

Carrington Junior School Autumn Term Newsletter 2



11th October 2024

Message from Mrs Cameron

This newsletter has been a little delayed due to the visit from Ofsted last week.

It was wonderful for the children and teachers to be able to show off the school to our visitors.

While we wait for the report to come out in approximately 30 days, I would like to say thank you to all the families and local community organisations that contacted us during the inspection with messages of support.



School elections



It has been a busy week in school, with elections being completed for School Council, Eco Warriors, House Captains and Vice House Captains.

The children all worked really hard on speeches for their nominations and showed huge resilience and courage, in standing up in front of their peers to deliver them.

First meetings will take place in the coming weeks for all these groups.

Well done to all those who were elected.

School council have some exciting news coming up in their next meeting!



Believe Achieve Succeed



Good Learning Board

Blossom, Year 3 and Year 4

Blossom

I can understand the function of my brain.

Blake

Felix D

3C

3C used shapes to create prehistoric art.

Zachary

Alistair

3S

3S wrote postcards about their hopes using capital letters and full stops.

Rose

Tom

AC

WHAT AM I?

- Rapid-digger
- Catnap-snoozer
- Sniffy-larrier
- Strong-lager
- Vindictious-swarrior
- Speedy-sprinter
- Rain-dasher
- Lean-muncher
- Snaky-sawmiller
- Tree-dropper
- Nit-picker
- Quick-rabbler
- What am I?

Kitty

What am I?

- Water-Drinker
- Spoke-In-walker
- Ray-Chaser
- Animal-Sniffer
- Fur-Scratcher
- Fast-Runner
- Meat-Eater
- Fiesty-Growler
- Animal-Hunter
- Blood-Licker
- What am I?

Aynun

Year 4 used language within a poem to

AS

My Kennel

- Fast Bamboo eater
- High tree climber
- Back and walk out walker
- Strong plant chomper
- Fluffy Big Cuddler
- Dig-long sleeper
- Slow body straddler
- Sharp claw scratcher
- Who am I?

Elodie

Mo Kennel

- Medium loud swimmer
- Slow calm eater
- Snacks amazing hider
- SKS high leaper
- Greedy food chomper
- Tight sea weed hugger
- Bonny cool wader
- Enthusiastic coral chomper
- Dear heat hider
- Who am I?

Olivia

Age and structure to create a theme.

Good Learning Board

Year 5 and Year 6

5C

Year 5 have been writing figurative language images

Austin

Emily

The wind on the ocean
The soft hum of the wind
As you hear the seagulls land
And when you see the bright golden sun
You hear the children play and run

While you watch the clouds rise for the evening sunset
You sit down on the sand as rays on a blanket
The clouds seem soft grey sandy flames
And when the sun goes down, slowly their melted waxes

The rocks dissolved in the deep blue sea
As a little brown fish leaps on your face
The smallest bird follows the rest
As the biggest bird is always the best

The waterfall
The wonderful sound of water laughing
The deep green moss lying peacefully on the rocks
And the rocks which were smoothed from hand to hand
And as the water gushes out from the reservoir, the waterfall
The water hits the rocks like a thousand lightning bolts

The water flowed onto the slippery mossy rocks
The crystal clear water flowed between the great rocks
And as the ice cold water flowed in the open of the wind
And as the waterfall cried, the leaves slowly dropped down

6C

In year 6 we created a still-life piece inspired by David Hockney.

Isaac

Lizzie

5S

Writing poems using simile that creates an image.

Ava

Willow C

The Evening Forest

I feel the forest as a secret
The forest I long to discover
I feel the forest as a secret
I feel the forest as a secret
I feel the forest as a secret

The forest is a secret
I feel the forest as a secret

The Song of the Seaside

As the sun sets above the horizon
The golden light the ocean
With the Sun's golden glow
The ocean glistens with its beauty
The ocean sings a deep harmony

The sand kicked under the waves
As the waves kicked all shapes
As the sand is being more quiet than the sun
And as the sand between my toes
It delicately separated on the wave, but it
You could see the sun through the crystal clear water

As the clouds gathered the ocean curvy
The sun shone like a lamp
The ocean is the ocean of the city
In the ocean, twinkling with the waves
With the ocean's
The waves slowly curve

I thought it is a natural beauty
But I wish it was mine
The Song of the Seaside
The ocean is the ocean
The ocean is the ocean

6S

Lucy

Isla

Carrington Juniors Awarded Gold Sports Award - again!

