



# Junior School Bulletin



Friday 7th October 2022  
Autumn Term  
Volume 4

## 2000 Year Old Superpowers!

Thanks to the kind and thoughtful Mr Sainsbury, Chloe's dad, a discovery has been made!

The Stoics are group of philosophers (Seneca, Epictetus, Marcus Aurelius, Socrates and the like) who identified 4 virtues to help them live better lives: courage, temperance, justice and wisdom. There is a remarkable alignment between the Stoic Virtues and our Superpowers...can you connect them? For a headmaster's merit, I'd love to see a poster connecting the Virtues and the Superpowers...

The Stoics basic principle is about recognising what we can control and what we can't and that the control we have is with OUR MIND. Using this, Psychiatrist Viktor Frankl identified a way to enhance our CALM superpower (although I'm not sure he knew it at the time 😊). In between a stimulus that we receive and our reaction to it, there is something he called 'the space.' Whilst we can't control the stimulus, we can control 'the space' by making it bigger... allowing us the time to be calm and composed and deliver a 'better' reaction.

We talked in assembly about the importance of 'the space' as when we use it correctly, it allows us to react according to our values rather than our emotions.

**Mr Miller**  
**Head of Junior School**  
**Guest Superpower for October...Patience**



## House Music Update

What an auditory treat it was to listen to all of the House Music entries last week. There were a whopping 75 entries, each earning points for their house. It was a hugely difficult task to select one representative for each house, in each year group. There was such dedication, skill, talent and enjoyment on show from all of the entrants. The ABLE superpower was in abundance! Everyone who auditioned will have the opportunity to perform at a Friday Cafe over the course of this year, if they would like to.

It gives me great pleasure to announce our finalists that you will hear performing at the House Music Competitions:

Year 3	Year 4
Collingwood – Alan J	Collingwood – Madeeha H
Eldon – Teddy M	Eldon – Miranda Z
Horsley – Cecily S	Horsley – Anaya G
Stowell – Thomas T	Stowell – Sukey L
Year 5	Year 6
Collingwood - James B	Collingwood – Vivienne P
Eldon - Alastair D	Eldon – Leo C
Horsley - George C	Horsley – Sophia C
Stowell - Allan Z	Stowell -Annabelle Z

Please remember to book your tickets if you haven't yet done so. We will be removing the ticket restriction of 2 per family at some point next week, so that people can book more seats. So we need to make sure everyone has had enough time to book some for their family.

**Mrs Clappison**

## RGS COMMUNITY CHOIR

Enjoy singing?

The RGS Community Choir is looking for new members. It is a non-audition choir, open to all enthusiastic singers. You don't have to read music or have prior experience singing in a choir.

Interested? Why not come along to our next rehearsal.

**Mr Smith**



## RGS COMMUNITY CHOIR



A free non-audition choir open to all enthusiastic singers, even if you don't read music or have limited experience.



REHEARSALS EVERY MONDAY Term time only **18:00 - 19:30**  
Entry via Main Reception, Royal Grammar School, Eskdale Terrace, NE2 4DX  
For more information contact Neil Smith [n.smith@rgs.newcastle.sch.uk](mailto:n.smith@rgs.newcastle.sch.uk) - 0191 281 5711

## CONGRATULATIONS TO ...

Evangeline B (6L) passed Grade 2 piano with distinction. Well done.



Henry (5M) and Phoebe (8KAJ) took part in the Memory Walk in Clumber Park, Nottinghamshire to raise money for the Alzheimer's Society. They had a lovely autumn walk remembering their much loved Auntie Audrey. Olive the cockapoo looked very smart in her bandana too!



## HOOP GLIDER

Laud B (Y3) wanted to share his hoop glider. Laud and I were making paper aeroplanes during the rainstorms (they were pretty poor) Laud researched "best paper planes" he showed me a hoop glider which he made within seconds and was astonished by how far it can fly!

He read about the science involved which makes this very simple design so effective.

Mrs B



## MATHS PUZZLE OF THE WEEK



The answer for last week's puzzle was ...  
1.6cm

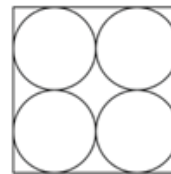
Well done to all those who attempted the puzzle.

**This week's Puzzle:**

### Daily Maths Puzzle

4

Each circle has a radius of 3.5 cm. What is the area of the whole shape?



