

# SRRCC Primary Bulletin

27th November 2020

---

Dear Parents,

The quote included below is taken from one of my favourite books –The Boy, The Mole, The Fox and the Horse by Charlie Mackesy. It contains some really beautiful messages about life and I would certainly recommend it to read as a family. This was the central theme of our Wellbeing week –being kind to ourselves. You will see from the Bulletin all the wonderful wellbeing activities that took place within each class, from cooking family recipes to making objects to help us relax and de-stress. We were very grateful to Zara from Relax kids for delivering virtual workshops for each class on relaxation and mindfulness strategies. The children have all been using these techniques with their teachers and outside in the playground. The Primary Parliament were very impressive taking over our assembly at the beginning of the week to discuss the importance of looking after ourselves as well as the themes from the National Anti-bullying week which coincided with our wellbeing week. Thank you for your support with our ‘Odd Socks’ fundraising day. We raised a total of £188.70 for a new charity called Bee-lieve foundation (<https://www.beelievefoundation.co.uk/our-mission>). The charity was created by a local Head teacher alongside other mental health professionals and aims to provide wellbeing support for children in the local area. Mr Tindell joined our virtual celebration assembly on Friday to thank the children for all their hard work and talk about the importance of getting support from others and looking after themselves.

The children have been busy rehearsing and filming the Nativity play and Carol Service. It has been wonderful to hear the beautiful singing and the excitement as we prepare for Advent. We will be sending out details shortly of how you can view both videos when completed.

A letter was sent out last week regarding our Relationships and Sex Education consultation. You can view the resources and policy following the links on the letter. Please use the google link to provide any feedback to the consultation.

Finally I just wanted to thank you all for the support you provide with home learning. We enjoyed seeing the photographs of the home wellbeing activities completed last week. Listening to your child read and supporting them with their homework really does make a big difference.

Miss A. McMullen



# Our Catholic Community

## Advent

*"We are called to enlarge the horizons of our hearts, to be surprised by the life that is presented each day with its newness. In order to do this we need to learn to not depend on our own securities, our own established plans, because the Lord comes in the hour which we don't imagine." Pope Francis*

Sunday 29th November will be the first Sunday of Advent. Advent is the period of preparation for the celebration of the birth of Jesus and its name comes from the Latin word adventus, which means "coming". We will be learning about Advent in our RE lessons as well as preparing within our school liturgies and Advent fundraising.

### Salvation Army and Advent Fundraising

Our Mini-Vinnies will be sending out a letter at the beginning of next week explaining how we will be supporting the Salvation Army appeal and our chosen charity.

### Advent Art and Prayer Group

Unfortunately due to the restrictions of mixing class bubbles we can't have our usual Advent Art and Prayer group. We will be offering each class the opportunity to help contribute to some religious Art work for our school during the Advent season.

### ADVENT/CHRISTMAS - LOVING

Early Years	<b>BIRTHDAY</b> - Looking forward to Jesus' birthday
Year 1	<b>WAITING</b> - Advent: a time to look forward to Christmas
Year 2	<b>PREPARATIONS</b> - Advent: preparing to celebrate Christmas
Year 3	<b>VISITORS</b> - waiting for the coming of Jesus
Year 4	<b>GIFT</b> - God's gift of love and friendship in Jesus
Year 5	<b>HOPE</b> - Advent: waiting in the joyful hope for Jesus, the promised one
Year 6	<b>EXPECTATIONS</b> - Jesus born to show God to the world

### SUGGESTIONS FOR HOME ACTIVITIES

Discuss with the children how your family welcomes visitors to your home.  
Find out about some Christian symbols for Advent e.g. Advent wreath, calendar, Jesse tree.  
Use the CAFOD or Missio websites to get a religious Advent calendar.

## Let us Pray

Come Lord Jesus, come  
and let your light shine through us  
so that through our actions  
we may be salt for the earth,  
a light in people's sight  
and that we might reach out to you  
in one another,  
especially those in need.

Amen.



