



# St Paul's C of E Junior School

Dear St Paul's Families,

## 新年快樂!

It has been a tremendously busy half term but we've overcome the challenges of running our virtual and Keyworker schools, both at the same time. We are immensely proud of the efforts of our school community over the last 6 weeks - pupils, parents and staff - and recognise how hard every member of our school family has been working. Hopefully, half term will offer an opportunity for some relaxing, school-free, screen-free, quality family time to refresh everyone, ready for the second half of term. We are lucky to be surrounded by beautiful countryside and open spaces and hopefully the weather will be kinder to us than it has been over the last few weeks!

We are all watching the government updates with anticipation to see when it will be safe to begin face to face learning once again. By 22nd February, we should know if the plan of a return to school on 8th March will go ahead. As soon as we receive notification, we will work through the guidance as to what the expectations are to be and inform parents as soon as possible.



To the following parents:

- Mr Conquer for his very generous donation of two laptops. They have already found good homes.
- Mrs Hargreaves for her weekly deliveries of goodies for the staff room table.
- Mrs Warner for the beautiful and delicious cupcakes.
- Mrs Borkowski for her selection of treats and biscuits.

St Paul's is incredibly lucky to have such kind-hearted and generous parents – thank you all!

## Shrove Tuesday (Pancake Day)

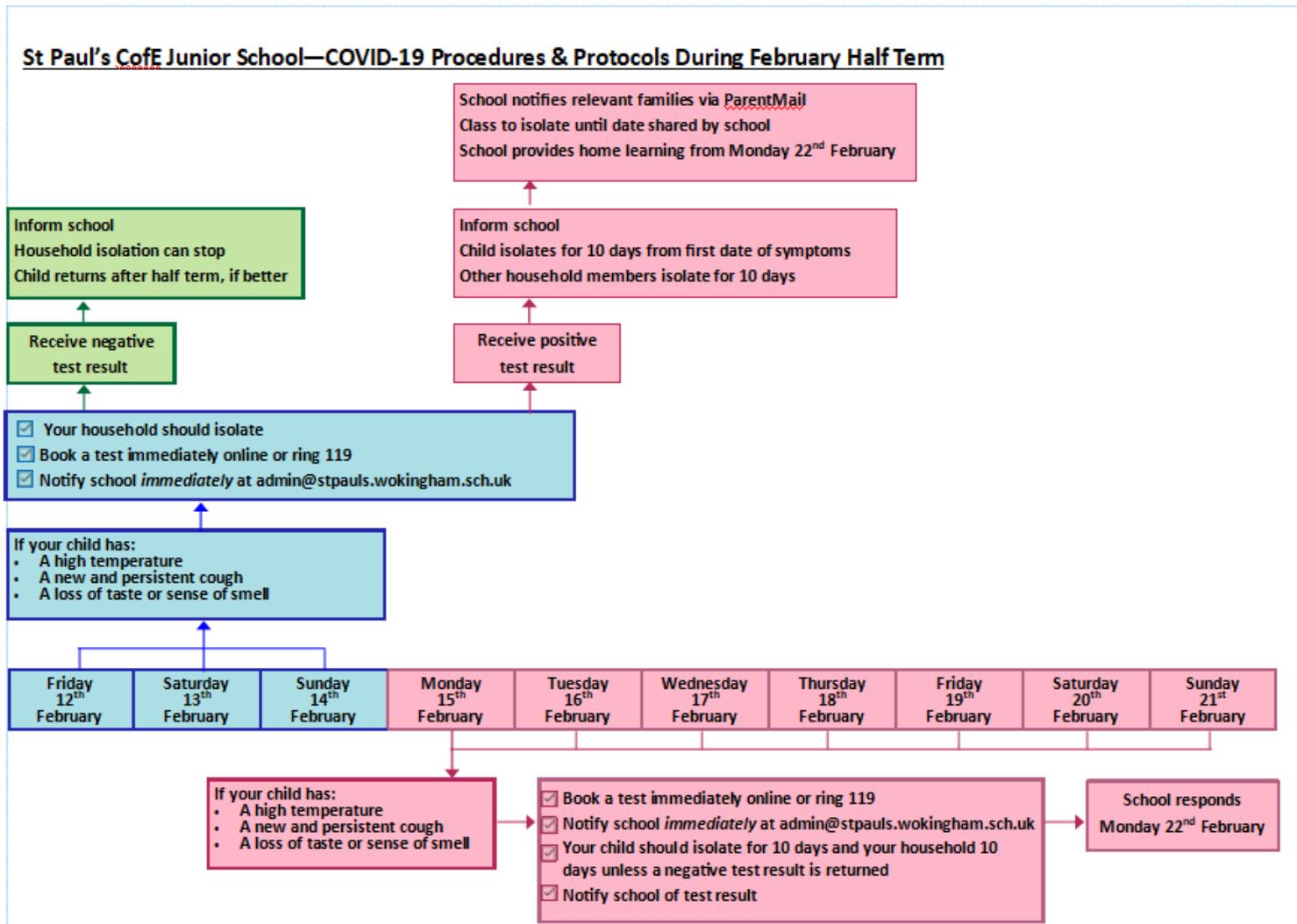
Shrove Tuesday is a Christian festival celebrated on the Tuesday before the beginning of Lent – a period of around six weeks leading up to Easter. During Lent, Christians give up luxuries to remember when Jesus went into the desert for 40 days to fast and pray. The name comes from the old word 'shriving', which means to listen to someone's sins and forgive them. In Anglo-Saxon England, Christians would go to church on Shrove Tuesday to confess their sins and clean their soul. In other words, they would be 'shriven'.



