



**Rothersthorpe CE Primary School**  
**Pride, Ability, Positivity**  
**Rothersthorpe Reporting 12th October 2020**



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**Dear Parents,**

This week our children have been enjoying working on their creative curriculums. Pupils in Class 4 commented that they are enjoying learning about the 'Battle of Britain'.

Thank you to those parents/families who are still collecting crisp packets for recycling at school. Please carry on saving them—you can bring a bag full to school and we will put them in the recycling bin. Lottie C and her mum, send them to Terracycle and we have already raised £60 towards school funds. 'Keep recycling & save our planet'.

Also thank you to those families who have already donated food for Harvest and The Hope Centre in Northampton. We will be collecting donations all week outside school.

**Kind regards, Mrs Fountain and Staff at Rothersthorpe School**



**Stars of  
the Week  
Friday  
9th  
October  
2020**



**Our amazing class 1 children  
playing happily together at lunchtime**



## Good News Blog

- ◆ A professor of astrophysics became the fourth woman to win a Nobel Prize for Physics. Professor Andrea Ghez along with two colleagues discovered a massive black hole in the centre of the Milky Way that is the most important test of Einstein's Theory of Relativity.
- ◆ Dancing can make you happier and less stressed.. A survey of 2,000 British adults found that eight out of ten feel happier after having a boogie in their home. 67% also felt their mental health improved after dancing, despite 41% admitting that they weren't great dancers. Dancing helps to break away from set patterns of thinking and actually reduces neurochemicals that mean we feel less pain. Even just shimmying away when you're doing other things can have a positive impact.



## World Mental Health Awareness Day—Saturday 10th October 2020

### ACTION CALENDAR: OPTIMISTIC OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>"Choose to be optimistic. It feels better" - Dalai Lama</b>			<b>1</b> Write down your most important goals for this month	<b>2</b> Look for reasons to be hopeful even in difficult times	<b>3</b> Take the first step towards a goal that really matters to you	<b>4</b> Be a realistic optimist. See life as it is, but focus on what's good
<b>5</b> Start your day with the most important thing on your list	<b>6</b> Do something constructive to improve a difficult situation	<b>7</b> Remember that things can change for the better	<b>8</b> Make progress on a project or task you have been avoiding	<b>9</b> Avoid blaming yourself or others. Just find the best way forward	<b>10</b> Take time to reflect on what you have achieved this week	<b>11</b> Focus on a positive change that you want to see in society
<b>12</b> Look for the good intentions in people around you today	<b>13</b> Put down your To-Do list and let yourself be spontaneous	<b>14</b> Do something to overcome an obstacle you are facing	<b>15</b> Look out for positive news and reasons to be cheerful today	<b>16</b> Thank yourself for achieving the things you often take for granted	<b>17</b> Share your most important goals with people you trust	<b>18</b> Make a list of things that you are looking forward to
<b>19</b> Set hopeful but realistic goals for the week ahead	<b>20</b> Find the joy in completing a task you've put off for some time	<b>21</b> Let go of the expectations of others and focus on what matters	<b>22</b> Share an inspiring idea with a loved one or colleague	<b>23</b> Write down 3 specific things that have gone well recently	<b>24</b> Recognise that you have a choice about what to prioritise	<b>25</b> Plan a fun or exciting activity to look forward to
<b>26</b> Start the week by writing down your top priorities & plans	<b>27</b> Be kind to yourself today. Remember, progress takes time	<b>28</b> Ask yourself, will this still matter a year from now?	<b>29</b> Find a new perspective on a problem you face	<b>30</b> Set a goal that links to your sense of purpose in life	<b>31</b> Think of 3 things that give you hope for the future	

**ACTION FOR HAPPINESS**

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

### Class 1 having fun with construction



## Calendar

w/c Monday 12th October 2020

Tuesday 13th October 8pm

Friday 16th October

Thursday 22nd October

**Friday 23rd October**

Friday 23rd October

Mon 26th –Fri 30th October

Monday 2nd November

**Tuesday 3rd November**

Monday 2nd November

Sunday 8th November

Friday 13th November

w/c November 9th November

Wednesday 9th December

Friday 18th December

Mon 21st Dec—Fri 1st January 2021

Monday 4th January 2021

**Tuesday 5th January 2021**

Harvest donations box outside school

Friends of School AGM via Facebook rooms

Harvest Festival Assembly at school

**\*\* Tempest Photography—pupil/school siblings**

**(No pre-schoolers this time—sorry).**

**\*\* Friends of School Fundraising event at School**

Last day before half term

Half Term

Training Day—school closed

**Back to School**

Pupil Autumn Term Reports emailed to parents

Remembrance Day

Children in Need

Parent consultation calls

Flu immunisations in school—online consent

Last day of school before Christmas

Christmas holidays

Training day—school closed

**Back to school**

**GLK Gym Club—great work everyone!**

**Spaces left for after half term—Girls & Boys**

**Wednesday** 8am gym at school for Class 4 & Year 4

**Thursday** 8am gym at school for Class 2 & Year 3



**\*\* Friends of School Fundraising Event at School**

**Friday 23rd October 2020**

**The popular:  
'Break the School Rules' and  
'Scary hair we just  
don't care' is back soon!!**



**Information to follow.....**

**\*\*Tempest Photography—Tidy hair day!**

On the morning of Thursday 22nd October, Tempest photography will be taking individual photos of the children at school. This will also include siblings who are at school, but not pre-schoolers as we cannot invite parents/carers/other siblings into school at the moment.

Tempest will comply with our school risk assessments. Children will have their photographs taken 'standing up' and photos with school siblings will be taken after the rest of the school to limit mixing. If you have any questions please let School know. A 'Proof' copy of the photo will be sent home and orders are placed direct with Tempest online.

