



Carrington Junior School



Dear Parents and Carers,



This month we have had a lot going on and I'd like to thank all the staff who have arranged for extra experiences for the children. There have been staff in school late putting together team kits for sports events (despite the short days we have managed to squeeze a lot of these in), making sure assessments are completed in time for parents evening, and doing the more fun side of preparing resources for our recent Ukrainian and World War II days in Year 5 and 6. A lot of our clubs are also provided on a voluntary basis by teachers and other staff. None of these things can happen without staff giving extra time.

I'd also like to take this opportunity to thank our growing group of reading helpers who come into school week in, week out across every year group. The children wouldn't be able to make the progress they do without this much appreciated help.

Another group that makes life in school richer are the PTA. Their tireless fundraising helps us to run more exciting trips, resource forest school and modernise equipment in classrooms. (If you'd like to get involved please do reach out to them—many hands make light work).

One final group of volunteers that have a huge impact on the running of the school are the governors. The governors are volunteers from a range of backgrounds who provide important checks and oversight of the running of the school, through monthly meetings and frequent school visits. They can often be found at school events such as fairs, parents' evenings and concerts, as well as at coffee mornings and afternoons. They would love to say hello and talk about what is going on in school with you.

As we move towards spring, it's been a pleasure to see Forest School up and running again, as it gradually swings back towards a normal schedule after the colder winter months. The brighter days and sunshine are most welcome.

Mrs Cameron

Believe. Achieve. Succeed.

Sports Success

We have seen football and netball matches galore throughout January and February as our teams compete in leagues and regional tournaments. I am pleased to say that several of these matches have been wins, with all our players showing superb sportsmanship. A particular mention goes to the Year 5 football team who persisted on a very drizzly evening. Many thanks to Mr Meakin.

Our netball team enjoyed recent success against Kingswood last week, with convincing wins of 9-0 and 8-0 in their matches. Many thanks to Mrs Lomas, Mrs Taylor and Mrs Atkins.

It has also been a joy to be able to take part in some different sporting events, with Carrington Junior School's first swimming team for many years competing ably in a local swimming gala prior to half term, with several podium finishes. Well done to all the children for their commitment and resilience.



Year 5 Ukrainian Workshop

Last Wednesday, Year 5 took part in a Ukrainian workshop looking at cultural traditions, story telling and trying their hand at a bit of translation. A difficult task, which they faced with gusto.

Well done Year 5.



Year 6 Evacuee Day

Last week Year 6 took part in an evacuee day where they learned about life in the past including an energetic dance workshop and learning to 'make do and mend'.



They had a great day doing some thoroughly different things. There were even some old fashioned sweets to try.



Uniform Reminder

A reminder that children should either be wearing winter uniform (with smart shirt and tie) or PE uniform to school.

Shoes should be smart school shoes, or trainers for PE days. No trainers should be worn on non-PE days, except in very occasional medical circumstances. When children attend forest school they should bring these clothes to change into.

Children wearing incorrect clothing for PE may be asked to change into spare school clothing held in school.

Please may we also remind parents and carers that children should have natural hair colour only and simple hair bands in school colours. Please refrain from using large bows and clips since children may be asked to remove these.

E-safety

At primary school, many families consider getting a mobile phone for children for the first time. This guide talks about how to use phones safely and sensibly. Why not discuss this with your child?

As we know, children's brains have not yet fully developed their ability to identify risk, control impulses, or deal well with complex social interactions. Children at primary age are still learning to get along with others, to 'disagree well' and to resolve arguments. This is harder to do over social media where there are no body language clues and conversations can be very fast paced. The majority of social media chat and video apps are ranked to allow children's brains to catch up.

Did you know these age limits for apps?

- Snapchat 13+
- YouTube 13+
- Wink 13+
- WhatsApp 16+
- TikTok 13+
- Instagram 13+

Did you know that many app developers give apps higher age limits for apps than AppStore or PlayStore (which often use the legally driven limit of 13, rather than the content driven app definition).

Find out what the developers for apps say about their app age limits here at [Internet Matters](#).



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

7 NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is really dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

The National College

NOS National Online Safety
#WakeUpWednesday

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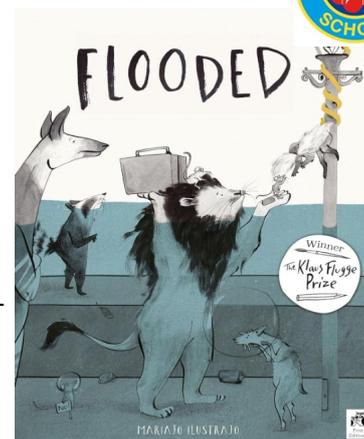
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.01.2024

World Book Day

For World Book Day this year, the whole school will be introduced to the award winning book FLOODED. This book explores the themes of difficulty and friendship.

