

# **Carrington Junior School Autumn Term Newsletter 4**



**29th November 2024**

# Message from Mrs Cameron

The weather has turned and it is most definitely approaching winter. It can seem like this time of year speeds up and gets busier - while all of nature is entering a time of rest.

The prefects have led some wonderful assemblies this half term about reading and our school values. It has been a joy to see them settling into their new roles.

The children have also been considering how we rest and look after ourselves in PSHE lessons this half term, with discussions about positive thoughts, self-care and how to relax taking place across different year groups.





# Reading Breakfasts

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Have you heard about our Reading Breakfasts yet?

A lovely chance to come and enjoy the school's books with your children, with light bites available.

Reading breakfasts take place at the start of school on Thursday mornings between 8:45am and 9:30am.

The next Reading Breakfasts will be:

- **9th January for 5C and 6C**
- **23rd January for 5S and 6S**

Believe    Achieve    Succeed



# Book Swap

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Our book swap was well attended after school last week. We were able to swap nearly **200 books**. What a great effort!

Thank you as always to the book swap team for visiting us and to Mrs Goody for organising.





# Carrington Remembers

On 11th November, the school came together for Remembrance Day. We were joined by Reverend Dwyer and listened to the 'The *Last Post*' played by Mr Reid on the trombone, as well as the choir's wonderful rendition of '*In Flanders Fields*'. Thank you to Mrs Dean who joined us to play the piano.

Each class made a wreath of hands with their special memories that they hold dear, as well as remembering people who have died for our Freedom.



# Wanderers Learning Project

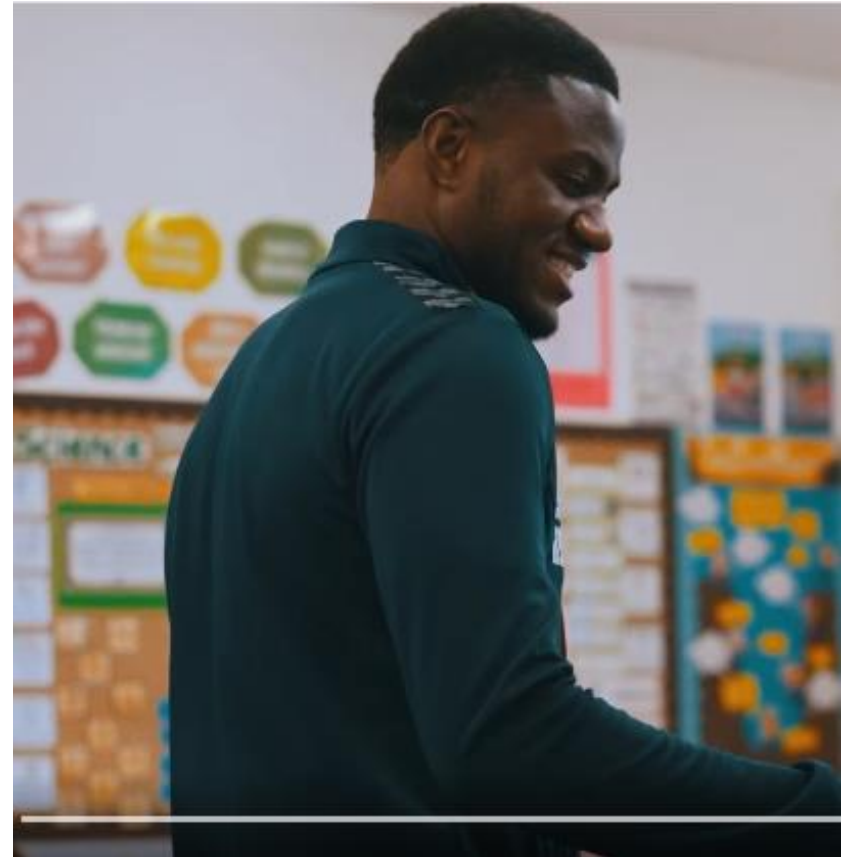
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Year 4 have been fortunate to be the very first children taking part in a new initiative from Wycombe Wanderers FC and Wycombe Wanderers Foundation entitled 'Wanderers Learning'.

