



Junior School Bulletin



Friday 29th April 2022
Summer Term
Volume 1

Y6 LEAVERS' HOODIES

The **closing date** for ordering Y6 leavers' hoodies is **1st May**.

Please follow the link below to place and pay for your order. Your order will be delivered to your house in June.

<http://www.moette.co.uk/Leavers-Clothing/RGS-Leavers>

If you have any difficulties with ordering, please contact Moette directly or email me: Deborah_jacks@hotmail.com

Mrs Copland (mother of Jack)

Royal Grammar School Newcastle
Y6 Leavers 2022 Hoodies

We are pleased to offer you a unique 'Leavers 2022' hoodies.
The back design contains the names of all leavers in 2022.
Available to order online by visiting
<http://www.moette.co.uk/Leavers-Clothing/RGS-Leavers>
Orders placed **between Monday 11th April - Midnight Sunday 1st May** will be delivered to your home address in June.

Leavers 2022 Hoodies
Embroidered left breast with the school badge.
Printed on the back with our unique 'Leavers 2022' design.

Your name can be added to the back above the print.
Colours available -
Navy, Red, Sport Grey, Forest Green, Light Pink, Maroon, Carolina Blue (adults sizes only), Purple (adults sizes only)
Kids Sizes - 9/11 (youths large) and 12/13 (youths xlarge)
Adults Sizes - S, M, L, XL, XXL
£27.50

RGS JUNIOR SCHOOL PARENTS TEAM PRESENT

QUIZ Night

THURSDAY, MAY 19TH

7:00 PM £5 PER PERSON

ARRIVE EARLY...QUIZ STARTS AT 7.45.
QUIZ MASTER: MR MILLER

Newcastle Cricket Club
Osborne Avenue
NE2 1JS

Think you know it all? Can you beat the RGS Teachers?
Either gather up a team of parents (max 5 per team) or be allocated to a team on the night and come to compete for the Winner's Title. All proceeds raised for the RGS Bursary Campaign & a nominated charity. Drinks available to purchase from onsite bar. Limited tickets!

BUY TICKETS AT
WWW.TICKETSOURCE.CO.UK/RGS-JSP



A FULL HOUSE (AND STAGE!) FOR THE SPRING CONCERT



What a treat it was to have another big musical event in the theatre on Wednesday 6th April. Hot on the heels of the House Music Competitions, which had involved every child in the school, the Spring Concert saw a whopping 120 children choosing to perform in the orchestra, musical ensembles and the most enormous choir. A wide-ranging programme from Dvorak to Razzamajazz Recorder, and everything in between, the children worked so hard to ensure a night of musical joy was shared with the audience.

Huge thanks must be given to the VMTs who worked so hard to prepare their groups for the concert.

Whilst I might have been slightly disappointed at the non-appearance of Daniel Craig (those in the audience will understand this reference!), I could not have been prouder of the efforts of each and every child on the stage.

What a way to end the term!

Mrs Clappison



Active April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Commit to being more active this month, starting today.	2. Spend as much time as possible outdoors today.	3. Listen to your body and be grateful for what it can do.	4. Eat healthy and natural food today and drink lots of water.	5. Turn a regular activity into a playful game today.	6. Do a body-scen meditation and really notice how your body feels.	7. Get natural light early in the day. Dim the lights in the evening.
8. Give your body a boost by laughing or making someone laugh.	9. Turn your housework or chores into a fun form of exercise.	10. Have a day free from TV or screens and get moving instead.	11. Set yourself an exercise goal or sign up to an activity challenge.	12. Move as much as possible, even if you're stuck inside.	13. Make sleep a priority and go to bed in good time.	14. Relax your body & mind with yoga, tai chi or meditation.
15. Get active by singing today (even if you think you can't sing!).	16. Go exploring around your local area and notice new things.	17. Be active outside. Dig up weeds or plant some seeds.	18. Try a new online exercise, activity or dance class.	19. Spend less time sitting today. Get up and move more often.	20. Focus on 'eating a rainbow' of multi-coloured vegetables today.	21. Regularly pause to stretch and breathe during the day.
22. Enjoy moving to your favourite music. Really go for it.	23. Go out and do an errand for a loved one or neighbour.	24. Get active in nature. Feed the birds or go wildlife-spotting.	25. Have a 'no screens' night and take time to recharge yourself.	26. Take an extra break in your day and walk outside for 15 minutes.	27. Find a fun exercise to do while waiting for the kettle to boil.	28. Meet a friend outside for a walk and a chat.
29. Become an activist for a cause you really believe in.	30. Make time to run, swim, dance, cycle or stretch today.					

