



Minimising Labels

Many children and adults act in a way that fits with the how we feel others think about us, which can be damaging for those still trying to find themselves. We are trying to amend our use of language in school to avoid using any 'you are...' phrases – let me try to explain.

As an example, if you constantly hear, "you are so clever," "you are a genius," you can develop a self-talk that reflects that. Many will feel the need to maintain that 'status' and place great value on answering questions that they have a high chance of getting right, therefore getting the adult to confirm that, "you are so brilliant." This risks developing into a fear of failure and therefore a reluctance to take on questions/challenges that might result in error, which immediately puts a cap on potential progress.

The alternative language (i.e. "that was a clever thing to do," "what a genius answer that was") limits the praise to an isolated moment and reduces the impact on a child's self-talk. To further support this, we are placing the emphasis of praise on the effort that is being made rather than the outcome. When thinking about a tougher challenge that might not result in success, the child still knows that they can receive the same level of praise and feedback for their effort, as that isn't linked to the outcome.

The same is of course true, and arguably more important, with the language used when more negative things have occurred. The days of, "you are unkind" have surely gone to be replaced with, "that was an unkind thing to do," again aiming the comment on that particular act rather than at the character of the child.

For any human to be perpetually told "you are this or you are that" impacts their view of themselves and who knows how that manifests itself. To conclude with a World Cup analogy, if Neymar misses a penalty, the comment should be, "that was a bad penalty" rather than, "he's terrible at football" as that clearly isn't true!

Mr Miller

Guest Superpower for November...Inclusivity



Speak Out-Stay Safe | NSPCC

During our Speak Out Stay Safe interactive assemblies, all year groups sat sensibly and offered such thoughtful answers, showing understanding that they have the right to be safe and what to do if they feel worried or scared.

Buddy (the NSPCC mascot) also visited Years 5 and 6 to tell the children about what types of child abuse exist, how to protect themselves and where to go for help.

"I thought the workshop was amazing because it encouraged us to think about which adults we can talk to when we are worried." - **Harry in Year 5**

"The NSPCC taught us that all children have the right to speak out and stay safe; they also suggested people we could talk to if something was troubling us. We even got an activity booklet at the end!" - **Emma in Year 6**

Mrs Milligan



MUSIC LESSONS

If your son/daughter is going on a trip or fixture, please inform your child's VMT as soon as possible to re-arrange an individual music lesson, as you will be charged if your son/daughter misses a lesson due to a trip /fixture.

Thank you.



Healthy Snacks

I was delighted to see Danyal leading the way with his choice of healthy snack! Banana, grapes and tangerine. Plenty of vitamins, minerals and dietary fibres. I'll be on the lookout for other great snacks to celebrate and promote next week...



Mr M



MATHS PUZZLE OF THE WEEK



The answer for Seb's puzzle was ...
£35.75

Well done to all those who attempted the puzzle.

This week's Puzzle is:

There are four customers waiting for their drink at a coffee shop.
They each ordered a different drink and paid a different amount.

Zoe paid 50p more than the person who ordered an espresso.

Kate ordered a cappuccino.

Fiona paid more than anyone else.



Fiona paid 50p more than Kate.

Kate paid £3 for her drink.

One person ordered an americano.

Zoe paid £1 less than the person that ordered a latte.

How much did Agron pay for his drink?

Give your answer in pounds (£)

Extension: Can you add a 5th person and their drink and add clues to create your own, harder, puzzle?

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



BIRTHDAYS THIS WEEK MANY HAPPY RETURNS TO....

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

Harrison C (3S), Scarlett M (4MH) and Ethan J (5C)



Advent Calendars

Don't forget... we are still accepting advent calendar donations for the St. Vincent's food parcels at Brandling House and Lambton House reception until Tuesday 22nd November.

A big thank you to all of those who have already donated!



Dancing to success!



Albert G-G (4AW) took part in his very first ballroom dancing competition at the week-end. He spent all day on Sunday with his brother competing in several dances including the Waltz, Cha Cha Cha, and Gainsborough Glide, and was awarded three trophies!

Year 5 visit to Robinwood

Year 5 travelled to the Robinwood Activity Centre at Barhaugh Hall, near Alston last week, for three packed days of activities. Although we had a some rain at times, and it was very windy, the relatively mild weather helped them to enjoy the outdoor activities even more. They drew on their superpowers to tackle the giant swing, the trapeze, the night line and even the dreaded piranha pool, to name just a few. This year group have set the bar high for their engagement and behaviour, particularly at bedtimes and overnight – a they were a real credit to themselves and the school. Lots of fun had, lots learned about each other. Well done, Year 5.

Dr Spencer



Year 5 visit to Robinwood continued...



Wellbeing Weekend



Ben G attended Gosforth's Remembrance Day parade where he represented the 100th Newcastle Scout Group.



This weekend William P (3D) enjoyed the Remembrance parade in Durham where he observed the veterans and others who have protected our freedom and way of life. William particularly liked the Royal Air Force uniform and politely asked if he could have his photograph taken with them. - **Chris P**



Amraj P (3D) took part in the Ponteland Remembrance Day parade with his Beavers colony. He was really proud to be taking part as his great granddad was a prisoner of war.

Autumn Rugby Internationals: Trip to Murrayfield

Last weekend Poppy M (6L) and Thomas M (3S) got their first taste of international rugby watching Scotland play Fiji at Murrayfield. Both of them had a great time - including enthusiastically participating in a Mexican Wave and the



"Half-Time Chip Run"

Thomas also saw some Fijian passing skills he's hoping to replicate in Mr Cragg's next games lesson...

From there they went on to enjoy a fireworks nearby before staying the night in Edinburgh—**Mr. M**



Chess Tournament

The RGS Individual Tournament will take place on Saturday 26th November in our Fenwick Hall, from 9:45AM to 4PM. Parents, please go to www.njca.co to register your child.

Parents need to stay and look after their children, but can be responsible for other children if this is agreed with all parties and split shifts.

Please bring a packed lunch.

Mr Eggleston



Project Santa 2022

CHRISTMAS PRESENT APPEAL NOW OPEN

Our aim at Project Santa is to give the joy of presents and food to Children this Christmas. We are looking for donations or presents for children up to the age of 16.

YOUR PROJECT SANTA REPRESENTATIVE IS:

Age **7** collection

Seema

07788 593450

Age **8** collection

Kanchan

07966 174962

Age **9** collection

Kemmy

07976 639095

Alternatively Bank Transfer: Project Santa, SC: 55-81-19 AC: 90876849

For further information please e-mail projectsantanewcastle@gmail.com

Supporting children and families in Newcastle for 8 years

Lost Property

Please can we keep an eye out for the following lost items and return to the named children if found:

Ani K (5M) - a pair of size 7 black Clarks shoes and a size 32 blazer

James T (5B) - a pair of black shoes with velcro straps.

Arianna C (3T) - a black mid-layer

Vivienne P (6N) - a blue coat

Jayden S (3T) - a pair of black Adidas trainers with white stripes

George M (6L) - a named mid layer (size 9-10 years)



CLASS TOKENS COMPETITION

A **BIG** well done to 4AW who won the *Class Tokens Competition* last week (with a staggering 24 tokens!) and thoroughly enjoyed their well-deserved breakfast!

Mrs Cree





We hope you can all join us for our RGS Winter Fair.
Entrance point will be from Senior School reception — See you there!



WINTER WONDERLAND

• Winter Fair raising money for
Africa Tikkun, DePaul UK and RGS Bursary Fund
24 November
4:15pm to 6:30pm
Food, Drink, Stalls, tree decorating and more

