
Friday 31st March 2023



Meath Green Junior School

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Dear parent/carer

Well, what a fully packed term we have had! From the pantomime, Y3 Chinese Dragon workshop, Children's Mental Health week with a visit from 'Cheer up Charlie', Safer Internet Day, Y6 Junior Citizens, Book Week, visit from author Chris Smith, visit from local MP Claire Coutinho, Y4 making chocolate, whole school poetry competition, Y5 Bough Beech visits, whole school 'Our World, Our Future' drama workshops culminating with a whole school writing project to name but a few! Your children have worked so hard to embrace every opportunity so they are well deserving of a rest! Thank you also for your support too - it was lovely to see so many of you at the Y3/4/5 parent evenings this week and Y6 earlier on in the term.

Here are a couple of photos taken around school showcasing the fact that spring is on its way. The pictures were taken in the best lighting we have had since the blossom and daffodils bloomed. Hopefully, the sun will oblige to help add a bit of warmth and brightness to us all.



KEY DATES Summer Term 2023

Monday 17th April - Back to school

Wednesday 19th April - Carrotty Wood
Meeting for Y5 Parents at 6.00 pm

Monday 24th April - Y4 to Henley Fort until
26th April

Monday 24th April - Friends Meeting

Tuesday 25th April - Y3 to Wisley

Monday 1st May - No school - May Day
Holiday

Monday 8th May - No school - Bank Holiday

Monday 8th May - Group 1 Y5 to Carrotty
Wood

Wednesday 10th May - Group 1 return from
Carrotty Wood and Group 2 leave for
Carrotty Wood

Tuesday 9th - Friday 12th May - Y6 SATS
Week

Friday 12th May - Group 2 return from
Carrotty Wood

Monday 15th May - Primary Music Festival
at Dorking Halls - 7.00 pm

Monday 22nd May - Whole School Theatre
Production - Alice in Wonderland

Tuesday 23rd May - Y6 Parents France
Meeting at 6.00 pm

Thursday 25th May - Friends Colour Fun
Run

Thursday 25th May - BREAK-UP

Friday 26th May - INSET DAY

Successes this Term

Please see attached flyer as it relates to our Book Week, visit from local MP Claire Coutinho and opening of library bus with author Chris Smith - it is a really good read!

Uniform Summer Term

Just a reminder that as from our return after the Easter holidays, we are back to summer uniform. Essentially, this means the only change is that pupils can wear a school polo shirt instead of a shirt and tie. School shoes are still obligatory. Please refer to the uniform section of the home school diary P 8 or website for full details of summer uniform.

Spring Term Up-dates from Year Groups and Pupils

Oscar 3TM

"This term we have done lots of brilliant things. My highlight was the pancake race because my house, yellow team, came first! During the race there were failed flips and drops which made me laugh, and next year I would like to represent my team! In week 4 we did a Chinese dragon drama workshop; I really liked it because I got to be the head of the dragon and I learnt lots of fun moves with a ribbon like spirals and twirls. I will miss our 'around the world in 80 days' topic, but I am so excited to learn lots more new and exciting things next term.

Amelie 3TM

"This half term I liked all of the subjects we did in year 3, but there are definitely some activities I liked the most. During book week we did a really fun character quiz, I loved all of the different books and characters that we looked at, plus red house came first! In our last week we did a whole year assembly, which was really fun to perform. I got to say my own line in front of the whole school, including my cousin, who said it was great! I'm sad this term is over but I can't wait for our next topic in the Summer Term.

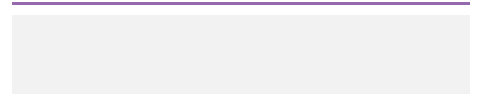
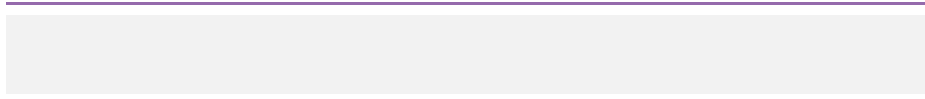
Year 4

Year 4 have had a brilliant Spring Term! In Topic, studying sweet civilisation, we explored how chocolate was made, learnt about Fairtrade and looked at the history which led us onto learning about the Maya. We drew our own Maya Temples and learnt about human sacrifice! Along with this, we noticed the many similarities that they had with Ancient Egypt! To finish, we looked into product design and made our own chocolate! Following on from this theme, we then designed our own POP art using tasty treats. After this, we became Pablo Picasso but used cardboard to create our own 3-D version. We continue to improve with our times table knowledge and have worked hard to develop an understanding of fractions. We loved reading Charlie and the Chocolate Factory and Demon Dentist! Other successes in writing include writing from the point of view of a cheese puff, as it took a journey through the digestive system and writing persuasive letters from an orangutan to stop the use the palm oil. We have also loved gymnastics this term and particularly enjoyed our egg experiment which shows the effect drinks have on our teeth. We are very much looking forward to the Summer Term.