We are delighted to announce that Carrington Junior School has achieved the School Games Gold Mark Award for the 2023/24 academic year.

This is the second year running that we are awarded the Gold Award.

The School Games Mark is a Government-led award scheme, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community. [Read more here >](#)



Attendance

Congratulations to the classes who have completed the first few weeks of term and still maintained attendance above 96%, our minimum expectation along with the government. Classes have the opportunity to win a headteacher's award each week, which they can put towards an extra break or class treat.

Attendance for September:

3C –	96%	5C –	97%
3S –	96%	5S –	96%
4C –	95%	6C –	94%
4S –	95%	6S –	96%
Blossom –	97%		



Personal attendance

Did you know the national guidelines for attendance changed in August 2024?

As a result:

- No holidays can be authorised.
- All holidays must be referred to the county attendance team for a penalty.
- All cumulative absences greater than ten sessions (five days total) within a ten-week period must also be referred to the county penalty team for review.

People taking unauthorised term time holidays has already cost the school two days in staff hours this academic year.

That's time the office is not able to spend in making sure communication is as good as possible, the family liaison worker is not able to spend supporting children and families, and Mrs Cameron is not able to spend in making sure learning and wider opportunities in school are as good as they can be.

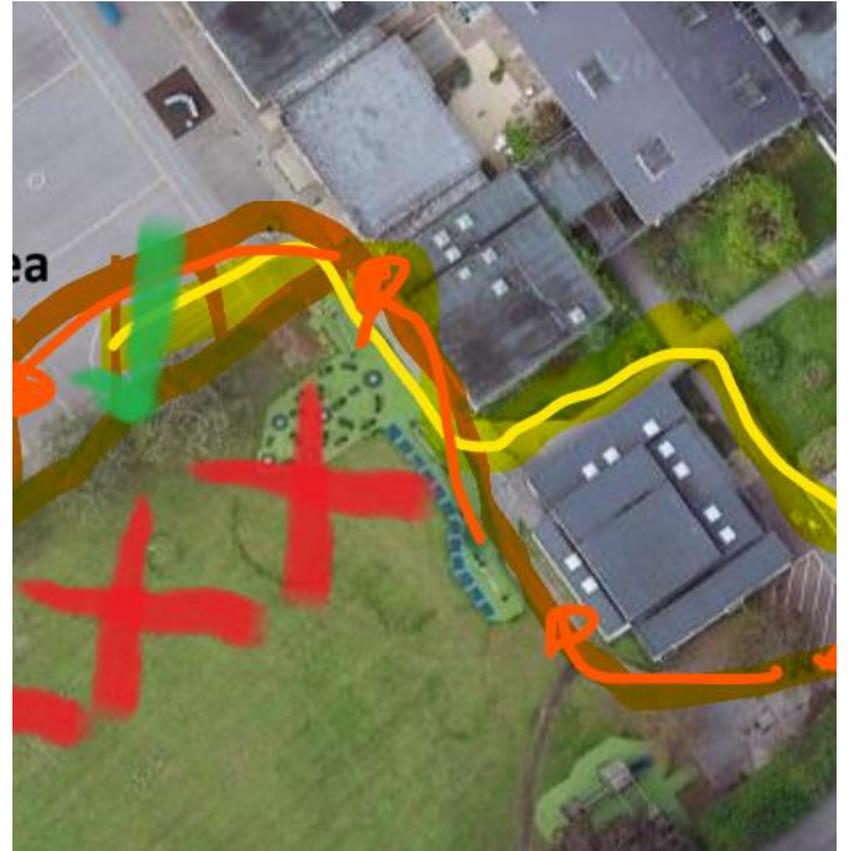
Safety at pick up and drop off

Please remember that the playground is a scooter free playground for everybody's safety.

The play equipment should not be used by any children at pick up time. It is not supervised by school staff at this time and school cannot accept any responsibility for any accidents.

Please use the path to access the playground. The field is now under winter conditions and should not be walked across, since it is getting very muddy.

Thank you for your cooperation.



World Mental Health Day



All classes had some circle time for World Mental Health Day, discussing how they keep healthy and relax.

We also talked about the importance of physical activity- all children had the chance to take part in **walking a mile** round the all-weather track on the school field.

