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## Jerounds Journal

### *THE POWER OF POSITIVE THINKING'*

Dear Parent/Carers,

*"Where focus goes, energy flows."*

*Tony Robbins*

As most of you will know by now - I simply love to read; more specifically, read to learn. During one recent Saturday of indulgent reading, I came across Tony Robbins and an article highlighting the immense powers of positive thinking. This in turn got me thinking about the way in which we encourage our children here at Jerounds: to embrace life; to be fearless; to persevere and to become life-long learners. I would very much like to share this philosophy with you all today, as we prepare to embrace the festive season...

'Back in 1919, a young, aspiring cartoonist was fired from his job at a Kansas City newspaper. The reason? His editor told him he simply wasn't creative enough, and should look into work elsewhere. Had the cartoonist listened to his boss, and given in to the power of negative thinking, we wouldn't have the work of Walt Disney.

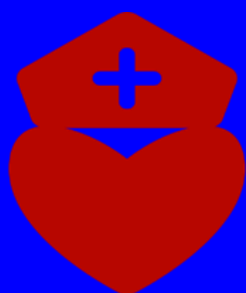
After being fired from the newspaper, Disney pursued his dreams and continued to fail throughout his early career, even going on to acquire an animation studio and drive it to the point of bankruptcy. However, Walt Disney prevailed, and ultimately created a legacy that will be enjoyed by generations to come.

At one point or another, Disney had to have had doubts about his talents. He might have considered quitting or going after a different line of work, but he persisted. He believed he had what it took to succeed, and listened to the voice inside himself urging him to keep trying. He turned to the positive thoughts that encouraged him to go after success instead of succumbing to his fear of failure. This sentiment is entirely transferable to all of our children.

Positive thinking can make or break an individual. Your thoughts affect your actions, which translates into whether or not you succeed in your field, the quality of your personal relationships and how you view the world at large. The power of positive thinking can't be understated, but luckily, you can get into the habit of thinking positively if you set your mind to it. ***Just ask any Jerounds child!***

### **TAKE CONTROL OF YOUR STATE**

Have you noticed that when you're having a bad day, your body language shows it? You slump over in your chair, you have a hard time making eye contact with others and do things like cross your arms when you're feeling uncomfortable. Developing a positive mindset is as much about your body as it is about your brain. Take control of your physiology by taking pride in how you present yourself (**school uniform, school-appropriate hair style**). Work on your posture, give those around you non-verbal cues that you're listening to them and try to nip nervous habits, like fidgeting



or twirling your hair, in the bud. By holding your body in a power pose, your positive thoughts will be able to flow more freely.

Checking your state also means shifting your focus. Let's say you're at the airport and are unnecessarily delayed while going through security, and then the airline attendant checking you in is rude to you. Another airline worker overhears, apologises and offers to bump your ticket up to business class. Once you're in the air, are you fixated on the hassles you faced in the airport, or are you full of gratitude for your spacious seat and free cocktail? You can choose to focus on the negatives or the positives of this – and any – scenario, but if you choose to focus on what's bothering you, it will begin to negatively impact your life. By consciously choosing to focus on positive moments in your life, you'll begin to reframe your thoughts.

**CUT OUT NEGATIVE HABITS - this is constantly reinforced at Jerounds (positive thinking).**

You can't form new habits if you're unaware of your current ones. Are there things that set you into a negative spiral of self-doubt? What are they? Perhaps you become agitated whenever you start thinking about going after a promotion at work. Your thoughts take you to a dark place – you start thinking about how you should already have gotten your promotion, you question your skills and then you wonder if you'll ever move up in your field. Think of all the time you're wasting by falling back on this negative habit. What if, instead of getting swept up in a pattern of negative thoughts, you refocused your energy? By doing this, you would be able to get more done at work, which is more likely to lead to a promotion than sitting around feeling badly about your prospects. If you're able to cut off a negative thought pattern before it gets out of hand, you can shift to recalling positive affirmations instead. Replace thoughts of "I'll never get the job I want" with "I'm smart. I'm capable. I'm hardworking and can acquire the job of my choosing." By embodying this positive mindset, your world will open up with possibility. **Jerounds children refer to this as being able to 'self-regulate' (Zones of Regulation).**

#### LOOK TO THOSE YOU ADMIRE

Think of someone who's had a profound impact on your life. It could be a close friend, family member, teacher, or someone you've never met, like a celebrity, professional athlete or renowned entrepreneur. What mottos does that person live by? Is their world dominated by positive thinking, or do they preach negativity?

