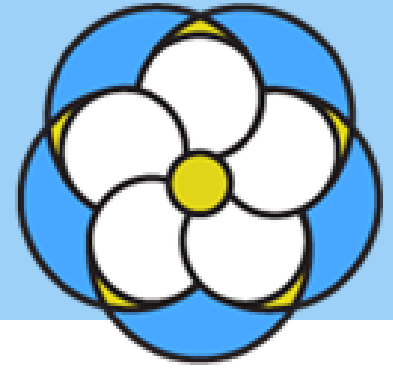


St Mary's Church of England Junior School

Newsletter 13 – 21st May 2021



From the Principal

Dear parents and carers,

As a school community, we have developed a stronger appreciation since being back in the school building this term, and have thoroughly enjoyed a reinvigorated 'Love for Learning.' Your children discussed in their classes, what exactly a 'love for learning' means to them. This is what they had to say:

Year 3:

- *We love overcoming challenges, like when column method was tricky to begin with but now we've learned how to do it.*
- *We believe that a love for learning means that we enjoy finding out information.*
- *We are interested in the world around us and are curious about the things we don't know yet.*

Year 4:

- *We enjoy and look forward to coming to school to listen to, and find out about, new facts, the world around us and our community.*
- *We look forward to learning throughout our lives.*
- *We take pride in our work and enjoy learning from our mistakes.*

Year 5:

- *We think you are in school to use your brain and make progress.*
- *You have to respect yourself and value what you learn.*
- *We love learning and will keep loving to learn in the future.*
- *If you learn with a smile, everyone else will learn with a smile too.*

Year 6:

- *We have a positive mindset about lessons and we contribute excitedly as a community, knowing we must support each other to succeed.*
- *We are eager to learn something new every day, and to continue to improve our understanding.*

For me it means that there is no end to learning in sight, always reflecting, open to feedback, and looking for ways to continue to grow and develop. What a great conversation with your children it could be, for you to share with each other, what 'love for learning' means to you too.

God bless,
Ms Cranmer

CELEBRATING LEARNING

*Congratulations to our
Remote Learning Stars of the Week:*

Week ending 7th May

3 Potter: Samuel S

3 Dahl: Dexter P

4 Curie: Madison P

4 King Jr: Anna B

5 Attenborough: Cerys B & Lewis W

5 Bevan: Jack B

6 Parks: Chloe H

6 Switzer: Michael L

*and, for the week ending
14th May*

3 Potter: Molly H

3 Dahl: Robert C

4 Curie: Bella D

4 King Jr: Zac B

5 Attenborough: Jacob B

5 Bevan: Connor H-W

6 Parks: Sophie E

6 Switzer: Rhyley S

***Raising aspirations and a love
for learning through
courage, resilience, positive
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LEARNING AND CURRICULUM NEWS

Summer Term Curriculum Calendar

Curriculum vision: The curriculum here at St Mary's Church of England Junior School is an avenue for discovery and knowledge of the wider world. We will use clear purpose, audience, engagement, interaction and oracy to drive learning of a wider curriculum with an outcome of 'showing what we know' - a display of knowledge and celebration of learning through high aspirations, courage, resilience, positive relationships and God's love.

<u>Week commencing</u>	<u>Mission and values/ Christian Distinctiveness</u>	<u>SWWK</u>	<u>Learning purpose</u>
12 th April	Love for learning	Science	<u>We are Scientists</u> Science Fair Investigations
19 th April			
26 th April		History	<u>We are Historians:</u> Ancient Civilizations -A night at the museum (school)
3 rd May			
10 th May		Science	<u>We are Scientists</u> All living things- the biological world around us. -Science scavenger hunt and exhibition
17 th May			
24 th May		RSE	<u>We are Learners</u> Journaling as we learn to understand and develop healthy relationships
7 th June	Positive relationships	PE & Performing Arts	<u>We are athletes and performers</u> A close study of physically and mentally healthy lifestyles - Sports Day <u>Preparing for end of Year performances</u>
14 th June			
21 st June		Geography/ History	<u>We are Geographers:</u> Our tour guides will take you on a trip around the world in 15 days- A transformation of classrooms
28 th June			
5 th July		History	<u>We are Historians:</u> A close study of inspirational people
12 th July			
19 th July			

*Please note that music, RE and languages will continue to be taught weekly.

