



GEORGE WHITE
JUNIOR SCHOOL

NEWSLETTER – FRIDAY 7th October 2022

Dear parents and carers,

I hope this newsletter finds you and your family well.

It was wonderful to welcome our Year 6 children back to school this week after their Wales residential. They had a great time with many memories made. I would like to thank Mrs Matless for organising and leading this successful trip. Thank you also to Mr Cordeaux, Mrs Cojoc, Mrs Fisher and Mrs Burman who supported the children on this 4 day residential. It has been lovely having Year 6 all back together once again.

This week we have celebrated National Poetry Day. The children have been listening to and performing a range of poems.

A reminder that our school gates open at 8:40am and close at 9:00am. If you arrive after this time, please go to the school office to sign your child in. Our school day ends at 3:20pm.

Please can I ask that all children now bring a warm winter coat to school every day. The children are outside twice a day for break and lunch time and we want them to be as warm as possible.

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

This week in year 3 we have been learning 100, 10 and 1 more or less than a given number. We have used concrete resources to help us investigate these. In English, we are starting to create our own narrative story based on the Wolf from Little Red Reading Hood. We have been learning how our muscles work in Science and have used Google maps to identify human and physical features of our local area. We have been working really hard!

YEAR 4

In Year 4 this week we have been applying our knowledge of similes, fronted adverbials and ambitious vocabulary to write and edit our own independent stories. In maths we have started to use concrete resources to understand how to add using the column method.

YEAR 5

This week, Year 5 have made posters about the Greek Gods, they have started their non-chronological reports in English, and they are learning about the compact addition method in Maths.

YEAR 6

We were so impressed by our Year 6 pupils on their trip to Wales. So many children tried out something new. Their enthusiasm and behaviour was excellent. Pictured are Eve and Ivy on the Lake Challenge. Children remaining in school loved their bowling trip and enjoyed making dreamcatchers and performing drama with Mr Dauncey.



APPLE CLASS

On Thursday to celebrate National Poetry Day, Apple Class learnt and performed a vowel performance poem which they shared in front of the whole school. The children were fantastic, well done Apple Class.

Attendance Matters



Our school attendance target is 95%

Our attendance certificate for the highest class attendance this week goes to.....

5 Cedar with 97% - Well done!



FACTS OF THE WEEK

Humans are the only animals that blush.

Your nostrils work one at a time

What's On – Diary Dates



OCTOBER 2022	
4th October	Parents Math Calculations information led by Mrs Matless in the main hall.
7 th October	Pre-loved children's coat stall – playground from 3:10pm
10th October	Aspiration Week for all year groups
11 th October	3:30pm - Parents Math Calculations information led by Mrs Matless in the main hall.
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
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

SCHOOL NOTICES



We offer a wide range of music lessons, Guitar, Keyboard, Drum & Violin if your child is interested please contact The School Office.

Fund-raiser for school

Quiz night for parents/carers and staff

Friday 21st October at 7pm

Maximum of 6 in a team

£5 per person



ASPIRATIONS WEEK

10th OCTOBER 2022

Our Aspirations Week is next week. We have lots of exciting things planned for the children, including a variety of different visitors coming into school to talk to the children about their jobs and carers.

Having aspirations and goals at any age is really important. Please take the time this week to ask your child about their aspirations.

WANTED - Friends of George White Group

We are looking to set up a Friends of George White Junior School group. We are looking for a group of parents and carers who are interested in working alongside some staff to support the school with fundraising ideas and events throughout the year. If you are interested in joining this group or finding out more, please speak to Mrs Chester or Mrs Watts in the office. Our first big event will be planning and organising the school Christmas Fair.



PARENTS EVENING

Our parents evening for all year groups is taking place on **Wednesday 19th and Thursday 20th October**. Please note Miss Whings parents evening for 4 Maple is this coming week.