To celebrate books on the day, we invite children to either come dressed as a book character from a book they have read, or just to come to school in their comfiest reading clothes. Children will be completing other book based activities in their classes.

We are celebrating world book day on **Thursday 7th March**.



Mental Health Support Team

We are very lucky to be working alongside the local [mental health support team](#) as part one of their supported schools. This means they are able to work directly with school and some families to support the mental health of our children. The team will have a stall at parents' evening on Wednesday to talk to parents who are attending tomorrow.

Dates to remember:

- *Tuesday 27th & Wednesday 28th February—**Parents Evening**
- *Friday 1st March—**Go Bright for Muscular Dystrophy UK**
- *4th March – 28th March—**Coin War** to raise funds for the PTA
- *Thursday 7th March—**World Book Day 2024**
- *Wednesday 13th March—**Young Carers Assembly**, the Young Carers Schools Project
- *Thursday 14th March—**Book Swap** in the Hall after school—more info to follow
- *Tuesday 19th March—**Choir rehearsal** for Echoes / **depart school at 8.30am** to Amersham
- *Friday 22nd March—**Class Photo**
- *Monday 25th March—PTA **Easter Bake Sale**
- *Wednesday 27th March @9.15am—**Year 4 Easter Assembly**
- *Thursday 28th March—**Community Pantry Donation Day** (food items please)
- *Thursday 28th March—End of Term, **1.15pm finish for Easter Holiday**
- *Friday 29th March-Friday 12th April—**Easter Holiday**
- *2nd, 3rd, 9th, 10th April—**Inspire Holiday Camp** in school
- *Monday 15th April—**Back to School**
- *Monday 29th April—Carrington Junior Choir takes part in **Echoes 10 @The Royal Albert Hall**
- *Friday 3rd May—**Bags2School Collection**
- *Thursday 23rd May—**School Disco & Mufti Day** (timings tbc)



[Click here](#) for the full calendar on the school website (also available on the Eschool App).

**MUSCULAR
DYSTROPHY
UK** | OUR MUSCLES
MATTER

Go Bright

Join us in your boldest and brightest clothes. Help raise money to fund groundbreaking research and life-changing support for people living with a muscle wasting condition.

Next Friday, 1st March 2024, we will be taking part in Go Bright to raise awareness and to fundraise for Muscular Dystrophy UK.

This is a cause close to our hearts as a school. On the day, we will be talking about our muscles, how they function and a representative from Muscular Dystrophy UK will be running the school assembly.

Please Go Bright and bold next Friday, and let's flood the school with colourful outfits!

We ask for a voluntary £1 donation to the charity, to be handed to the teacher or to the office. We understand that money is tight for many families, so if a donation is difficult we would ask that children do not bring one in, but still enjoy dressing up.





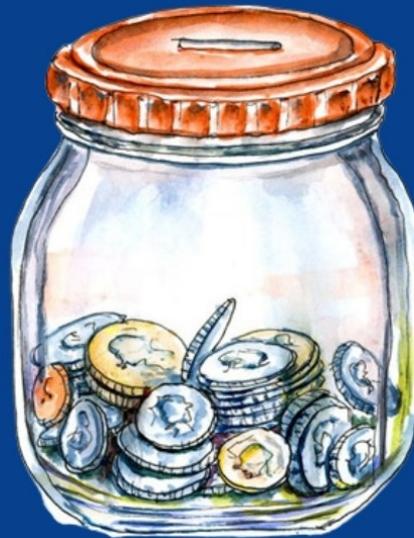
The Carrington Schools Parent Teacher Association

Fundraising for the Infant and Junior Schools
Registered Charity No. 1102086



1, 2, 3, 4

WE DECLARE A COIN WAR



The competition will run from:
4th - 28th MARCH

- Every class will have their own coin pot to fill in their classroom
- Raid your coin jars at home and ask friends and family members to donate any loose change to support your school
- The class with the highest amount by 28th March are the winners (one winning class in Infants and one winning class in Juniors)

THE PRIZE... A movie afternoon with treats!

**ALL MONEY RAISED GOING TOWARDS PTA FUNDS
FOR OUR SCHOOLS**



FUN | INCLUSIVE | EDUCATIONAL

EASTER FUN DAYS

MULTI SPORTS, PERFORMING ARTS, ARTS & CRAFTS, NERF WARS, SWIMMING, CLIP 'N' CLIMB, LASER TAG, BOUNCY CASTLE, ESPORTS, LEGO BUILDING & MORE!

Week 1: Tuesday 2nd April – Friday 5th April

Week 2: Monday 8th April – Friday 12th April



Wycombe Leisure Centre

Handy Cross, High Wycombe HP11 1UP

9.00am – 4.00pm

Early drop off from 8am, late pick-up until 5pm

OPEN TO CHILDREN AGED 5 (SCHOOL YEAR 1) - 12

FROM £25.00 PER DAY!

