



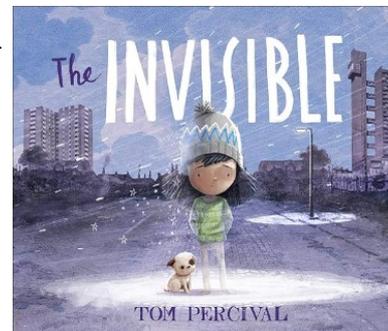
Carrington Junior School



Dear Parents and Carers,

Welcome back after the winter break, and a Happy New Year 2024 to you all.

A new year often brings with it new resolutions. Here at school we started the year reading the book *The Invisible*, by Tom Percival, in assembly. The book is a heart warming tale of a girl whose family face difficult times and shows us how she makes a difference to people around her. We will be asking each other how we can make a difference this term. The children have already asked if we can buy a copy of the book for the school library. We love it when we discover brilliant books. Later this term we will be celebrating World Book Day. Why not ask your child if they have any other book recommendations for our next library refresh?



We have plenty to look forward to this term, from book buddies to 'love your language day', and sports tournaments to a visiting pantomime. I've heard the Eco Committee and School Council have great plans too!

Mrs Cameron

Believe. Achieve. Succeed.

Weather Reminders

With a return to school, the winter weather has arrived. Cold nights, dark evenings and, being Britain, just a touch of rain. Please ensure that your child has enough layers on under their uniform for the current conditions (and that their PE kit also contains layers). Due to the cold weather, please ensure children have named hats and gloves with them.

Snow?

By current forecasts it seems unlikely that there will be a significant snow event.

However, snow is particularly hard to forecast much further than a day or two in advance. If children do need to travel to school after a snowfall, then they may wear wellies or similar hardy footwear and bring normal uniform shoes to change into.

We will update parents with any timing changes, if they need to be made, as soon as we can.



End of Term Christmas Events

The children from Carrington Junior School celebrated Christmas throughout the community, with the choir performing at Christmas on the Heath, an evening concert with Wycombe Concert Band, and also singing at a tea party at Christ Church for some of the older members of our community. Year 3 dazzled in their spectacular Nativity and Year 4 shone at their beautiful Christingle Service.

The pictures of the latest events are on the [school website](#).

See the homepage, or navigate to News & Events > Latest News.



Celebrating our Learning

Right at the end of last term some of our classes had history workshops, with Year 3 learning about the Stone Age and Year 4 discovering the Romans.

They got to explore all aspects of Stone Age and Roman life in an immersive and engaging experience planned by an expert History Man. A particular staff favourite of these workshops are the Stone Age hunting horns, which reverberate around the building quite impressively!

All the photos are available on the school website. [Click here](#) for the Year 3 Stone Age Day, and [click here](#) for the Year 4 Roman Day.



School Value Focus: Kindness and Friendship

Across the school and during assemblies, we have been talking about kindness and friendship.

The teachers will be talking with their classes about how we can be good friends and respect our differences. School is a place for learning and our children are also learning how to negotiate friendships. This includes getting along together, falling out with each other, and having a difference of opinion without falling out.



As children move through their time in junior school they start to become more independent at resolving their issues. We always celebrate with children when they come to us and say, *'we had an argument but we sorted it out and now we're friends again'*—a real skill for life.

New Members of the Team

At the end of the Autumn Term we said goodbye to Miss Cornish and Mrs Fourie who have both decided to pursue other jobs. We wish them well in their chosen careers.

Please join us in welcoming our two new Year 4 teachers to the team:

Ms Kaca, 4C



Ms Kaca has returned from maternity leave early December and is now our teacher in class 4C. Ms Kaca has taught at Carrington Junior School for over six years and has a lot of experience in Year 4. She is excited about her return and is looking forward to meeting you all.

Mr Withams, 4S



Those of you with older children in the school will know Mr Withams as our link Mentor for the Wycombe Wanders Foundation, who help us in school with PSHE work and personal mentoring. Mr Withams has been excellent in this role as a qualified teacher with several years of experience behind him where he worked in leadership roles across Uxbridge. He is very excited to be back in the classroom.

