

Friday, 19h May 2023

VJS NEWS

Proud To Be Me, Proud To Belong

Mr David Lee, Headteacher



This week we have had an opportunity to look at how well the school is doing in providing high quality teaching and learning for the children at Victoria Junior School.

On Monday we were visited by two Hounslow headteachers, along with a nationally recognised inspector, particularly looking at Mathematics, children's learning behaviour and how our subject leads have improved their subjects. On Tuesday, we were visited by a member of Hounslow's School Improvement team who observed Writing lessons and spoke to other subject leads about the development of their subjects.

In both cases, the school has had very positive feedback. The engagement in, and dedication to learning by the children at Victoria Junior School was mentioned as a real strength of the school, something we are immensely proud of.

As part of Mental Health Awareness Week, we have tried to give no extra work for children to do at home this week. We would like children to read over the weekend, as always, but not if it causes any stress or anxiety.

I hope you all manage to enjoy the promised sunshine!

Next week's Coffee Morning

Feltham in Bloom will be coming to our Coffee Morning next week. If anyone is interested in Gardening or Volunteering, please come along and have a coffee with us!

To support National Walking Month, we will go for a walk around the Duck Pond after the meeting.

HEADTEACHER STARS

*Remember to see Mr.
Lee for a merit for
your fantastic
learning behaviour!*

19th May 2023

Year 3

Elm: Teodora

Oak: Wiktorja

Ash: Kiruthiga

Year 4

Beech: Makundh

Rowan: Isabella

Ebony: Owen

Year 5

Magnolia: Hasan

Holly: Mehran

Willow: Sophie

Year 6

Cherry: Daria

Chestnut: Skylar

Laurel: Reuben

Mental Health Awareness Week 2023



This week we have been celebrating Mental Health Awareness Week, with a focus on anxiety.

Throughout the week, children have been participating in PSHE lessons based on anxiety, as well as assemblies and other calming activities.

Today, children wore an outfit that they felt happy in!

The website linked below has some top tips for parents/carers on supporting children at home:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

TOP TIPS FOR DEALING WITH ANXIETY **NHS**

TIP 01
Try a short breathing exercise

TIP 02
Learn how to manage anxious thoughts

TIP 03
Keep a mood diary

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit Every Mind Matters for more tips and advice

Better Health every mind matters