Shrove Tuesday is also known as Pancake Day. Traditionally during Lent, Christians would give up rich, tasty foods such as butter, eggs, sugar and fat (some Christians continue to do so, in fact). Shrove Tuesday was the last chance to eat these rich foods and often as a delicious pancake. Today, people add all kinds of tasty toppings, such as fruit, honey, chocolate and ice cream. To all our families celebrating Shrove Tuesday next week (16<sup>th</sup>), bon appetite!

## Contact Tracing During Half Term

If pupils or staff test positive, having developed symptoms more than 48 hours since being in school, then schools aren't required to take any action. However, where symptoms developed within 48 hours, the school is asked to assist in identifying close contacts and advising self-isolation, as the individual may have been infectious whilst in school. For more information, please see below.



## World Book Day – Thursday 4<sup>th</sup> March

This year, our World Book Day may be slightly different to our usual celebration but we will not let lockdown spoil our fun! The children and staff working at home and in school, are invited to dress up as their favourite book character. As always, there will be prizes for the winner from each class and there will also be a staff prize. We will ask the children and staff to send in a photo for our Gallery page so that everyone is able to join in the fun. The teachers are already planning lots of fun activities on the day and there will also be a story box competition. More details will follow in the next Newsletter.

## Supporting Your Child to Sleep Well

Lockdown is affecting the sleeping patterns of lots of children. The following links are to videos all about how parents can support their children to sleep well. The videos are all relatively short (between 7 and 12 mins long), and are all live on YouTube – links below. Parts 1 – 3 are directed for the parents of primary school aged children and Part 4 is about supporting adolescents with sleep.

Part 1 link - <https://youtu.be/Xm3-tMDymtA>

Part 2 link - [https://youtu.be/\\_jilnFlxgU](https://youtu.be/_jilnFlxgU)

Part 3 link - <https://youtu.be/9U8SCHI272w>

Part 4 link - <https://youtu.be/0KJNTNuu0J0>

## Screen Savers: Looking after your eyes, body and mind when using screens (Beacon House)

We are spending more time online than ever before, possibly sitting and working with poor posture as we use makeshift desks and chairs. There is a tendency to take fewer breaks and less exercise and this is affecting our physical well-being. Beacon House the specialist, therapeutic service for young people, families and adults has produced a series of six posters outlining ways to keep safe and alert when working at home, whether children or adults <https://beaconhouse.org.uk/wp-content/uploads/2020/05/Screen-Savers-1.pdf>

Further Beacon House resources can be found on their website: <https://beaconhouse.org.uk/resources/>

## Tips for Good Mental Health



Youth Mental Health Ambassador, Dr. Alex George, gives his five top tips for good mental health and wellbeing, ahead of the February half term holiday. [Watch the video](#) to hear his advice for pupils, parents and teachers.



Clinical Psychologist, Dr Elizabeth Kilbey, shares practical tips for parents to support remote learning in this new [video](#).

## When emotions explode (Young Minds)

Young Minds has created a poster highlighting ways to give support to children when they have angry feelings or outbursts and may help families start a conversation and talk about each other's feelings. Download the poster [here](#)

## Paula's TWO-15 Challenge



We would like to invite you and your children to participate in the Paula Radcliffe Two-15 challenge to be completed over February half term 15<sup>th</sup> – 22<sup>nd</sup> February. This is a fantastic opportunity to get out and exercise with your family – Families are challenged by Paula to take part and complete **TWO hours and FIFTEEN minutes of activity over half term**. (Paula's world record time for the marathon was 2hr15mins).

Paula Radcliffe is considered to be one of the best female long-distance runners of all time. She is a three-time winner of the London Marathon, three-time winner of the New York Marathon and winner of the Chicago Marathon. She held the world record as fastest female marathon runner from 2003 – 2019, when her record was broken last year. She took a break during her career to have a family but returned to racing before finally retiring in 2015.

Full details can be found at the link below. Whilst you do not need to register to participate every family that decides to enter will receive a participation certificate.

### Paula's Two 15 Challenge – Get Berkshire Active

In addition,

- Every school that takes part and submits an entry will receive a Paula Radcliffe Two 15 participation digital certificate.
- Special Edition Paula Radcliffe Spirit of the Games certificates and a congratulations video from Paula to schools demonstrating the greatest engagement.
- Additionally, the school with the greatest engagement (in each of the following categories Primary/Secondary/Special) will receive a LIVE virtual assembly by Paula in the Summer term and a personalised congratulations video from Paula.

We would love you all to take part, and you can even share your activity with them on twitter **#TWO15challenge** **@BerkshireGames @familiesontrack1** on Instagram **familiesontrack**. Use the link below to submit your entry before 11.00pm on Sunday 21<sup>st</sup> February:

<https://forms.office.com/Pages/ResponsePage.aspx?id=olaazofxl0uhSXnKBbr10C6YFbU-g9JDkCL6KJYeve1UQjY0Q1Y4TzVXQUpOSk9GQkFFU0tCWEdROC4u>



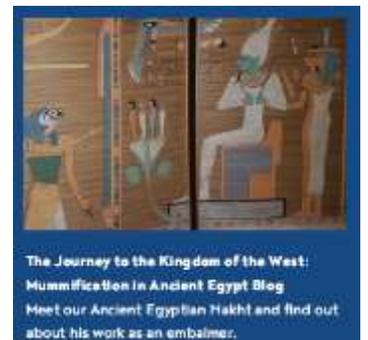
Congratulations to Wyatt (4L) who has been training extremely hard to gain his 6<sup>th</sup> Kup Green Belt in Taekwon-do. This is a fantastic achievement as Wyatt had to complete all of his training via Zoom! Very well done!



### Reading Museum Half Term Activities

Reading Museum has organized lots of virtual half term activities for you to make and do at home. You can journey to Egypt or step back in time to meet a Roman family.

<https://www.readingmuseum.org.uk/half-term-holiday-fun-reading-museum>



**Wonderful Work!**

Here are just a few examples from this week that have been chosen by class teachers.

**Year 3**

Internet safety

**B** Be safe on the internet and don't talk to strangers

**E** Email Addresses and Passwords should not be sent online

**S** Speak to a group if you're not sure about anything

**A** Ask a group if you're aloud to go on that channel

**F** Friend Requests should be ONLY accepted if you know them

**M** EVEN if you're online don't post anything online because a stranger you don't know could REPLY.

**Ben, 3L** – this is independently initiated work following the Safer Internet lesson.

**Dhruv, 3B**

The whole family including Timothy, Daddy and Mum were going to their new house. On their way they saw a pond and a bench. They were having fun in the water at the bank for hours and on top of the bench there was a glowing glowing object with so interesting things on it. Timothy heard it whistle because he was extremely bored some...

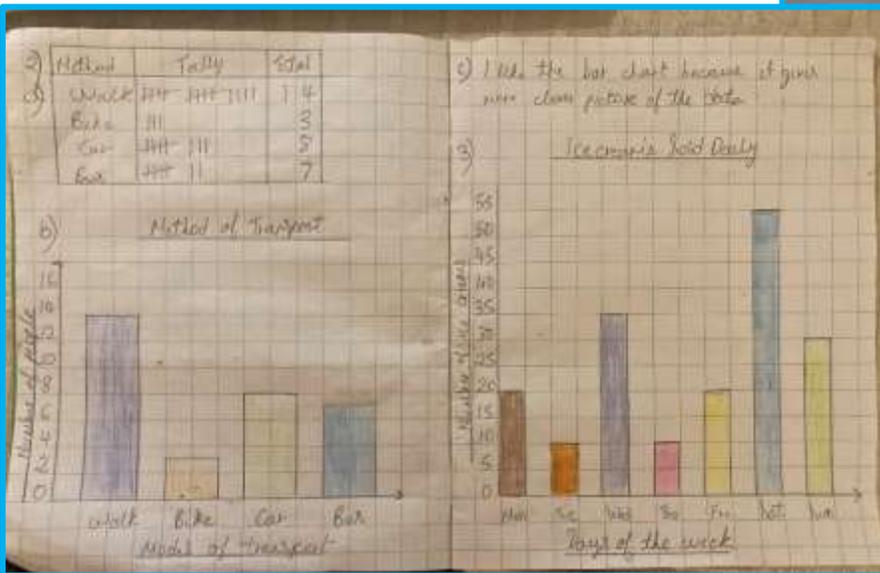
All of a sudden Daddy started yelling and stopped on a rock and tumbled into a deep soggy pond. Oh no! Daddy was upset but Timothy laughed and chuckled "Gee he the thumpin'..."

Timothy quickly took an invisible and funny picture of soggy Daddy while he was crawling out.

Suddenly Mum's friend came by. Her name was Laura she gave Dad a big slap on the back with a glee and questioned "Why are you so wide eyed?" "I fell into the silly old old pond" responded sadly.

Timothy gave a silly red car and "I can take you to where you want to go" laughed Mum.

"Thank you" said Mum. Mum told her that they were going to their new house and when they reached there they were so joyful and said one last thank you.

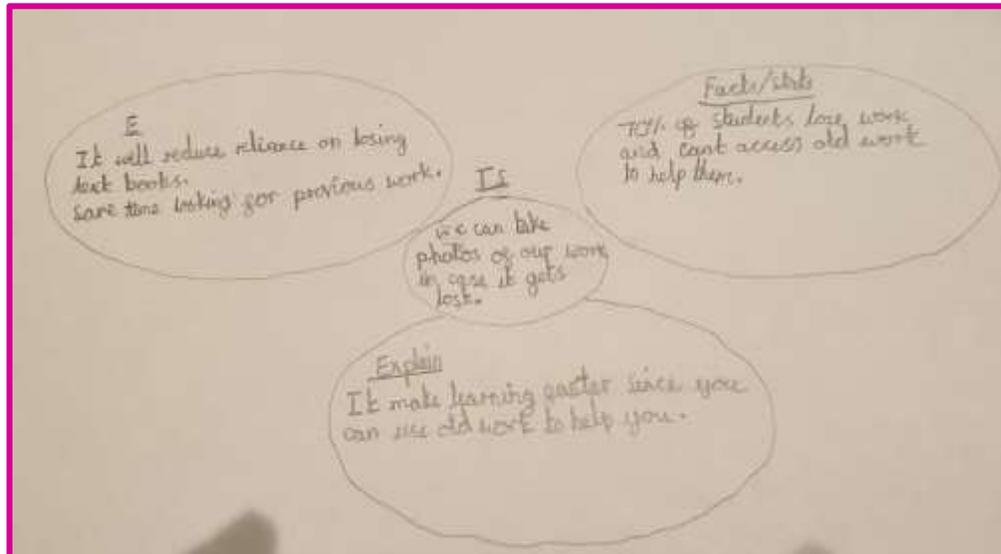
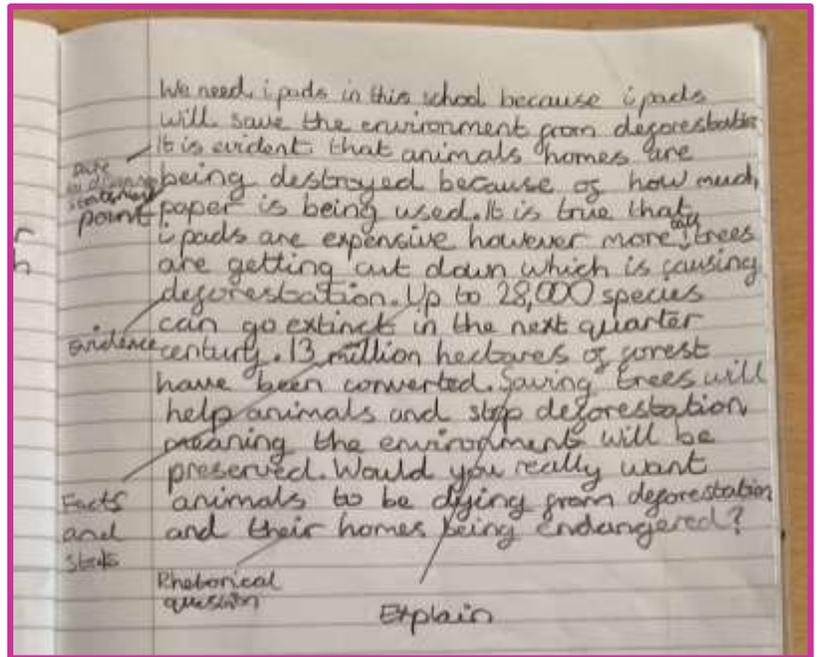
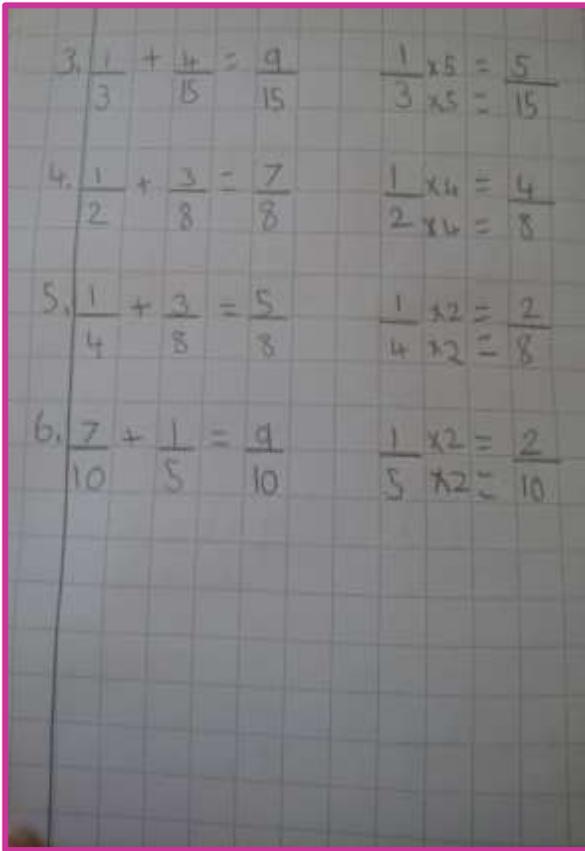


**Amaira, 3D**

St Paul's C of E Junior School is committed to safeguarding and promoting the welfare of children and young people and expects all pupils, staff, volunteers, visitors and external agencies to share this commitment.

Should you have any concerns please speak to Mrs. J M Taylor, Designated Child Protection Officer.