---

## Letter from the Vineyard Community



emergency food for local people in crisis



St Richard Reynold Catholic College  
Clifden Road  
Twickenham  
TW1 4LT

20th October 2020

Dear All,

Thank you for your recent donation of £261.87. Could you please pass on our warmest thanks to the school community. We will use this towards the costs of our work supporting homeless and vulnerable people in Richmond – particularly in running the Richmond Food Bank, allocating the funds to the New Van appeal.

Last week we provided food for 132 people. This included one man who had been forced to move following a dispute with his neighbours and was having trouble getting his benefit payments. "Thank you ever so much for helping me out with some food, it is most appreciated. I will be all right from now on as I have finally got everything sorted out. Many thanks!"

In these challenging times we find an increasing number of people needing emergency food parcels – in situations which they never expected. And they are enormously grateful for this help in times of crisis. "I want to thank you from the bottom of my heart. Your compassion will never be forgotten. May the Lord bless thee!"

I wanted to pass on these messages of appreciation because, without your support, we wouldn't be able to help in this way. Thanks!

Kind regards,

*Isabelle*

Isabelle dos Reis  
Finance Officer



The Vineyard Community Centre, The Vineyard, Richmond, Surrey TW10 6AQ  
Telephone 020 84399735 info@vineyardcommunity.org www.vineyardcommunity.org  
A company Limited by guarantee, registered in England and Wales no 7669793. Registered charity no. 1143951.  
The Richmond foodbank is operated by the Vineyard Community Centre as a project seeded by the Trussell Trust.  
www.richmond.foodbank.org.uk

---

---

## *Class learning*

### *Reception*

#### R.E.

In Reception we found out that Diwali is a Hindu celebration, a festival of lights and that Diwali is important for Hindus. We enjoyed making diva lamps, drawing rangoli patterns and making lanterns to take home.

During Wellbeing week we enjoyed some mindfulness colouring; fruit kebabs and our workshop with Zara.



## ***Year 1***

Year 1 enjoyed their week of calm as part of wellbeing week last week. They participated in a Relax Kids workshop where they learnt some techniques to support their breathing and to calm down when they are feeling busy and energetic. Back in class then we created our own calm jars using oil, coloured water and sparkles. We can use these when we need to be calm by vigorously shaking them up and then watching them settle and separate. We have also been busy this week beginning to learn our Set 3 phonics sounds which have included those tricky split digraphs. Children have particularly enjoyed playing pass the phonics parcel and feeding the real words to Bob and the monster words to Ob the monster.

## ***Year 2***

Throughout Wellbeing week, we learnt how to look after the most precious thing of all – ourselves! We took part in activities such as mindfulness, meditation, exercise and also reflected on the power of positive thoughts. On Wednesday, we listened to the story of the dream catcher and created our own happy dreams in our dream jar lava lamps.



## ***Year 3***

### Daily Yoga

Year 3 began every morning during Wellbeing Week with an online Yoga session led by Cosmic Kids. Everybody enjoyed it and it was a fun yet calm way to start the day.



## Fruit Salads

As part of healthy minds and healthy bodies, Year 3 made a nutritious yet delicious fruit kebab with a range of different fruits. The sound of happy munching when Mr Tomlinson finally allowed everybody to eat it was definite proof that these were a hit. Some children discovered a new love for certain fruits that they either never tried before or previously weren't keen on.



## R.E.

Year 3 have been learning in Judaism in R.E. and in particular about the Synagogue and it's significance to Jewish people. We enjoyed a virtual tour of a synagogue and had an insightful Q&A session with Hirsh from Richmond Synagogue, who very kindly gave his time to answer the many questions the pupils had. We even had an impromptu Hebrew lesson as a direct result of one of the questions and we all had a go at writing shalom in Hebrew.



## *Year 4*

During Wellbeing week, we discovered the importance of looking after our minds as well as our bodies. We were lucky enough to receive a Zoom call from Zara who taught us special techniques that we can use to relax when we feel overwhelmed.



## Dirt Cups

Year 3 had loads of fun creating dirt cups as a fun activity to end Wellbeing Week. They all proudly took home a cup full of sloppy mud and crumbly soil with a wriggly worm popping out. Of course it was really a mixture of Chocolate Angel Delight, crushed Oreo biscuits and a gummy snake. Everybody enjoyed getting their hands dirty and creating something so unusual. They were also surprisingly interested in the process of making Angel Delight and hearing Mr Tomlinson's tales of how it was a common dessert when he was their age.

