



Royal
Russell

Headmaster's Weekly Newsletter

22nd January 2021

Dear Parents, Pupils and Friends,

Amanda Gorman

This week we have seen amazing images from the inauguration of Joe Biden as the new President of the United States. In all of the ceremony there was one moment that I found completely captivating as Amanda Gorman recited her poem, 'The Hill we Climb'. In the final lines, she says:

"In every known nook of our nation, in every corner called our country,
our people, diverse and beautiful, will emerge, battered and beautiful.
When day comes, we step out of the shade, aflame and unafraid.
The new dawn blooms as we free it.
For there is always light,
if only we're brave enough to see it.
If only we're brave enough to be it."

Please do take time to watch her [complete recital](#), it will be 6 minutes of your time really well spent.

Senior Assembly

Our Senior School Assembly this afternoon includes a brilliant piano performance by Michael Johnson and a collection of readings, reflections, updates and challenges from our Senior Prefect Team. My thanks to all of our contributors and to Chloe Buswell for her hard work in editing the final piece. You can watch the assembly [here](#).

(A small reward will be sent to the first pupil to spot my deliberate mistake in my introduction!)

Check-in Day next Thursday 28 January.

Next Thursday, 28 January, was originally planned to be a 'Challenge Day' for all Year Groups with a visiting speaker programme running for all pupils.

We will not be continuing with our original plan for this, but will be using this opportunity to pause the normal teaching timetable for a 'Check-in Day' and focus on conversation, consolidation and time away from our screens.

Activities for the day will include some 1:1 tutorial time to review the online learning progress and to follow up grade conversations. This will be combined with a creative or physical challenge which ideally involves some time outdoors.

There will also be an opportunity for consolidation of work for pupils and staff, so that all are prepared, refreshed and refocused ahead of the next full two weeks to half-term.

Details will be shared with pupils and parents at the beginning of next week.

Online Learning

Included in this newsletter are examples of some of the more creative tasks our pupils have been completing in their online learning this week. My congratulations to all of our pupils for the positive way in which they have been engaging with the challenge of working away from the school site.

Staying Safe

We received news from the Department for Education this week that they have paused plans for daily Contact Testing, which was in place as an alternative to self-isolation for those who came into contact with positive cases in schools. Whilst this does not have a huge impact on our plans at present, as we only have the children of critical workers and Nursery pupils in school, we will continue to keep a close eye on developments and will update you as plans develop. We continue to use our Lateral Flow Tests to test the staff working on site and this, together with our focus on protecting each other by following our HANDS – FACE – SPACE rules is helping to keep the Royal Russell Community safe.

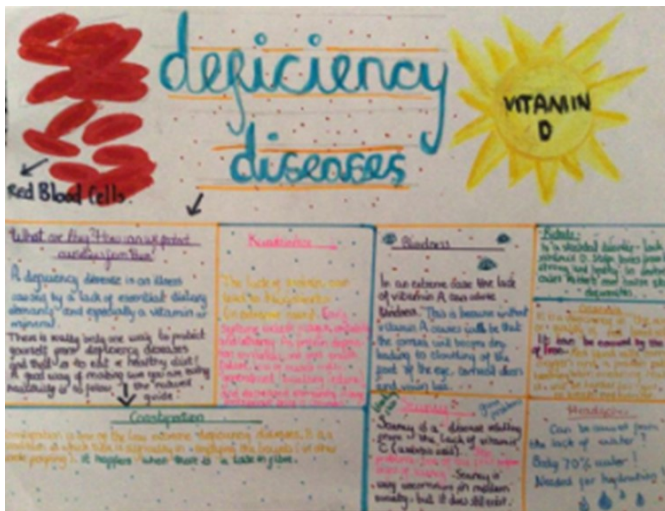
I would like to take this opportunity to thank all of our parents and families involved in supporting the national effort to combat the covid-19 virus as critical and key workers, we are all extremely grateful for the amazing work you are doing.

