



Carr Junior School

AIM HIGH, SHINE BRIGHT!

W/C 2ND DECEMBER 2024 WEEKLY NEWSLETTER



A Message from our Principal

Hello!

We have really enjoyed getting all Christmassy this week around school and we are really looking forward to the Christmas Fair this evening. Thank you so much to the Friends of Carr Schools volunteers who have worked so hard to get ready for it. Thank you also to all of our families who come along and support us by joining in and having fun. There are lots of very excited Y6 elves who will welcome you in and help you spend your money!

On Monday, we had our launch event for our new writing unit which is based on the story 'The Polar Express'. The children loved being in their pyjamas and cuddling their teddies and blankets aboard our own version of the Polar Express train. Mr Gray transformed himself into our train conductor and handed out golden tickets to the children as they climbed aboard! Following on from this magical launch, the children have begun to explore the theme in their English lessons and will be doing some wonderful activities including writing their own verses for Christmas cards, making an advert and developing their own narrative version of the story. We can't wait to see what they will produce!

This week I have added some information to the dates section to inform parents about when children are invited to wear their Christmas jumpers over the next couple of weeks.

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

Tickets for Carol Concerts

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 · Dec 2

We're all aboard the Polar Express this morning to launch our next KS2 writing unit! #carrstars #happy #community



Carr Junior School @CarrJuniorYork · Dec 2

4 Amazing Bands in this afternoon's assembly thanks to @RSMusicSchool #carrstars #aspirational #happy



Tickets for Carol Concerts!

Please see the dates for these later in our newsletter. Initially, we have offered two tickets per family. Our Thursday Concert is now fully booked. If we then have any tickets remaining for the Wednesday performance, we will ask if any families would like additional tickets from Monday 9th December. We need requests for tickets in writing so please either fill in the ticket request form at the end of the letter or email us. Thanks and we look forward to spreading our Christmas joy with you!

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.

Tesco Coins!

We are very lucky to have been selected onto the Tesco Stronger Starts token scheme to help raise money for our lower yard to be upgraded! From the start of October until mid-January 2025, you will be able to pop your blue tokens when shopping with Tesco into our pot! Just look for Carr Junior School in the following Tesco locations...

York 2110 Gillygate

York 3480 York Extra (Clifton Moor)

York 4790 Norton

York 5024 Strensall

York 5314 Huntington Road

York 6677 Goodramgate

We would absolutely be overjoyed with your support with this! Thank you

PE Timetable for the Week!

Timetable for week 6 - 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 9th December	Tuesday 10th December	Wednesday 11th December	Thursday 12th December	Friday 13th December
Y4 PE	3H extra PE session	Y6 PE	Sparks Class PE	Y4 PE
Y5 PE	3A extra PE session		Y3 PE	
	6J 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
Monday 9th December	Christmas craft day Year 3 Christmas Dinner Everyone can wear Christmas jumpers	All Y3
Tuesday 10th December	Year 4 Christmas Dinner Y4 can wear Christmas jumpers	Y4
Tuesday 10th - Wednesday 11th December	5H Bikeability	5H
Wednesday 11th December	Year 5 Christmas Dinner Y5 can wear Christmas jumpers Recording our Trust Christmas song in singing assembly. All can wear Christmas jumpers or festive accessories Christmas Bingo	Y5 All All
Thursday 12th December	Year 6 Christmas Dinner Y6 can wear Christmas jumpers	Y6
Friday 13th December	Whole School Panto Visit Everyone can wear Christmas jumpers	All
Wednesday 18th December 1.30pm	Christmas Carol Concert - performance one Everyone can wear Christmas jumpers	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
Friday 20th December	School closed - Training Day	All
Monday 6th January 8.40am	School Opens	All



CARR CHRISTMAS



Christmas Craft day
Monday 9th Dec

Panto Visit
Friday 13th Dec (am)

Christmas Bingo night
Wednesday 11th Dec

**Carol Concert
Performance One**
Wed 18th Dec 1.30pm

Christmas Lunches
Monday 9th Dec - Y3
Tuesday 10th Dec - Y4
Wednesday 11th Dec - Y5
Thursday 12th Dec - Y6

**Carol Concert
Performance Two**
Thur 19th Dec 9.30am



Festive Family Musical Bingo

Wednesday 11th December
3.30-4.30pm in the hall

No need to pre-
buy, all for sale on
the night.
Refreshments
available

amazing
PRIZES
TO BE
WON!

£1 sheet
(one game)
£4 Book
(four games)



Friends of Carr Schools

SECRET SANTA STALLS

Wrapped Gifts £3 each

Tues 10th + Wed 11th Dec at Infants
After school outside Year 1 doors

Juniors
Thurs 12th Lunchtime
Fri 13th After school near main gate

Contactless payments available

Attendance

3A - 93.73%
3H - 92.62%
4CG - 94.30%
4K - 95.57%
5H - 90.00%
5M - 94.83%
6F - 93.42%
6J - 93.85%
6MW - 92.74%



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.



SPARKS - ALEX W

3A - WILF P

3H - EDIE B

4CG - EDITH H

4K - COOPER L

5H - THOMAS N

5M - LYDIA B

6F - CHARLIE W

6J - LILLY L

6MW - EDITH T

SPARKS -

3A - OLIVER S

3H - REGGIE W

4CG - LUCCA M

4K - JOSEPH P

5H - ALL OF 5H

5M - FREDDY E

6F - ISABELLE-ROSE M

6J - ALFIE G-K

6MW - FREDDIE T



3H MASI N
3H KASSIUS C
3H DEMI M
3H LAYLA W
4CG POPPY B
4CG FLORENCE L
4CG HANNAH S
4CG BELLA W
4CG JAMES S
4CG NATHANAEL S
4K ESME C
4K ERIN D
4K LUCY G
4K DAISY T
4K ELSIE G
4K SIENNA S

5M BAILEY N
6F ALICE M X2
6F POPPY F
6F THOMAS D
6F GEORGE M
6F ALEX S-F
6F SADIE S
6F HARRY S-F
6J CALLUM D
6J CHARLES L
6J EDITH P
6J NANCY W
6MW ERIN T X2
6MW AERYN A
6MW AMBER T
6MW THOMAS S-P

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 Israeli

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.elc.org.uk with the subject "Year 5 & 6 clubs"

INSTRUMENT AMNESTY

Do you have any instruments sitting in storage that are no longer being played? Let us take them off your hands to be played by our pupils. Excel Learning Trust schools are holding an instrument amnesty to increase our pupils' access to musical instruments. Please drop off any unwanted instruments to Knavesmire Primary School, Campleson Road.