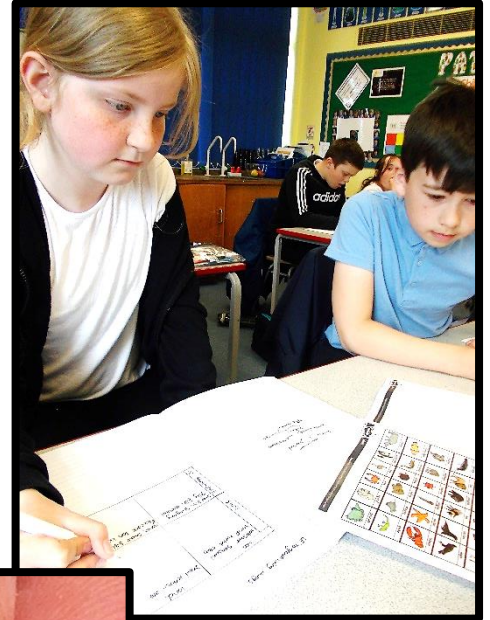
**Raising aspirations and a love for learning through
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Class Learning Blog – Curie3 Class (Year 4)

Look at how we have been learning this week...

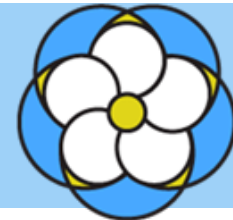
Last week Year 4 started a new science topic – Living Things. We have enjoyed group discussions about the characteristics that living things have and created mind maps showing their similarities and differences. We have also learnt what a Carroll Diagram is and used our knowledge of classification to create our own criteria in making our own diagrams. Year 4 have also made use of the school grounds to complete a local habitat survey and we have thought about what we can do to help our local habitats thrive.



In English we have been writing our own transformative stories and have been putting a lot of focus on improving our handwriting skills, making sure that we are all using cursive writing.

In Maths we have been learning all about Time! We have converted units of time from hours to minutes to seconds, made links to the 6 times table and converted time from digital clocks to analogue clocks. This is a key skill and can be tricky for some children to pick up, so any chance to practice time at home would be appreciated.

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National Book Token Competition

Calling all booklovers! National Book Tokens are holding their annual competition, giving children the chance to design their very own book-token. Throughout May and June, winners will be chosen weekly. If your design is successful, you will receive 35 x £10 book vouchers, with your design printed on them. That's £10 for you and everyone in your class! To enter, please follow the instructions using the link below:



https://www.nationalbooktokens.com/create-a-national-book-token-for-your-class?utm_source=nbt&utm_medium=email&utm_content=create&utm_campaign=20210506_schools

Closing date is Sunday 13th June.

Job Opportunities

We currently have two vacancies within school for a Senior Midday Supervisor and a Midday Supervisory Assistant. If you are interested in applying for either of these jobs, please take a look at the attached information. If you would like an application form, please email the office.

WELLBEING

Norfolk County Council

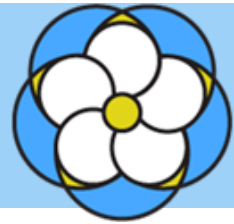
Is your child or teen suffering from anxiety?

Children and young people have had to cope with significant change at school and in their social lives over the past year and they may be struggling. Try these practical tips to help when your child is feeling anxious or worried. Every child and situation is different and you know them best so pick one you think might work with them. If a child or young person is especially distressed **just focus on keeping them safe**.

There's lots of support and help available for parents and for children and young people at (www.justonenorfolk.nhs.uk/schoolworries). There are also free webinar courses for parents on helping children manage anxiety, visit Family learning courses - Norfolk County Council, email adultlearning@norfolk.gov.uk or call 0344 800 8020 option 5.

Practical quick tips to help manage anxiety in children and young people

- 1. Give them space** - sometimes trying to do anything can make them more anxious, they may need space to calm down
- 2. 7/11 Breathing** - breath in through your nose for 7 and out through your mouth for 11 seconds
- 3. Hug them tightly, or ask them to self-hug**
- 4. Push your palms together, hold tight, release and then repeat or squeeze your fists together as tight as possible and then relax**
- 5. Validate their feelings** - It is ok not to feel ok
- 6. Have a drink or snack** (cold water is good)
- 7. Give them positive attention**
- 8. 5 - 4 - 3 - 2 - 1 Challenge.** Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste.
- 9. Squeeze a stress ball/ fidget toy/ play dough**
- 10. Describe your own feelings and model or talk about what works for you**



Head Lice – Bug Busting Week

Head lice are small insects that like to live in human hair. They lay their tiny, sticky eggs on the hair near the scalp. The empty egg cases are called nits. Head lice are very common.