With best wishes,

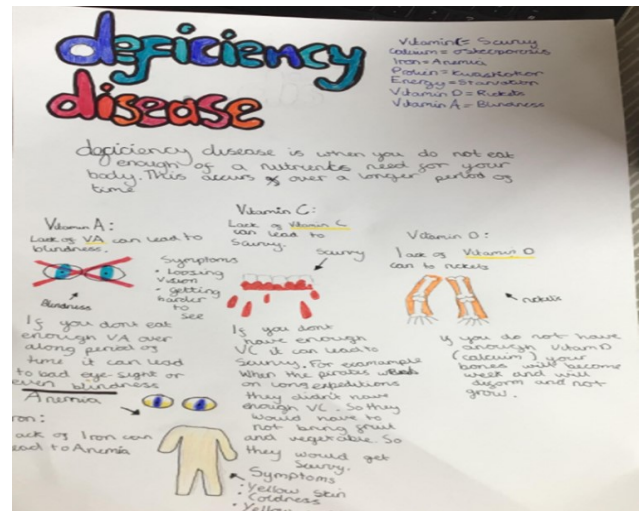
Chris Hutchinson

Headmaster

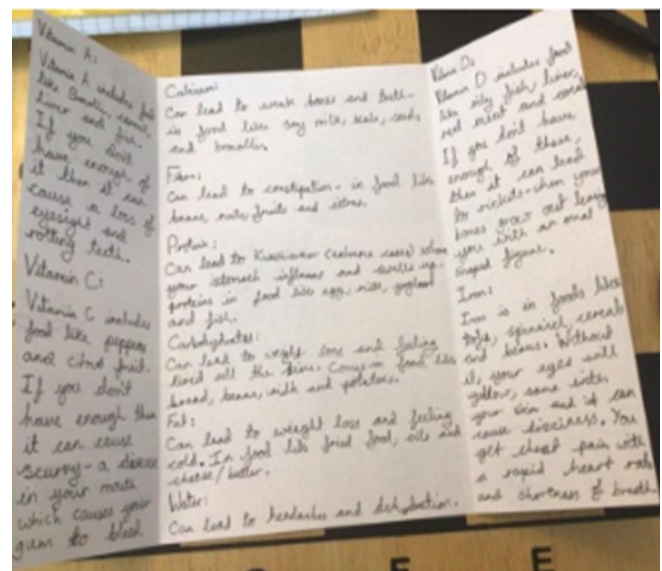
Year 7 Assembly - Online Superstars!



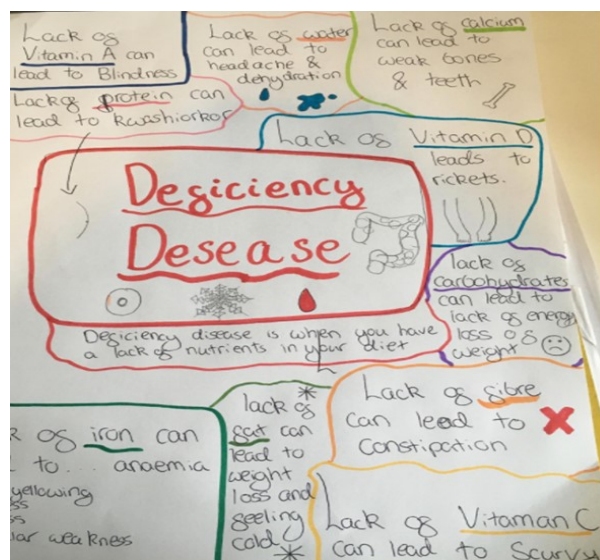
Mia Harrison



Maisy Main



Elissa Demetriou



Suraya de Almeida

Year 7 Assembly - Online Superstars!

7RS - Maths - Mr Grehan

Students who are particularly engaged by asking questions, submitting answers, and uploading classwork to showbie, are:

- Sarah Wood
- Logan Baker
- Joshua Worrell
- Louise Mawer

English - Ms Pepperdine

- Katherine Syred – Fantastic first part of the reading project. This is the illustration of the main character. The book is called “The Twisted Tree”



Food Tech—Mrs Saunders' Cook Superstars in 7Q!

