



# Carr Junior School

AIM HIGH, SHINE BRIGHT!

W/C 27th MARCH 2023 WEEKLY NEWSLETTER



## Hello!

Thank you to everyone who came to watch the children perform their songs for our landing event today. The hall was packed for the Year 3 and 4 performance and the children dazzled us with their songs about the Romans and the Vikings. In Year 5 and 6, we heard some gruesome songs about the ancient civilisations of Mayans and Ancient Egyptians. It was so much fun! Look out for your children bringing their Termly Reports home in their bags today. These will give you an update on how the children are doing against the year group expectations.

From all at Team Carr, we hope you have a lovely Easter holiday with lots of chocolate and family time!

Mrs Kerr

## Health & Safety and Safeguarding

- Please could parents make sure children are not bringing their own footballs to school. The children are not allowed to use their own footballs at school so they do not need to bring them. Thank you.
- If you would like to contact our Pastoral / Family Lead, Miss Daniella Harrison, please select Option 3 to be directed to the correct office. Thank you.

## Monday Coffee Morning

Coffee morning will be taking place on Monday 17th April just after drop off. We hope to see lots of parents there. Please pop in to say hi to our Wellbeing in Mind lady - Kirsty.

## Improving our School

This week, we have met with all the teachers across each year group to review the progress of all children in this term. We have already made plans from the start of the Summer term so we are ready to get going straight away and make the most of every moment next term.

## PE Kit and general school uniform

We have noticed that some children are not wearing the correct uniform. As we did at the start of the school year, if we notice that your child is not wearing the correct kit, the office staff will be in touch with parents. We understand that there are some circumstances in which children need to wear something which is different for a short amount of time. We appreciate parents speaking to us about this. Our expectations of PE kit are as follows:

- Burgundy jumper or cardigan
- Plain white t-shirt
- Plain black or navy shorts / leggings / tracksuit bottoms (depending on weather)
- Black trainers (or mainly black)
- Please also ensure that long hair is tied back for PE days. Thank you.

## Mr Gray's handy hints to keep our children safe online!

Connecting Safely Online matters to all young people, especially those with SEND, and with their help, internetmatters.org have created advice and guidance to make their time online connecting with others safer and more positive.

<https://www.internetmatters.org/connecting-safely-online/about-us/>



## Wellbeing in Mind Team - April update!

We would recommend that this Easter holiday you plan some meaningful activities. Research shows that by engaging in meaningful activities that bring you 'achievement, closeness and enjoyment' will have a big impact on wellbeing and mood. Think about the five ways to wellbeing - doing these things each day will have big benefits for you and your children's mental health and wellbeing.



### **Connect**

Over Easter keep in touch with your family or friends, spend time together by inviting them over, going for a walk or playing games together. By connecting with others, you can reduce feelings of loneliness - include other people in your activities so you're supporting the wellbeing of your friends and family too.

### **Be Active**

The Easter break gives you plenty of time to do various physical activities as a family, such as walking, dancing, jogging and ball games. Getting active outdoors in the sunshine and fresh air not only increases your Vitamin D levels but generally makes you feel better - improving your physical and emotional wellbeing. You could be playing hide and seek, completing jobs around the house or something more intense like circuit training.

### **Notice**

During the Easter break, you should try spending time outdoors every day to get the Vitamin D you need. Observing nature will help you reconnect with yourself and your surroundings, tree hugging, lamb spotting, and taking notice of spring flowers. This is a great mindfulness exercise too.

### **Keep Learning**

Choosing a new hobby as a family can be easier, as you're able to support one another at their own pace. It can be a great way to get the gardening done quicker, and share the responsibilities as a family. Perhaps you want to learn how to cook or bake because you want to be more in control of the food you are eating. Learning new skills, facts and hobbies that are fun, can boost your self-esteem and self-confidence whilst giving you a sense of purpose and fulfilment.

### **Give**

Spending time helping others can give you a boost - but taking time for yourself can too. During the Easter break you could help someone with a job, call a relative to check they are doing ok, or just give the person close to you a hug. Not only will giving to others benefit them but it will benefit you too.

Further information on the 5 ways to wellbeing can be found here  
5 steps to mental wellbeing - NHS ([www.nhs.uk](http://www.nhs.uk))

Have a lovely Easter Holiday!  
The Wellbeing in Mind Team

# Should I keep my child off school?



## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics



SCAN ME

**Advice and guidance**  
To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minftec>.

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slipped cheek

Why it is **important** for your child to go to school.

We know that children who go to school every day are more successful.

**Going to school helps them to:**

- ✓ Learn
- ✓ Have fun
- ✓ Make friends
- ✓ Get new experiences
- ✓ Get the qualifications that help them to get a job
- ✓ Increase their confidence

**and most of all...**

- ✓ Have the best start in life

**What can happen** if your child misses lots of school?

- ✗ Find lessons difficult
- ✗ Do less well in their exams
- ✗ Be worried about going a school
- ✗ Have lower self-esteem and fewer friends
- ✗ More likely to get involved in crime or anti-social behaviour

## Attendance

3H - 90.63%  
 3P - 89.35%  
 4A - 91.43%  
 4KG - 90.00%  
 4T - 97.41%  
 5H - 90.65%  
 5M - 94.67%  
 6F - 94.48%  
 6J - 90.00%  
 6MW - 97.50%



## TTRockstars

Here is this weeks top 10!