Year 5 - Rosie, Henry and Mia 5B

We have had a really exciting term in year 5! We started the term on an expedition to the summit of Mount Everest. We wrote journal entries on our way to the top, documenting all the amazing things we saw and the exhausting challenges we experienced, such as acclimatisation.

We have enjoyed trips such as Bough Beech (a reservoir), where we learnt about how our water is cleaned ready for us to drink. Across two days, we visited Redhill Methodist Church, where we watched an Easter Experience performed by a group of actors. In Science, we have been learning about life cycles and how different groups from the animal kingdom go through different things in their life. We watched, live, how caterpillars go through metamorphosis and grow into beautiful butterflies. Across the 3 classes we had 25 school butterflies, which we released into the wild today. During the whole school writing project of 'Our World Our Future', we looked at how water is used throughout the planet. We wrote letters to a disadvantaged child, named Lala, who does not have access to clean water and walks 4 miles to her nearest water source to collect dirty water for her family. All of us then wanted to raise money for the Water Aid Charity to help Lala and others like her. We held a sponsored walk, had our faces painted and ran a cake sale. We raised a fantastic £802.60! We are super proud!



Alice 6H and Teddy 6T

This term Y6 have completed many exciting things such as a heart dissection in Y6 science. We were able to explore the different areas of the heart which we had been learning about. Later in the term we had 'Cheer up Charlie' come in from his charity - he spoke to the whole school about his interesting story and the impact that some unkind things which happened to him had on his life. He was an inspiration! Junior Citizen was another amazing trip that happened. It was all about safety for you and your family. We learnt about CPR and lifeguarding - it was very interesting. Our school also was delighted to have Chris Smith come and open our library bus - Destination Imagination - he cut a ribbon too! On the same day the Mayor of Reigate and Banstead came to visit and told us about his job in the community. More recently we had a midwife from Surrey Hospital come to speak to the Year 6's which fits with our topic this term. This term has been jam-packed with lots of great things for the entire school to enjoy.

A 'greener' way to come to school

We would like to encourage you all, if it is at all possible to choose a greener way to get your children to and from school. Walk, scoot, park and stride etc. whatever the method, if it is greener it is healthier and better for our locality. Thanks.

Reading over the Easter holidays

We would please ask that you encourage your child to keep up with their daily reading through the Easter break - it is such a key skill for the children to access the curriculum and a daily dose keeps them from falling behind. Thank you.

Royal Coronation Pants Winner



Following Book Week we ran a competition based on the Nicholas Allan picture book 'The Queen's Knickers'. It was to design a pair of pants for King Charles III to wear at his forthcoming Coronation. We had so many entries - enough for a pair for every day of the year! The winning entry was designed by Dylan Wickham in Year 6 - Congratulations to all who took part but a huge well done



to Dylan - the Royal pants are on their way to Buckingham Palace! A huge thankyou to Michelle Leadley for creating the finished pair of pants.

Spring Term Book Raffle Winners

Fun Science Experiments with Cookery by Wilkinson - Riley 6T

Blue Planet 2 by Leisa Stewart-Sharpe - Esmee 5B

Invented by Animals by Christiane Dorian - Archie 5B

Escape Room by Christopher Edge - Daniel 5L

The Hobbit by JRR Tolkien - Connor 4M

The Day I fell into a Fairytale by Ben Miller - Harrison 4M

Kay's Anatomy by Adam Kay - Isla 6H

The Danger Gang by Tom Fletcher - Naomi 3TM

Danny Chung by Maisie Chan - Jacob 5B

The Breakfast Club Adventures by Marcus Rashford - Isla 6H

Mia and the Lightcasters by Janelle McCurdy - Mya 5B

Frankie Best Hates Quests by Chris Smith and Greg James - Dylan 4C

Book Raffle Library Trip Winners

3TM - Daisy

5B - Henry

3R - Isabel

5L - Ralph

3S - Oscar

5W - Archie

4C - Ava

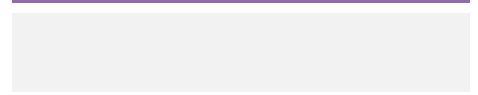
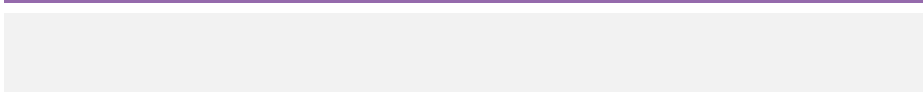
6H - Leah

4M - Poppy

6G - Izzy

4D - Alexandra

6T - Bethany



Chess Club Tournament Results

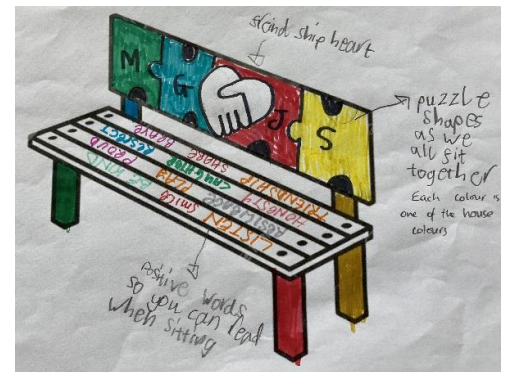
Year 3/Year 4

- 1st Place - Khavhhish (Trophy)
- 2nd Place - Ruben (Gold Medal)
- 3rd Place - Ollie/Vaibhav (Silver Medal)
- 4th Place - Jaxon/Robert (Badge)