ACTION FOR HAPPINESS **Happier · Kinder · Together**



39TH NORTH EAST CHILDREN'S CANCER RUN

Sunday 15th May 2022



Don't forget to register for the Children's Cancer Run on Sunday 15th May 2022 at Gosforth Park. It is well worth the effort and I'll be there, along with a few other members of staff from the Junior School, to cheer you along!

It's easy to sign up and you'll feel good both physically and spiritually if you do.

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.

So, go on, take the plunge... you know you want to!

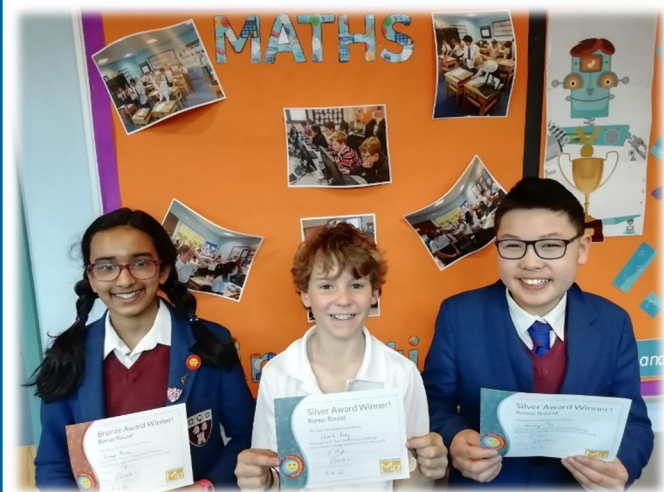
Mr Miller



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

CONGRATULATIONS...

... to Kimaya R (6L), Edward P (6W) and Harvey T (6W) who all made it through to the Bonus Round of the **Primary Maths Challenge**.



Top work everyone!

Mr Lloyd



MATHS PUZZLE OF THE WEEK



Last week's puzzle and solution:

Three Cards Puzzle

The Puzzle:



On your travels you come to an old man on the side of the road holding three cards from a standard deck face down. Trying to make conversation you ask him what the three cards are.

He tells you, "To the left of the queen, are one or two jacks. To the right of the jack, are one or two jacks. To the right of the club, are one or two diamonds. To the left of the diamond, are one or two diamonds." What are the three cards?

(There is more than one solution!)

Our Solution:

From left to right: the jack of clubs, jack of diamonds, and queen of diamonds.

OR: jack of diamonds, jack of clubs, queen of diamonds (courtesy of Daryl S)

OR: jack of clubs, queen of diamonds, jack of diamonds (courtesy of Paul Sharp)

This week's puzzle:

Clock Puzzle

The Puzzle:



At midday the hour and minute hands of a clock sit on top of each other perfectly.

In a little over one hour they will again be on top of each other.

What is the exact time that happens?

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

t.lloyd@rgs.newcastle.sch.uk

Mr Lloyd

WHAT THE SUPERPOWERS MEAN TO YOU

Many of you will have seen the clip from Sedbergh School of a young chap being 'the best teammate ever?' If you haven't, it is a wonderful example of the superpowers in action... a boy is on the side-lines reluctant to join in the with rugby and his friend comes along and gives him a wonderful pep-talk and a hug and gets him back on the pitch, showing strength, kindness, ability and calmness all within 30 seconds.