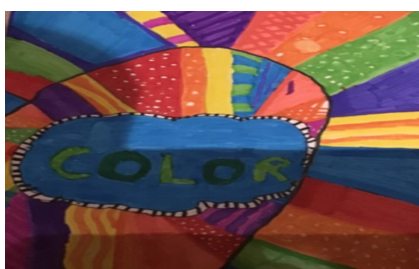
- Ada Amiaka , River Harrison, Oscar Verlander and Erik Windle, who successfully 'Cooked along with Mrs Saunders' during their lesson on Tuesday morning. Yummy Crazy Frankfurter Spaghetti for a late breakfast!



Art - Ms Balwin—7S Designing a title page for “Colour”



Matilda Welsh



Lauren Silvera



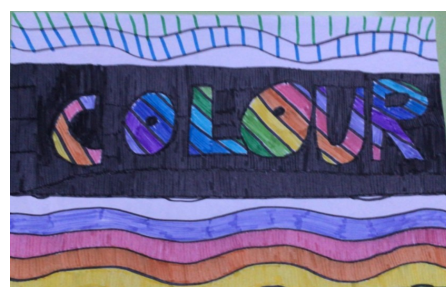
Avani Verdi



Harvey Wright-Phillips



Louise Mawer



Bobby Jenkins

Year 7 Languages Book Look

Year 7 language students were given a surprise (and voluntary) book inspection this week during online lessons. The results were very impressive, showing that students have retained their ambitious standards of presentation and completion of work during online learning. Year 7 are learning how to maximise the use of their books as a tool for revision, and to work independently to capture their learning in the most effective way for them. In languages, techniques include capturing new vocabulary in both languages, highlighting new grammar items, self-marking with a different colour pen to highlight what needs revision, and highlighting where they have attempted challenging additional tasks. Well done to the following:

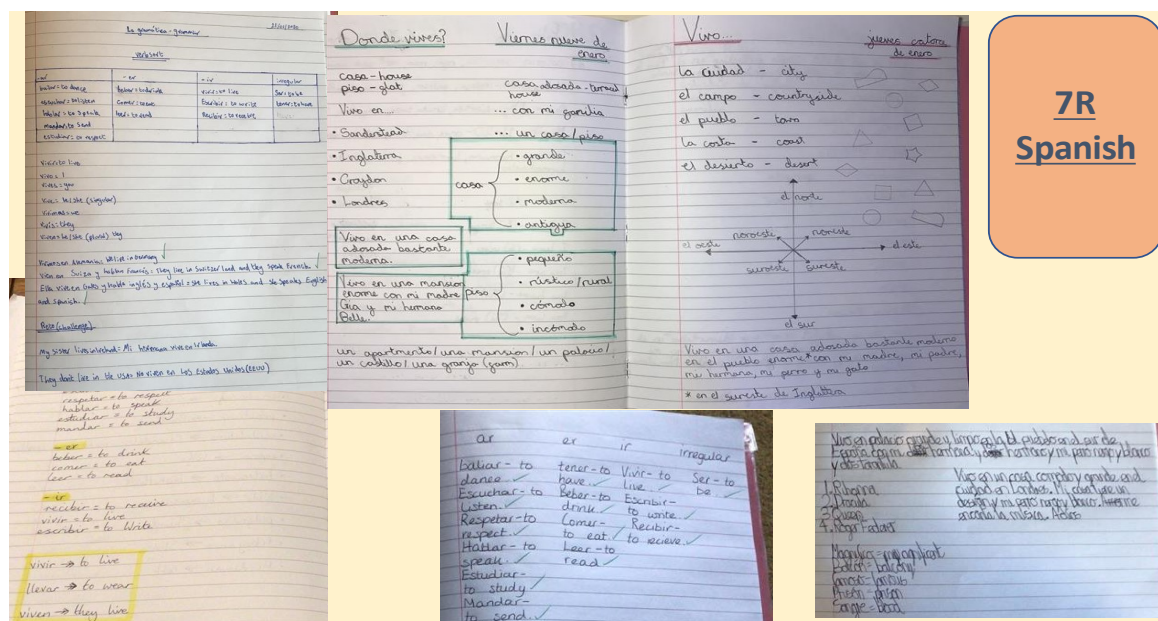
7P French

Klara Dworakowska, Mia Harrison, Bethany-Anne Reynolds, Shaan Patel, Rohan Phillpot and Harry Spriggs