# Leaderboard

Rank	Name	Group	Rock Status	Studio speed 7 days ago
1	Sophie P.	3H	Gigger	28.57
2	Eliza B.	3H	Wannabe	46.15
3	Amelia H.	3H	Wannabe	16.22
4	Angel H.	3H	Wannabe	13.04
5	Freddy E.	3H	Garage Rocker	15.79
6	Lilly M.	3H	Wannabe	15.38
7	Abigail B.	3H	Gigger	10.17
8	Eleanor C.	3H	Wannabe	12.50
9	Anya L.	3H	Wannabe	21.43
10	Dolly T.	3H	Wannabe	27.27

Rank	Name	Group	Rock Status	Studio speed 7 days ago
1	Ruby P.	6J	Rock Legend	2.33
2	Edith P.	4T	Breakthrough Artist	6.45
3	Nicola C.	6MW	Breakthrough Artist	3.92
4	Emily C.	6MW	Headliner	2.27
5	Jude R.	4T	Unsigned Act	6.59
6	Leah B.	6J	Rock Legend	1.62
7	Amelia F.	6MW	Rock Legend	1.71
8	Lily G.	4T	Rock Star	2.73
9	Savannah K.	4T	Rock Star	2.48
10	Jack B.	6MW	Rock Star	3.00



## TIME OUT FOR PARENTS: THE PRIMARY YEARS

5 Thursday sessions

Starts Thursday 27th April  
9.30 - 11.30am

@ The Barnabas Centre,  
Salisbury Terrace, York  
YO26 4XP



**fami**ly  
matters\_york

A course led by trained facilitators to help you support your child as they begin to find out how the world works & learn how to manage their feelings. You'll get evidence based information and an opportunity to share ideas with other parents, quickly learning that you are not alone.

For more information contact Jen Wootten

Tel: 07393 147259

Email: [jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk)

Website: <https://fmy.org.uk/york/>

## TIME OUT FOR PARENTS: Handling Anger in the Family

5 Wednesday sessions

Starts Weds 26th April  
7.30 - 9.30 pm

@ The Gateway Centre,  
Front Street, Acomb  
YO24 3BZ



**fami**ly  
matters\_york

This course, led by trained facilitators, will help you to better understand, recognise and manage anger in your family and give you the chance to share your own thoughts and ideas. You will quickly see you're not alone!

For more information contact Jen Wootten

Tel: 07393 147259

Email: [jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk)

## TIME OUT FOR PARENTS: THE TEENAGE YEARS

5 Thursday sessions

Starts Thursday 27th April  
7.30 - 9.15pm  
Online via Zoom



**fami**ly  
matters\_york

A course led by trained facilitators to help you navigate the challenges of the teenage years. With a mix of evidence-based teaching & discussion time, you will grow in confidence & feel more equipped for your changing role as a parent.

For more information contact Jen Wootten

Tel: 07393 147259

Email: [jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk)

Website: <https://fmy.org.uk/york/>

**fami**ly  
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Join Family Matters for  
'A Mind of Their Own'  
on Tues 2nd May  
7 - 9.30 pm  
@ 60 South Bank Avenue,  
York Y23 1DP

FREE

A SESSION FOR PARENTS  
TO HELP BUILD CHILDREN'S  
EMOTIONAL WELLBEING

A MIND OF THEIR OWN

A session for any parent wanting to equip their child to meet life's challenges and setbacks head-on.



A single video and discussion based session that addresses the difficulty our children face when navigating the complex world of the 21st century - one that is full of opportunity and challenge, potential and risk.

Tackling subjects like:  
body confidence  
dealing with failure and disappointment  
school and exam stress  
social media  
bullying  
handling strong emotions.

Book your place:  
Sign up via [www.fmy.org.uk/parenting](http://www.fmy.org.uk/parenting)  
Email: [jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk) Tel: 07393 147259



# EASTER OFFER

**25% OFF ONLINE BOOKINGS BEFORE 11:00**

**SIMPLY INPUT CODE YRLFC25 @ CHECKOUT FOR  
YOUR BOOKING**

**SELECT TO APPLY THE DISCOUNT TO EITHER  
BOWLING OR GOLF**

**SUBJECT TO AVAILABILITY**

\*OFFER AVAILABLE BETWEEN 3RD APRIL TO 14TH APRIL 2023



Might not be for everyone but good offer for some. Morrisons is running an offer with Kellogg's this Easter to launch a breakfast club where the whole family can request a free bowl of cereal at Morrisons cafe. Runs from 3rd April to April 24th. Just need to ask for 'Kelloggs breakfast'.

The joint scheme will run from April 3 to 24 before 11am, while stock lasts, and aims to support families during the Easter holidays when many school breakfast clubs are unavailable.

Both adults and children can choose from a bowl of Cornflakes, Rice Krispies or Coco Pops, with a choice of dairy and non-dairy milk, when they order a 'Kellogg's breakfast' before 11am, in any of Morrisons' 397 cafes.