



# Carr Junior School

AIM HIGH, SHINE BRIGHT!

W/C 25TH NOVEMBER 2024 WEEKLY NEWSLETTER



## A Message from our Principal

Hello!

This week has been all about assessments where the children have had the opportunity to demonstrate how much they have learnt and how much progress they have made since the start of the year. The teachers will soon be updating parents on progress through the Termly reports which will be sent home in a couple of weeks time. Following assessments in school, progress and attainment is closely analysed and meetings are held with each teacher to talk through how each child is doing. From these conversations we make plans for the coming term and decide how to support each child to make further progress.

Our Y6 School Council representatives visited York Minster yesterday to decorate our tree as part of the Christmas Tree Festival. Our tree looks beautiful! A big thank you to Mr Bedingham for organising it all and to all of our Carr Christmas stars whose self portraits are looking wonderful on the tree. Residents in York can visit the Christmas Tree Festival which is inside the Minster for free. Why not pop along and take a look at our tree and see if you can spot your children's pictures there!

Thanks to parents once again for your support today on our non-uniform day with your generous donations towards the tombola stalls at next week's Christmas Fair. I know that Friends of Carr are extremely grateful for all donations. They are working hard getting everything organised for the Fair on Friday 6th December after school. It would be lovely to see you all there!

In this week's newsletter you will find information about:

- Christmas cards - **new this week**
- Tickets for Carol Concerts - **new this week**
- Parent Survey results
- Be Bright Be Seen pop-up shop
- Christmas dates
- Tesco coins
- PE Kit timetable
- Reminders about coats, water in water bottles and contacting the school office

I hope everyone manages to stay warm once again this weekend.

Miss Kerr

## Tweet of the Week!



Carr Junior School @CarrJuniorYork · Nov 28

We're delighted to be taking part in this year's @York\_Minster Christmas Tree Festival, running from November 30th to January 5th. Our tree, located in the North Quire Aisle, was dressed today by the Year Six members of our School Council team.



### **Christmas Cards!**

We know that children will want to start writing and sending Christmas cards to their friends in school. From Monday 2nd December, they will be able to post their cards in our Christmas postbox which will be kept outside the dining hall. Each day, some of our year 6 pupils will sort the cards out and deliver them to classes to be given out. Please ask your children to write the name of the child, plus the first initial of the last name and the class the child is in. As you can imagine we have several pupils with the same first names across school so the more information on the envelope, the better! Happy posting!

### **Tickets for Carol Concerts!**

A letter is coming home with your children today about how you can book tickets to attend one of our two Christmas Carol concerts. Please see the dates for these later in our newsletter. Initially, we will offer two tickets per family. If we then have any tickets remaining, we will ask if any families would like additional tickets. We need requests for tickets in writing so please either fill in the ticket request form at the end of the letter or email us. Thanks and we look forward to spreading our Christmas joy with you!

### **School and Home working together!**

- Please be aware when contacting the school office at the end of the school day that it is extremely busy. This means that we aren't always able to answer phone calls immediately as we are seeing children out, sorting after school clubs / provisions and dealing with parent queries. If parents / carers need a message passing to their children, please endeavour to contact us by 3pm so that we have time to get the message to classes. We understand that there will be exceptions and emergencies where this can't be done but please could we try this in most cases. Thank you.
- Please make sure children are bringing a coat to school. The children will need their coats to be able to play outside as it continues to get colder and wetter. Thanks.
- We ask that children only bring water in the water bottles they keep in their classrooms. They are allowed to bring juice to have with a packed lunch but not to have in their classrooms.

Thank you in advance for your support. I believe that families and schools that work together, succeed together, and so I am looking forward to the year ahead.

### **Tesco Coins!**

We are very lucky to have been selected onto the Tesco Stronger Starts token scheme to help raise money for our lower yard to be upgraded! From the start of October until mid-January 2025, you will be able to pop your blue tokens when shopping with Tesco into our pot! Just look for Carr Junior School in the following Tesco locations...

York 2110 Gillygate

York 3480 York Extra (Clifton Moor)

York 4790 Norton

York 5024 Strensall

York 5314 Huntington Road

York 6677 Goodramgate

We would absolutely be overjoyed with your support with this! Thank you

## PE Timetable for the Week!

Timetable for week 5

Monday 2nd December	Tuesday 3rd December	Wednesday 4th December	Thursday 5th December	Friday 6th December
Y3 Swimming	3H extra PE session	Y6 PE	Sparks Class PE	Y4 PE
Y4 PE	5M extra PE session		Y3 PE	Y5 Swimming
Y5 PE	6MW extra PE session			
	Y6 PE			
	Lunch time mile for all years			

### Health & Safety and Safeguarding

- If you would like to contact our Pastoral / Family Lead, Miss Daniella Harrison, please select Option 3 to be directed to the correct office.
  - Please take care and be considerate of residents when parking cars at drop off and pick up times.
- Thank you.

