



Dear Parents

Another half term is over, one of the busiest since I arrived. It was so good to see and hear all about the Year 3 and 4 trips. Sadly, I was unable to visit them but as you may have seen on Seesaw and Facebook, the weather was fantastic and boys had a wonderful time. I am indebted to Mrs Richard and Mrs Colley who took the Year 3 trip and to Mr Hall, Mrs Taylor and Mrs Ruffino who took the Year 4 trip.

Electronic Screen Syndrome (ESS)

I have recently bought a wonderful book called *Reset Your Child's Brain* by Dr Victoria Dunkley. It addresses the issues over screen time and the effect it has on children of all ages, along with some excellent tips and guidance on dealing with Electronic Screen Syndrome, which is often misdiagnosed as ADD or ADHD in a number of children. We do live in a digital world and for our children, it is one that we have the guide them through, not only with cyber safety but also with the skills to manage screen time. This book is a very useful resource to have at home and reflect on.

Little Musketeers

This week I met up with a representative of Little Musketeers. This is an introduction to fencing using plastic blades along with facemasks for safety. As a keen fencer in my youth, I know how much fencing is an ideal sport, not only making you fit and increasing your physical skills but also quick thinking, using strategy and judgement. I would like to run this as an after school club next term on a Thursday evening. The cost would be £8 per session, which parents would be billed for. I'll be sending out more details after half term, but if you need to know more have a look at www.littlemusketeers.com.

I do hope that you and your family have a wonderful half term and I look forward to seeing you again in June.

With best wishes,

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Weekly Star Performers

Year 3	Nathan Wiskin	Freddie Bendall
4LT	Whole class	Tom de Jong
4RH	Barney Thomas	Taran Bhambra
Year 5	Aidan Denison	Max Malt
6HB	Theo Kingston	Kieran Vij
6RL	Ollie Bywater	Jago Wightman

House Points (rollover!)

1 st	Bird
2 nd	Hartnell
3 rd	Carr
4 th	Ramsey

Hello sailor!

Congratulations to Barney, Year 4, who won the bronze fleet RS200 south west sailing event at Poole (Parkstone Yacht Club) yesterday. He was the youngest competitor by some margin. He completed 3 races back to back and was on the water for 5 hours!



Instagram

The Junior School now has an art Instagram account! Please follow and like our pictures if you are a user of Instagram.

You can find us and follow us at [QEHJSart](#) or follow the link on our [Facebook](#) page.

Mrs L Taylor

Coaching Skills for Family Life



We are all aware of the everyday struggles and increasing pressures of family life, and so we are inviting [Nic Willcocks](#), life and development coach, to come into school and present her Coaching Skills for Family Life programme. This programme has been designed to enable parents, carers and anyone involved with raising children to use their knowledge and abilities to enhance and develop their parenting skills, to provide children with an atmosphere that allows them to thrive.

This is not a traditional training programme with a 'one size fits all' approach and it recognizes that there is no magic wand that will miraculously make parenting easy. It uses methods that have been proven to develop meaningful and respectful relationships. Participants are NOT told what to do! The programme is grounded in the belief that participants can discover and be enabled to find answers to their own parenting challenges, answers that are right for them and their families.

Previous participants in the course have reported:

'I've learned more about myself and how my behaviour affects the children's behaviour'

'It has increased my self-awareness, understanding and confidence'

'It has helped to remember to enjoy the journey'

'I have made changes to my approach and it had had a positive impact on family life'

'It has improved my relationships at home and also in the workplace'

'It is really helpful to check in honestly with other parents'

Nic Willcocks will be coming in to school to present an introduction to the course on Thursday 7 June, between 5.00 and 6.00pm. If there is enough interest, she will run a 4-6 week pilot programme starting in September. This pilot programme would be free and would offer 2 – 2½ hour sessions to the same group over 4 weeks, with a possible 2 additional weeks if there was an appetite for it.

If you would like to attend Nic's presentation on Thursday 7 June, please [email Mrs Macleod](#).

Mr R Leighton
Pastoral Care

Inspirational Nature

While away at camp, Year 3 boys were inspired by their beautiful surroundings and have created some lovely artwork.

Mrs K Colley



Sports Update

The house matches this week were played in excellent spirit and bright sunshine, with the boys all helping each other, regardless of the house they were playing for.

Year 3 and 4 are playing Clifton High this afternoon so I will let you know how they got on next time.

The boys who are taking part in the Bristol Together Championships have become TV stars as their training session this week was filmed by ITV in preparation for a programme being broadcast later this month.



On the first day back after half term, the Year3 boys will be playing matches with Butcombe Pre Prep at Failand and I will email the details during half term.

On Wednesday 6th June the U10As and U11As are home to Llandaff College and the U11Bs are away. Collection for the home matches is at Failand at 5pm and, for the away fixture, return time is 6pm and collection will be outside the theatre. Again, I will email the details to you after the holidays.

I hope that you all have a fantastic half term and look forward to seeing you all at Sports Day on the Saturday 16 June.

Mr P Thomas

Diary for the Week w/c 4 June

House Poetry Competition

Monday

- 8.45am School assembly, led by Mr Kendall
12.20pm Clubs – Ukulele, News Quiz
2.00pm Cricket v Butcombe Pre Prep
U8 (H)
4.05pm Clubs – Drama (Y6 only, boys as required),
Basketball, Digital Leaders (Y5 & Y6),

Tuesday

- 10.40am Clubs – Cricket Nets (Under 10, Y5)
4.05pm Clubs – Art/Drawing, Tennis, Risk (Y5 & Y6),
Gardening (Y3),

Wednesday

- 8.10am Clubs - Chamber Choir
8.45am Headmaster's assembly
12.20pm Clubs – Guitar, Magazine
2.00pm Cricket v Llandaff
U11A & U10A (H) Collection at 5.00pm from
Failand
U11B (A) Collection at 6.00pm from outside
the Theatre
4.05pm Clubs – Cookery (Y5 & Y6)

Thursday

- 12.20pm Clubs – Cricket Nets (Y3 & Y4), Lego
5.00-6.00pm Coaching Skills for Family Life presentation
by Nic Willcocks, E1.

Friday

- 8.10am Clubs - Instrumental Group
12.20pm Clubs - Choir
12.50pm School assembly, led by Mr Kendall
2.00pm Gams at Failand
4.05pm Clubs – Judo, Mountain Biking (Y5 & Y6)