Chances are, they use the power of positive thinking to find the success they seek – and you can, too.

We empower our children to regulate their behaviour, when they feel they are falling into negative habits,. Moreover, we urge them to find a quotation from someone they respect, In order to share a word of advice.

It can be challenging to integrate positive thinking tips into your life, but if you accept that the people you admire most have been able to build lives they love due to their positive thinking habits, you'll be more motivated to do the same.

Becoming conscious of the negative thought patterns that don't serve you and choosing to incorporate new, positive habits is essential to finding joy and fulfillment in life. Decide to start reframing your mindset today, and start experiencing true happiness over this intense, yet rewarding festive period.

We sincerely look forward to welcoming all our families to many of our festive celebrations over the coming weeks. To help your children prepare, may we ask all parents to consider the following:

- \* Smart, clean (and correct) uniform;
- \* Hair is clipped back accordingly (boys and girls) with school colours (no party accessories!);
- \* School shoes (NOT Trainers) are cleaned and polished.
- \* Grey tights for all the girls please.

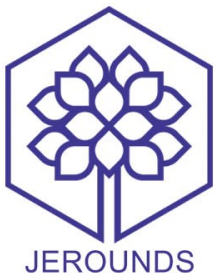
With best wishes,  
Mrs Laura Çiftçi BA (Hons) MEd  
Head of School



# Dates for your Diary

11th December—KS1 Christmas concert—Wagtails, Kingfishers and Wrens—2.30pm—3.30pm—  
12th December—KS1 Christmas concert—Starlings, Sparrows, Robins—2.30pm—3.30pm  
12th December—EYFS and KS1 disco—4.30pm—6pm  
12th December—Years 3 and 4 disco—4.30pm—6pm  
12 December—Years 5 and 6 disco—6.15pm—7.45pm  
14th December—Christmas jumper day  
14th December—Christmas dinner day  
14th December—Interim Reports out  
17th December—KS2 Christmas concert—Eagles, Falcons, Owls and Puffins 9.15am—10.30am  
17th December KS2 Christmas concert—Swans, Ravens, Nightingales and Merlins—2.30pm—3.30pm  
18th December—Children finish school for Christmas

## Winter Sports Day Results



### Jerounds Primary Academy

**Nightingale—9351 points (3rd)**

**Pankhurst—8860 points (5th)**

**Shakespeare—9074 points (4th)**

**Darwin—9437 points (2nd)**

**Brunel—9441 points (1st)**



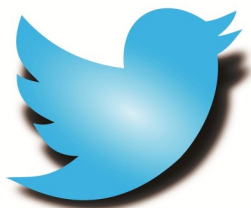
# Birthday Book Donations



Thank you for this lovely birthday book donation, Revolting Rhymes. We are very lucky and will enjoy reading this.



## Twitter



Please follow us on Twitter...

[@NET\\_Jerounds](https://twitter.com/NET_Jerounds)

for latest news and information

## Gardening Club



After the great success of Jerounds winning the scarecrow competition and our fantastic prize of sponsoring an animal at pets corner, our gardening club have decided on Birch the donkey. Why not pop along to pets corner and meet Birch, we would love to see some pictures of our children with Birch.

**Have you moved recently?**

**Have you changed your telephone number?**

Please ensure you advise the school office if you have moved or changed your telephone number. This also applies to any emergency contacts you have for your child/children.