- Head lice live in human hair.
- They cannot fly or jump.
- They do not care if your hair is clean or dirty, curly or straight – they just want a head to live and breed on.



Head lice are passed from head to head by close 'hair to hair' contact. For this reason, they are especially common in school age children who play and work closely together.



There is not much you can do to prevent head lice. The best thing is to be aware of what they look like and keep a lookout for the signs of them 'arriving'. You may notice your child itching their head but it is not always this obvious.

Getting into a habit of 'wet combing' each week can help keep your child 'lice free' and will help you treat and head lice that appear quickly and before they can get breeding!

Finding Lice

If you find any nits or head lice then wet combing is the recommended way of treating head lice. You do not need to see a doctor but can follow these steps;

- You should check everyone else in the family and if you find any other head lice or eggs, then treat them on the same day.
- You do not have to treat family members who do not have any head lice or eggs.
- You do not have to wash bed linen, toys or clothes – head lice can only stay alive on human hair.
- Wash the comb and any brushes carefully after use. Head lice can cling on to the hair on these.

Each head lice can live on a scalp for about 40 days and can lay about 100 eggs during that time. They may have laid eggs before you discovered them so you need to be watchful for more hatching over the next couple of weeks.

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Wet Combing

Wet combing means brushing a fine-tooth comb through wet conditioned hair, from the root to the very ends of the hair. Wet combing has been proven to be the best way to get rid of head lice. Head lice have got resistant to some of the shop bought treatments.

There are no side effects from wet combing even for the very young, those who are pregnant or breastfeeding.

You will need;

- Conditioner – it doesn't matter what brand.
- A fine-tooth plastic nit comb – ask your pharmacist to show you what you need if you are unsure.
- About 10/15 minutes of free time (up to half an hour for very thick, long or curly hair).
- Something to occupy your child – maybe a favourite DVD or book? Or it can be a good time to chat together about other things.
- Shampoo your child's hair first then condition from the root to the ends of the hair.
- Leave the conditioner in hair and the hair damp.

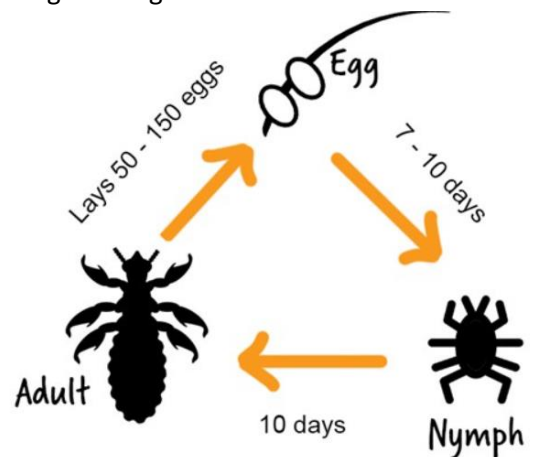
How to Wet Comb;

- Make sure your child is warm and dry. Put a towel around their shoulders to stop the hair wetting their clothes.
- Start in one place and work all around your child's head.
- Comb from root to end of their hair. As you get to the bottom, clean the comb with a piece of paper towel or toilet roll. This will remove any live head lice or eggs.
- Go slowly through any knots or tight curls. It will be easier after the first 'go through'.
- Make sure you do the whole head. You will spot any lice or nits if they are there.

It is advised you repeat the wet combing on day ONE, day FIVE, day NINE and day THIRTEEN. Check one last time on day 17 if the head is free from newly hatched head lice then you can return to weekly checking.

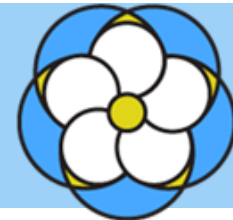
If you can still see head lice or eggs this could be because;

- It was not head lice in the first place (ask your pharmacist for advice).
- The person has been re-infected.
- The wet combing was not effective enough.



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Who can help?

If the head lice are proving hard to get rid of talk to your pharmacist. During the coronavirus outbreak pharmacists are still there to advise you and your family. They might advise you to use a specialist head lice product. They will need to know the ages of the people in the family who need treating. Be sure to tell them if they are pregnant or breastfeeding.