We will be holding 2 drop-in sessions for Year 4 parents to meet Ms Kaca and Mr Withams face to face, as follows:

*Tuesday 23rd January @3.30

*Wednesday 24th January @8:15

Lost Property

We wanted to bring to your attention that we have two big boxes on the playground where we put all lost property items we find around the school.

If you are looking for some of your child's belongings, please look in those boxes in the first instance.

We hope this helps simplify the process of reuniting lost items with their owners!

E-safety

As children become more independent online, it is important we equip them with the skills they need to navigate the online world. In school we teach children how to stay safe and also about viewing information online with a critical eye—not just believing everything they see.

It's also important that children are aware of how algorithms work; that if they spend a few more seconds on a particular type of video, their device will show them more of the same.

We also teach them how social media can affect their mood. This week's focus: 'sadfishing', where people embellish difficulties to increase engagement with their posts.

'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.

What parents need to know about SADFISHING

ATTENTION NEEDING

This is sometimes also called attention seeking. The urge to belong is universal. Everyone seeks attention. The feeling of belonging and knowing that others are thinking about you is part of what it is to be human. As the use of social media has grown, the opportunity for attention is enormous but this sometimes comes at a price. Positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction (dopamine) that is caused by gambling and recreational drugs. This reaction reinforces a behaviour and for minimal effort, a young person is rewarded with dopamine and attention.

OVERSHARING

Oversharing is the act of revealing too much personal information. When young people share too much about their feelings or problems they are often desiring very much to connect and belong. In order to gain more attention and likes a young person might be tempted to overshare their feelings beyond a normal face to face conversation. The challenge with this is that the young person is sharing personal thoughts and feelings with people they do not know and the support they gain back is 'unregulated' and might be very unhelpful.

SHOWING VULNERABILITY

Being vulnerable and oversharing can sometimes lead young people open to being groomed online, offering predatory social media users an opportunity to gain their trust by offering sympathy. A Digital Awareness UK report includes the case study of a teenage girl who, after posting about her depression online, was approached by a friend of a friend who shared their experiences and later ended up pressuring her to send him explicit pictures.

BULLYING AND DISAPPOINTMENT

According to Status of Mind report by Royal Society for Public Health UK, social media platforms are a useful tool to maintain or build on real world relationships, improving mental health and wellbeing. When young people do share their feelings and worries online, they are seeking emotional support from others. However, whilst some friends may comment and like a post to be helpful, other friends may accuse the post of 'sadfishing' and trying to gain attention, ultimately making the situation and feelings about themselves worse.

#WakeUpWednesday

Safety Tips For Parents

A CULTURE OF OPENNESS

Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.

ASK MORE THAN ONCE

Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.

POSITIVE ATTENTION

Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.

PROMOTE HEALTHY FACE TO FACE RELATIONSHIPS

Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.

TALK ABOUT THE IMPORTANCE OF BOUNDARIES

Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.

Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

SOURCES: <https://www.digitalawarenessuk.com/>, <https://www.rspk.org.uk/our-work/campaigns/status-of-mind.html>

www.nationalonlinesafety.com
 Twitter - @natonlinesafety
 Facebook - /NationalOnlineSafety

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Dates to look forward to:

- *w/c 15th January—**Activity Clubs** start again
- *Tuesday 23rd January—**Meet the Year 4 Teachers @3.30**
- *Wednesday 24th January—**Meet the Year 4 Teachers @8:15**
- *Tuesday 30th January—**The Jungle Book Panto** in school @9.15
- *February—Date TBC **Love your Language Day**
- *Thursday 8th February—**SENDCo drop-in session** 2.00-3.15pm
- *Friday 9th February— **Mufti Day** for £1 donation to the PTA
- *Monday 12th-Friday 16th February—**Half-Term**
- *Tuesday 13th & Wednesday 14th February—**Inspire Holiday Camp** in school (see attached flyer)
- *Monday 19th February—**Back to School**
- *Tuesday 27th & Wednesday 28th February—**Parents Evening** (more information to follow)
- *Thursday 7th March—**World Book Day 2024**
- *March—Date TBC **Year 4 Easter Assembly**
- *Thursday 28th March—End of Term, **1.15pm finish for Easter Holiday**
- *Friday 29th March-Friday 12th April—**Easter Holiday**
- *Tuesday 2nd & Wednesday 3rd 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**
- *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).

All PTA event dates and key information can be found on Classlist.