This involved two engaging sessions designed to help build interest in Maths, using the data and numbers from Wycombe Wanderers football club.

For the second session, we were also very excited to be joined by two 1st team players: Beryly Lubala and Ryan Tafazolli.

[Click here](#) to find out more about the initiative and watch the video that was created by the Wycombe Wanderers Foundation.



# Forest School Fun

- It has been great to get forest school back in full flow after the summer.
- More than a few children have been going home a little muddy or smokey... just as it should be!
- Frogs and newts have been spotted in the pond.
- The children have enjoyed cooking on the fire pit and eating a range of campfire delicacies!



# Spectacular Sports

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This half term may have been a soggy one, but that hasn't stopped our sports teams from going out and doing amazing things as they represent the school together.

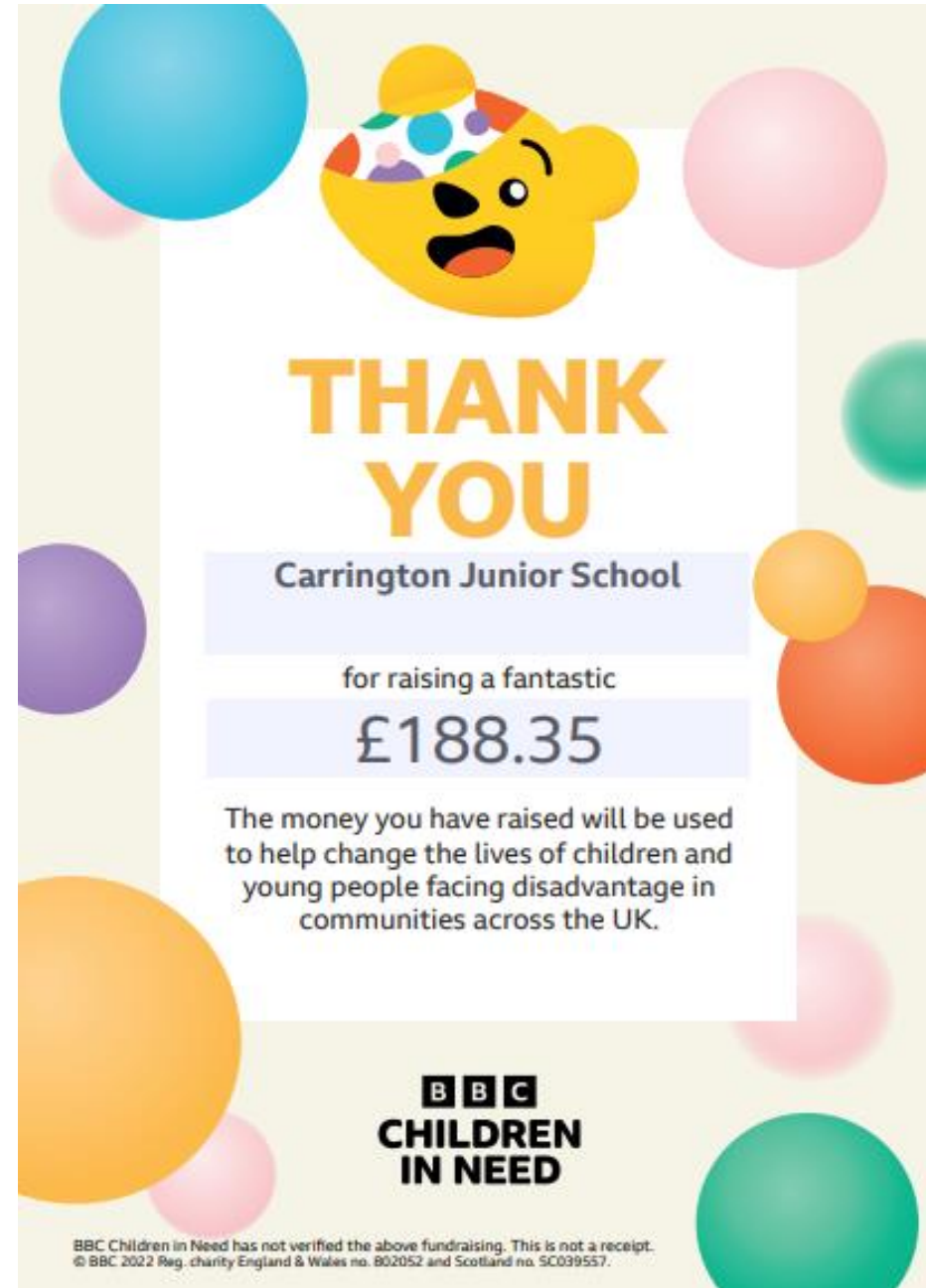
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Well done to all our football teams and the swimming team, who have been brilliant ambassadors for the school. There will be a bigger update on our sports escapades later in the term in the sports newsletter.



