



# Carr Junior School

AIM HIGH, SHINE BRIGHT!

W/C 9TH DECEMBER 2024 WEEKLY NEWSLETTER



## A Message from our Principal

Hello!

We have just returned from York Theatre Royal after watching Aladdin. It was truly fantastic! I think it was the best one yet. The children were an absolute credit to us and you - it was a pleasure to take them and have such fun together. Our very own Mr Bedingham became the star of the show (much to his delight!) and he was such a good sport. I'm sure the children will tell you all about it. We have also sent them home with a little chocolate selection box as their Christmas gift from us along with their trip to the panto. We hope they enjoy it.

I would like to say a big thank you to our Dolce kitchen staff for cooking all of the Christmas dinners this week. The children loved them - they were delicious!

Next week, we will be gearing up to our two Christmas Carol Concerts and the end of our Autumn term.

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

Termly reports - **new this week**

4K staffing update - **new this week**

Mornings - **new this week**

Christmas dates - **including when to wear festive attire!**

Tesco coins

PE Kit timetable

Reminders about coats, water in water bottles and contacting the school office

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

Miss Kerr

## Tweet of the Week!



Carr Junior School @CarrJuniorYork · 3h

...

We have had a MAGNIFICENT time at this years Panto! Our CarrStars loved their morning at @YorkTheatre! Oh yes we did!



### **Termly Reports**

Yesterday the children were given their Termly Reports in envelopes to bring home for parents. We hope you find these useful to let you know how your children are progressing in their learning so far this year in the core subjects (reading, writing and maths) and their effort across the curriculum. This week I have met with all teachers to discuss the progress of all children. Together we have put plans in place for the Spring term to ensure that children continue to make good progress in all areas of the curriculum and reach their potential.

### **4K staffing update**

From the start of the Spring term, on a temporary basis, Mr Gray will be joining the team of teachers in 4K. Miss Kelly is temporarily reducing her hours to work Tuesday, Wednesday and Thursday so the children will have Mr Gray on Mondays and Mrs White on Fridays as they do now. The children are very familiar with Mr Gray as he also teaches in 4CG and across school so he is well-known to the class. We are sure the class will cope with this temporary change brilliantly but if anyone has any concerns please just get in touch.

### **Mornings**

Just a little reminder that children shouldn't be arriving at school before 8.30am unless they are coming to one of the breakfast club provisions. Children are not supervised until staff open the doors at 8.40am so we like to reduce the amount of time children are on the playgrounds before school. Thank you for your support.

### **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.

## PE Timetable for the Week!

Timetable for week 7 - If your child will be doing outdoor PE, please ensure they are wearing warm enough clothes. This can be tracksuit bottoms or leggings with their school cardigan or jumper.

Monday 16th December	Tuesday 17th December	Wednesday 18th December	Thursday 19th December
Y4 PE	4K extra PE session	Y6 PE	Sparks Class PE
Y5 PE	3H extra PE session		Y3 PE
	5M 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.

### York St John

Creative Writing Together is a new programme and part of the Creative Literacies Hub at York St John Communities Centre. This series of free sessions starts on Tuesday 7 January 2025 and is open to parents, caregivers, and children between ages 7-14. Throughout all 6 workshops, participants will engage in collaborative creative writing, exploring various settings, characters, and plots. Find out more and sign up via our website and help us spread the word.

Our programmes are delivered on Tuesdays. Doors open from 3.30pm but sessions will start nearer to 4.00pm to allow for the school run. Sessions end at 5.00pm, and both programmes last for 6 weeks. Dates of workshops: 7 Jan, 14 Jan, 21 Jan, 28 Jan, 4 Feb, 11 Feb 2025.

## 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
Wednesday 18th December 1.30pm	Christmas Carol Concert - performance one Everyone can wear Christmas jumpers If parents attending this performance would like to collect children straight afterwards, they are welcome to.	All
Thursday 19th December 9.30am	Christmas Carol Concert - performance two Everyone can wear Christmas jumpers	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
Tuesday 21st January 3.30pm	Y6 SATs Parent information meeting	Y6





## Attendance

3A - 96.00%  
3H - 97.67%  
4CG - 97.24%  
4K - 97.33%  
5H - 95.16%  
5M - 96.00%  
6F - 94.44%  
6J - 95.56%  
6MW - 91.92%



### 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.

# 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 Ieradi

### 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"

Join us for our... *Christmas*

**OCEAN ADVENTURE**

FREE - no charge

songs games craft drama bible stories

**Saturday 14th December**  
**4pm - 5.30pm**  
(Doors open 3.50pm)

FOR KIDS IN PRIMARY SCHOOL  
Reception to Year 6

Drop off your kids or stay for coffee at our parents' cafe

Join us at Gateway Church.  
Front Street, Acomb. YO24 3BZ

Follow us on Facebook