**Admin email: [office@jerounds.netacademies.net](mailto:office@jerounds.netacademies.net)**

**Telephone: 01279 423485**



# Jerounds trip to the theatre



On Wednesday morning our EYFS and key stage 1 children were treated to a production of Dickens A Christmas Carol from our visiting theatre company, Redbridge Theatre Group. The children thoroughly enjoyed the interactive, hilarious version of this Christmas classic and participated fully at all the right points in the story. A truly enjoyable and exciting start to our Christmas celebrations in school.



Years 3 and 4 enjoyed a fabulous trip to The Redbridge Drama Centre to see 'Rapunzel'. This certainly wasn't the Disney version but it had us laughing, singing and enjoying the hand jive.

The plot was that Rapunzel had a dream to be a dancer, but could not afford to go to dance school, plus her home (over a dance hall) was about to be demolished for redevelopment. It all sounds very serious but with Madness' Baggy Trousers

This week, Years 5 and 6 enjoyed going to Redbridge Drama Centre to see the pantomime 'Rapunzel'. The story was a modern-day version of the traditional tale, set in London. The children enjoyed interacting with the characters, singing along to the songs and we even learned how to hand jive! All in all, a great day was had by everyone. Thank you to our teachers and LSAs who came with us and a special thanks to our parent volunteers who helped out!

# The Winter Olympics at Jerounds



## Winter Sports Day 2018

### **Rationale:**

All pupils have the opportunity to participate in a Level 1 Summer School Games event in the form of 'Sports Day.' The Winter Sports Day will allow pupils to represent their Houses in an additional event- double the opportunity for whole school L1 representation.

### **Basic Premise:**

Pupils will get to experience a 40-minute (approx.) circuit of four activities, each of which contributing to their house's overall score upon the day.

### **Events:**

The events undertaken are target based in nature and can therefore can be completed either indoors or outdoors. The events differ for Key Stage groups.

EYFS/ Key Stage 1: Boccia, New Age Kurling, Target Throw, Goalball shot, Football shot

Key Stage 2: Boccia, New Age Kurling, Archery, Goalball shot, Football Shot

### **Scoring**

In each event pupils obtain points based on how close they get to the target: 1pt in the furthest score zone, 5pts in the medium scoring zone and 10 pts in the closest scoring zone.

### **Format**

Pupils will head down to the hall in their classes where they will be divided into their house groups. Each group participates at a station for a period of approx. 5 minutes during which they can obtain as many points as the time limit will allow. Following the conclusion of the time frame, pupils will return all equipment to the starting position and then rotate to the next activity.





# EYFS News



We would like to update you with the exciting activities that we have been doing. We read an interesting book that we all enjoyed called "The Stick Man". Children made their own family tree using stick man and they also made stick man finger puppets.

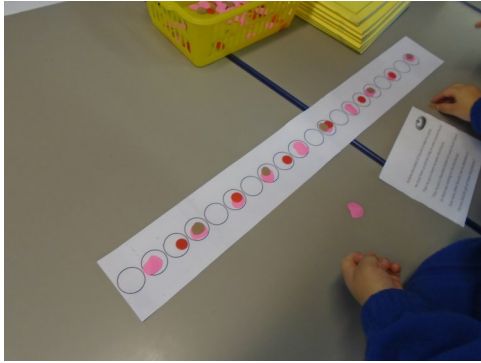
Our children are making good progress with the Read Write Inc Phonics sessions. They are sounding out letters and saying the words confidently. Some children have started writing sentences independently.

As our theme is "Celebrations and Festivals." We read The First Christmas book and they have enjoyed learning and doing different activities. Children made salt dough and designed some Christmas decorations for their Christmas tree. They also wrote letters of what they would like for Christmas to Santa.

We had a fantastic Winter sports day where children did various games and competitions in their house groups.



# Year One News



We have had a very busy fortnight! We listened to the parable of the Wise and the Foolish Man, discussed the good things that we have in our lives that make our personal foundations strong for our future and whether we are good at listening to and following wise advice.

Our specialist art teacher Mrs Wagstaff, challenged us to mix a shade using black. Luckily we had remembered our ratio for mixing a shade - 4:1! The tricky part was creating a gradual tint as (we discovered) black is a very strong and bold colour - so you only need a touch to create a tint!