On the back of this clip, each class spent a bit of time giving thought to what each of the 4 superpowers means to them.

My job is to collate these thoughts and to encapsulate the collective feeling in some wording to be placed around the school in celebration of us all trying to be the best versions of ourselves.



Mr Miller

CONGRATULATIONS...



... to H         (6W) who recently heard that she had passed her Grade 5 ABRSM Violin exam with Distinction.

H         was also recently promoted to 1st violinist in *Stepup Sinfonia*, the young musicians orchestra of The Sage.

Well done, H         - two wonderful achievements!



A TRUE ACT OF KINDNESS

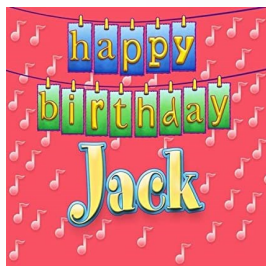


Jack C (6N) celebrated his Birthday by having a party with his RGS friends during the Easter holidays. Instead of receiving presents, he set up a *Just Giving* account and asked for donations be made to the Greggs Foundation.

Jack said, "I chose to donate to the Greggs charity as my Dad works for Greggs. He has been to visit lots of schools with the charity and they help give children breakfast in school everyday. I couldn't imagine going to school without breakfast so I know this will help."

Jack and his friends and family raised a whopping   365!

Well done, Jack - you are an inspiration to us all!



LOST PROPERTY

Bernard S (5C) has lost the key to his bike lock - it is similar to these keys.

Please can we all keep a look out for it.

Thank you.



MORE ACTS OF KINDNESS



Thank you to everyone who donated eggs, chocolates and Easter activities before the end of term. Liam B (6L), Theo C (6N) and Darcey B (3T) helped to organise the incredible number of donations. Together, they delivered them all to the St Vincent's Centre which is just up the road from school.

St Vincent's were blown away by the incredible generosity of our RGS family and friends and want to pass on their heart felt thanks to every one who contributed to the collection.

The donations were due to be added to food hampers over the Easter break, as well as being used as part of the family days hosted by the volunteers at the centre.

Mrs Jan Browne



DENTISTS VISIT Y3 CHILDREN

On Wednesday 6th April, just before we broke up for the Easter holidays, Year 3 were visited by a dentist and 2 dental nurses from the *InDental* Practice in Gateshead. As part of our science curriculum, we study teeth and healthy eating so this was a great way for us to get some first-hand tips and advice.

Brian, the dentist, talked about the different types of teeth that we have, the job that each type does and the foods that are good and bad for our teeth. He spoke to us about how to clean them properly and what to expect when we visit the dentist. Helped by Charlotte and Kate, the dental nurses, Brian demonstrated how much sugar is in the foods and drinks that we eat. We were shocked at how much sugar was in some foods, especially tomato ketchup! He also explained that if we were wanting to eat something sweet, it was better to eat it straight after our meal rather than having it at a later time. This was good advice, especially with Easter eggs and lots of chocolate fast approaching!

Brian was asked whether he knew anything about animal teeth and he surprised us by telling us that he did as he has his own horse which needs regular check-ups from a special horse dentist.

We are extremely grateful to Brian, Charlotte and Kate for taking the time to visit Year 3 and sharing their time, knowledge and skills with us so that we can keep our teeth clean and healthy.

Mrs Dean

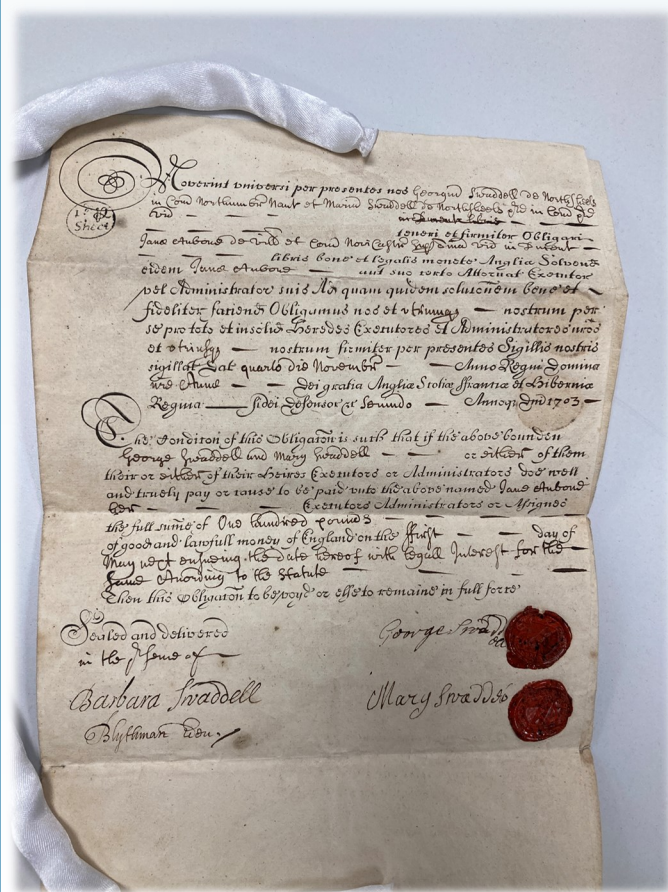


ARCHIVE CORNER

Did you know we have an archive here at RGS?

Every month we will be sharing treasures from the collections in Archive Corner!

RGS is really lucky to have an archive which looks after documents, books and objects all linked to the history of our school. Our collections date from 1519 right up to the present. But can you guess which century this item dates from?



Bond made between Jane Aubone and George & Mary Swaddell, for the sum of £100

Louise Piffero
Archivist

Answer = 18th century/1700s.
Document is dated 1704



Recycle - Reuse - 'Rekit'

Dear RGS family and friends,

We are writing to you to ask for your help to launch an exciting new initiative here at the RGS Junior School.

'The Rekit Scheme' is an environmentally friendly idea where we work together to recycle and reuse some clothing required for outdoor activities.

Year group residential trips are always highly anticipated, highlights of the school year. With the planning and preparation comes a list of kit items that children need to have in order to ensure the trip is a safe, comfortable and (hopefully) dry one!

Often wellies, walking boots and other items are bought for these trips and then never used again, gathering dust in the shed or garage, quickly outgrown and forgotten... That's where our scheme wants to help! Wellies, in particular, are not easy to recycle - as they are usually made out of a mixture of materials. They can however be reused for several years, by being passed on to a wearer of the right size!

We are therefore appealing for any donations of high quality wellies, walking boots and waterproof trousers that no longer fit, but are still very much 'fit for purpose.' As with all appeals like this, we anticipate a generous response, so would ask to make sure only clean, good quality items are donated - ones that are ready to loan to someone else.

Please could items be donated by Friday 6th May. This gives us time to sort out the items before writing to you again with details of how you can use 'Rekit' for upcoming trips. (This scheme is also looking to support the crisis in Ukraine, more details of this will be shared with you in the next letter). We really hope you can help us make this idea a big success! If you have any questions or suggestions, please contact Mrs Browne:

j.browne@rgs.newcastle.sch.uk

We hope you had a wonderful Easter break,

*From Chirag, Ellie, Luca, Jack, Zuri and Ena
(Year 6 Founders of 'Recycle - Reuse - Rekit')*



Wellbeing Award
for Schools

Over the next few months,
we are working towards the

WELLBEING AWARD FOR SCHOOLS

This is a whole-school activity to help improve the
emotional wellbeing and mental health of everyone.



To find out more
or to get involved, contact your
Wellbeing Award Coordinator:

Mrs Karen Wall or Ms Sarah Longville