# Children in Need 2024

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**THANK  
YOU**

Carrington Junior School

for raising a fantastic  
**£188.35**

The money you have raised will be used  
to help change the lives of children and  
young people facing disadvantage in  
communities across the UK.

**BBC  
CHILDREN  
IN NEED**

BBC Children in Need has not verified the above fundraising. This is not a receipt.  
© BBC 2022 Reg. charity England & Wales no. 802052 and Scotland no. SC039557.




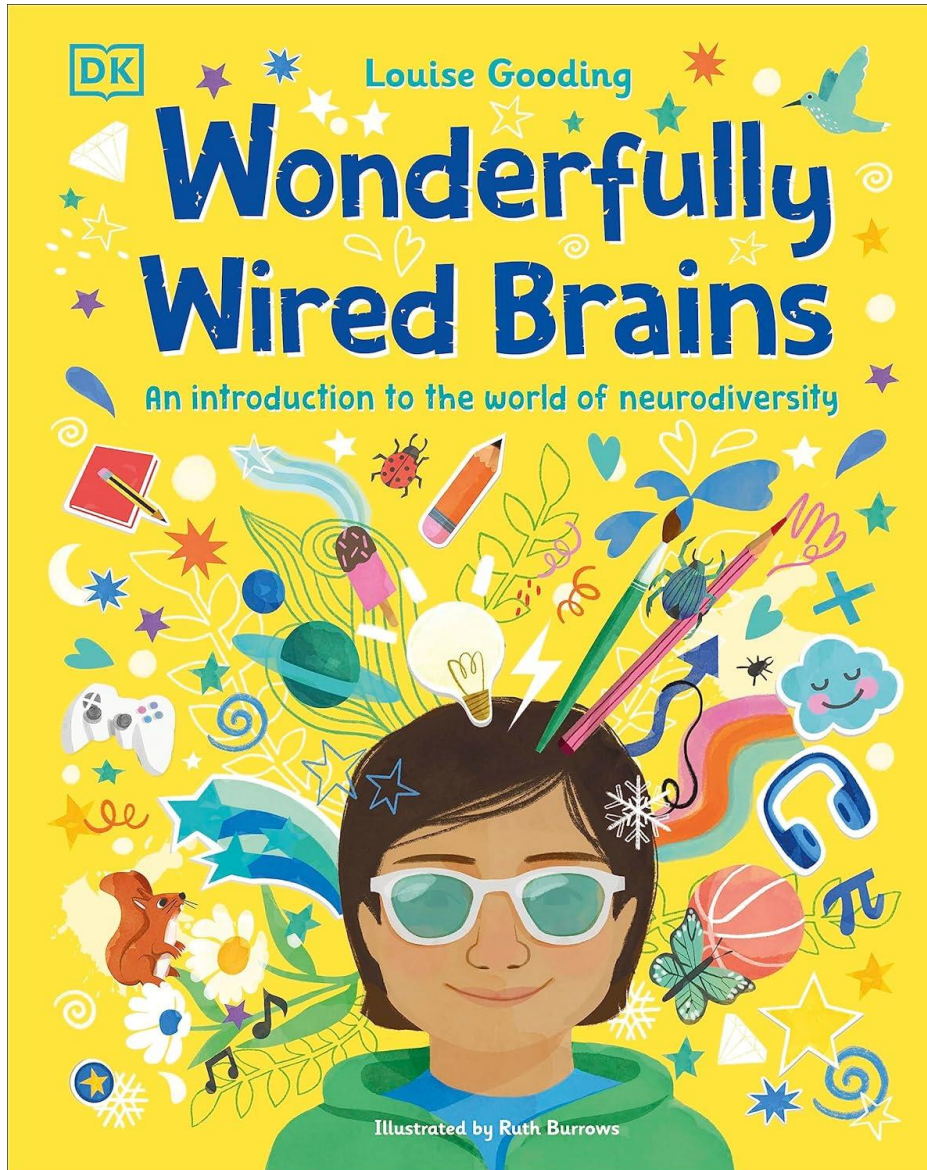
# Carrington Junior School Annual Christmas Tree Decoration Competition