## Year 5

We made our very own homemade stress balls, which now sit proudly on our tables. We can use our new friends to help us destress when we are having a hard day.



On Friday we all made a fruit salad. They were delicious and some children even tried some fruits they thought they didn't like. We had full bellies for the rest of the day!

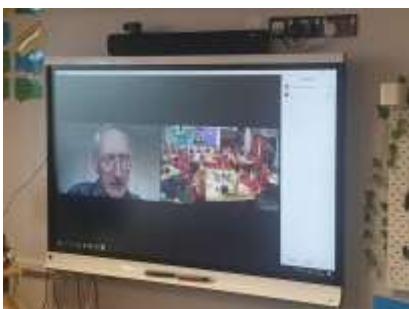


Year 5 have been turning heads with their 'Grassheads.' During Wellbeing week, we encouraged them to put their gardening and artistic skills to excellent use and create a 'Grasshead.' These friends can live with us in the classroom all year round and with some luck, should sprout lots of luscious green grass in a few weeks' time. Using their green fingers, tights, soil and grass seeds they created their own characters with heaps of personality.



## R.E.

In RE this week, we have been learning all about Judaism. We spoke to Hirsh from the Richmond Synagogue. We asked him brilliant questions about his religion and the importance of the Torah. Did you know that the Torah is so special it can only be touched with a Yad? Hirsh even sang to us in Hebrew from the Torah!



Also as part of our Wellbeing week we followed Miss McCullagh's secret family recipe to bake an Irish treat: fifteens! This relaxing and peaceful baking activity was the perfect way to end wellbeing week. Year 5 have learnt all about the benefits of baking and the link to improving our mental health. This activity brought back lots of memories from our baking sessions during lockdown.



## Year 6

As part of Wellbeing week, Year 6 made fruit smoothies which were delicious! Afterwards, Milo and Martha were inspired and made smoothies for their siblings too! What a wonderful week!



Year 5 have also been learning about how craters are formed on the moon due to it not having an atmosphere. As a class we conducted an experiment to measure the impact of the size and shape of craters taking into account the different variables that could impact this.





## *Pupils of the Week—Golden Tie*



### Reception

#### Last week

Nikolai Green  
Leah Mendoza Estrada

### Year 1

#### Last week

Ellie Tomlinson  
Ava Grace Westrop

### Year 2

#### Last week

Brittany Mendoza Estrada  
Chloe Ng Fat

### Year 3

#### Last week

Lenny Connors  
Samuel Blewitt

### Year 4

#### Last week

Lucas Vaz  
Tilly Ketteringham

### Year 5

#### Last week

Daniel Zeegen  
Antoni Krysta

### Year 6

#### Last week

Liana Minhas  
James Hazard

---

## *Spelling Bee Award*



## *Winners of last week*



Luke Pendleton (Year 1)



Gerald Poti (Year 3)



Giulia Roccato (Year 5)

---



Maths awards will be given to one child from each key stage every Friday. This will be based on both Maths Shed scores and the application of their Maths practice to school work.

**Last week's 'Mathstronauts' were as follows:**

Key Stage 1 - Luke Pendleton Year 1

Lower Key Stage Two: Gerald Poti Year 3

Upper Key Stage Two: Sienna Sarlas Year 5

Congratulations to all our mathematicians!

## ***Football House League***



### **Year 5 House League**

Congratulations to Hannah House for winning the **Year 5 House** Football League. It was a very tightly contested competition, with several teams able to win it on the last day.

### **Year 6 House League**

Congratulations to Hannah House for winning the **Year 6 House** Football League. Credit must also be given to Hannah House for managing to go unbeaten, with only a last minute equaliser denying them maximum points and a clean sweep. With the top spot being sealed in the penultimate round, the final round was dominated by the other teams desperately trying to secure second spot, which went to Mary Magdalene, who also have the distinction of being the top scorers and conceding the fewest goals.

---