MSA ROLES

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

Teaching Assistants



TEACHING ASSISTANT ROLES

We are also looking for Teaching Assistants to support our children with their learning in the classroom. We are flexible on the days and hours, this is a great opportunity for anyone looking for paid work that fits easily around childcare and school holidays. If you would like more information, please pop into the office and 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:

- ✓ Blue polo top
- ✓ Grey, black or blue 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 are seeing some branded clothing and non-school uniform clothing colours being worn in school during PE days. Please can you ensure your child is wearing the correct PE kit. We do not permit any football kits or branded clothing as these are NOT a part of our PE uniform.

Thank you for your support to ensure all our children look smart and respectable.

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.

MAKE UP

Please ensure your child does not wear any make up to school. We do not permit the wearing of any make up as this is not part of our school uniform.

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.

We do not allow sweets in school.



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.

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

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/>

ONLINE SAFETY

Childline website has videos, information and support for children under

12 https://www.childline.org.uk/kids?gclid=aw.ds&&gclid=EAlaIQobChMIzIH_mpXM-gIVCbrtCh0dtgf6EAAyAAEgIY8fD_BwE&gclid=aw.ds

The NSPCC website has lots of information and support on ways to keep safe online

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

This website have designed resources to support parents and carers as they tackle their child's online safety.

<https://www.internetmatters.org/schools-esafety/parent-online-support-pack-teachers/>



Balancing screen time

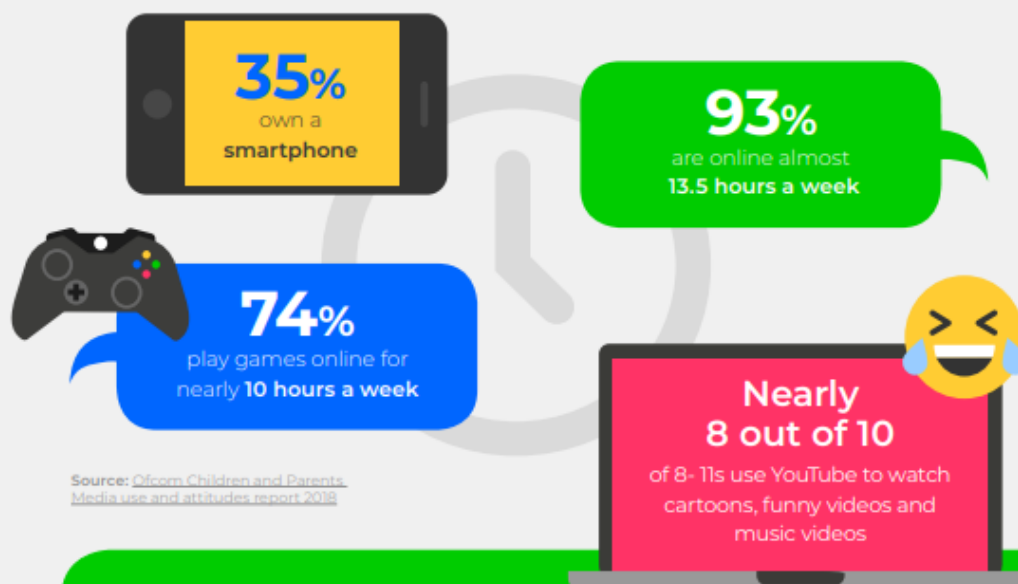
internet
matters.org

Top tips to support children aged 7-11 (Key stage 2)

Typically at this age children will start to be more active online so it's important to equip them with the tools to strike a healthy balance between the time they spend on and offline, especially as they start to get their own devices.



How are children using screens?



What parents tell us

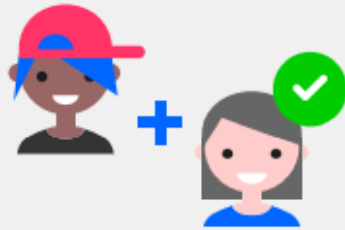
Screens are good for creativity

Nearly 7 out of 10 parents believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

Screens' impact on physical wellbeing

Nearly half of parents in the UK are worried their children are spending too much time online – with the majority believing it is causing their kids to lead a sedentary lifestyle lacking in physical exercise.

