



NEWSLETTER – Friday 31st March 2023

Dear parents and carers,

From the staff at George White Junior School we would like to wish you and your family a Happy Easter and a safe and restful break.

We look forward to welcoming you and your child back to school on Tuesday 18th April.

Thank you for your continued support.



OUR LEARNING THIS WEEK

YEAR 3

The children have worked so hard this term and we are so proud of them. This week we have been adding and subtracting different lengths using different units of measure. In English, we have written instructions based on the book 'How to grow a strong mind'. The children have been designing road safety posters based on criteria set by a county council. They looked carefully at what was required in order to design it and include the correct information. We used the video Austin's butterfly to help us peer assess and make improvements to our designs. We hope you all have a lovely Easter break.

YEAR 4

This week in Year 4 we have been continuing to independently write our English narratives, ready to show Mrs. Eaglen.

In maths we have been learning about tenths and hundredths, dividing one and two-digit numbers by ten and one hundred.

We have come to the end of our science unit on electricity and created a buzzer game using a circuit. Throughout the week we have been planning and designing a book sleeve with a fastening, which we have stitched together today.

As an end of half term treat Year 4 will be celebrating by watching a movie and munching popcorn. An egg-cellent treat! From all of us in Year 4 we hope you have an enjoyable and restful break.

YEAR 5

This week, Year 5 have planned and written their persuasive letters to NCFE players regarding factories using child labour to make football boots. In math's, we began looking at statistics which involved reading and interpreting graphs and tables. In PE, we played some very intense games of bench ball which were very competitive! We discussed beliefs in RSHE and in DT, we have started planning a spring or Easter pop-up scene. We hope everyone has a relaxing half-term and recharges their batteries!

YEAR 6

This week, Year 6 have been amazing. They have been so dedicated and focussed in their SATS practice papers. Well done all of you. In DT, we have designed and made mini-waistcoats. They evaluated their work and have rated their stitching to be much improved. Some children can sew on pockets and buttons now! In PE, they have refined their yoga salutations.



Congratulations to the football team on winning 9-0 against Magdalen Gates on Thursday. Especially George ('man of the match' who scored a hattrick!)

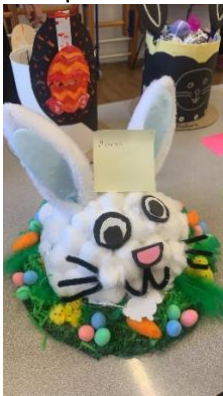
If anyone needs any further information on the SATS tests or revision aids, please contact a member of the Year 6 team. We hope children have a well-deserved rest over Easter after a busy term.

APPLE CLASS

It's been a busy end to a brilliant term in Apple Class. This week, we say goodbye to 4 more graduates as they return to their home schools, and we look forward to welcoming some new members of our class after Easter. We finished our articles and included some fantastic features of a newspaper report. We are so proud of how our writing has improved over the past term. In maths, we looked at what we need to work on and have had a week of class targets on data handling, ratio, fractions and more. We finished painting our Viking shields and had time to do some Easter and spring themed artwork. A great end to the term, well done Apples and enjoy the break!

Easter Bonnet Competition

A huge thank you to Miss Barton for organising the very successful Easter Bonnet competition and Easter colouring competition. The range of designs were eye catching and detailed, well done to all children who took part and the winners. We raised £ 137.



Attendance Matters

Our school attendance target is 95%

Our attendance certificate for the highest class attendance

this week goes to **6 Silverbirch** With **97 %**
Well done



Diary Date Reminder:

The summer term begins at 8:40am on **Tuesday 18th April 2023.**

What's On – Other Diary Dates

MARCH 2023	
Friday 31 st March	Spring term ends at 3:20pm
APRIL 2023	
Tuesday 18 th April	Start of Summer Term School starts at 3.20pm
Monday 24 th April	Year 4 Trip to Gressenhall
Tuesday 25 th April	Swimming Gala for 16 children selected from Year 5 & 6
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
JUNE 2023	
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 21 st July	Summer Term ends at 3.20pm

Hot Dinner Price Increase

Please note from the 1st April 2023, Vertas will be increasing the price of our hot school dinners to **£2.53 per meal.**

Early Birds Breakfast Club Price Increase

Please note from the start of the Summer term, Tuesday 18th April, there will be a price increase for our Early Birds Breakfast Club. Sessions will be charged at £2.

No Smoking On the School Site

Please can we remind all parents and carers that smoking is not permitted in any part of the school at any time. This includes all school buildings and the outside areas of the school including playgrounds, sports field or car parks.



Bake Sale

We are delighted to announce that Ivy B in Year 6 raised an amazing £70.20 in the bake sale she organised and ran last week. Well done to Ivy for such entrepreneurship.

Silver Road Community Centre

Large Collection of School uniform & Food bank - Open: Thursdays 10.30 - 12.15

Community Fridge Saturdays & Food Bank Fresh food & bakery - Saturdays 11.00 - 12.15. To Book an Appointment Please call [07786694325](tel:07786694325)

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, Ms Connor,
Mrs Derer and Mrs Burman**

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



Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains,

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the