Year 5/Year 6

- 1st Place - Alexander (Trophy)
- 2nd Place - Rishaan (Gold Medal)
- 3rd Place - James (Silver Medal)
- 4th Place - Jesse (Badge)
- Beginner Winner - Lilliela (Book)

Buddy Bench Charlie Kristensen, the young man who came to speak to the school at the beginning of children's mental health week was so impressed with the pupils of the school that he said he would provide them with a buddy bench. He challenged them to design one in a competition. We had plenty of creative entries and it was a difficult competition to judge. The staff narrowly picked this as the winner: Congratulations to Connor Groves 4M a great, creative design. We will look forward to its delivery.



Results of fixtures at MGJS this term

Netball

The netball team have had another successful season, winning 8-3 against Sandcross and narrowly losing to St. Joseph's 6-5 in extra time.

Football

Reigate Schools League- We were runners up in the Reigate schools tournament at Sandcross. In the league we finished 4th. Well done to the Yr6 who played.

Yr 4 Horley schools football tournament we finished third.

Yr 5 Horley schools football tournament we finished an unlucky, close second.

Girls Football - while girls play in the year group football teams there is a further team for the girls. This term they played three matches. Drawing one and losing two. All the girls had the opportunity to play as Mrs Cathcart and Miss Witcher wanted to give all the girls the experience of playing. Many of them are in Yr5 so we are hoping for a really successful season next year.

Next term's inter school fixtures

Next term there are lots of school and inter-house sport we are looking forward to.

In school there will be inter- house football and athletics.

The big competition with regards inter-schools sport will be District sports at K2 in Crawley, we will be looking to retain the trophy which we have held for the last 7 years. We have a Horley schools Yr3 football tournament, a Yr6 netball and also Yr6 rounders.

Just a final reminder that all staff will have their out of office notifications on their e-mails at the end of today until Monday 17th April. If you need to contact a DSL (Designated Safeguarding Lead) with regard to welfare or safeguarding then please contact the e-mail address dsl@mgjs.org

Looking after your mental health and wellbeing over the Easter break.....

The Easter holidays are the perfect time for adventures, laughter and enjoyable activities with the whole family. But as April is also Stress Awareness Month, there is no better time than now to refocus on your health and wellbeing. Doing mindfulness, physical and communication exercises as a family is a great way to support your mental health. Here are some ideas for health and wellbeing activities you can do over the Easter break.

Connect - Over Easter keep in touch with your family or friends, spend time together by inviting them over, going for a walk or playing games together. Perhaps you could give someone a call to check they are ok and reminisce over old memories. Start a group chat so you can send messages daily to see what everyone has planned over the holidays. By connecting with others, you can reduce feelings of loneliness - include other people in your activities so you're supporting the wellbeing of your friends and family too.

Be Active - The Easter break gives you plenty of time to do various physical activities as a family, such as walking, dancing, jogging and ball games. Getting active outdoors in the sunshine and fresh air not only increases your Vitamin D levels but generally makes you feel better - improving your physical and emotional wellbeing. The level of exercise you choose is up to you and your family's capability, it could be playing hide and seek, completing jobs around the house or something more intense like circuit training.

Stay Mindful - During the Easter break, you should try spending time outdoors every day to get the Vitamin D you need. Observing nature will help you reconnect with yourself and your surroundings, tree hugging is a great exercise for mindfulness. Breathing practices can make you feel calmer, taking the time to inhale and exhale slowly can reduce levels of stress and anxiety. Garden yoga is a great way to meditate and exercise; pets can also be included - the choice is yours.

Keep Learning - Choosing a new hobby as a family can be easier, as you're able to support one another at their own pace. It can be a great way to get the gardening done quicker, share the responsibilities as family. Perhaps you want to learn how to cook or bake because you want to be more in control of the food you are eating. Learning new skills, facts and hobbies that are fun can boost your self-esteem and self-confidence whilst giving you a sense of purpose and fulfilment.

Give - Spending time helping others can give you a boost - but taking time for yourself can too. During the Easter break you could help someone with a job, call a relative to check they are doing ok, or just give the person close to you a hug. Not only will giving to others benefit them but it will benefit you too.

Personalising your own health and wellbeing activities can be more engaging and enjoyable for the whole family while being cost effective. So, be creative, playful, and use your imagination to reconnect with the outdoors, and as a result you will reduce stress levels, improve your concentration and focus, improve moods, sleep better and worry less.

15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others when ever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!



Have a lovely Easter - we will see you on Monday 17th April 2023