Discounts for siblings & full week booking - please see booking page for details.

We accept Childcare Vouchers, Tax-Free Childcare & we are OFSTED registered!

Please bring: Lunch, Snacks, Waterproof Clothing & A Refillable Drinks Bottle.

Accepting HAF bookings if your child is eligible for free school meals

For more information,
call 01344 508008 or email letsplay@play-sport.co.uk

Book online: www.lets-play.org.uk





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RUGBY UNION FOOTBALL CLUB
KINGSMEAD ROAD HP11 1JB



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GIRLS AGED 5-12**

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[https://hwrufc.com/childrens-registration-
form](https://hwrufc.com/childrens-registration-form)





Music and Mindfulness Club

What:

A weekly after school club for primary ages where children will explore emotions and health and well-being through ...

- Songwriting
- Music making activities
- Mindfulness games
- Arts and craft

Who is it for:

Primary aged children who have emotional wellbeing difficulties

When and Where:

Mondays 4-5pm 12 sessions
Starts Monday 15th April 2024
@ Beaconsfield Family Centre,
Beacon Close, HP9 1RJ

To Enrol:

The club is free of charge, fully funded by Heart of Bucks.
All children need to enrol by emailing info@createed.co.uk



TIME OUT FOR PARENTS



CHILDREN ON THE AUTISM SPECTRUM

Sessions for anyone parenting autistic children aged 3 to 11

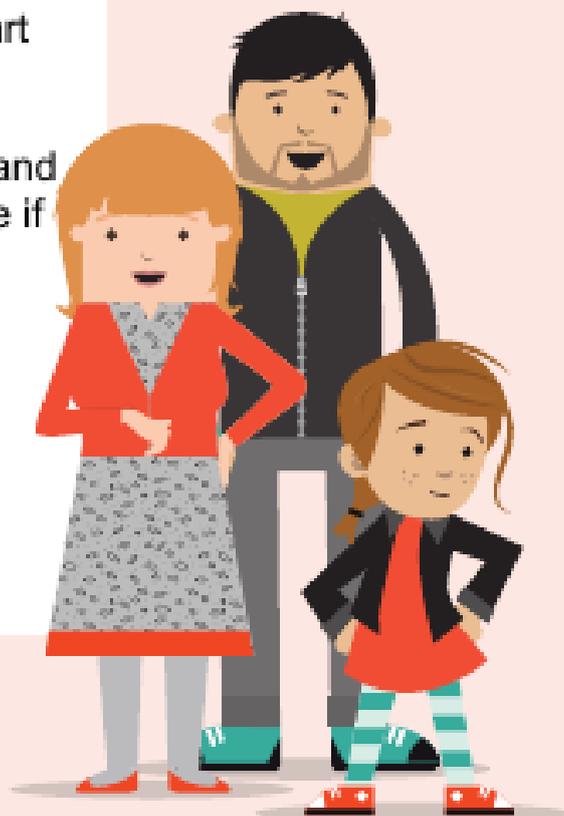
Christ Church
Chapel Road
Flackwell Heath
HP10 9AA

Course Starting Tuesday 23rd April to
Tuesday 14th May 2024.

Refreshments from 9am, course to start
promptly at 9.30am, ends 11.30am

Cost £20 to include parent handbook and
refreshments, Funded places available if
needed.

Bookings essential on
families@ccfh.org.uk



Common-sense, jargon-free information
and ideas to help you to engage with your
children and boost your relationship

TIME OUT FOR PARENTS



CHILDREN WITH ADHD

Sessions for anyone parenting children with ADHD aged 3 to 11

Course starting Tuesday 11th June to
2nd July 2024

9.30am to 11.30am refreshments from
9.15am

Christ Church Centre
Chapel Road
Flackwell Heath
Bucks
HP10 9AA

£20 for the course including
refreshments and parent handbook.
Fully funded places available if needed

To book contact Leonie Cowlard
families@ccfh.org.uk
01628 533004

Common-sense, jargon-free information
and ideas to help you to engage with your
children and boost your relationship



BOURNE END SWIMMING CLUB



LEARN TO SWIM AND HAVE FUN WITH US

- Small class sizes
- Excellent teachers and in-pool assistants
- Great value for money
- Easy transition to club swimming

Join us for our 30-minute lessons on **Friday evenings** between **6:30 & 8:30pm** (term-time) at Court Garden Leisure Complex, Marlow.

Come and try us out, swimmers and non-swimmers from 4 years up welcome!

**Email us at: join@bejsc-swimming.org.uk
or visit our website for further details:
www.bejsc-swimming.org.uk**

LIFE-SAVING • FUN • WELLBEING • SPORT • FITNESS

We are proud to be part of Bourne End Junior Sports Club (registered Charity no 266590) which has been providing sporting opportunities for young people in South Bucks for over 50 years.