7R Spanish

Megan Findlator, Isabella Flint, Charles Hayden de Carbonnieres, Katie Syred and Jake Tindall



Year 7 Keable House—Postcard of Kindness

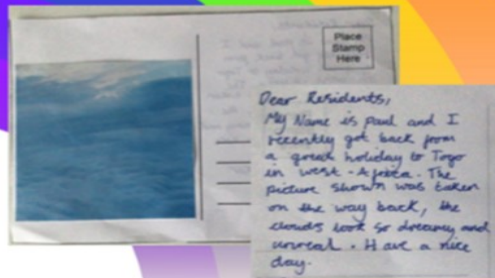
The boys were busy making and sending postcards to residents at local care home.

Hoping to bring small drips of their daily life to the residents and cheer them up.



Postcard of Kindness

Keable House Year 7



Der residente

I hope you are all well. I ^{wish}~~hope~~ this year
to be much better for everyone. I know mine is both
but he can all get through it. I hope you had
a good Christmas and I wish you all the
best for the new year.

Dear residents

Hope you are happy too.
I am Charles, I am 11 years old.
I have been you with in the woods today.
I was really and my house I enjoyed the
fresh air being outside.
My sister Betty and I just got home and
are drinking hot chocolate and eating biscuits
by the fire.
I hope you get to drink something warm and nice
today too.
• So far, nice and warm

• S. dry sage and warm.

Dear Frank,

I have your happy and kind & smiling
face in my mind all the time.
I have kept things which I put over
the years in a box. The ones I have
kept are the ones I have kept.
I hope you have a good night.

From your brother, John.

KINDNESS
MATTERS.

Our messages

Dear

I am very sad to know
that some people have
spent their Christmas
at home. I hope
everyone is being
looked after. I hope
you have a brilliant
year.

Dear residence

I know its been a long year
but thats why I'm writing
this to you to make you
feel better.

We are going to push through
these hard times
Hoping you are staying well.

STAY/SAFE
And have a good
2021.



PSHE Tutor Sessions - Hygiene

St Andrew's House

Tooth brush hygiene

William Hackett

By William Hackett

Toothbrush / toothpaste/cleaning/

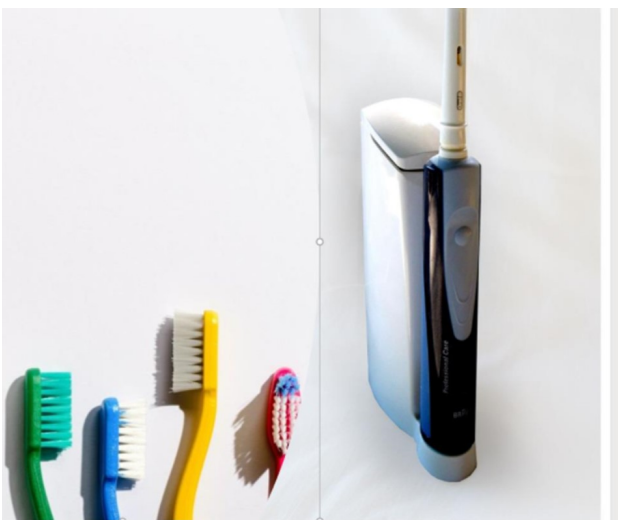
- You should replace your tooth brush or toothbrush head every 2months maximum
- You should put a small bit of tooth paste ins stead of a lot
- You need to clean your brush after you use it so when you next use it you spread the bacteria you have taken off of your teeth and putting them back on
- **You better clean your teeth or you will have bad teeth!**

Don't Rush When you Brush



1. Use an electric toothbrush as it cleans your teeth mor thoroughly.
2. Change your toothbrush about every 2-3 months.
3. Don't use too much toothpaste on your brush as it makes the toothbrush glide, instead of it cleaning.
4. Brush for about 2-3 minutes.