Using this track is an optional activity throughout the winter for all children at break times and lunch times. We will be having a class competition later this year, where children will be able to challenge each other to complete the most miles within a month.



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content; ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

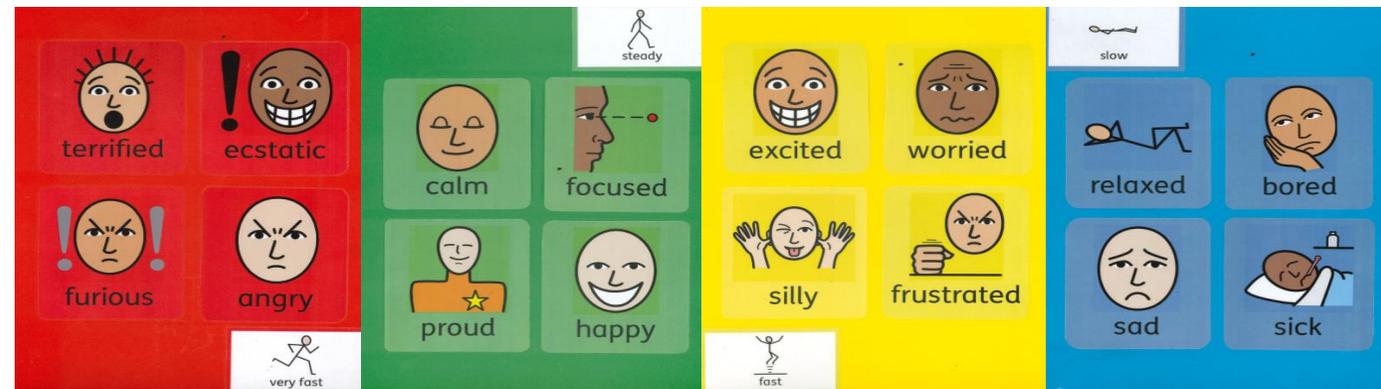
10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Self-regulation may be a phrase you are familiar with if you have a child with SEND needs. It's essentially, being aware of your state of being, and being able to recognise when you need to change something to keep in the mindset you want to be in. Put simply, it's keeping your cool and being self-aware.

Like all life skills, this is something that needs to be learned and supported in our children, right through the teenage years. For some children, picking up these skills is easy, for others it may take a longer period. Some children benefit from co-regulation, where an adult helps them to regulate when they are finding it tricky. This can be as simple as sitting nearby, holding a hand, or providing a calming down space or routine and modelling how to use it.

At Carrington Junior School, all children learn about Zones of Regulation and this helps them to recognise and articulate how things are going for them.



Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



The National College

Dates for your Diary



[Full School Calendar is here](#)

(also available on the Eschool App)

Mon 14 Oct – PTA deadline for Christmas cards orders

Thur 17 Oct – Mufti Day + PTA School Disco

Thur 17 Oct – Deadline to order school photos online

w/c 21st Oct – Harvest Festival Donations for the Community Pantry (see details in next slide)

Fri 25 Oct – Year 5 Harvest Assembly at 9.10am

Fri 25 Oct – PTA second-hand Halloween costumes sale

28 Oct - 3 Nov – Half-term

Sat 2 Nov – Flackwell Heath Fireworks night

Mon 4 Nov – Back to School

Tues 12 Nov – Flu vaccinations in school

Fri 15 Nov – Children in Need – wear something SPOTTY



FLACKWELL HEATH COMMUNITY PANTRY

EVERY DONATION OF FOOD IS AN IMMEDIATE WAY WE CAN MAKE A DIFFERENCE
TO THOSE IN NEED IN OUR COMMUNITY.