- **Make a decoration for the School's Xmas Tree**
- **Prizes for each group**
- **Final day for entries Friday 6th December**



# Communication Avenues

Issue	Who to contact	
Absence or illness/ medical matters	School office	
Payments	School office	
Uniform	School office	
Drop-offs of lunches and kit	School office	
Pastoral matter – urgent (school need to know today)	School office / family liaison worker / staff at a gate <i>(SeeSaw may be picked up after school day)</i>	
Pastoral matter- not urgent	Class teacher at end of day / family liaison worker / SeeSaw	
Academic matter	Class teacher in the first instance / SeeSaw / senior leadership team if matter is continuing after meeting with teacher	
Special needs matter	Class teacher in the first instance/ SENDCo if matter requires additional support after meeting with class teacher	



# Understanding others

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We are often looking for brilliant books for our children and following recommendations from visiting therapists.

One brilliant book that has been recently recommended to us is '*Wonderfully Wired Brains*', which is a child friendly book about a range of neurodiversity (and a little bit about how all our brains work). We will soon have copies of this in school so the children can learn more about each other, and themselves.

We are sharing this book recommendation with you because it's a very positive book for families with neurodivergent children to read together.

*'A diagnosis is the start of a journey of discovery..'*



# Attendance

Attendance improvements across Year 3 and Year 4 – well done.

## Attendance for November:

3C – 97%

5C – 96%

3S – 96%

5S – 95%

4C – 97%

6C – 95%

4S – 96%

6S – 95%

Blossom – 96%

## Attendance matters:

Did you know that some topics are only taught for one or two weeks of the year?

An absence of a week can mean that a child misses out on telling the time, learning shapes, or another key part of maths such as multiplying and dividing by 10 or 100.

Friendships and playground games can move on and it can feel difficult for children to find things have changed while they are away.

We keep on learning right up to the holidays. We might have events days and performances leading to holidays, but we are still continuing our normal work around these right to the end of term. Absences at any time are still going to mean children miss out. In fact, children missing the end of term might miss out on more of the special events and treats than their friends.



# New Staff

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We are pleased to welcome two new staff members to school this half term.



Mrs Feltwell will be joining us as a teaching assistant, mostly based in Year 4.



Mrs Jan will be joining us as Family Liaison Worker (Wednesday to Friday). She will be working closely with Mrs O'Leary who is now working Monday to Wednesday.

# What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022-23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

## UNDERSTANDING SCHOOL AVOIDANCE

### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

## IMPACT OF SCHOOL AVOIDANCE

### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.