### Parent Survey Results!

A huge thank you to all the parents who took the time to complete one of our surveys during the most recent Parents Evening. We have now collated the results and they are overwhelmingly positive. Below are some of the highlights. I am also really grateful for the other feedback we received. Again it was positive and there were some useful suggestions for how we can improve things.

- 99% of parents felt that their child was happy at school.
- 98% said that their child feels safe at school. 2% said they didn't know.
- 95% said that their child is making good progress. 5% said they didn't know.
- 98% said that their child is well looked after.
- 97% said that their child is taught well. 3% said they didn't know.
- 91% said that school makes sure children are well behaved. 8% said they didn't know.
- 96% said that they would recommend our school to another parent.

If any of the parents who said they would not recommend our school would like to make an appointment with me, I would be happy to talk this through and find out if there are things we can do to change your minds.

## Dates for your diaries!

I have started to add Christmas events to the list below - please keep an eye on these as I will update with more details or events as we get further in the half term.

Date/s	Event	Year groups
Saturday 30th November 10am-10.30am	Carr Choir singing in town at Christmas Market	Choir
Monday 2nd December	Polar Express Writing launch day Wear pyjamas and bring a teddy!	All
Tuesday 3rd - Wednesday 5th December	5M Bikeability	5M
Thursday 5th December during morning break time	Be Bright Be Seen pop-up shop	All
Friday 6th December 3.20pm	Christmas Fair	All
Monday 9th December	Christmas craft day Year 3 Christmas Dinner	All Y3
Tuesday 10th December	Year 4 Christmas Dinner	Y4
Tuesday 10th - Wednesday 11th December	5H Bikeability	5H
Wednesday 11th December	Year 5 Christmas Dinner Christmas Bingo	Y5 All
Thursday 12th December	Year 6 Christmas Dinner	Y6
Friday 13th December	Whole School Panto Visit	All
Wednesday 18th December 1.30pm	Christmas Carol Concert - performance one	All
Thursday 19th December 9.30am	Christmas Carol Concert - performance two	All
Thursday 19th December 3.15pm	School closes for Christmas holidays	All
<b>Friday 20th December</b>	<b>School closed - Training Day</b>	<b>All</b>
Monday 6th January 8.40am	School Opens	All



**CARR**  
**CHRISTMAS**



**Christmas Craft day**  
Monday 9th Dec

**Panto Visit**  
Friday 13th Dec (am)

**Christmas Bingo night**  
Wednesday 11th Dec

**Carol Concert  
Performance One**  
Wed 18th Dec 1.30pm

**Christmas Lunches**  
Monday 9th Dec - Y3  
Tuesday 10th Dec - Y4  
Wednesday 11th Dec - Y5  
Thursday 12th Dec - Y6

**Carol Concert  
Performance Two**  
Thur 19th Dec 9.30am



**CARR  
CHRISTMAS**

*Festive Family  
Musical Bingo*

Wednesday 11th December  
3.30-4.30pm in the hall

No need to pre-  
buy, all for sale on  
the night.  
Refreshments  
available

amazing  
PRIZES  
TO BE  
WON!

£1 sheet  
(one game)  
£4 Book  
(Four games)



## Attendance

3A - 91.33%  
3H - 92.00%  
4CG - 95.17%  
4K - 92.00%  
5H - 85.81%  
5M - 93.00%  
6F - 98.15%  
6J - 92.59%  
6MW - 98.08%



### Attend to Achieve!

Attendance at school is crucial to success. Attending school, on time, is the most important action children take in order to make excellent progress and achieve their full potential.

Attendance matters and every day counts. Our school target for attendance is 96%. If you need to report an absence or need support with your child's attendance, please contact our school office. We have an Attendance Officer (Miss Annetts) in our admin team and a Pastoral Lead (Miss Harrison) who can support you with your concerns alongside the class teachers.

### Be Bright Be Seen pop-up shop!

One of our ex pupils has been in touch this week to share information about a project they are working on at their secondary setting. The project is about promoting the campaign 'Be Bright, Be Seen' on the roads whether you are a pedestrian or cyclist. In support of this campaign, we will be hosting the students and offering our pupils the opportunity to buy merchandise which can ensure our children can be seen well by traffic on the darker winter evenings. The items will be on sale during break time on Thursday 5th December. All items will be priced between £1 and £3.



