



# Carr Junior School

AIM HIGH, SHINE BRIGHT!

W/C 16TH DECEMBER 2024 WEEKLY NEWSLETTER



## A Message from our Principal

Hello!

On our last day of the Autumn term, I would like to say a huge thank you to all of our children, families and staff for working so hard this term to make a brilliant start to the academic year. It has been a pleasure to work with you all and behalf of everyone at Team Carr and Excel Learning Trust, I would like to wish you all a very Merry Christmas and warmest wishes for 2025.

This week, it has been so lovely to celebrate the end of term with our two Carol Concerts which were completely fully booked - we used all the chairs we could find! Thank you for coming to share it with us. We were so proud of our Carr Stars as always.

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

- Game Changers landing - new this week
- Mornings
- Spring parental engagement dates - new this week!
- Tesco coins
- PE Kit timetable
- Reminders about coats, water in water bottles and contacting the school office

I hope you all stay safe and enjoy some much needed family time over the holidays. **We look forward to welcoming all of the children back in school on Monday 6th January.**

Miss Kerr

## Tweet of the Week!



### Big Idea

This week, we shared with you our landing leaflet for our Autumn 2 Big Idea learning. The Big Idea was centred around historical figures who have had a big impact on the world today. We hope you enjoyed reading about the activities and learning the children have been doing this half term. Our next Big Idea in the Spring term will be another historical one called Portal to the Past. We look forward to sharing our learning with you again next term.

### Spring Parental Engagement dates

See the opportunities to join us in school for a range of activities during the Spring term.

*Dates for your diary*

**17/1** Coffee & Cake with Miss Harrison  
9.45-10.45am

**23/1** Music info for parents - 3.30pm

**29/1** SEND parent Q&A - 9-10am

**7/3** Coffee & Cake with Miss Harrison  
9.45-10.45am

**7/3** Science afternoon

**26/3** World Maths Day parent drop-in -  
3.15pm

**27/3** Landing Event (pm)

### Mornings

Just a little reminder that children shouldn't be arriving at school before 8.30am unless they are coming to one of the breakfast club provisions. Children are not supervised until staff open the doors at 8.40am so we like to reduce the amount of time children are on the playgrounds before school. Thank you for your support.

## PE Timetable for the Week 1

Timetable for week 1 - 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 6th January | Tuesday 7th January           | Wednesday 8th January | Thursday 9th January | Friday 10th January |
|--------------------|-------------------------------|-----------------------|----------------------|---------------------|
| Y3 PE              | 6F extra PE session           | Y6 PE                 | Sparks Class PE      | Y4 PE               |
| Y4 Swimming        | 6J extra PE session           |                       | Y3 PE                | Y5 PE               |
|                    | Y5 PE                         |                       |                      |                     |
|                    | 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.

### 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

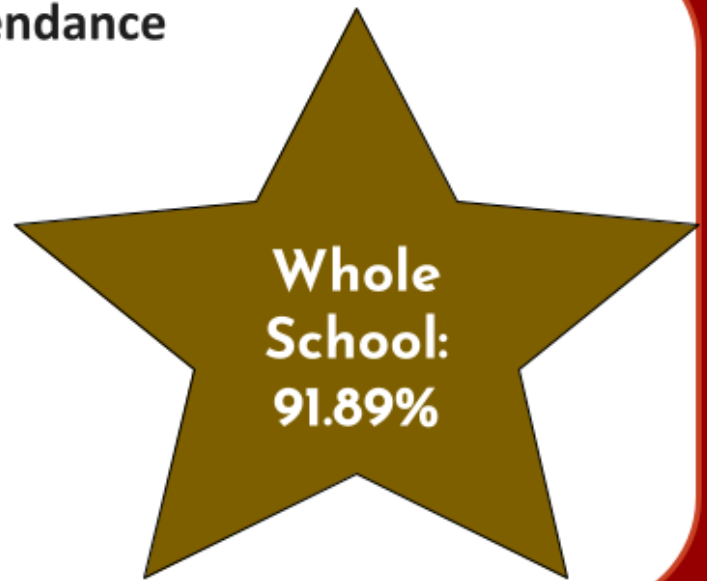
We would absolutely be overjoyed with your support with this! Thank you

## Dates for your diaries!

| Date/s                                    | Event                                       | Year groups          |
|---|---|----------------------|
| <b>Friday 20th December</b>               | <b>School closed - Training Day</b>         | <b>All</b>           |
| Monday 6th January 8.40am                 | School Opens                                | All                  |
| Friday 17th January 9.45am                | Coffee with Miss Harrison                   | All - Parents        |
| Thursday 23rd January 3.30pm              | Music information session for parents       | All - Parents        |
| Tuesday 28th January                      | Young Voices trip                           | Y4 only              |
| Wednesday 29th January 9-10am             | SEND parent Q & A session                   | All - Parents        |
| Tuesday 21st January 3.30pm               | Y6 SATs Parent information meeting          | Y6 - Parents         |
| Friday 14th February 3.15pm               | School closes for Half Term holiday         | All                  |
| Monday 24th February 8.40am               | School Opens                                | All                  |
| w/c Monday 3rd March                      | STEM week                                   | All                  |
| Tuesday 4th March and Wednesday 5th March | Spring term Parents Evenings                | All - Parents        |
| Friday 7th March 9.45am                   | Coffee with Miss Harrison                   | All - Parents        |
| PM  | Science afternoon - parents invited         | All - Parents        |
| Wednesday 26th March 3.15pm               | World Maths Day<br>Maths Parent drop in     | All<br>All - Parents |
| Thursday 27th March PM                    | Portal to the Past - Big Idea landing event | All - Parents        |
| Monday 31st March 3.20pm                  | Easter Fair at Carr Infant School           | All - Parents        |
| Friday 4th April 3.15pm                   | School closes for Easter holidays           | All                  |

## Attendance

3A - 88.73%  
3H - 95.71%  
4CG - 98.05%  
4K - 90.52%  
5H - 88.13%  
5M - 90.57%  
6F - 90.53%  
6J - 88.08%  
6MW - 97.28%



### 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.

### 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.

# 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 Ieradi

### 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

## Christmas Support Services

There is information here for Mental Health, Medical, Food, Holiday Activities, Support for Carers, Bereavement, Homelessness, Gambling, Warm Spaces and other services. Please see below-

<https://www.healthwatchyork.co.uk/wp-content/uploads/2024/12/Christmas-services-2024-5.pdf>



ITV's hit kids' show, Mini Movies, is returning for series 2 and we're looking for movie-loving kids to take part.

You could star in exciting video clips full of visual effects, pitch your own movie ideas, create amazing animations and show off your costume skills!

If you'd like to get involved, ask your parent or guardian to email...

[casting@thechancercollective.com](mailto:casting@thechancercollective.com)

After that you'll receive further information on how to apply. Be quick though, as spaces are filling up!

CHECK OUT MINI MOVIES SERIES ONE ON **ITVX** TO SEE WHAT KIDS GOT UP TO LAST TIME!