By Charles Hayden de Carbonnières



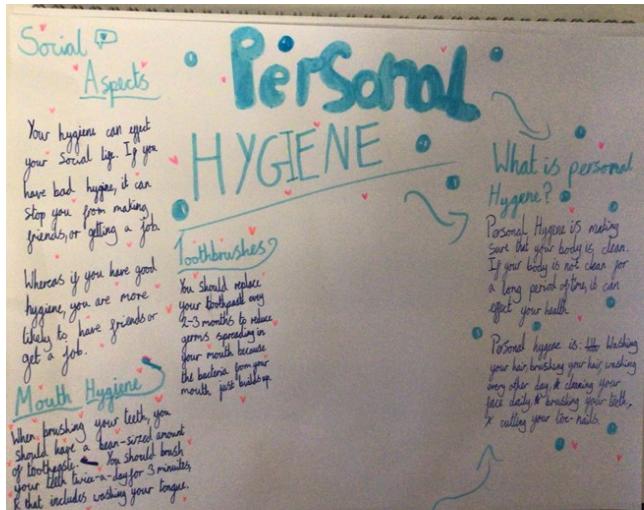
By Erik Windle

Swap out your toothbrush

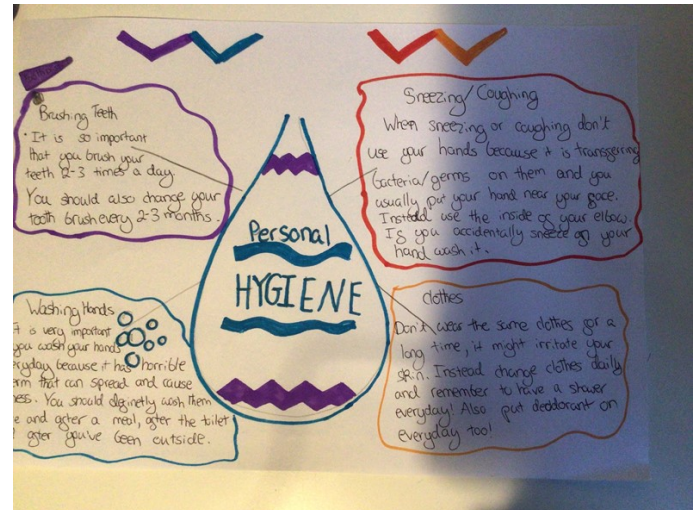
Every two to three months you need to swap out your toothbrush because it builds up germs and dirt which then gets spread back on to your teeth even if it doesn't build up germs its bristles become broken so the toothbrush would just slide over your teeth without cleaning them.

PSHE Tutor Sessions - Hygiene

Buchanan House



By Emilie Marshall-Tate



By Suraya de Almeida

Hollenden House



Hollenden Hygiene:

THE IMPORTANCE OF CHANGING YOUR CLOTHES.

- Changing your clothes everyday is vital to live healthily and happily. If you keep the same clothes on everyday without washing then it isn't good for your skin or mental health. Bacteria love to grow on this dirt and produce a bad smell in addition to the specific odour of the sweat.



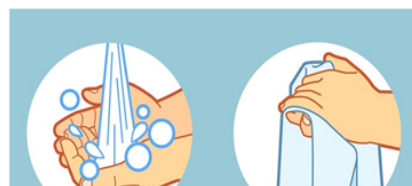
COVERING YOUR MOUTH

- It's not just good manners to cover your cough. Doing so helps reduce the spread of germs.
- Covering your mouth when you sneeze with your elbow or tissue will minimise germs that are able to spread to people and objects around you.
- To help stop the spread of germs: Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in the bin.



