



GEORGE WHITE
JUNIOR SCHOOL

NEWSLETTER – FRIDAY 9th December 2022

Dear parents and carers,

I hope this newsletter finds you and your family well.

This week we can say Christmas has definitely arrived at George White Junior School! Christmas lunch on Wednesday was a huge hit with both pupils and staff. On Thursday we hosted our first Christmas fair in quite some time. This event was so successful with a very busy school hall with lots of different stalls being run by some pupils and some local businesses. The hall had a magical buzz to it on Thursday afternoon all which would not have been possible without Mrs Waller's vision, preparation, hard work and organisation. A huge thank you to Mrs Waller, those members of staff who supported her and our parents and carers too. I am delighted to announce we have raised an amazing £629.50. In the new year our student council will be asking all children to think of ways in which we can spend some of this money to further support all pupils at George White.

With one more week to go until the end of this term, we are aware that children are quite tired after a long and busy term. Last week we began to see a rise in children feeling unwell, some with a sore throat, some with a headache and some feeling sick. If your child has a high temperature and is not well enough to be in school, please keep them at home.

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 Year 3 have been learning to subtract using concrete resources, pictorial representations and abstract expanded methods. In English we have been finding creative ways to write a non-chronological report based on the Stone Age. We are very lucky to have had a visit from a Geologist who has shown us different rocks and explained how rocks are formed. We have been learning how people's lives changed in the Bronze Age in History.

YEAR 4

This week, we have continued working on multiplication and division and building on our explanations with these. In English, we have continued shared writing a newspaper report and using a mixture of direct and indirect speech. We have learnt lots about the Mayan legacy in our history lessons, including the use of numbers and finding out what their spirit animal would be according to their date of birth!

YEAR 5

Year 5 have continued working with fractions in Maths this week, and we have just finished our sentence stacking for our letter of complaint to London Zoo. In gymnastics, we continued our work on performing in synchronisation and we discussed stress and coping strategies in PSHE. We have also been practicing our Christmas songs for our performance next week.

YEAR 6

This week Year 6 have been completing their learning about fractions by finding fractions of amounts. We are really starting to see how knowing our times tables helps so much with fractions. In English, we adapted our Non-chronological reporting skills to write a report on the famous Blobfish (the 'ugliest animal' apparently).

In Science, we produced a final end of unit learning poster to share with our surprise guest next week.

A huge thank you to parents and carers for coming to the school Christmas fair, the Year 6 children who helped with stalls did a great job!

APPLE CLASS

Apple class have enjoyed a festive start to the month. We loved watching the Christmas rock and pop performances and making what is possibly the world's longest paper chain ready to decorate our classroom next week! We made iced Christmas cupcakes which we enjoyed while sharing stories on Thursday afternoon. Our library session this week found lots of children discovering new books to take home and enjoy. We also finished our reports on polar bears and can see so much improvement compared to just six weeks ago! We are really proud of how hard we have worked this half term.

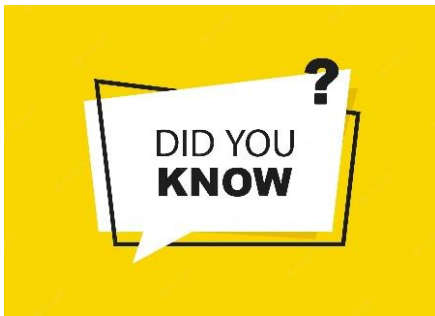
Attendance Matters



Our school attendance target is 95%

Our attendance certificate for the highest class attendance this week goes to 4 ELM and 6 LARCH

with 95.5% - Well done!



Christmas trees were first used by ancient Egyptians and Romans where they were decorated with fruits and nuts.

There are 9 reindeer in total - Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph

A man called Tom Smith from London invented Christmas crackers



What's On – Diary Dates

DECEMBER 2022	
13 th December	Year 3 Trip to Time & Tide Museum
13 th December	Year 3 & 4 Christmas Disco
14 th December 2.45 – 3.15p.m	Year 5 & 6 Carols in the hall
14 th December	Year 5 & 6 Christmas Disco
16 th December 2.45 – 3.15	Year 3 & 4 Carols in the hall
16 th December	3:20pm - End of Autumn term
JANUARY 2023	
Tuesday 3 rd January	INSET Day – School Closed
Wednesday 4 th January	School starts at 8:40am

SCHOOL NOTICES



Scarlet Fever

Due to increased numbers of the more serious, invasive Group A Strep (iGAS) infection being reported in the UK recently, we are writing to ensure you have the latest UK Health and Security Agency (UKHSA) guidance and links to updates about Scarlet Fever, Group A Streptococcus (GAS) and the more serious Invasive Group A Strep (iGAS).

