



Burlington Juniors Weekly News



SCHOOL MEMBER



Governors email: a.moss@bjs.eriding.net

School Phone Number 01262 674487

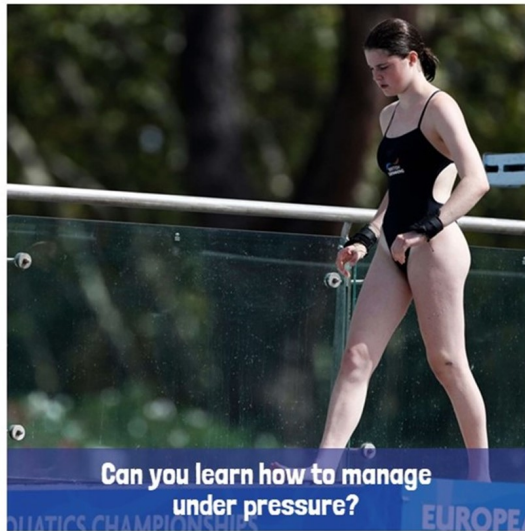
www.burlingtonjuniorschool.org



@burlingtonjnr

Spring Term
13th January 2023

Picture News



Can you learn how to manage under pressure?

In the news this week

18-year-old Andrea Spendolini-Sirieix has been named as a BBC Young Sports Personality of the Year finalist. She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre synchronised diving. Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were nominated alongside Spendolini-Sirieix. Andrea is continuing with her A-Levels, attending school 3 days a week.

Things to talk about at home ...

- What do you think Andrea is feeling as she prepares to dive?
- Can you think of a time when you felt under pressure? What happened and what helped you manage?
- Do you think some people are better at dealing with pressure than others?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



This Week's Useful Vocabulary

Nominated – To officially suggest someone for an election, job, position, or honour. Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were nominated alongside Spendolini-Sirieix.

Overwhelmed – Feeling a sudden strong emotion. At times, we will find ourselves in situations where we feel stressed and overwhelmed with things around us.

Preliminary – Coming before a more important action or event, especially introducing or preparing for it. It shows GB diver Andrea Spendolini-Sirieix competing in the Women's Platform Preliminary in Rome, Italy.

Strategies – Ways of doing something or dealing with something. It is important for us to find strategies that help us deal with pressure.

Stressed – Feeling tense and anxious because of difficulties in life. Have you helped someone else when they felt under pressure or stressed?

Synchronised – Happening together, at the same time or rate. She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre synchronised diving.

Athletics - Year 5 & 6

On Tuesday night a team of year 5 and 6 boys and girls went to Headlands school to participate in the inter school sports hall athletics competition. The children took part in a range of running and field events. All children showed excellent enthusiasm and determination throughout the competition. Overall Burlington were placed 4th which was a fantastic result! Well done!



Music Fees

Music payments for this term are now due. Please ensure these are paid by the 19th January.



Cello & Violin

If your child is interested in learning the Cello or Violin then we have spaces currently available. Please contact either the office or Mrs Beckett for more information.



Clubs

We have spaces in the following clubs if your child would like a place please contact reception:-
TT Rock Stars year 3 and 4
Dodgeball and running club year 5 & 6
Wordsearch, nature, book, history, badminton, board games and gym all year groups.

Change of Menu - Spot prize dinner

On Thursday 19th January there will be a change of menu to Pizza and Fries. The pudding will remain the same. Spot prizes on lucky plates.

Spring1 Curriculum Overviews and Knowledge Organisers

Curriculum Overviews and Knowledge Organisers for each year group will be sent out via email over the next few days. These overviews show you what the children will be learning about during the Spring1 Term. Please discuss the Knowledge Organisers with your child on a regular basis in order to remember key facts and information. If you require a paper copy then please contact your child's class teacher or the school office.