Hygienic daily routine

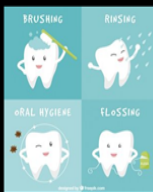
- Have a bath or a shower every day to prevent body odour
- Trim your nails. Keeping your fingers and toenails trimmed and in good nails will prevent problems such as hang nails and infected nail bed it will also prevent you from biting your nails.



Is it bad to use too much toothpaste?

Many people make the mistake of putting too much tooth paste when brushing their teeth. Remember that you only need a pea size amount of tooth paste.

If young children ingest too much toothpaste while their adult teeth are still forming, they can develop many oral problems in the future such as dental fluorosis.



Fun Facts!

- If you don't floss your teeth you miss cleaning 40% of your tooth surface
- You should change your tooth brush every 2-3 months
- People who drink more than 3 glasses soda each day have 62% change of getting tooth decay, fillings and tooth loss than others

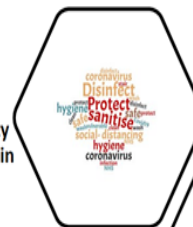
DENTAL HYGIENE!

Dental Hygiene is extremely important for our whole life. Flossing and brushing your teeth daily keeps bacteria under control however if you stop doing these things the bacteria can spread and cause tooth decay, gum disease (ext.)

Depending on the person and there health overall most dentists will tell you how much to wait before your next check up. But for most people, it is suggested to go to the dentist every six months but can be earlier if need be.



• A clean and tidy work environment boosts productivity, so keeping on top of the mess in your office should be a priority



Keeping your area tidy.



The appearance of your premises sends a message to your clients about who you are and what your business represents

If you keep your area tidy it also means that you will have better health

Queen's House

Personal Hygiene!!!

Shower regularly!! Smelling nice is a very good thing...

You need to shower regularly because your body collects all sorts of dirt and grime over the day so you need to shower/bath regularly to clean you body and get rid of bacteria



You need to brush your teeth otherwise bacteria can start to grow...

You need to brush your teeth at least 2 times a day for 2 minutes thoroughly because otherwise your teeth can grow plaque and bacteria will start to build up.



Wash clothing and linen regularly...



Wash clothing and linens on a regular basis. The longer it takes you to clean your dirty clothes and linens the smellier they become. Try to change your linens regularly. Germs and bacteria fester in your dirty clothes basket and hamper. Try to stay on a weekly cleaning schedule.

Nail hygiene



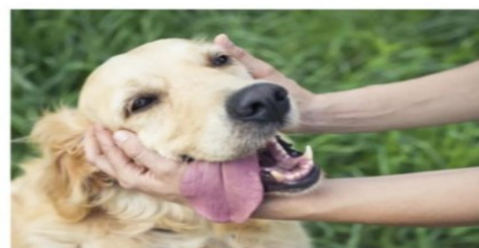
Every once in a while you should give yourself a little manicure. This is important because lots of bacteria and dirt can get trapped in your nails and that isn't very hygienic.

Personal Hygiene!! copy copy



When you come home from outside, wash your hands before eating and after going to the bathroom.

Washing your hands after handling pets and other



animals

Animals are covered in germs and bacteria so after you pet them or they lick you need to wash your hands, especially if you are just about to eat.

Year 8 Assembly

Special Mentions

- Loni Olarewaju - special mention! Excellent practical cooking at home !
- French this week - Chris Doble - great participation and very good homework! Merci!
- Excellent cooking from Patrick at home this week!
- Project on development in a country of their choice last half term.

A few of them got 100% or very close to, here are their names.

- Hannah Kaminski 100%
- Amy Knolles 100%
- Nichola Smith 98



Merits Leader Board – House – Week 1

- **Cambridge** – 33 merits
- **Hollenden** – 34Merits

Top Girls and Boys - Merits

- Johan Prinsloo – St Andrews – 9 merits
- Emily Netherway – 8 merits

From the Sport Department

The Sports department have been setting tasks for the students in both PE (for KS3) and games (for all students).

