commitment to supporting the school, attending meetings, visits to the school and undertaking training. The term of office is for four years.

If you are interested in becoming a parent governor, please contact the school office. I will then arrange either a meeting or telephone conversation with you to further outline what being a governor is about and answer your questions.

I hope you will consider becoming a governor.

Paul Davies (Chair of Governors)

Action for Happiness

This month's theme is self-care. Self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month, we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us to accept others as they are too. On the back page of this newsletter, you will find a calendar with some suggested daily actions to help you take care of yourself.

Website

Don't forget, all dates of events are on the school website on our School Calendar page. We also have a Term Dates page where you can see our term dates at a glance. This page is updated regularly so please keep checking back!

Regular notes:

Safeguarding: *If you have any concerns about the welfare of any child in our school, or you wish to discuss aspects of safeguarding, please speak with our Designated Safeguarding Lead or one of our Deputy Designated Safeguarding Leads. Alternatively contact the Multi Agency Safeguarding Hub on 0300 126 1000.*

Attendance: *Please remember that schools are not allowed to authorise holiday in term times. Leave of Absence forms should be completed. There is no entitlement to leave during term time and it will only be approved under exceptional circumstances which need to be explained and evidence produced. Failure to comply with this will mean a referral to the Local Authority which may result in a fine and court action. Please refer to the school attendance policy which is available from the school office. Thank you in supporting us to ensure your children have every opportunity for success in their education.*



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Remember that self-care is not selfish. It's essential

2 Be willing to share how you feel and ask for help when needed

3 Free up time in your diary by cancelling any unnecessary plans

4 Forgive yourself when things go wrong. We all make mistakes

5 Plan a fun or relaxing activity this weekend and make time for it

6 Focus on the basics: eat well, exercise and go to bed on time

7 Remember it's ok not to be ok. We all have difficult days

8 Notice the things you do well today, however small

9 Avoid saying 'I ought to' or 'I should' to yourself

10 Give yourself permission to say No to requests from others

11 Aim to be good enough, rather than perfect

12 Let go of being busy. Allow yourself to take some breaks today

13 Make time today to do something you really enjoy

14 Talk kindly to yourself like you would to someone you love

15 Find a caring, calming phrase to say to yourself when feeling low

16 Notice what you are feeling today, without any judgment

17 Leave positive messages for yourself to see regularly

18 Don't compare how you feel inside to how others appear outside

19 Get active outside and give your mind & body a natural boost

20 No plans day - make time to slow down and be kind to yourself

21 Remind yourself that you are loved and worthy of love

22 Look at photos from a time with happy memories

23 Let go of other people's expectations of you today

24 Ask a trusted friend to tell you what they like about you

25 Release yourself from inner demands and self-criticism

26 Find a new way to use one of your strengths or talents today

27 Take your time. Make space to just breathe and be still

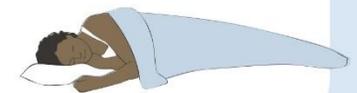
28 Accept your mistakes as a way of helping you make progress

29 Write down three things you appreciate about yourself today

30 You matter. Remember that you are enough, just as you are



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind