



Junior School Bulletin



Friday 4th March 2022
Spring Term
Volume 7



39TH NORTH EAST CHILDREN'S CANCER RUN IS NOW OPEN FOR ENTRIES!



Sunday 15th May 2022

Register Online Today!

Miss Gravely has registered the Junior School to take part in the Children's Cancer Run on Sunday 15th May 2022 at Gosforth Park. For those of you who haven't yet done the run, it is really worth the effort - so please don't dismiss the idea. You might be the next Zola Budd!

The school entries over the last few years have been outstanding so let's make sure that we have a large number of entrants taking part again this year.

It's easy to sign up and you'll feel good both physically and spiritually if you do.... so, go on, take the plunge!

Here's the link to book your place(s):

<https://childrenscancernorth.org.uk/events/>

When you register, please remember to select the Royal Grammar School (Juniors) when asked if you are running for a school or running independently.

Entry Fees:

£7 (child)

£14 (adult)

£40 (family - up to 2 adults and 3 children)

You know you want to.....

Mr Miller



North of England
Children's Cancer
Research
Registered charity no. 510339



MARCH BIRTHDAYS

MANY HAPPY RETURNS....

.... to Sukey L, Dilan C, Jamie B, Cassius E, Jamaima Q, Mason M, Adi K, James K, Bernard S, Leo A, Joshua T, Oliver C, Thomas C, AJ P, Gabriel B, Rufus E and Oli G who all celebrate birthday this month.

ENJOY YOUR SPECIAL DAY!



CONGRATULATIONS....



.... to Kimaya R (6L) who recently designed and created a canvas painting depicting the **6L Lemons** (as we are affectionately known).

Mr Lloyd



Well done, Kimaya - what a great painting!

CONGRATULATIONS....

.... to Class 3T for their fabulous art skills during our animal art topic this term.

Their soft pastel owl work has really been a hoot!

Mrs McCulloch



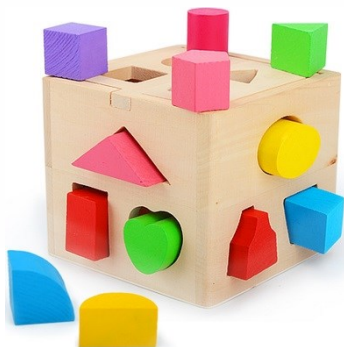
Well done, Class 3T - what amazing artwork!



FITTING IN OR BELONGING?

I'm slightly at odds with the phrase 'fitting in' and much prefer the idea of 'belonging'. I want everyone in the RGS community to feel like they belong because of who they are – the idea of 'fitting in' suggests some kind of adaptation and attempt or need to be like everyone else. The picture of the shape box below is a brilliant way to think about our school: it is made up of many different shapes and each one has their own space, there is room for everyone and nobody has to change the way they are to belong. We are bound by the same values and hold the same respect for our community but we are all unique. I am a pink triangular prism – what are you?

Mr Miller



MATHS PUZZLE OF THE WEEK

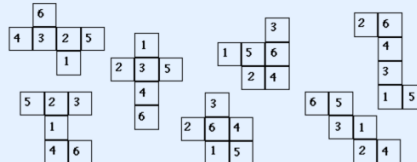


Last week's puzzle and solution:

Crushed Dice Puzzle

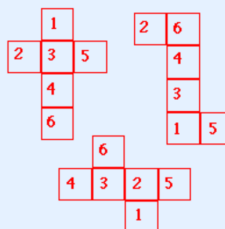
The Puzzle:

Sam wants to make some dice. But only one of these nets will make dice correctly. Which one?

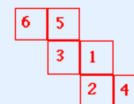


Our Solution:

These three all made cubes:



But only this one made a correctly numbered dice:



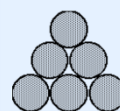
The trick was to get each pair of opposite sides adding up to 7. This is the only one that does it!

This week's puzzle:

Pure Coin-cidence Puzzle

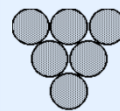
The Puzzle:

Look at the triangle of six pennies below:



I want to turn this triangle upside-down:

So that it looks like this:



What is the smallest number of coins I must move?

Please submit your answer, along with any of your own, real-life puzzles (and answers!), to me:

t.lloyd@rgs.newcastle.sch.uk

Thank you.

Mr Lloyd



AN ACT OF KINDNESS FROM AMRIT



Dear Miss Gravely,

How are you? I hope you had a great half term holiday.

On Thursday, 24th of February, I was a mascot for the Red Sky Foundation. The mascot is called Miss Beat's and, at my Daddy's office, we were raising money for the charity.

I wore the outfit and encouraged everybody to support Red Sky, which is a charity that provides defibrillators like the one we have outside Brandling House.

Kind regards

Amrit J (5B)



HÉLÈNE MAKES THE MOST OF HER ISOLATION TIME

Dear Miss Gravely,

The last days of term and first part of my holiday I sadly needed to isolate because of Covid. I made an RGS board game which is a mix of Ludo and Frustration. I was Eldon, of course, my dad Horsley and he won!

I also went to hockey camp and joined an Italian cooking course at Blackfriars!

Thank you.

Hélène C (6W)



LOST PROPERTY

Ishaan P (3S) has lost his blue/grey Michael Kors coat. Please can we all keep a look out for it.

Thank you.

Miss Gravely, Miss Noble & Mrs Evans

UNFAIR CHOCOLATE

I've recently read an article in an Ethical Consumer Magazine about chocolate and found out that some companies like Nestle and Cadbury are not really checking what is happening on the cocoa farms they are buying cocoa beans from. Some organizations found that cocoa farmers are using children as workers because they don't have enough money to hire adult workers. And it's because the big companies are paying not enough for cocoa and don't really care about the people who are farming the cocoa beans. They just care about how much money they have.

I really like Cadbury chocolate and I'm really disappointed that they are doing that. I wish everybody could stop buying Cadbury so Cadbury can change their behaviour.

For now I'm going to stop buying my favourite Cadbury chocolates and I'm starting to discover new chocolates from Fair Trade companies, that care about farmers, workers and their families and supporting farmers in not using children as workers but sending them to schools by paying them fair money.



Source: Ethical Consumer Magazine issue 188

Bernard S (5C)

Mindful March 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together