Scarlet fever is caused by the GAS bacteria, which also causes other respiratory and skin infections such as Strep throat and impetigo. GAS is a common bacterium which many people carry in their throats and on their skin. It doesn't always result in illness, but it can cause mild and more serious infections. The most serious of these are iGAS, which are infections caused by the bacteria getting into parts of the body where it is not normally found, such as the lungs or bloodstream. In rare cases an iGAS infection can be fatal. Whilst iGAS infections are still uncommon, there has been an increase in cases this year, particularly in children under 10.

The current information from UKHSA is that there is no evidence that a new strain is circulating. It says the increase is most likely related to high amounts of circulating bacteria and social mixing and lots of viruses that cause sore throats, colds and coughs circulating which should resolve without medical intervention. However, UKHSA advice states that children can on occasion develop a bacterial infection on top of a virus which can make them more unwell.

Signs and symptoms

Is it Strep A?

Look for the rash
It has a 'sandpaper' texture. On pale skin it may appear red and have a rough texture. On dark skin it may not appear red, but it will have a rough texture.

Look at the tongue
Bright red with white coating, known as 'strawberry tongue'

Other symptoms may include:

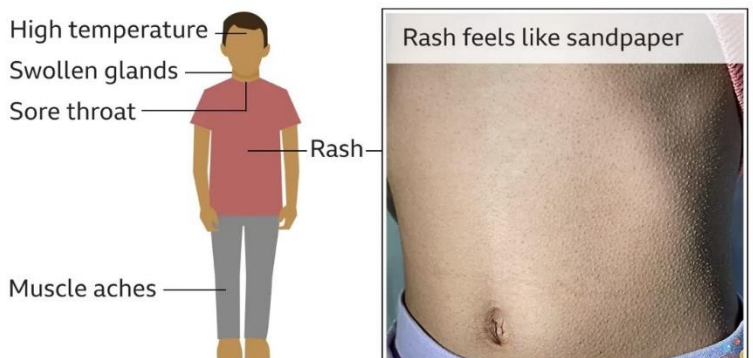
- Temperature
- Headache
- Body aches
- Feeling sick
- Flushed red cheeks
- Dehydration

It can be difficult to tell the difference between 'Strep A' (invasive Group A strep iGAS) and other infections, such as strep throat and impetigo.

The bacteria that causes these infections can usually be treated with prescribed antibiotics.

Your GP may suggest a phone consultation to avoid spreading the infection.
Call 999 or go to A&E if your child is having difficulty breathing

Strep A: What to look for



Source: Don't Forget the Bubbles Skin Deep, BBC research

Signs and symptoms of scarlet fever

- Parents and carers should look out for early symptoms of scarlet fever in children which include sore throats, headaches, fever, nausea and vomiting.
- After 12 to 48 hours the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach and then rapidly spreading to other parts of the body giving the skin a sandpaper-like texture.
- The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present.
- Children will also typically have flushed cheeks and pallor around the mouth, which may be accompanied by a 'strawberry tongue'.
- Parents should contact [NHS 111 online](#), or call NHS 111 or their GP if they suspect their child has scarlet fever, because early treatment with antibiotics is important to reduce the risk of complications, such as pneumonia or a bloodstream infection.

Infection control advice

- GAS is spread by close contact with an infected person and can be passed on through coughs and sneezes or from a wound.
- Children should be encouraged to wash their hands properly with soap and warm water for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, they will be able to reduce the risk of picking up, or spreading, infections.
- Any children with suspected scarlet fever should stay at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

If you think your child is unwell with symptoms of Strep A infection, please keep them at home and contact your doctor for further advice. Please do not send your child into school, until their symptoms have disappeared and they are no longer an infection risk to the school community.

These resources may be also helpful:

- [The latest UKHSA press release dated Friday 2 December](#)
- [The UKHSA Group A Strep What You Need to Know blog](#)
- [UKHSA guidance on Scarlet Fever symptoms, diagnosis and treatment](#)
- [UKHSA hand hygiene resources for school](#)
- [UKHSA's general guidance for health protection in children and young people settings](#)
- [NHS information about Scarlet Fever](#)
- [NHS information called Is my child too ill for school?](#)

Should you have any further questions, please do not hesitate to contact us.