What are the benefits and challenges of screen use?



Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development
Source: [Internet Matters Look both ways report](#)
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **Screens can provide much needed down-time** at the end of the school day.

Screen time challenges

- **Peer pressure from friends to stay online** and the way certain platforms are developed to keep users engaged can make it harder for children to switch off.
- As children get more active online there is an **increased risk that they might stumble across inappropriate content** that can have a negative impact on their digital wellbeing.
- Long periods of passive screen time (i.e. bingeing on box sets) **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.



5 top tips to balance screen time

1 Create screen time rules together

To help them stick to digital boundaries **get them involved in the process of setting simple rules** on how they should use screens in and out of the home.

Giving them reasons why it's important to prioritise sleep, homework and family time can help them make smarter choices about when and how they should switch off screens.

Make sure to model the behaviour that you'd like to see in them – children tend to do what you do, not necessarily what you say.

2 Take an active role in their digital life

Get engaged and stay engaged in their digital life as they grow. The more you get involved and understand the things your children do online, the easier it is to gain their respect and influence what they do in their digital world.

Making screens part of family time, like a movie or an online games night is one way to make it more inclusive and engaging.

Also, encouraging them to have a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime is important.

3 Equip them with know-how to manage risks online

As children become more active online, **have regular conversations with them about ways to deal with a range of risks** that they may be exposed to such as seeing inappropriate content or being cyberbullied.

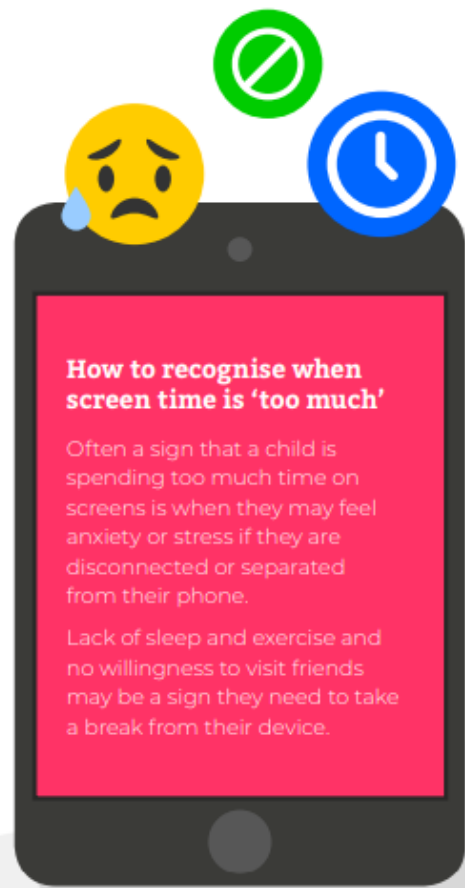
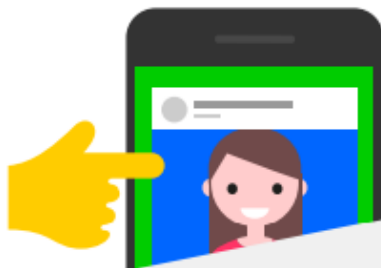
Make sure they know when and where to seek help if they need it and what tools they can use to deal with it.

4 Use tools to manage their screen time & access to media

Whatever device your child uses, be sure to **make use of free and premium tools available** to manage their access to age-appropriate content and review the time they spend on specific online activities.

5 Encourage them to be selective about what they do online

Help them avoid mindless scrolling and be more critical about the media they watch and the platforms they use. Encourage them to explore apps and websites that will compliment what they enjoy in the real world and develop their key skills.




The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e. watching YouTube) and interactive screen time (i.e. creating content or playing games online).

There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

One size does not fit all when it comes to screen time – it's more about getting it right for your families needs.



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 6th 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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Norfolk and Suffolk
NHS Foundation Trust

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 and search for Psychology in Schools Team - NSFT



Working together
for better mental health