For more information you can contact the Healthy Child Programme by calling Just One Number on **0300 300 0123** or texting **Parentline** on **07520631590**. Our opening hours are 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays.












Please see a link below for a video about wet combing.

<https://www.youtube.com/watch?v=pGJTyreQ5JM>

2020 – 2021 CHARITABLE FUNDRAISING...

Non-School Uniform Day – Friday 14th May

Well done to all the pupils who dressed up on Friday to raise money for their Class charities and school resources. Please see below a selection of photos from the day. Thank you for all your donations.

3 Potter has raised £32.91 for	The Dream Factory 	3 Dahl has raised £28.68 for	Hallswood Animal Sanctuary 
4 King Jr has raised £27.16 for	 mind for better mental health	4 Curie has raised £207.76 for	 Marie Curie Cancer Care
5 Bevan has raised £27.66 for	 each  East Anglia's Children's Hospices	5 Attenborough has raised £25.67 for	 WWF World Wildlife Fund
6 Parks has raised £27.06 for	 STOP HATE UK STOP HATE. START HERE	6 Switzer has raised £314.91 for	 JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.
After-school club has raised £16.16 for	 NSPCC Cruelty to children must stop. FULL STOP.	Keller Class has raised £16.16 for	St Mary's Church 

Half of all monies raised goes directly to the charity that each class supports and half of it goes directly back into learning resources and technology for your child's class. Therefore, we thank you for helping us to raise an equal amount shown above for each class.



Curie Class came dressed as scientists or flowers or in the colour theme blue or yellow in aid of Marie Curie Charity.



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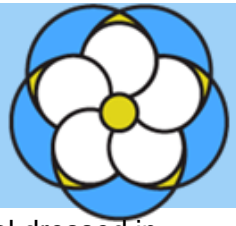
Potter Class could come as Victorians or in purple the colour of their charity

Here Is King Jr Class showing off some of our new play equipment and dressed in blue for the Mind Charity



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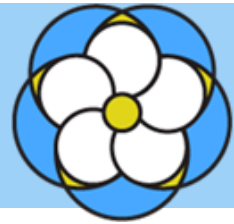
EACH kindly donated a banner and some flags for the children of Bevan Class who came to school dressed in purple and orange



Dahl Class looked great dressed in red or characters from their favourite Roald Dahl books



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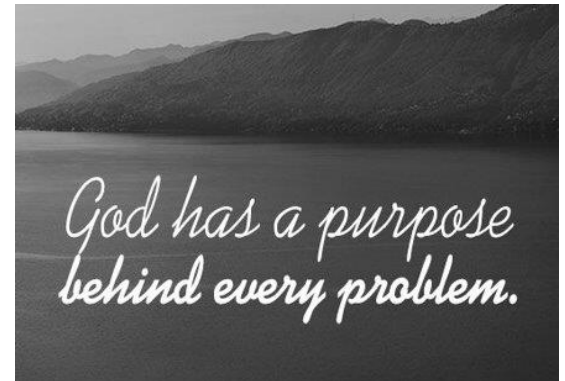


CHRISTIAN DISTINCTIVENESS

This half-term, we are learning about...

Love for Learning

We are enthusiastic learners, curious about the world around us and eager to acquire new knowledge and skills.

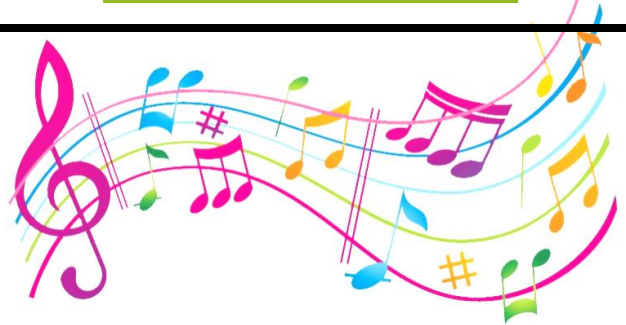


"but as for you,
BE STRONG and
DO NOT GIVE UP
for your work
will be rewarded"
2 CHRONICLES 15:7

Songs for 'God's Love':

Well Done - The Afters

Learning - Jason Gray



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Contact us: St Mary's Church of England Junior School
Swan Lane, Long Stratton, NR 15 2UY
01508 530459

office@st-marys.norfolk.sch.uk
www.stmaryscoejunior.co.uk