Help with living costs

You may be struggling with living costs for a range of reasons. This leaflet tells you what support is available and how to get advice. You can also find this information on our website www.norfolk.gov.uk/costofliving

If you don't have access to the internet at home, you can go online at any of our Norfolk libraries.

Help and support with living costs

Norfolk Assistance Scheme can help you get support and financial assistance for food, energy, water, and other household essentials including white goods. You can apply yourself or a support organisation, such as Age UK Norfolk or Citizens Advice can apply on your behalf. The fastest way is to apply online www.norfolk.gov.uk/nas. If you do not have internet access call **0344 800 8020**.

Citizens Advice provide information about benefits, how to deal with debt, what you are entitled to and who to speak to if you are at risk of losing your home. Visit www.citizensadvice.org.uk or call **0800 144 8848** and select option 1.

Fuel - do you use oil to heat your home? Community Action Norfolk's community oil buying scheme can help get the best price and offer payment options to spread the cost. Visit www.communityactionnorfolk.org.uk, call **01362 698216** or email office@communityactionnorfolk.org.uk

Ofcom provides advice on what to do if you are struggling to pay bills or need debt advice. There is also information on their website under Phones and Internet detailing social tariffs for cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. For more information Call **0300 123 3333** or visit www.ofcom.org.uk

Age UK offers free, confidential advice if you are over state pension age. Call **0800 678 1602** or visit www.ageuk.org.uk

Ask Bill offers free and impartial advice about money and bills. Visit www.askbill.org.uk

Your local council will be able to check that you are claiming all of the benefits that you are entitled to. They can also help with emergency funding if you are in crisis and general signposting to other services that you may be able to benefit from. Contact your local council or visit their web site for more information:

Struggling to afford food

Norfolk Community Foundation's Nourishing Norfolk food hubs provide a range of food support. This includes:

- Community fridges and larders - these are usually open to anyone in the community and food can be taken for free.
- Food pantries- these tend to be members only and often charge small amounts for their food. They offer a greater choice of products than a community fridge.
- Community supermarkets- these have a membership system that allows customers to buy food at heavily discounted prices

For more details on the food hubs visit

www.norfolkfoundation.com/nourishing-norfolk-network

Foodbanks can provide short-term help if you are struggling to afford and buy food. To find a foodbank near to you search for food banks or supermarkets at

<https://communitydirectory.norfolk.gov.uk> or call Trussell Trust Tel: 01722 580180

Food apps – there are low-cost food packages available in your local area through an app – Too Good To Go or Olio. These apps enable you to reserve bags of food at much reduced prices at local stores close to you. These will typically be a mix of products that are close to sell by dates.

Support with money management and budgeting

Money Advice Service offers free and impartial advice. The website has various tools and calculators you can use to keep track of your finances. Visit www.moneyhelper.org.uk

Money Saving Expert (MSE) offers help and advice on a whole range of subjects, including signposts to advice agencies. Visit www.moneysavingexpert.com

Stepchange provides free debt advice online and support for as long as you need it. Call 0800 1381111 or visit www.stepchange.org

Breathing Space is a government scheme to give someone in problem debt the right to legal protection from their creditors. Call 0330 0163 563 or visit www.breathing-space.uk

Money Advice Trust is a national charity, helping people across the UK to tackle their debts and manage their money with confidence. Call 020 74897796 or visit www.moneyadvicetrust.org

Turn2Us is a national charity providing practical help to people who are struggling financially, by helping people access benefits, charitable grants, and other support. Visit www.turn2us.org.uk

Support for families

Cost of living vouchers – if you are eligible for free school meals you will now receive a monthly 'cost of living' voucher. The vouchers will be £15 per month per child with an additional payment of £30 per child in December. This scheme is currently running until April 2023. The vouchers are provided by Edenred and can be used in all supermarkets for essentials including clothing. If you are not receiving these vouchers and believe that you should be, please contact your child's school or visit www.norfolk.gov.uk/foodsupport

Anglian Water provides an Extra Care Support Service for people who need help paying their water bills including advice, payment breaks, flexible payment plans and discounts. Call **0800 169 3630** or visit www.anglianwater.co.uk

Your Norfolk Advice Network is a free, independent information and advice service, providing easy and quick access to the services you need. The service is open to all adults in Norfolk, including family members, carers, and professionals seeking information and advice. Call **0333 996 8333** or email helpline@ncan.co.uk

Keeping warm and well

All of our warm and well information can also be found online by visiting www.winterwellnorfolkwaveney.co.uk

Libraries - There are lots of warm and welcoming places for you to go this winter. Hot drinks will be available during staffed hours and there will be some fun activities and creative things to do and learn or you can just sit back and relax and enjoy some company.

