



Carrington Junior School



Dear Parents and Carers,

It's been a very short Spring Term and we are now at the finish line.



The children have really shone this term, as they've worked hard through their second set of assessments and every single child has made progress they should be proud of.

This week we have been celebrating Autism acceptance week and learning about what it's like to experience the world differently. We are a unique school with an additional resource provision (ARP) for children with autism, and a quarter of the children attending our school have a recognised special need or disability.

I am really proud of how all the children in our school support and accept each other, realising that different people need different things to help them get on with their learning or play: some of us need glasses and some of us don't; some of us need fiddle toys and some of us don't; some of us need ear defenders some of the time and some of us don't; some of us need extra movement breaks and some of us don't. To put it in the words of a child, after the assembly about Autism we had on Tuesday this week, "It's *just about our value of kindness really isn't it*".

I wish all of our school families a restful break. We look forward to seeing you again on the 15th April.

Mrs Cameron

Believe. Achieve. Succeed.

Uniform Reminder

A reminder that as we move into the Summer Term children may wear white polo shirts (these are available with the school logo from the uniform shop—but the logo is optional), and shorts or summer dresses as desired (as dictated by the state of the weather).

Please can we remind all parents and carers that according to the governor agreed uniform policy, children's hair should be natural hair colours and styles. Longer hair must be tied back. There are still occasionally outbreaks of headlice and having hair tied up helps to prevent the spread of this.

House Points

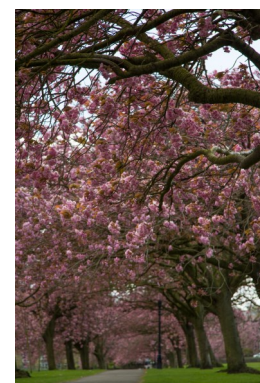
Children in all classes have been winning points for their houses. The current standing is:

Bing: 5,469

Stella: 4,384

Morello: 4,631

Tulare: 4,245



It's all to play for as we enter the Summer Term with Sports Day and other big house competitions!

World Book Day

Again this year, the children have thoroughly enjoyed celebrating World Book Day in school — as have the grown-ups! This year, the whole school was introduced to the award winning book *FLOODED*. This book explores the themes of difficulty and friendship.

We had some great costumes, and you can see a selection of the pictures on the [website](#).



The Happy Puzzle Workshops

Last week we had the Happy Puzzle Company visit us. Each year group took part in a workshop where they worked in teams to solve a number of puzzles and maths activities. The children worked extremely well together, showing teamwork, cooperation and resilience to complete the puzzles provided.



Today's e-safety guide is linked to group chats. Children should be older than primary age to access group chats, however we are realistic that many children do have access to some kind of group. Why not have a 'What would you do if...?' chat with your child to check they know what to do if a chat group becomes uncomfortable?

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

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#WakeUpWednesday

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Year 4 Easter Assembly

Yesterday, Year 4 gave us a wonderful Easter Assembly. We were really impressed with how well all the children said their lines, and the singing was just beautiful.

Well done to the children, many thanks to the Year 4 team for organising, and to the families for practicing at home.



Dates to Remember:

- *Monday 15th April—**Back to School**
- *w/c 15th April—**Intervention Groups** (Maths and Reading) start again
- *w/c 15th April—**BRAVE STRONG FIERCE week**
- *Tuesday 16th April—**Year 4 swimming** begins for 10 weeks
- *Tuesday 16th April—**Choir** is on
- *w/c 22nd April—**all other school-led clubs** start for Summer Term
- *Friday 26th April—**PTA Quiz Night**
- *Monday 29th April—Carrington Junior Choir takes part in **Echoes 10 @The Royal Albert Hall**
- *Friday 3rd May—**Bags2School Collection**
- *Monday 13th-Thursday 16th May—**Year 6 SATs**
- *Thursday 23rd May—**School Disco & Mufti Day**
- *Friday 24th May—**Year 3 trip to The Look Out Discovery Centre**
- *Monday 27th-Friday 31st May—**Half-Term**
- *Monday 3rd June—**Inset Day + PTA Legoland**
- *Wednesday 12th-Friday 14th June—**Diversity Week**
- *Wednesday 19th June—**Sports Day** (Juniors PM)
- *w/c 24th June—**Year 6 PGL**
- *Wednesday 26th June—**Year 5 Language Discovery Day** at John Hampden



[Click here](#) for the full calendar on the school website (also available on the Eschool App).

Carrington Junior School

Spring Term Sports Update



Carrington finish 4th in the County

Having sailed through the qualifying round with a massive 110 points earlier in the month, our Year 4 Gymnastics teams travelled to Milton Keynes for the Buckinghamshire county Gymnastics youth games finals on 20th March.

Our six Gymnasts performed incredibly well, taking part in the floor, vault and body management disciplines and narrowly missing out on the bronze medal, finishing in 4th place overall. A fantastic achievement and well done to all the girls involved.