Please submit your answer, along with any of your own, real-life puzzles (and answers!), to me: [t.lloyd@rgs.newcastle.sch.uk](mailto:t.lloyd@rgs.newcastle.sch.uk)

Thank you.  
**Mr Lloyd**



## BIRTHDAYS THIS WEEK MANY HAPPY RETURNS TO....

Alan J (Y3), Oliver W (Y3), Xanthe D (Y4), Ellie D (Y5),  
Jake D (Y5), Eleanor Q (Y5), Alister C (Y5),  
Maryam A (Y5), Henry B (Y6)

**WE HOPE YOU ENJOYED  
YOUR SPECIAL DAY!**



## CLASS TOKENS COMPETITION



A **BIG** well done to 4LW who won the *Class Tokens Competition* last week and thoroughly enjoyed their well-deserved breakfast!

**Mrs Cree**





## BUDDY MEET UP ...

Friday morning saw the first buddy meet of the year and what a wonderful time everyone had. It was just great to see so many children chatting and playing together. Here's to the next session.

Mrs Wall





## ART DAY

Printmaking, glass fusing, sketching and sculpting is just some of what Year 4 got up to last Friday during their nature themed Art Day. Pupils amazed us all with their art skills both in school and on their trip to the Sunderland Glass Centre. Here's what the children thought:

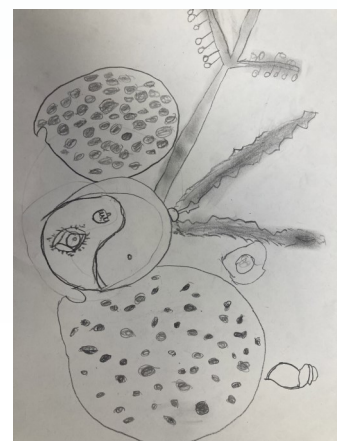
*I loved watching the glass blowing demonstration and printmaking with leaves back in school. Rae.*

*I enjoyed Art Day because we got to work together as a team. Insiyah.*

*I loved all of Art Day but especially the Andy Goldsworthy floor murals as I loved using nature to create art. Etti.*

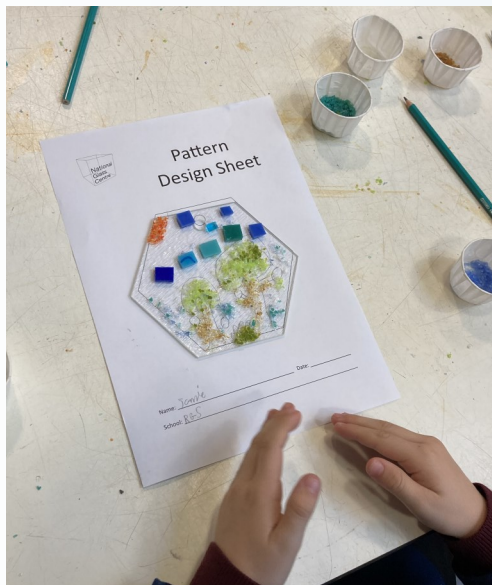
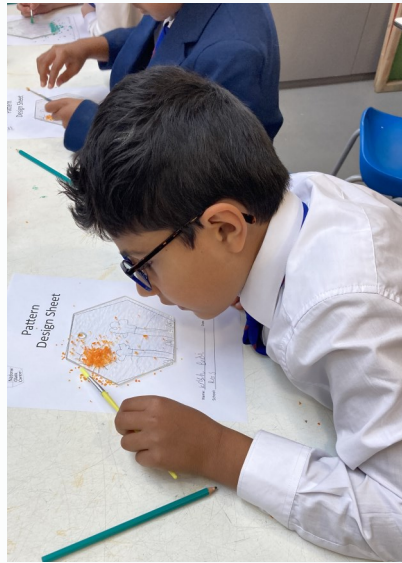
*I really enjoyed everything about Art Day. We used nature to do lots of fun things such as drawing, sculpting and printing! Our trip to the Sunderland Glass Centre was also very exciting. Maddie.*

Well done Year 4! Other year groups can look forward to their annual Art Day later this year. **Mrs McCulloch**





## ART DAY cont....



## INKTOBER 2022

*It is that time again folks: Inktober has arrived!*

*If you would like to take part, use the daily prompt word to create an artwork using ink.*

*You could collect all 31 into one sketchbook and have your very own collection of ink drawings or choose your favourite prompts!*

*Please send a photograph of your Inktober masterpieces to [m.noble@rqs.newcastle.sch.uk](mailto:m.noble@rqs.newcastle.sch.uk) if you would like your work to appear in next week's Bulletin or you could deliver your original artwork to me to be exhibited around the school.*

*Good Luck!*

*Miss M Noble*



### Inktober rules:

- 1) Make a drawing in ink (you can do a pencil under-drawing if you want).
- 2) Repeat.

Note: you can do it daily, or go the half-marathon route and post every other day, or once a week.

What ever you decide, just be consistent with it.

Inktober is about growing and improving and forming positive habits, so the more you're consistent the better.

That's it! Now go make something beautiful.