Our libraries are offering warm spaces along with free warm and well bags containing a scarf, hat, gloves, blanket, socks, and a hot water bottle and also toiletries and sanitary products to go – just pick them up from the library. To find your nearest library visit www.norfolk.gov.uk/libraries

Community hot spots – Local community groups are busy setting up community hot spots across Norfolk. Hot spots are available to give a warm welcome to the whole community and will be a place for you to connect with others in your local community. Similar to support in libraries, there will be lots of things going on for you to participate in or just a warm place for you to spend some time. To find a warm space in your community head to www.warmwelcome.uk

To find out how to keep your home warm and save energy visit www.norfolkwarmhomes.org.uk or call **01603 430103** for help and advice. For information on finding ways to save energy in your home visit www.gov.uk/improve-energy-efficiency

Better Together Norfolk offers advice on reducing energy bills. Call **0300 303 3920** or visit www.bettertogethernorfolk.org.uk

Josh's Corner

Josh from Year 6 has asked if he can write a weekly article for the newsletter. We are delighted that Josh wants to do this and have of course said yes! Please find below Josh's article for this week. Thank you Josh.

This week it snowed. The last time that happened it was 2019 and it hot negative temperatures!

Parent and Carer Course

Please find below information about upcoming parent and carer courses. If you have any questions, please speak to Miss Barker our acting SENCO.

www.dyslexiaoutreach.co.uk

Dyslexia Outreach Parent/Carer Courses & Workshops

These workshops and courses have been designed to support anyone who has contact with a child of school age e.g. parents/carers, grandparents or other family members. The child does not need to have an official diagnosis of any learning difficulty for parents/carers to attend workshops or courses.

Venue: Taverham High School, Beech Avenue, Taverham, Norwich NR8 6HP

Date & Time	Course / Workshop Title & Description	Cost
Thurs 1 Dec 2022 9.30 – 1.00PM	Dyslexia Awareness for Parents / Carers Course – How to help with homework / support with further reading & spelling development / support with organisation & memory / how to communicate with school if there is a conflict.	£25 per person
Tues 7 Feb 2023 9.30 – 11.45AM	Working Memory Workshop - The workshop will explore what working memory is, as well as many ways for you to support your child with their working memory skills to help increase their confidence and ability when reading, writing, doing arithmetic or studying for exams.	£10 per person

Tues 28 Mar 2023 9.30 – 11.45AM	Supporting Maths Difficulties Workshop - The workshop will look at the types of challenges a dyslexic young person might face when doing maths and explore a wide range of practical support tools, resources and apps that you can use at home to support your child.	£10 per person
Weds 21 Jun 2023 9.30 – 1.00PM	Dyslexia Awareness for Parents / Carers Course - How to help with homework / support with further reading & spelling development / support with organisation & memory / how to communicate with school if there is a conflict.	£25 per person

To book your place please click [here](#)

Please contact Laura Bates for further information at:
dosadmin@taverhamhigh.org or telephone 01603 860505 ex 239

Free School Piano

We still have a school piano we no longer use or need. If you or someone you know would like this, please can you let Mrs Chester in the school office know. We are giving this away for free.

WANTED - Friends of George White Group

We are still looking to set up a Friends of George White Junior School group. We are still looking for a small 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 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>

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 or black 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 & FALSE NAILS

Please ensure your child does not wear any make up or false nails to school. We do not permit the wearing of any make up or false nails 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.



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, Mrs Matless and Miss Alderton

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



What Parents & Carers Need to Know about

ROBLOX

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

PEGI RATING
7+

WHAT ARE THE RISKS?

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODER is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODERs. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

IN-APP PURCHASES

Roblox is actually free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

If your child has some genuine friends to play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should never tell a stranger online – will help them understand how to communicate with other people online safely.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National Online Safety