



GEORGE WHITE  
JUNIOR SCHOOL

## NEWSLETTER – FRIDAY 30<sup>th</sup> SEPTEMBER 2022

Dear parents and carers,

I hope this newsletter finds you and your family well.

It has been another busy week in school! Very early this morning we saw some of our Year 6 children off as they begin their 4 day residential trip to Wales. We know the children will have a fantastic time and will return on Monday with lots of exciting stories to tell.

Now the weather has turned colder, please ensure your child has a named warm coat in school. The children are outside twice a day for break and play times and we want them to be as warm as they can be.

On Thursday, Mrs Waller and our newly appointed school councillors led our whole school assembly. They introduced themselves and shared their ideas for the term ahead. There was much excitement amongst all children as our school council discussed fundraising events including a readathon, purchasing of new playground equipment and the possibility of hot chocolate Friday to name but a few of their ideas.

This week also saw the start of a broad range of lunchtime and after school clubs. It was wonderful to see the children engaging in such a variety of different extra-curricular activities including forest school, art, cricket, football, gardening, coding, library and choir. If your child is interesting in joining a lunchtime and/or after school club, please speak to your child's class teacher.

Thank you for your continued support.

Warmest regards,

Mrs Petchey and the George White Junior School Team

**Our RESPECT VALUES** are integrated into the curriculum and enhance each child's development.

**We value RESPECT.** I show consideration for myself, other people and my environment.

**We value Responsibility**

I care for myself, others and the environment in which I live.

**We value Empathy**

I understand other people's feelings and situation.

**We value Safety**

I tell the truth. I know how to keep myself and others safe.

**We value Perseverance**

I keep trying when faced with challenges and adapt to change.

**We value Engagement**

I want to do well, I am interested in learning and want to find things out.

**We value Confidence**

I think for myself. I take ownership of my own learning and behaviour

**We value Teamwork**

I am helpful, patient and work well with others.



## OUR LEARNING THIS WEEK

### YEAR 3

Year 3 have been working really hard and routines are starting to become embedded. In Maths we have been working on place value with numbers up to 1000. English has seen us visiting different fairy tales to help with our writing. We have learned the difference between a town, city and a village in Geography. In PSHE, we are continuing to learn what makes a positive friendship.

### YEAR 4

This week in Science Year 4 have been investigating how simple circuits work. We have made predictions, built circuits and recorded our findings. In English we have finished our own versions of The Secret of Black Rock, thinking carefully about our word choices and how to develop our vocabulary.

### YEAR 5

This week in Year 5, we have started - and finished - our independent write in English. In science, we look at irreversible changes. One of the experiments involved making plastic from mixing milk and vinegar! We have started addition in Maths and in History, we looked at Ancient Greek Gods.

### YEAR 6

Year 6 have been preparing for their residential to Wales. The children are very excited about going but understandingly have some mixed emotions. We know the children will have an

amazing time, will grow in confidence and will return on Monday evening full of stories. For those children remaining in school during this time we have planned a range of exciting activities across the two days including a bowling trip on Monday.

### **APPLE CLASS**

It's been a busy week in Apple class! We have been learning lots of new vocabulary using our class reader, 'The Green Ship' by Quentin Blake. The children have shown their understanding through drama and puzzle activities.

We have also been learning about what helps plants to grow. We did an experiment with coloured water to see whether water would travel up the stem of a flower and is delivered to the leaves and petals. When our white petals turned blue and red, we knew it did! We have started a new experiment with cress to see what happens to plants when they do not have sunlight or water and we are excited to see the results.

## **Attendance Matters**



**Our school attendance target is 95%**

The class with the highest attendance this week was **6 ASH with 97%**. Well done!