The students have a choice of challenges to complete in either football, netball or hockey and can join in a live circuit training session delivered from the sports pavilion, or can complete a task of their own choosing, ideally outdoors. Failing any of that students can virtually join me on our cross-country course walking, jogging etc. as I make my way around.

To get a task marked as complete on firefly, the students must submit something. These submissions have included pictures, videos and screenshots of data collected on apps such as Strava. On Monday 18th, in games we had 62 pupils in the live session with me and a further 95 students submitted something on firefly.

We are working with the Student Well-being group to try and promote mental health alongside being physically active, again through challenge.

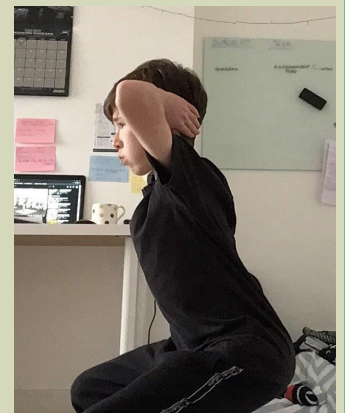
Starting from next week the challenge will be the total amount of steps achieved by years 7-10.

Students will need to summarise and submit on firefly the total number of steps they walk, march, jog and run over those 5 days.

We'll add them all up then divide them into year groups and houses. We will also identify the top 3 steppers per year group and by house.

The competition will run until half term.

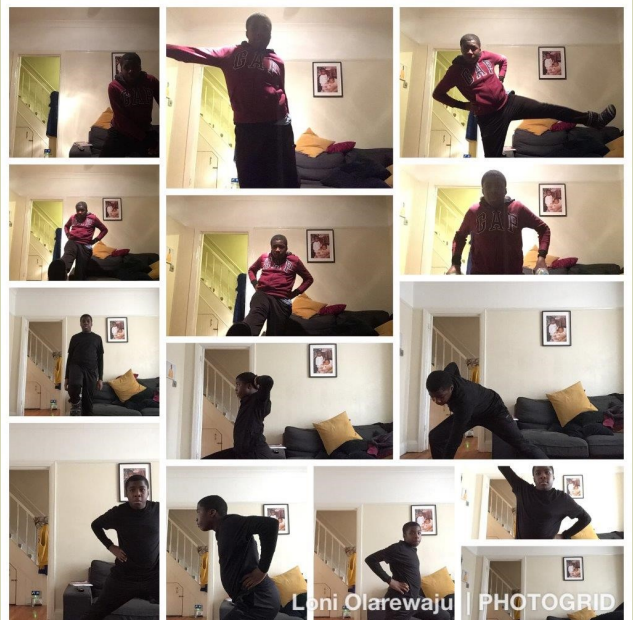
Good Luck!!