REGULAR NEEDS

ADULT AND CHILD CEREALS

DRIED RICE & MICROWAVE RICE POUCHES

DRIED PASTA & SAUCES

TINNED MEAT - HAM, CORNED BEEF, FISH

TINNED DINNERS - MEAT, CHICKEN & PASTA

TINNED MEAT PIES

TINNED & INSTANT SOUP

TINNED POTATOES & INSTANT MASH

TINNED VEGETABLES & FRUIT

JAR SAUCES FOR MEALS

TEA, INSTANT COFFEE, SQUASH, HOT CHOCOLATE

LONG LIFE MILK & SUGAR

TINNED & INSTANT CUSTARD

TINNED PUDDINGS

MARMITE, JAM, FISH AND MEAT PASTE

PEANUT BUTTER

BISCUITS & CEREAL BARS

BABY WIPES, SHAMPOO & NAPPIES

BASIC HYGEINE ITEMS - MALE & FEMALE

BASIC HOUSEHOLD CLEANING SUPPLIES

BASIC LAUNDRY SUPPLIES

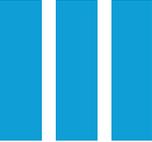
FOR INFO CONTACT

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TEAMFHCP@GMAIL.COM

WWW.CCFH.ORG.UK/PANTRY

Meet our Governors



Carrington Schools Federation



EYFS Governor Sarah Stock

Hello, my name is Sarah and I have been the early years governor for a few years now. Both of my children have attended the infant school and my son is currently in the junior school. I am currently a year two teacher and assistant headteacher of another local infant school. I am looking forward to working with the joint Teaching and Learning Committee to make the connection between the infants and juniors even stronger than ever.



Governor Neil Bourhill

I am a part-time director of Another Answer Books and Accounts Ltd. I have an economics degree. Before marrying Sylvia, I was also a local government councillor and a governor of a primary school in inner London.

I have lots of experience with business computer systems starting in 1969. I have been a governor of Carrington Junior School since July 2018 and am a member of Wycombe Deanery Synod (Church of England).



Health and Safety Governor

Paul Brough

Hello I'm Paul Brough, I'm the H&S governor. I'm currently the Group Head of H&S working for a large exhibition venue in west London, where I've worked for the last 21 years. I previously served in the RAF for 23 years, working within the Fire and Rescue Service. I've been a governor at Carrington Infant school for a number of years, and I'm now really looking forward to working with both the Junior and Infant schools. I provide assistance to the schools covering all aspects of fire safety and health and safety, carrying out periodic safety audits and inspection.



Development Governor Louise Lord

My background is in higher education and I believe that all children should be able to access education that allows them to realise their potential.

My focus as a governor is to ensure all governors are compliant with their mandatory training and that relevant additional training is undertaken to enhance our skills. Being aware of and understanding the evolving educational landscape is important to ensure our governing board can most effectively challenge, support and hold to account our schools.

I'm looking forward to being a part of the federated governing board as this is an opportunity for the schools to align in key areas, which will be beneficial to all. As a parent of children at both infants and juniors, I understand the importance of a joined up approach with the best possible opportunities in place for our children.





INSPIRE SPORTS COACHING

October Sports + Arts & Crafts Course Year 1 to Year 6

Inspire Sports Coaching will be running two days over the October half term at **Carrington Junior School**. These days will be jammed pack with multiple sports & Arts and Crafts, all delivered in our Inspiring way. All staff are fully qualified and DBS checked. If you require any further information please contact us by our email or to sign up, you can via our website, all located at the bottom of this page.

Let the FUN commence!!!!

DATES & TIMES

- Tuesday 29th & Wednesday 30th October
- 9am – 3pm

COST

- £25 per child – per day (Sibling discount online)

WHAT TO BRING

- Sports clothes and suitable footwear for Sports
- Packed Lunch with plenty to drink (no glass bottles or fizzy drinks)

SPORTS/ACTIVITIES

- Football
- Gymnastics
- Cricket
- Dodgeball
- Basketball
- Tennis
- Arts & Crafts
- Plus many more.....



Fantastic Prizes to be Won!

HOW TO SIGN UP & FIND OUT MORE INFO

Sign up via our **Website** (below) & find out more info via our socials.



Facebook @inspiresportcoachinguk



Instagram - inspiresportcoachinguk



www.inspire-sports-coaching.co.uk



inspiresportcoaching@mail.com



Upcoming Gymnastics and Trampolining Camps!

Throughout the October half term & Christmas holidays we will be running some fun and action-packed gymnastics and trampolining holiday camp days for ages 4 – 11 years, with air tracks and air barrels, trampoline, trampette, floor, vault, beam and bars

Please visit our website www.springbucks.co.uk and click on the Holiday Camp section for more details on how to book in via our website shop.]