Earlier in the month our Year 6 team finished 4th in the qualifying round of the competition which was not quite enough to advance to the county finals.



Swimming Team 4th in Gala

Our Year 6 Swimming team made the short journey to Wycombe leisure centre to take part in the High Wycombe & Marlow School Games swimming gala finishing in 4th place out of 8 schools.

Well done to the children who took part!

Football update

Year 6 Boys top league heading into final month of the season

Our Year 6 Boys team won two league games in March to take them to the top of the league with just one match left to play.

The Boys beat St Paul's 1-0 and Ash Hill 1-0 meaning the team are still unbeaten and have a four point lead over Ash Hill who have one game in hand.

The current league table reads:

School	Games played	Points
Carrington	5	11
Ash Hill	4	7
Juniper Hill	2	4
St Paul's	2	1
Loudwater	1	1
Beechview	2	0
Wooburn Green	3	0

Our Year 6 girls team played 4 league games in March and picked up 7 points from those games by beating Wooburn Green 2-0, St Paul's 2-0, drawing 0-0 with Ash Hill but losing 5-0 to Juniper Hill.

We are currently awaiting an updated league table and hope to be able to update you on our league position in due course.

Year 5 Boys narrowly miss out on cup final

After winning a thrilling quarter final against Naphill & Walters Ash 2-1 after extra time our Year 5 Boys team made the short journey to The Disraeli School for the semi final.

In a pulsating game that could have gone either way, it was ultimately the hosts who prevailed courtesy of a 2-1 win.

Well done to the boys who took part!



Year 5/6 Girls Football team are area runners up

On Friday 22nd March, our Year 5/6 Girls Football team took part in the Marlow area School games football tournament at Great Marlow School.

The team played incredibly well securing the runners up spot in the competition only losing to eventual winners Juniper Hill.

Huge congratulations and well done to the girls!



Year 3/4 Girls Football team are Fair Play Winners

On Monday 25th March, our Year 3/4 Football team took part in the Marlow area games Football tournament at Great Marlow School.

Despite not winning a game the girls had an amazing time and were awarded '*the spirit of the games fair play*' for showing determination, sportsmanship & enthusiasm.

Well done to the girls involved!

Kaiden and his family have been part of the Carrington Schools for many years.

Devastatingly, in 2022, Kaiden was diagnosed with a brain tumour. After undergoing surgery, proton beam therapy, chemotherapy and endless procedures he was able to complete his treatment in the summer of 2023.

Heartbreakingly, during a routine MRI in March 2024, it was discovered that Kaiden has relapsed.

As a joint school community, we would like to support Kaiden as he goes through yet more treatment.

Therefore, from Monday 15th April we will be holding 'BRAVE STRONG FIERCE' week. We are inviting everybody to show their support for Kaiden and his family by joining in with this event.

You might like to complete a personal challenge during the Easter break, and we will celebrate everyone's achievements during the first week back in school. Several staff have already pledged to complete challenges over the holidays.

If you wish to share a video or photograph with us, please upload to SeeSaw or via the school office.

There is a Go Fund Me page available publicly with the aim of [supporting Kaiden](#) and his family.



Dear Parent(s)/Guardians,



After-School Cookery Club

Rachel's Creative Cooking are thrilled to be returning to Carrington Junior School on Wednesday's after the Easter Holidays. The club will run half termly, with the first half of summer term running for **5 weeks**, beginning on April 28th and ending on May 22nd. The club is open to all year groups and is run by myself, Rachel Gerrish, a chef with a professional Diploma in Food from Leiths School of Food and Wine.

- Carrington Junior's after school cookery club will consist of alternative sweet and savoury weeks. During sweet weeks we will be learning the art of pastry, cake mixes, batters and decorations. Savoury weeks will consist of dinners and some finger foods. All food will be 'ready to eat'. A menu plan will be available before the course commences. *Dietary requirements will be considered. Vegetarian is always available.*
- The lessons will run from **3.25pm until 5pm** on **Wednesday afternoons**.
- The cost of the **5 week** course will be **£60**. Please email rachelscreativecooking@gmail.com to reserve your child's place. A maximum of 16 places are available. Payment will be requested before the course commences.
- All ingredients are provided, but please remember to send your child in with a container to take their food home in.
- Safety is of paramount importance at all times. Please be aware that knives and electric hobs will be used on a regular basis by the children after initial safety demonstrations. Misbehaviour will not be tolerated and in extreme situations children can be withdrawn for their own safety or the safety of others.

A minimum of 12 children are required for this club to go ahead. If the club does not reach the minimum, you will be contacted a week prior to when the club should commence.

For any further information, enquires or to book a place please email rachelscreativecooking@gmail.com.