### **FACTS OF THE WEEK**

**A crocodile cannot stick its tongue out.**

**Rubber bands last longer when refrigerated.**

## SCHOOL NOTICES



What's On – Diary Dates	
SEPTEMBER 2022	
30th September	Pre-Loved Children's Coat Stall
OCTOBER 2022	
4th October	Parents Math Calculations information led by Mrs Matless in the main hall.
7 <sup>th</sup> October	Pre-loved Children's coat stall in the school hall
10th October	Aspiration Week for all year groups
12th October	Individual School Photos
13th October	The Importance of reading parent information session led by Mrs Eaglen in the main hall
19th October 3.40 - 7.00 p.m.	Parents Evening for all year groups
20th October 3.40 - 5.45 p.m.	Parents Evening for all year groups
24th October	Half term
NOVEMBER 2022	
1st November	Online safety parent meeting in the school hall led by Mrs Waller & Mrs Breakenridge
7th November	Year 3 open Doors for all parents & Carers. An opportunity to come into school and find out more about how we teach maths.
8th November	Year 4 open Doors for all parents & Carers. An opportunity to come into school and find out more about how we teach maths.
9th November	Year 5 open Doors for all parents & Carers. An opportunity to come into school and find out more about how we teach maths.
10th November	Year 6 open Doors for all parents & Carers. An opportunity to come into school and find out more about how we teach maths.
DECEMBER 2022	
8th December	Christmas fair in the school hall with carol singing by the school choir.
13th December	Year 3 & 4 Christmas Disco
14th December	Year 5 & 6 Christmas Disco
16th December	End of Autumn term

## ASPIRATIONS WEEK 10<sup>th</sup> OCTOBER 2022

Our Aspirations Week is quickly approaching. A huge thank you to those parents and carers who have already signed up to take part in our aspirations week. If you are interested in coming into school to talk to either a class, year group or whole school about your job and career path, please speak to Mrs Chester in the office, thank you.

## BOOK FAIR

The book fair is coming to school next week. We are all very excited about hosting this event and hope you are able to pop in after school at some point next week to browse the large selection of books on sale at very competitive prices.



## PARENTS EVENING

Our parents evening for all year groups is taking place on **Wednesday 19<sup>th</sup> and Thursday 20<sup>th</sup> October**. Bookings for this will be going live from 4pm on Friday 7<sup>th</sup> October.

## MSA ROLES

We are currently looking for two MSA'S to join our staff in supporting our children at lunchtimes. If you are interested in this role or would like more information, please pop into the office where Mrs Chester or Mrs Watts will be able to give you more information.

## OUR SCHOOL FACEBOOK PAGE

Our school Facebook page is now up and running. If you haven't already, please like our page. It is an opportunity to find out more about your child's learning as well as any school and community notices. Please find our page linked below:

<https://www.facebook.com/profile.php?id=100083188067525>

## BOOKS, COMICS and MAGAZINES

If you have any children's books, comics or magazines you no longer need we would love to have them for our children to read in school. Any donations will always be warmly welcomed.

## School Uniform:

We would like to remind parents and carers that correct school uniform must be worn at all times. We take pride in wearing our school uniform and want our pupils to look smart. Our winter school uniform consists of:

- ✓ Yellow or blue polo top
- ✓ Grey trousers/shorts/skirt/pinafore
- ✓ Blue school logo jumper/cardigan OR a plain blue jumper/cardigan
- ✓ Black school shoes

### Our PE uniform is:

- ✓ White plain t-shirt
- ✓ Black or blue plain sports shorts
- ✓ Black, blue or dark grey plain leggings
- ✓ School logo hoodie or a black or blue jumper. If you do not have either of these, your child can wear their normal school jumper/cardigan to school on their PE days.
- ✓ Trainers

We politely ask that children do not come to school wearing branded clothing or football kits as these are not part of our PE uniform.

**Please ensure all items of clothing are named, this makes it easier and quicker for us in school to return items back to the right pupil.**

## School Gates

We would like to politely remind all parents and carers to please not smoke or vape at, or around the school gates and entrance to the school.

We also politely ask for any dogs to be kept off school property and away from all school entrances and exits as we have some children who are frightened and anxious around dogs. Thank you.

## Healthy Snacks

Please can we remind all parents and carers that children are to have only healthy snacks for playtimes. Items such as fruit, rice cakes, bread sticks and cereal bars are great but no crisps or chocolate thank you, these should be kept for lunchboxes.

Also, we do not allow sweets in school.