Oliver, 6G

### Battle of the Beaks

Results

Objects being picked up	Implements used as beaks			
	Scissors	Key	Spoons	Keyrings
Beans	74	108	113	0
Sticks	64	86	124	0
Marsh	25	48	91	10

Conclusion: Kids with a spoon like beak will pick more stuff than the kids with a keyring like beak will eat less.



Marnie 6N

Below the clear, turquoise water of the <sup>upper deep</sup> sea,  
 Far, far beneath the tempestuous sea,  
 He was being <sup>hurled</sup> ~~seeked~~ by a horrific monstrosity  
 The turtle swinneth: faint golden rays shimmer  
 About his shadowy sides: swell a school of fish;  
 His crusty shell grew heavier with every stroke, he took,  
 Far away into the darkening water, the sickly  
 light grew dimmer, and ~~dimmer~~ <sup>dimmer</sup>;  
 The pristine water engulfed him as he swam  
 towards his destination,  
 The emerald-green seaweed gently swayed in  
 the <sup>and</sup> current;  
 He continues to swim leisurely in the abysmal sea;  
 Battering upper girding food in his uninvaded sleep  
 Till the sound of mocking sorrow will engulf the  
 deep;  
 When once a century you hear that cry you know that  
 food lies by.



Harry 6B

### Mount Denali

Denali is an amazing mountain located in Alaska USA, it is the highest peak in North America and one of the Seven Summits, the highest mountains in all seven continents. Denali is also known as Mount McKinley. This is because in 1896, a gold prospector decided to name the mountain Mount McKinley in the hope that it would make him a fortune until the US President William McKinley found this did not work and with the active people still in 2015, the mountain was renamed back to Mount Denali. Denali was first climbed in 1953 by climbers Robert Taylor, Harry Goss, Walter Harper and Hudson Stuck.

Climbing Denali

Climbers making an ascent to the summit.

Denali is a very hard climb to make. You have to be extremely fit from all the way to the summit. You also have to be very brave as the journey takes three weeks. It is also expensive to get \$4700 per trip. However, the view is fantastic. It is also excellent high school training for those who want to go on to climb other mountains. It is also North America's highest mountain, making it an excellent achievement. Climbing attempts are best made during May to June, which is also not able to see.

Geography

Denali has very hot summers and cold winters. It has been a big victim of black sheep, with sea level rising, rock avalanches and glaciers melting. At 5500m altitude, however, the snow doesn't melt. It is still 6190m high. Denali is in the Alaska range, a group of mountains that almost split Alaska in two.

Reviews

The best mountain I have ever climbed! - Mr. N. O'Brien

"Amazing climb, amazing experience, amazing everything." - Mrs. J. Higgins

This Travel Brochure was brought to you by Harry Eason Crofton.

## Golden Certificate Winners

Congratulations to the children in this week's Roll of Honour - well done, everyone!



### Year 3

#### 3B

- Ethan – consistently working extremely hard and submitting accurate and well-presented pieces of work.
- Aalayah – consistently handing in well thought out and presented work; it has been wonderful to see you grow in confidence and as such make valuable contributions in lessons.
- Lyla – your enthusiasm and commitment to make the most out of every learning opportunity; for always turning up and handing in your work.
- Liam – working so hard during remote learning and consistently handing in well-presented work that demonstrates your dedication to each task.

#### 3D

- Monty – an excellent, Monty Moore - for an excellent, detailed illustration of a plant in science.
- Fabian - consistently working hard and for his detailed description of life in the Iron Age.
- Vanya - showing increased confidence in her learning and for participating actively in lessons.
- Jessica - for keeping Mr Day amused with her lovely sense of humour!

#### 3L

- Izzah and Sam – being active participants in all live lessons.
- Aston – for being focused and ready to learn.

### Year 4

#### 4C

- ♦ Harry - providing full written explanations to Maths questions.
- ♦ Zachary - providing full written explanations to Maths questions.
- ♦ Darcey - working Independently in Maths and English.

#### 4L

- ♦ Jessica – a fantastic retelling of a story in English.
- ♦ Kayleigh – her consistent hard work and effort in her learning.

#### 4M

- ♦ Jaiyen – always trying his best.
- ♦ Jacob – producing some excellent Historical enquiry.
- ♦ Siyona and Owen – consistently producing work of a high standard.