Yours Sincerely,
Rachel Gerrish
rachelscreativecooking@gmail.com



INSPIRE SPORTS COACHING

INSPIRE DARTS ACADEMY STAGE 2

Inspire Sports Coaching have launched a soft tip Darts Academy. This will be running every Friday (term time) at the **Flackwell Heath Community Centre (HP10 9LS)**. Darts over the years has grown as a sport immensely. Off the back of Luke Littler's astonishing performance at the World Championship, at 16 years old, we are on the lookout for the next superstar!

We have created a programme for our attendees to be educated on the rules, techniques & explore many aspects of the game, all in a safe environment using soft tip darts. With multiple fun darting games, as well as traditional, our attendees will be inspired to challenge their ability in areas such as resilience, determination, accuracy, even their counting....This club is sure to be a hit (especially whilst playing to 'Darts themed' music)! 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.

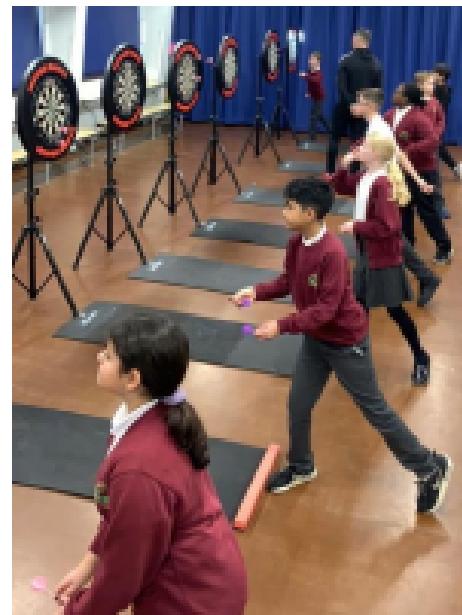
There is a promotional video on our Facebook page of this club – please feel free to check it out!

YEAR 4, 5 & 6

- Fridays – 4pm – 5.30pm
- 19th April
- 26th April
- 3rd May
- 10th May
- 17th May
- 24th May

WHAT TO BRING

- Just yourself & fluids



HOW TO SIGN UP & FIND OUT MORE INFO

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



Facebook @inspiresportscoachingbucks



inspiresportscoaching@mail.com



<http://www.inspire-sports-coaching.co.uk>

Step up to the oche with Inspire





Buckinghamshire Healthcare

NHS Trust

School Nursing Services
CYP Admin
Haleacre Unit
Amersham Hospital
Whielden Street
Amersham
Bucks HP7 0JD

Bht.schoolhealth-enquiries@nhs.net

Tel: 01296 838000 option 5

www.buckshealthcare.nhs.uk/school-nursing

Dear Parent/Carer

Following the recent height and weight measurements taken in school as part of the National Child Measurement Programme (NCMP) we would like to draw your attention to the free services and wealth of healthy lifestyle resources that can help on Be Healthy Bucks

<https://bhb.maximusuk.co.uk/>.

Be Healthy Bucks offers a free family programme for children aged 7 to 11 to help them reach a healthier weight, and online resources for all ages to achieve a healthy weight. If your child's NCMP measurement letter results showed as overweight, we would recommend contacting the service for support.

Be Healthy Bucks is a free service that offers support to Buckinghamshire residents to make simple and sustainable health and wellbeing changes.

If you are interested in support for yourself, Be Healthy Bucks also provides help to stop smoking, lose weight or cut down on drinking alcohol. To explore if you could improve your health, visit their website and take a quick 5-question survey.

Please visit [Be Healthy Bucks](https://bhb.maximusuk.co.uk/), call 03332 300177 or scan the below QR code to register to access the resources or to find out more.



Yours Sincerely

Susie Mitchell

Service Lead for School Nursing and Learning Disability Nursing

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April 2024

Newsletter

Happy Easter...summer term bookings
happening now!



The CPD Standards Office
CPD PROVIDER: 22649
2024-2025
www.cpdstandards.com

Approved CPD training for anyone who works with children or teenagers.

**National Standards CPD accredited
with certificate**

Monday
29 April

19:00 - 21:00

FREE



Helping kids back into school

School refusal is a growing concern. This session looks at why it is occurring and offers supportive ideas to assist parents.

Tuesday
9 April

19:00 - 21:00

£24



Cannabis Awareness

Still on the increase, are you able to talk to young people about this drug? Get the facts and the confidence to be able to have the conversation.

Thursday
18 April

19:00 - 21:00

£24



Understanding Addictive Behaviour

Screens, gaming, social media. What is happening to the brain and body and how can we control it.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Parent Webinar
Transition and Exam Stress



This webinar is part of **Buckinghamshire Mind's Peer Support in Schools** program.

This session will cover:

- The impact of exam and transition
- How to support young people during exam period
- How to support young people through transition to secondary school

Parent Webinar

Wednesday 17th April – 18:00pm – 19:00pm

[Sign up here or see school email for link.](#)