3A - OLIVE H  
3H - DOTTY B  
4CG - DARCY M  
4K - REGGIE S  
5H - TEDDY L  
5M - BAILEY N  
6F - HARRY S-F  
6J - EZRA F-W  
6MW - LOGAN R

3A - SAM W  
3H - GRACE A  
4CG - JAMES S  
4K - JAXSON L  
5H - LILY M  
5M - JACK M  
6F - AJAY A  
6J - JACK M  
6MW - RILEY R



5H ALFIE K  
6F POPPY F x2  
6F ALICE M x2  
6F HARRY S-F x2  
6F HARRISON C  
6F ENID H  
6F ALEX S-F  
6F IMOGEN S  
6F EVELYN R  
6J EZRA F-W

# Newsletter

Winter Wellbeing  
The Wellbeing in Mind Team

NHS  
Tees, Esk and Wear Valleys  
MIND Foundation Trust

Autumn Term 2

## What are the winter blues?

During the winter months, it is not uncommon for children and young people to experience low mood as the days are shorter and it gets dark much earlier. Daylight affects two chemicals in the brain called serotonin and melatonin. When it's sunny, the brain produces more serotonin. High levels of serotonin boost feelings of happiness and wellbeing. Low levels lead to low mood aka 'the winter blues'. When it is dark, the brain also produces more melatonin. High levels of melatonin can cause you to feel sleepy and have less energy.

Shorter days and more hours of darkness in fall and winter may decrease serotonin and increase melatonin. This means people are more likely to experience low mood during these winter months.



## Signs that your child might be struggling with the winter blues

Every young person is different, but typical signs that your child is struggling with the winter blues may include:

- Feeling worthless or hopeless
- Decrease in energy
- Having trouble sleeping
- Depressed or irritable mood
- Changes in weight or eating habits
- Fatigue
- Social withdrawal
- Lack of enjoyment in things that usually interest them

## How to take care of your child's wellbeing during winter

### Connect

Connecting with others in winter is important as it can be a lonely time of year. We may find it harder to do with busy schedules and bad weather. You could let your child speak to people over the phone, write cards or take some time to connect as a family.

### Be active

It's important to keep our usual exercise routines, even in winter. The weather may get in the way, so it's important to other methods that keep us active. You could put on your warmest clothes and go for a walk, switch your outdoor sport to an indoor sport, or join in with a recorded workout session.



## Autumn Term 2

### Take notice

In winter, there are many things to take notice of that can boost our wellbeing. Encourage your child to think about their senses: sight, smell, taste, hearing and touch. You could go out and listen to the leaves crunch beneath your feet, bake some festive treats, or sit and watch the frantic shoppers.

### Keep learning

The holidays give us a break from our academic learning and gives us chance to learn more about what we enjoy. You could teach your child a new warming recipe, listen to podcasts about topics that interest them, or read a new book. If they want to, they could prepare for the next term's topics.

### Give

Winter is known as the season of giving. Whilst Christmas might be all about giving gifts, it's also important to give other things such as your time, your words, or your presence. You could take your child to visit a family member who lives alone or they could donate some toys to charity.



### Reading recommendations



- 'I Definitely Don't Like Winter' by Fiona Baker and Christine Pym
- 'Ten Ways to Hear Snow' by Cathy Camper
- 'How I Feel' by Becky Goddard-Hill and Assia Ieraci

### Further support

If your child's symptoms of the winter blues are so bad that they are struggling to live a normal life, seek medical help from your GP.

The following websites may have some additional support you might find useful.

[Winter wellbeing calendar of activities - Thrive](#)

[8 ways to support children's mental health this winter - Place2Be](#)

[Looking after your mental health through the winter - Met Office](#)

Follow us on X @WMT\_MHST

## Clubs at York High School for Year 5 & 6 pupils

York High School is running various extracurricular activities for children in Years 5 and 6, including Photoshop, football, coding clubs and more.

You can find more information at the following link:

<https://forms.gle/ibZDvD4Zx2k21ZdN8>

Alternatively, email [reception@yorkhigh.elt.org.uk](mailto:reception@yorkhigh.elt.org.uk) with the subject "Year 5 & 6 clubs"

## INSTRUMENT AMNESTY

Do you have any instruments sitting in storage that are no longer being played? Let us take them off your hands to be played by our pupils. Excel Learning Trust schools are holding an instrument amnesty to increase our pupils' access to musical instruments. Please drop off any unwanted instruments to Knavesmire Primary School, Campleshon Road.

