



GEORGE WHITE
JUNIOR SCHOOL

NEWSLETTER – FRIDAY 20th January 2023

Dear parents and carers,

I hope this first newsletter of the term finds you and your family well.

The start of the spring term at George White Junior School has been busy. The school learning environment has been positive, focused and I am seeing more and more children as they bring their work to me. It is wonderful to see the children so proud of their work and confident when sharing and talking about their learning. The Year 5 Star Gazing event on Wednesday after school was a huge success and I would like to say a huge thank you to those parents who came to school to support their child with their science learning. Thank you also to the Year 5 team for planning and organising such a wonderful event for the Year 5 pupils.

I am pleased to communicate that the roofing works should be completed in February half term and I hope that when we return to school after half term the scaffolding has been removed and the playground is once again fully open.

Now the weather is very cold with temperatures most mornings at freezing point or below, please can you ensure your child comes to school dressed for the cold weather. All children must bring a coat to school and it is expected this is worn at playtimes and lunchtimes. We ask that you please encourage your child to bring their coat to school on a daily basis.

As you are probably aware earlier this week the NEU declared four days of strike action for teachers who belong to this union in February and March. These dates are as follows: Wednesday 1st February, Wednesday 1st March, Wednesday 15th March and Thursday 16th March. As soon as I receive any updated information from the Inclusive Schools Trust and the DfE I will communicate this to you. As a school our priority is to ensure there is as little disruption as possible to the school day for all our pupils and their families.

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 has seen year 3 tackling writing our own colour poems. Wow!! we were so impressed at the imagery created by the children in their writing. In Maths we have been learning to multiply and divide using sharing and grouping. We became Scientists too! We experimented with magnets to create questions and answer them using fair testing. In History, we learned about why the Anglo Saxons came to Britain all those years ago and why they decided to settle in East Anglia.

YEAR 4

This week year 4 have used their imagination and their senses to describe a setting description of the chocolate factory from the text Charlie and the Chocolate Factory by Roald Dahl. In Maths they have multiply numbers using the expanded column method. They have pretended to be particles in Science and played their role in different states of matter. In Geography they have started to work on their river models. We have had a week full of learning fun!



YEAR 5

Wow! What a week Year 5 have had. In math's, we have finished looking at multiplication and have begun learning short division. In English, we wrote a letter to King George from the perspective of Lord Burley to explain about the highwayman attack. We continued 'Dance by Chance' in PE where we combined actions with dynamics to create our own dance routines. In science, we discovered what it was like on other planets within our solar system. Then, we had a wonderful evening of stargazing on the playground where we located different planets and constellations.

YEAR 6

In Maths this week, Year 6 finished studying ratio and proportion so should be able to lend a hand with any recipe-making at home! They are now starting to look at Algebra which was invented in Baghdad and relates nicely to what we are finding out about in History: Life in the ancient city of Baghdad.

In English, we are writing our narrative based around Hansel and Gretel. We have concentrated on editing our work and our compositions show great detail and interest.

In Science, children have been studying microbes and have set up a mould investigation.

APPLE CLASS

Apple Class have been thinking about managing emotions this week. We watched some clips from the film 'Inside Out' and talked about the characters, thinking about how we feel and act when we experience each emotion. We are going to use these discussions to write a character description of 'Anger'. We have continued with our science topic, adding buzzers into our circuits and experimenting with what happens when you add an extra battery to a circuit. In English, we have been choosing appropriate describing words for the wizard in our story and have started to think about using these words in sentences. We ended the week by baking cupcakes and enjoying them while listening to the story of Rumpelstiltskin.

Attendance Matters



Our school attendance target is 95%

Our attendance certificate for the highest class attendance this week goes to **6 Larch**

With 96.1%- Well done

Dates for
your
diary.....

What's On – Diary Dates

JANUARY 2023	
Tuesday 3 rd January	INSET Day – School Closed
Wednesday 4 th January	Start of Spring Term School starts at 8:40am
Wednesday 25 th January	Spring Gymnastics Event
FEBRUARY 2023	
Friday 3 rd February	World Number Day – come to school dressed up as a number. There will be house points and certificates for the best dressed number!
Tuesday 7 th February	Time to talk day – children's mental health and well being
Thursday 9 th February	Safer Internet Day
Tuesday 7 th February – Friday 10 th February	OPEN DOORS 9-10am – focus on English Tuesday – Year 6 Wednesday – Year 3 Thursday – Year 5 Friday – Year 4
Monday 21 st February	PE Event at Catton Grove
Monday 21 st February	Parents evening for all year groups 3:30 – 6:45 Sign up information to follow
Tuesday 22 nd February	Parents evening for all year groups 3:30 – 5:30 Sign up information to follow

MARCH 2023	
Wednesday 1 st – Friday 3 rd March	Year 4 Trip to Aylmerton
Thursday 16 th March	Football Match George White VS Lionwood
Monday 20 th March	Science Event at Norwich School
Monday 27 th March	Cross Country Event
Wednesday 29 th March	Easter bonnet competition and parade. Easter colouring competition.
Thursday 30 th March	Football Match George White VS Magdalen Gates
Friday 31 st March	Spring term ends at 3:20pm
April 2023	
Tuesday 18 th April	Start of Summer Term School starts at 8.40am
Tuesday 25 th April	Swimming Gala
MAY 2023	
Monday 1 st May	Bank Holiday
Monday 8 th May	Bank Holiday – Kings Coronation
Tuesday 9 th May – Friday 12 th May	KS2 SATs Week
Friday 26 th May	Half Term
JUNE 2023	
Monday 5 th June	School Starts at 8.40am
Monday 5 th June – Friday 16 th June	Year 4 Multiplication Tables Check (MTC)
Friday 23 rd June	Athletics Event at UEA
July 2023	
Thursday 6 th July	Athletics Event at Heartsease
Dates to be confirmed	Year 6 Farm Trip
Friday 27 th July	Summer Term ends at 3:20pm

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

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

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.

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 or chewing gum 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 are:

Mrs Petchey, Mrs Stolworthy, Mrs Eaglen, Miss Alderton and Ms Connor

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

ONLINE SAFETY



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

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Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shada Sarwar-Amin is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shada is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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#WakeUpWednesday



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