# What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

## Advice for Parents & Educators

### WORK TOGETHER



If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### FOLLOW REGULAR ROUTINES



Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### MANAGE OVERWHELMING FEELINGS



Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

### RECOGNISE POSITIVE STEPS



Drawing attention to a child's successes - be they big or small - can help to give them some much-needed confidence and motivation. Celebrate these daily victories - such as getting out of bed on time or completing school work - and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUp  
Wednesday®

The  
National  
College®

# Dates for your Diary

**Fri 6 Dec** – Y3 Stone Age Day

**Fri 6 Dec** – Christmas Concert: Carrington Junior Choir sings with Wycombe Concert Band @7pm

**Fri 6 Dec** – PTA Second Hand Christmas Jumper sale (please bring donations to the office)

**Tues 10 Dec** – PTA Christmas Movie Night - Juniors @5.30pm

**Wed 11 Dec** – Christmas Lunch, children can wear Christmas jumpers (with uniform, not mufti)

**Thur 12 Dec** – Save the Children Christmas Jumpers Day (with uniform) (£1 donation please)

**Thur 12 Dec** – Y4 Christingle at Christ Church

**Fri 13 Dec** – Y5 trip to Ufton Court

**Tues 17 Dec** – Y3 Nativity @2pm

**Wed 18 Dec** – Y3 Nativity @9.30am

**Thur 19 Dec** – Y6 Forest School

**Fri 20 Dec** – Break at 1.15pm for Christmas Holiday

**Mon 6 Jan** – Back to school



[Full School Calendar is here](#)  
(also available on the Eschool App)





# Carrington Junior School Annual Christmas Tree Decorations Competition

\*Prizes for each year group

\*Final day for entries: Friday 6th December

**logiscool** Create.  
Code.  
Enjoy.

## Carrington Junior School

After-school IT & Coding Club

Starts January 2025 - Fridays 3.30pm-4.30pm

Years 4-6 (KS2) - 12 week course

£8.50 per student, per session



[Email us](#) for more info or to sign up your child



**Topics in the spotlight:**

- Diving into programming basics
- Navigating the online world safely
- Unleashing your inner artist with digital drawing
- Game creation through blox coding



**E-MAIL US**

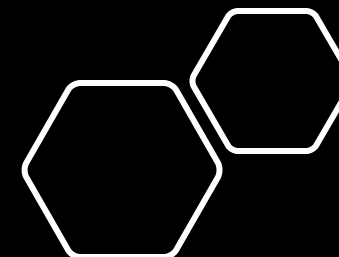
[hello.marlow@logiscool.com](mailto:hello.marlow@logiscool.com)



+44 7983 545440



[www.logiscool.com/marlow](http://www.logiscool.com/marlow)



# CHRISTMAS CAMP

Join us for a day of Christmas Fun.  
Arts, Crafts, Baking, Play and much more

When: Monday 23rd December

Where: Holtspur School

Time: 9.30-4.30pm

Early Bird 9.00am

Age: 4-10 yrs

T: 07395 636382

E: [hello@calmlittleminds.co.uk](mailto:hello@calmlittleminds.co.uk)

To Book: [www.calmlittleminds.co.uk](http://www.calmlittleminds.co.uk)

**CHILDREN'S  
CHRISTMAS  
PARTY! 2024**

**SUNDAY 15TH DECEMBER 12-3PM**

**TICKETS ON THE DOOR**  
**CHILDREN £5 ADULTS £2**

Child ticket includes  
visit with Santal

**LOUDWATER CENTRE  
(BOYS CLUB) HP10 9TW**



**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 CHRISTMAS HOLIDAY CAMP

**23<sup>rd</sup> & 30<sup>th</sup> December 2024**

Christmas camp over 2 days  
9.30 – 12.45pm (5 – 15-year-olds)  
Sessions to be held at **WOOBURN PARK**

**£20 per child**  
**2 day special £38**  
**Siblings offer £15 a day**  
**or 2 day £28**  
**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](mailto:maxineashman@outlook.com)



We are back this CHRISTMAS 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](mailto:profootballacademy@hotmail.com)

[www.pfabucks.co.uk](http://www.pfabucks.co.uk)

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FA qualified coaches

FA 1st aid

FA children Safeguarding

DBS Checked

**Be part of the PFA community**