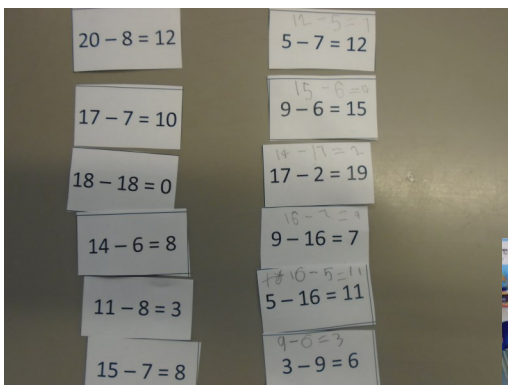
This week we have been learning about cardinal and ordinal numbers through a fun problem-solving maths activity that you might like to try at home with your child using real biscuits, if you are feeling brave :)

Andrew decorated 20 biscuits to take to a party.

He lined them up and put icing on every second biscuit.

Next he put a cherry on every third biscuit. Finally, he put a chocolate button on every fourth biscuit.

There was nothing on the first biscuit. How many other biscuits had no decoration? Did any biscuits get all three decorations?



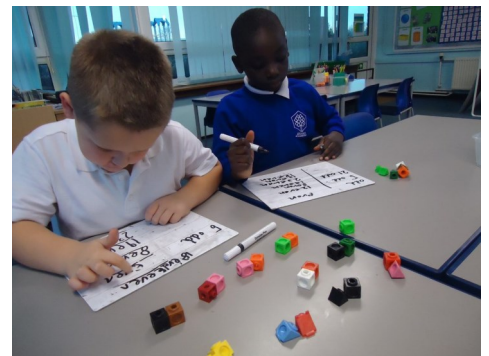


# Year Two News



This week during maths, Year 2 have started learning about multiplication. We started by looking at odd and even numbers. The children worked in groups to decide if given numbers were odd or even, using numicon and counters. We even carried out a investigation, to find out what happens when we add together odd and even numbers.

In History this week we've continued learning about Neil Armstrong and the first moon landing. The children used drama to act out the first moon landing. They thought about how they would move in space, the equipment they would need to take and what the moon would look and feel like.





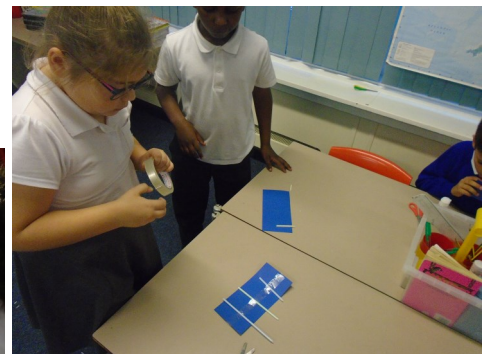
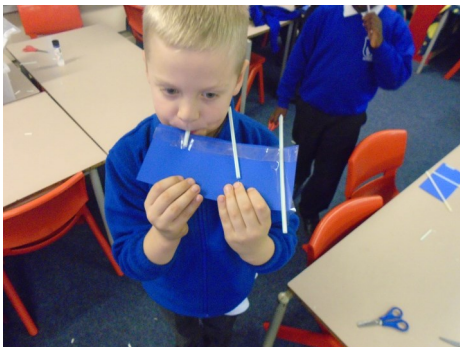
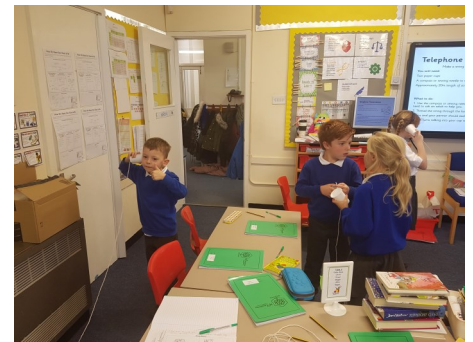
# Year Three News



This week in Art, our Year 3 children have been designing their own Norman Jewellery (necklaces, bracelets, brooches...) with clay. We have discovered how some of our Merlins and Puffins have got a bright future in Fashion Design!

