



Carrington Junior School



With the changing of the clocks, winter has arrived. While the weather isn't always good for being outside at this time of year, it is good for visiting people.

We've had two local headteachers visit school since half term and both have been impressed with the behaviour around school and the quality of the work that children are completing.



It's been wonderful to have parents' evenings this week, welcoming so many of our families into school. We hope you have enjoyed seeing the progress your children have been making in their books. Please remember, we are available to talk throughout the year if you have any queries. *Mrs Cameron*

Believe. Achieve. Succeed.

Raising awareness

This week we have taken part in activities linked to anti-bullying and Children in Need. The children have enjoyed talking about our differences in a positive way, as well as taking part in activities and challenges for Children in Need in their classes.



Odd socks to recognise everyone is different for anti-bullying week.



Pudsey came to visit us in assembly!



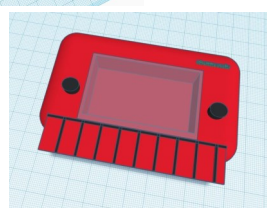
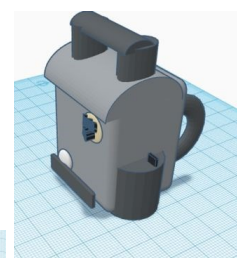
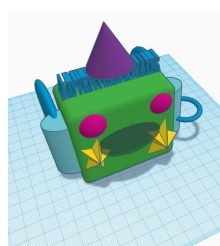
Quidditch

Year 3 and 4 took part in Quidditch workshops for PE.



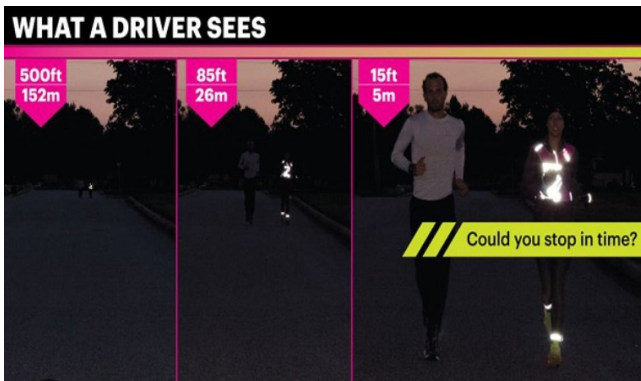
Amazing computing

Year 6 have been getting to grips with computer aided design to help them create initial design concepts for a navigational tool.



Travelling to school safely

Now that the dark evenings of winter are upon us, please remember to check that your child's coat and/or sports kit has visible reflectors on, particularly if they are Year 5 or 6 and have permission to walk home alone.



Stick on reflector strips are available from most online retailers at relatively low cost and come in a range of colours, both reflective brights and reflective greys and blacks.



There is a child in both images here!

Cost of living crisis

Get in touch with us to let us know if you're struggling with your finances. We are always here to listen and help where we can. We know everyone is feeling the pinch this winter and we want to support those families in our school community who are impacted the most. If you're struggling with your finances, please do get in touch to let us know, as there may be things we can suggest which will help. We want to do everything we can to help you and your child through this difficult winter.

- **Contact your local Family Hub or Citizen's Advice Bureau (CAB)** You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:
 - Getting benefits or other financial support organised
 - Accessing support for essential costs (food, bills, rent)
 - Visit the Citizens Advice's [website](#) or contact your local branch to book an appointment through the website (Clinics are held in Wycombe several times a week)
- **Check you're paying the right amount of tax** Make sure you're on the right tax code. If you aren't you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.
- **Claim any benefits you're entitled to** Use one of these benefits calculators to determine whether there are any benefits you could be claiming:
 - [Turn2us](https://benefits-calculator.turn2us.org.uk) (<https://benefits-calculator.turn2us.org.uk>)
 - [Policy in Practice](https://www.betteroffcalculator.co.uk/login) (<https://www.betteroffcalculator.co.uk/login>)
 - [Support for migrant families](https://migrantfamilies.nrpfnetwork.org.uk) – use this calculator if you are a migrant family, or if you have no recourse to public funds (<https://migrantfamilies.nrpfnetwork.org.uk>) You may be able to get benefits paid early if you're already feeling the squeeze -

Cost of living crisis (continued)

this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP) office that's dealing with your claim.

Check you've received all the government's cost of living payments

- The government's [cost of living payment](#) is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.
- If you think you're due a payment, but haven't received one – [report a missing payment](#) to the government here.

Let us know if your child is entitled to free school meals

- Mrs Moore in the office will be able to help you check if you are not sure if your child is eligible.

Be aware of scams! If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, do not talk to them or send a reply. Get more information on [cost of living scams](#) on the Money Saving Expert's website

Find out what help you can get with your energy bills

- Take a look at these resources from the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

See what other support you can get from your local authority

Buckinghamshire has a [Helping Hand scheme](#). Help with the cost of living (Helping Hand).

Buckinghamshire Council - [Local authorities](#) have lots of different schemes that you might be eligible for, including:

- [The holiday activities and food programme](#) – access to food and activities over the school holidays
- [Help with transport to school](#)
- [Help with the cost of uniform](#)

Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There are a number of places offering support: We can refer you to the local foodbank.

- If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#).
- Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low cost food from local restaurants), or **Low Price Foods** (food that has passed its best before date, but is still safe to consume)
- [Flackwell Community Pantry](#)—Wednesday 10-11:30

Further information

- Contact [StepChange](#), if you're struggling with debt (www.stepchange.org)
- Contact [Shelter](#) if you're having issues related to housing (www.shelter.org.uk)
- Get free household goods on [Freecycle](#) (www.freecycle.org)
- Contact the [Salvation Army](#) for emergency assistance (www.salvationarmy.org.uk)
- See if you're eligible for grants from [Turn2us](#) (grants-search.turn2us.org.uk)
- Single parents can get support from [Gingerbread](#) (www.gingerbread.org.uk/information)

Dates to remember:

Friday 25th November– **4S class assembly**– 3pm in hall

Saturday 26th November– **Choir** sing at Flackwell Heath Christmas event

Friday 2nd December– Christmas jumper sale at Infant School

Thursday 8th December– **Year 3 (and Blossom)** Stone Age day

Thursday 15th December – **PTA disco** and **Christmas Lunch**

Friday 16th December– **Year 3** Christmas performances (9:30am and 2:30pm)

Monday 19th December– **Year 4** Christingle service at Christ Church 2:15pm

Tuesday 20th December–**Break up for Christmas Holidays** 1:25pm