## SAFEGUARDING

Mrs Derer is on our school playground every Thursday and Friday morning. Mrs Derer is our school Parent Support Advisor, you may already recognise Mrs Derer as she works at Mousehold every Monday and Tuesday. Mrs Derer is always happy to talk to you about any worries relating to your child at home or any further support we may be able to offer or signpost you to.

Our school Designated Safeguarding Leads who are in school are:

**Mrs Petchey, Mrs Stolworthy, Mrs Eaglen and Mrs Matless.**

Please speak to one of these members of staff if you are worried or concerned about the safety of a child at school.

If you have a safeguarding concern about a child out of school hours, the number to ring is:

**CADS – Children’s Advice and Duty Service – 0344 800 8020**



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



**National Online Safety**

## 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

Publish date: 07/11/18



1



**Which apps/games are you using at the moment?**

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

**Which websites do you enjoy using and why?**

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY. ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



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PLAY AGAIN?  
YES NO

**How does this game/app work? Can I play?**

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

**Do you have any online friends?**

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



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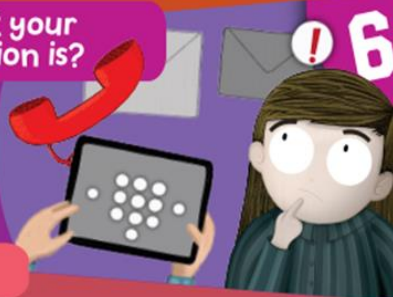


**Do you know where to go for help?**

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

**Do you know what your personal information is?**

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



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7



**Do you know your limits?**

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Uses of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07/11/18

## WELLBEING

There are lots of useful websites that support for both adults and children's mental health and wellbeing. Please see below:

<https://www.camhs-resources.co.uk/downloads>

<https://www.justonenorfolk.nhs.uk/>

<https://www.childline.org.uk/toolbox/calm-zone>

<https://www.childrensmentalhealthweek.org.uk/growingtogether>

<https://www.qwell.io/>

<https://parentingsmart.place2be.org.uk/>



### Supporting young people's mental health Parent/carer workshops September - October 2022

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

#### **Supporting our Young People Manage Big Feelings**

A workshop aimed at parents of young people aged up to 11 to help support our children in managing difficult emotions

26 September - 13:00. [Book a place](#)

26 September - 18:00 [Book a place](#)

#### **Supporting your Child to Attend or Get Back to School**

Is it difficult to get your child to school? This workshop aims to develop parents' understanding and provide helpful strategies

27 September - 18:00. [Book a place](#)

#### **Supporting our Young People with Anxiety**

For parents to understand anxiety and how to support their child with worry

27 September - 19:15. [Book a place](#)

18 October - 18:00. [Book a place](#)

#### **Supporting our Young People with Challenging Behaviour**

A workshop for parents who are concerned or want to learn more about child behaviour that can be difficult to manage

17 October - 13:00. [Book a place](#)

#### **Supporting our Young People Manage Uncertainty**

A workshop to support parents in helping their children manage uncertainty and the emotions that follow

17 October - 18:00. [Book a place](#)

#### **Supporting our Young People with Low Mood**

For parents to understand low mood and how to support their child/teenager

18 October - 19:15. [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search for Psychology in Schools Team - NSFT




Working together  
for better mental health

## Children's Winter Coat Donations

We are still currently collecting preloved children's winter coats in good clean condition for our preloved coat stall. If you have a coat you would like to donate, please drop this off to the school office. Thank you to those parents and carers who have already donated a coat.





**Norfolk SEN Network**  
Registered charity no. 1044353

**Do you have a child who may have special educational needs?**

If you have concerns about your child's education and need to talk to someone, book a 20-minute slot at our drop-in advice clinic and chat with one of our development workers.

**Drop-in Advice Clinic**  
**Plumstead Road Library**  
**Thursday 6<sup>th</sup> October**  
**Slots available between 1pm – 2.45pm**  
**Call 01603 300178 to book your slot**

\*We cannot guarantee that a development worker will be available to discuss your concerns without booking a slot\*

Our helpline is open Monday to Friday, 9am – 12noon 01603 300178  
Or call into our office at Catton Therapy, 62 Catton Chase, Norwich, NR6 7AS  
Plumstead Road Library, Norwich, NR1 4JS

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