VENUES: Hazlemere Youth Centre, Rose Avenue, HP15 7UB
Court Garden Leisure Centre, Pound Lane, Marlow, SL7 2AE

DATES: Wed 30th October at Hazlemere Youth Centre
Thurs 31st October & Mon 23rd December at Court Garden

PRICE: £16.00 for a half day (9am – 12 or 1 – 4pm)
£35.00 for a full day (9.00am – 4.00pm)

**PLACES ARE FILLING UP FAST SO BOOK
IN ASAP TO AVOID DISAPPOINTMENT!**



BARRACUDAS

ACTIVITY DAY CAMPS

The UK's favourite holiday activity camp !!!



LOCAL OCTOBER CAMP!
EXCLUSIVE DISCOUNT
EXTRA £20 OFF!

USE CODE: SCHOOL20

*Min 2 days booking. Can't be used in conjunction with other offer codes

EARLY BOOKING DISCOUNTS AVAILABLE!

- ⦿ **4½ to 14 year olds!**
- ⦿ **Choice each session!**
- ⦿ **Use Tax-Free childcare!**
- ⦿ **Flexible bookings!**
- ⦿ **Boost Confidence!**



 **OFTSED REGISTERED**

 **barracudas.co.uk**
 **01480 467 567**



Believe Achieve Succeed



Flackwell Heath Tennis Club

The Straight Bit, Flackwell Heath, HP10 9LS



2024 Junior Tennis Camps, open to all Juniors!



Dates:
Monday 28 Oct
Tuesday 29 Oct
Wednesday 30 Oct
Thursday 31 Oct
Friday 1 Nov



Half Day 10:00-12:45 or 13:15-16:00
Full Day 10:00-16:00

Half Day	£25
1 Day	£37
2 Days	£68
3 Days	£95
4 Days	£120
5 Days	£140

Camps Include

Shot of the day, fun competitions, coaching and mini matches. Tuck Shop.
For Full Details, Call Justin: 07788 591778, E-mail: justincooktennis@live.co.uk or
www.jctennis.co.uk

Please complete and send this booking form with payment to Justin Cook bank transfer Sort code: 20-40-71
account number: 30289302 ref players name: Justin Cook, 10 Consul Close, Woodley, Reading, RG5 4ET

NAME(S):.....DOB:.....
ADDRESS.....
EMERGENCY CONTACT.....
ANY MEDICAL CONDITIONS OR ALLERGIES.....

Date	A.M or PM	Full Day
Monday 28 October		
Tuesday 29 October		
Wednesday 30 October		
Thursday 31 October		
Friday 1 November		



Half Term Events

On All Week

Pumpkin Hunt Trail

Hunt our gardens for pumpkins to win a prize! Age 4 - 11.
Pre-book or drop in. £3 per child. Not available Mon & Sat.



Sun 27th

Halloween Ghost Hunt

Spooky crafts, ghost hunt trail, decorate biscuits. Age 4 - 11.
Pre-book. £7 per child.



Tue 29th & Wed 30th

Discover & Make: Who Lives in the Woods?

Make an animal mask & learn about local wildlife. Age 4 - 11
Pre-book. £4.25 per child.



Thu 31st

FREE Creative Writing with Arka Learning

Develop children's writing skills and unleash imaginations! Age 7 - 11.
Pre book. Free tickets. Led by Wycombe based tuition provider Arka.



Book at wycombemuseum.org.uk





**PRO FOOTBALL
ACADEMY**



It's a great way to get your children's minds alert, brilliant for exercise and mental health – IT'S FUN

So, book them in & away from their gaming & phones!

FOOTBALL HALF TERM CAMP

28th Oct– 1st Nov 2024

Half Term camp over 5 days

9.30 – 12.45pm (5 – 15-year-olds)

Sessions to be held at **WOOBURN PARK**

£20 per child
3 day special £48
4 day special £66
Siblings offer £15 a day
or 3 day £38/ 4 days £53
AGES 5-15 years
PFA Bucks
60-02-09
60714395

OWN water bottle essential –please bring at snack
Booking by email ONLY to maxineashman@outlook.com



We are back this Half Term for PFA Football Camp – keep your children active during the holidays doing what they love with their friends.

For price and booking info, contact Marco Papa on:

Tel: 07940 083 790

E: profootballacademy@hotmail.com

www.pfabucks.co.uk

@pfabucks

facebook.com/pfabucks

FA qualified coaches

FA 1st aid

FA children Safeguarding

DBS Checked

Be part of the PFA community