W o r k o u t



From the Sport Department

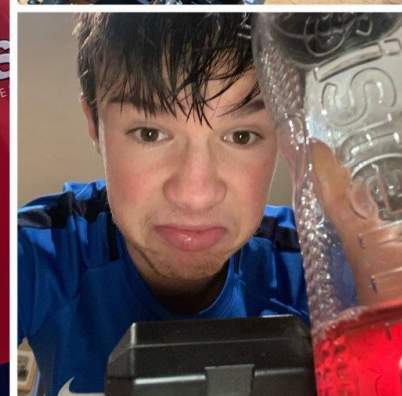
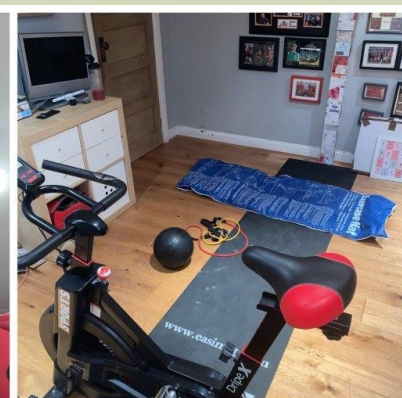
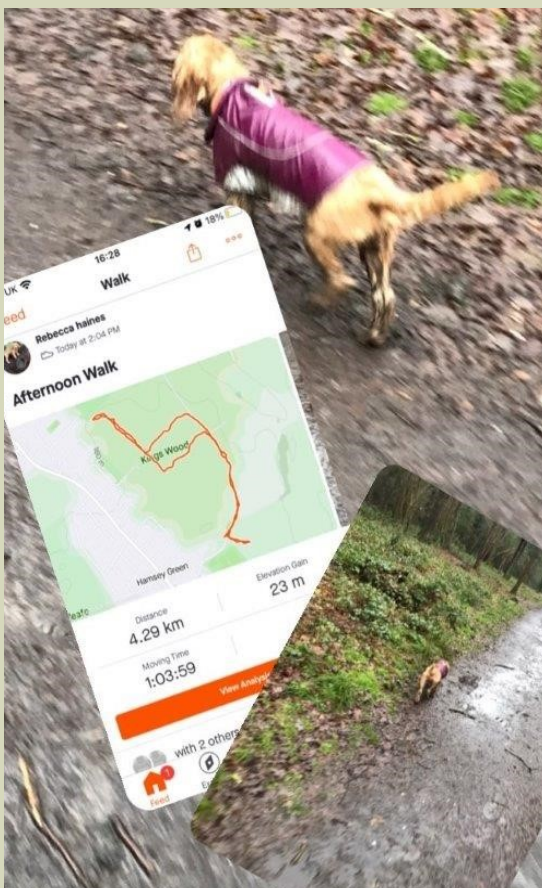
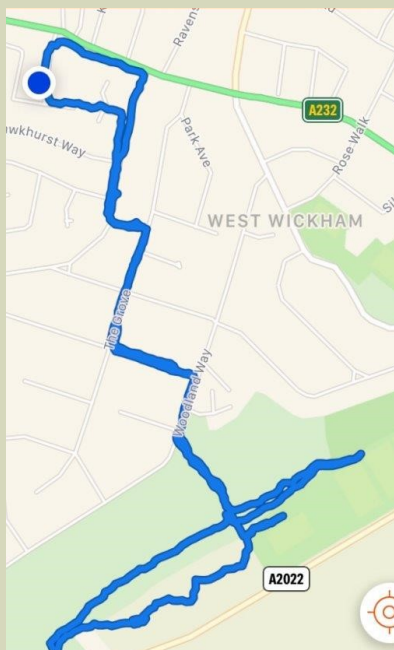
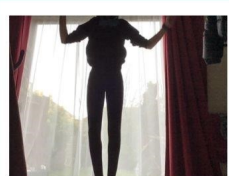
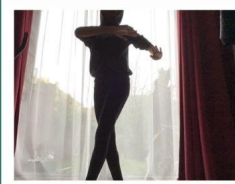
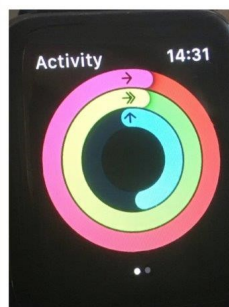
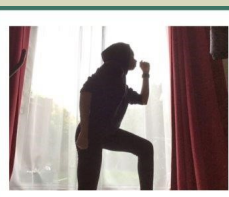


SUNNY DAY

JUST GO AND ENJOY
YOUR LIFE.



From the Sport Department



Key Diary Dates

Upcoming Parents' Evenings

Year 8	Wednesday 10 March 2021
Year 9	Tuesday 2 February 2021
Year 10	Thursday 11 February 2021
Year 11	Thursday 21 January 2021
Year 12	Thursday 25 February 2021



To keep up to date click the icons below and give us a follow....



Instagram

royal_russell_school



twitter

@Royal_Russell



facebook

Royal Russell School

We welcome your feedback. Please email: reception@royalrussell.co.uk.

To unsubscribe from receiving this weekly Newsletter click [here](#).

Royal Russell School

Coombe Lane : Croydon : Surrey : CR0 5RF

www.royalrussell.co.uk

Patron: Her Majesty The Queen