

# Talavera Junior School



**Aspiration**

**Integrity**

**Resilience**

Wednesday 22nd March

Dear Parent/Carer,

Once again we have a wonderful term with your children. We have celebrated many events and we have focused on making progress throughout the curriculum. All reports will go out next week to give you the most up to date targets and progress for your child. It has been a pleasure to read all the positive comments and seeing the children's commitment to learning. Thank you, as ever, for your support.



**Here are some of our key dates for March/April.**

**26th March** - Practice SATs week

**28th March** - Pangolins swimming

**29th March** - Talavera treat (invited children)

**29th & 30th March** - Annual reports home to parents/IEPs

**31st March** - Year 3 Egyptian feast ( Egyptian clothes or costume )

**31st March** - Last day of term

**17th April** - First day back

**28th April** - Sri Lankan day



Due to so many of our community celebrating Holi, this month, we decided to bring our own Holi celebration into Talavera. The children spent the afternoon learning about the Holi festival and why it is important to some religions. They took part in a colour run around the golden mile showing off all the bright outfits they had worn. The afternoon was then finished off by a colour explosion of confetti canons being set off in the hall. The children had a brilliant afternoon and produced some fantastic work which is now displayed in the school hall.



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## World Book Day

On Thursday 2nd March, we celebrated World Book Day in our school and the children had a fantastic time!

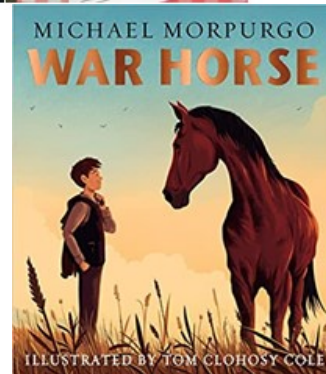
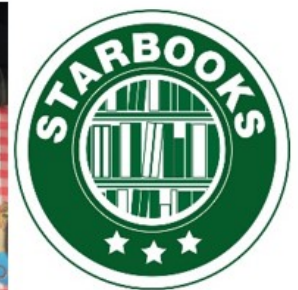
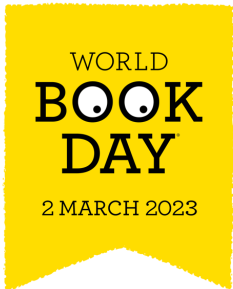
The day began when children were invited to a book café morning with their parents. Over 100 parents attended and children ate some breakfast whilst enjoying some quality reading time with their loved ones. Children came to school either dressed as their favourite book characters or in their pyjamas.

After the reading café, children were read the story, 'War Horse' by Michael Morpurgo and then had the opportunity to ask the author question during a live webinar.

Having an opportunity to read a range of new genres was a focus this year. Children spent an hour in their 'Starbooks' classes 'tasting' new styles of books and completed short reviews about the books. Some of the genres they trailed were: autobiographies, mysteries, science-fiction, graphic novels and historic novels.

After lunch, children buddied up with a different class. Year 6 read with year 4 and year 5 read with year 3. Children took turns reading to each other.

We finished the day with our World Book Day Door challenge: decorating doors to their favourite Micheal Morpurgo books. Our winning doors were Blue Whales class and Black Rhinos.





It's very important to take care of our own mental health and wellbeing. It's hard to support someone else when you don't feel well yourself.

A holistic approach to mental health and wellbeing across our school means that we are here to support if you ever need our help.

When looking out for children's mental health and emotional wellbeing, it is important that we know when to sign post ourselves or children towards help. Please see below the indicators to look out for from the NSPCC.

## Doing OK

- Communicates effectively with others
- Seeks help when needed
- Can focus on specific issues
- Has healthy relationships
- Identifies and tries to solve problems
- Uses healthy coping strategies.

## Struggling

- Struggles to communicate with others
- Is unsure how to access help
- Relationships are beginning to suffer
- Begins to use unhealthy coping strategies
- Has some sleep issues, low energy and fatigue
- Is able to engage well in some areas.

## Unwell

- Feels overwhelmed and isolated
- Struggles to focus on specific issues
- Struggles to access and/or engage with services
- Has disturbed sleep
- Relies on unhealthy coping strategies
- May have suicidal thoughts
- May already have a mental health diagnosis
- Is ambivalent towards change.

## In crisis

- Has made recent suicide attempts
- Is distrustful of support services
- Mental health symptoms are unmanageable
- Has escalating self-harming behaviours
- Distress may not reduce when talking
- Not engaging at home or school
- Is resistant to change.

### How can we help our mental health and wellbeing?

- Exercise and time spent outdoors playing or taking part in sporting activities at break times
- Promoting healthy relationships with their friends and family through the curriculum
- Encouraging young people to take part in after school clubs or activities that might help to build their self-esteem

**NSPCC**

### How can parents support their children?

- Setting and sticking to bed times, particularly for younger children, as sleep is important for children's mental and physical wellbeing
- Establishing a night-time routine for younger children, such as reading a story before bed
- Working with older children to create a routine that works for them - including homework, seeing friends, extra-curricular activities and time offline

### How can the school help?

Please do not hesitate to contact the school if you are concerned about your own mental health **of the mental health of your child**. Within school we have numerous support programmes that we can offer as well as external agencies that we can help you to contact to ensure that we are providing the best support possible for your children.

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## HALL OF FAME

Here are some of the amazing reading scrapbooks from year 5. We're so proud of the home learning they're completed and the depth of reading they are completing at home. We're so impressed at the impact the home reading is making on learning in school. Thank you parents and carers for all the help you are providing for your

children in order for them to complete their home learning to such a high standard.

Please let the school know if you need any resources for your children's scrap book at home!

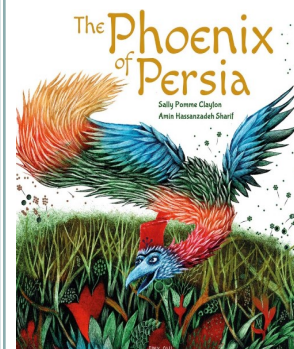


## Book recommendation for March:

Myths and legends are stories, often passed down orally, that form the backdrop to many childhoods.

These tales reveal for us the epic journeys, romances, battles and moral dilemmas of gods, heroes and monsters from which we can reflect on our own values and learn about the ethical and cosmological norms from eons past. Myths and legends are often rooted in a country's early history and mark the blurry boundary between fact and fantasy, historical figures and literary archetypes. These stories form an essential part of a child's education, and this is why we have included so many in our Literary Curriculum.

Have a look at the selection of myth and legend story books that we have found. These rich and engaging tales include traditional tales from around the world- a perfect book to enjoy together before bedtime! Look out for some of the popular myth and legend audiobooks also available on Sora for your children to borrow for free.



Egyptian Myths - Jean Menzies



Borrow

Listen to sample

Add to list



Greek Myths - DK



Place hold

Listen to sample

Add to list



Percy Jackson and the Greek Gods - Rick Riordan

#1 in Percy Jackson's Greek Myths Series



Borrow

Listen to sample

Add to list



Percy Jackson and the Greek Heroes - Rick Riordan

#2 in Percy Jackson's Greek Myths Series



Borrow

Listen to sample

Add to list



The Book of Legends - Sir Lenny Henry



Place hold

Listen to sample

Add to list



The Secret of the Treasure Keepers - A.M. Howell



Borrow

Listen to sample

Add to list



Loki - Louie Stowell



Borrow

Listen to sample

Add to list



Hotel Valhalla Guide to the Norse Worlds - Rick Riordan

Magnus Chase and the Gods of Asgard Series



Borrow

Listen to sample

Add to list