Besides, in Sciences, we have continued exploring the sound and how it changes when it travels through the air. Here we can see some children communicating by means of their own string phones. Who needs mobile phones if we have plastic cups and wool?

Well done guys!



# Year Four News



This week in Year 4, we have had another very busy week. In maths Owls and Night-ingales have been learning about factors and multiples.

In English, we have completed our Viking Summaries using speech and the children have loved Olaf's Saga.

We had a fantastic time at the Pantomime and the children behaved beautifully - we even all had a choc ice!

PE lessons this week were a Winter Olympic theme which was a great opportunity to try lots of different sports including archery, Curling and Goal Ball!

We are very much looking forward to our Christmas Fayre and the concert at the end of term.





# Year Five News

One upon a time, in a couple of classrooms hidden deep within Jerounds Primary School, an idea was born.

"Let's compete in the Winter Olympics," exclaimed an enlightened Mr Oh.

Looking tense, Mr Watts replied, "That's a terrible idea. How will we ever compete against the Jamaican Bobsleigh team?"

All of a sudden, an almighty roar erupted behind the two teachers. Falcons and Ravens would compete in the Winter Olympic Games.

The excited students marched onto the field of battle, brimming with nervous energy. They stopped short of their confused opponents and dropped into a hunched position.

A guttural scream, emerged from the lungs of Maryam, "Ringa Patia!"

Overcome by new found energy, Year 5 began the fearsome Hakka War Dance they had been practicing.

Eventually, the Winter Games drew to a close. Realising the students were in need of respite after an eventful morning breaking world records in Boccia, New Age Kurling, Archery, Goalball Shot and Football Shot, the teachers arranged a visit to the theatre.

Choc ices were gleefully chomped down, laughs had and excited children were found everywhere as Ravens and Falcons enjoyed an amazing performance of Rapunzel, at the Redbridge Drama Centre.



# Year Six News



As the Christmas train gathers momentum, Year 6, along with the rest of the school, are hard at work preparing: readings, hymns and songs, musical accompaniments and artwork.

In English, Year 6 continue to study 'War Horse' and this week have been writing persuasive letters. In Mathematics they have begun work on fractions - just in time to divide the Christmas cake and share out the presents (not forgetting to ensure that everyone gets their fair share of brussel sprouts!) On Tuesday the school held its winter Olympics, which included activities such as goal shooting, curling, archery and blindfold goal shooting. Great fun was had by all, with a real sense of sportsmanship apparent throughout.

As winter closes in, and it becomes increasingly cold, please ensure that your child has a warm coat to wear.

Finally, something for the adults to consider:

"For it is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child Himself." — Charles Dickens, A Christmas Carol.





# House Certificate Winners







# Our Stars of the Week



# Playleaders of the Week



## POLITE REMINDERS

- Please could you make sure that your child/children does not wear jewellery to school as we have a 'No Jewellery Policy'.
- Please could all children come to school in the correct uniform.
- Could children please have a PE kit, sun cream and sun hat in the warmer weather. Please refer to the website for further details.
- Please can you not park in the school car park when dropping your child off to breakfast club.
- Please can you ensure that if your child has long hair, that it is tied back before the start of the day.

Parking: Polite reminder—Please consider road safety requirements and our neighbours when dropping off and collecting your children;

# Attendance Matters

**ABSENCE:** To report your child's absence, please call the school office on: **01279 423485**

Please leave your child's name, class and reason for absence. Failure to report your child's absent will result in an unauthorised absence being recorded and further action may be taken.

**LEAVE OF ABSENCE FROM SCHOOL:** Please note that when taking your child/children out of school, this may result in a penalty notice being issued. This will be £120 (or £60 if paid within 21 days) to **EACH** parent for **EACH** child taken out of school.

**POLITE REMINDER:** Our school hours are:

KS1—8.45am—3.45pm (3.30pm for EYFS)

KS2—8.45am—3.45pm

### School Matters!



**Attend Today, Achieve Tomorrow**



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