### Year 5

#### 5S

- Sofie - superb commitment to all her home-learning.
- Vismay - working extremely hard on his presentation.
- Mario - his enthusiasm for all aspects of home-learning.

#### 5K

- Vyan – fantastic presentation when planning in English this week.
- Aahan, Kayla and Kartheek - working hard to solve tricky Maths questions involving fractions.
- Joseph – an improved effort with his Remote Learning resulting in work that he should be proud of.
- Erik - a fantastic persuasive paragraph in English resulting in a very powerful letter to Mrs Taylor.

## 5P

- Molly and Tom – their very impressive and persuasive paragraphs which included carefully chosen persuasive features.
- Miss Plumley - for an outstanding Brainbox session.

## Year 6

### 6B

- ❖ Ruby and Hugo - sharing more ideas in live lessons.
- ❖ Harry B, Evelyn, Samuel S, Xander, Sophia, Abigail, Isabelle W - giving 100% effort in remote learning this half term – making the most of every learning opportunity, all of the time, without fail – amazing!

### 6G

- ❖ Jack – for his consistent hard work in his online learning.
- ❖ Freya, Maya, Edie, Callum, Carlos, Emilia, Shayna, Judy and Joshua - their detailed travel brochure about mountains in the Americas.

### 6N

- ❖ Kaylen – his fabulous work with percentages this week.
- ❖ Leila – her eagerness in contributing to class discussions.
- ❖ Sarang – his focus and application in both the live lessons and his individual work, particularly in Maths.

## CBBC YouTube Channel



For some entertainment during half term, subscribe to [www.youtube.com/cbbc](http://www.youtube.com/cbbc) (it's free). Videos are uploaded daily, suitable for 5 - 11 year olds and cover factual shows, news, dramas, comedy and entertainment like Horrible Histories, Blue Peter, Newsround and many more.

## Wokingham Adult Education Courses

To book a place on any of these courses visit <https://sites.google.com/view/wokingham-acl/courses> for more information and to download the application form. Eligibility criteria applies.

### Managing your Child's Anxiety

11th and 19th March, Thursdays 7-8pm

Learn more about anxiety. Identify the causes and effects of anxiety, signs of anxiety in children and simple tips for families to use to manage every day worries. This interactive, tutor led course is aimed at parents of primary school aged children.

### Paediatric First Aid Introduction

23rd February 6.30-8.30pm OR 2nd March 2-4pm

Learn basic first aid skills that can help with a range of accidents such as choking, burns and scalds, poisons and febrile convulsions. Gain confidence in dealing with common childhood issues such as bumped heads, nosebleeds and objects stuck in nose or ears!

### Building Confidence and Resilience in your Child

25th February and 4th March, Thursdays 7-8pm

Coping with emotions is important for happiness and wellbeing. Help your child recognise, understand and accept feeling and to express them in appropriate ways. Learn to help your child to deal with negative feelings and cope with stressful life events.

## Return to English / English for Speakers of other Languages

These courses will give you the chance to refresh your English skills and to undergo an assessment to see where you need further help.

Community Learning Coordinator, WBC Adult Education

Entries for the Recycled Robots Competition should be sent to [competitionentries@stpauls.wokingham.sch.uk](mailto:competitionentries@stpauls.wokingham.sch.uk) by 19<sup>th</sup> February. The names of the prize winners from each Year Group will be announced in the Newsletter on 26<sup>th</sup> February.

Finally, WBC Public Health Team have advised of a Level 3 Cold Weather Alert from now until 0900 on Monday 15<sup>th</sup> February. Wrap up warm this weekend and have a great half term!

**Mrs Taylor**

**Headteacher**

Diary Dates 2020	
Monday 15 <sup>th</sup> – Friday 19 <sup>th</sup> February 2021	Half Term
Thursday 4 <sup>th</sup> March 2021	World Book Day
Thursday 1 <sup>st</sup> April 2021	End of Term: 2.00pm Finish
Monday 19 <sup>th</sup> April 2021	Start of Term
Term Dates for 2021 can be found on the website <a href="#">here</a>	

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