

CJS NEWS

Weekly news from Christchurch Junior School

Issue 10—Friday 20 November 2020

THE BEST FOR ALL—THE BEST FROM ALL



Dear Parents / Carers

Your children have had an excellent week, demonstrating their kindness while we have focused on anti-bullying. Of course, this must never be limited to one week a year: it is the culture of excellence that we are working hard to establish every single day. I am delighted that many children entered the competition to come up with an anti-bullying slogan, which can be made into a banner and then displayed around our school site. I am pleased to announce that we have two winning entries (complete with pictures!) from Mia and Megan in 5GW:

- Be a buddy, not a bully!
- Kindness doesn't cost anything!

These will now be produced by our team at Twynham Learning. Congratulations to our winners.

It was also great to see so many odd socks on Monday! Have a great weekend and continue to show kindness to one another.

SRFuller

ATTENDANCE RACE

This week our whole school attendance is 97.3%.

The winners of the attendance race for last week are:

Year 3	3GF&3BB	97.4%
Year 4	4AA	98.6%
Year 5	5GW	100%
Year 6	6AM	100%



REMINDER

Please, please, please... do not linger before or after dropping your children off. Remember, during this lockdown the government have made it clear that we are not to be meeting up with groups of other people. You may, of course, want to offer greetings to others, but once you have parted from your child, please do not stay in the school grounds or near the school gates to chat! I am sure that you understand that this is to help us keep everyone as safe as possible.

EXCELLENCE

We are talking to your children (a lot!) about what excellence looks like. Our initial conversations have been linked to excellent social behaviour. We will now develop these conversations with them, looking at what the traits of an excellent learner are, and an excellent friend, and an excellent leader, and an excellent... You get the picture! Christchurch Junior is a good school, but we want to be truly excellent in all we do. We will need your help and support to achieve this. Please start by having a conversation with your child about 'excellence' at CJS. Can they identify it? Can they make suggestions about where we could improve? Watch this space as we now develop the discussion.

HELICOPTER

The Air Ambulance landed on our field on Monday which was a never before seen experience for some of our children, however, it did mean that sadly someone in our community needed help. We would like to confirm that the Air Ambulance was not responding to an emergency at either CJS or CIS, it was simply using our field to access the local community. It certainly caused a stir during the afternoon's PE and Games lessons!



YOUTH TRUST ONLINE AFTER SCHOOL SPORTS CLUB

Every weekday at 5pm from 16 November until the end of term (18 December), there will be a 30-minute online club for all children and young people to do some sport, develop skills and, most importantly, have fun!

The different daily themes are below:

Adventure Monday – This might involve getting children to do floor, wall climbing and map reading all within their living room.

Tuesday Play – Imaginative play utilising resources in the house to create games and activities to get active.

Wild Wednesday – Some high tempo competitive activities involving personal challenges.

Thinking Thursday – Introducing cognitive challenges for children through movement. Active noughts and crosses and introducing an element of competition – whether that be against themselves, the clock, their siblings or remotely with friends.

Fun Friday – A chance for children to let loose and have some fun. Dancing and doing what makes them feel good.

Sessions will be broadcast live for children and young people through the Youth Sport Trust's [YouTube channel](https://www.youtube.com/user/YouthSportTrust?reload=9) and access is free at <https://www.youtube.com/user/YouthSportTrust?reload=9>

HARRISONS CHRISTMAS LUNCH

A reminder to parents that the Christmas lunch will take place over two days and the **cut off for booking this meal is Tuesday 1 December**.

Wednesday 9 December 2020 Year 3 & 4 only

Thursday 10 December 2020 Year 5 & 6 only

Please ensure you book on the correct day for your child and you provide a packed lunch for the day your child's year group is not having their Christmas lunch.

If you are entitled to free school meals, there will be an option to book a packed lunch on the day your child is not due to have their Christmas lunch. The rest of the week will follow the standard menu choices.

CAR PARKING

We ask that you please demonstrate respect to our local community, by only parking in designated, safe areas on the roads around school. Frequently, residents are contacting school to report drivers parking carelessly and blocking their driveways. Clearly, this is unacceptable and, most importantly, it potentially endangers our children. Our school car park is only for school transport vehicles, staff cars and blue badge holders (badges must be clearly displayed). Please respect this and find alternative parking arrangements, for the safety of our children. We remind you that pedestrians should use the pavements rather than walking through the car park.

LOST JUMPERS & CARDIGANS

We have had reports of a lot of jumpers and cardigans going missing. Please can we ask that all parents check their child's uniform to ensure that they have not brought home the wrong item of clothing. Please do not forget to clearly name all items of school uniform. This will help with returning any school uniform that ends up in lost property.

ADDITIONAL HELP FOR FAMILIES

Due to the ongoing pandemic, many families have found that they are in need of some extra support. Below is a link to the BCP website where you can find information on what help is on offer.

<https://www.bpcouncil.gov.uk/News/News-Features/COVID-19/Help-advice-and-support/Who-to-contact-for-help.aspx>

If you can't find the help you need, please give us a call and we would be happy to discuss with you.

FLU JABS

You will have received an email with a letter and leaflet advising you of the 'Flu Vaccination which is taking place at school on Thursday 3 December. Please ensure you have taken the time to read the letter carefully and complete the online form, even if you do not wish for your child to have the vaccination.

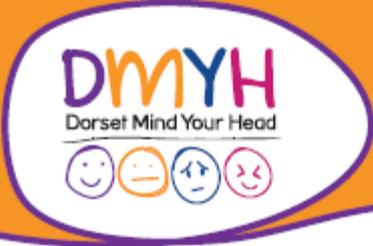
DATES FOR YOUR DIARIES 2020—2021 (correct at time of going to print)

Thursday 3 December

Flu Vaccination

Friday 18 December—Tuesday 5 January 2021

Christmas Holiday



www.dorsetmindyourhead.co.uk
#lifelimentallyhealthy

GROUP @Dorset Mind Your Head
@DMindYourHead @dorsetmindyourhead

NOTICE THE SIGNS: EVERYDAY ACTS OF KINDNESS

Giving our time to others in a constructive way helps us to strengthen our relationships and build new ones, and of course, relationships with others also influence mental wellbeing.

Our relationships with others can have a big impact on our day to day lives so it's important we notice how the relationships we have are making us feel and effecting us, in both a positive or negative way.

We have shared some ways and signs for you to look out for to ensure the relationships you have with family, friends, school mates and of course yourself stay healthy and positive for your wellbeing.



GIVING TO RELATIONSHIPS

- Anti Bullying Week -

A positive relationship can be shared between any two people who love, support, encourage and help each other practically as well as emotionally

The relationships we form with other people are vital to our mental and emotional wellbeing

Relationships with others can influence mental wellbeing

Giving to relationships helps us to strengthen them

Helps us to build new relationships

“Being loved by someone gives you strength, while loving someone gives you courage”

5 ways to make your relationships healthy

- 1 Appreciate - Remember to appreciate those who are important to you and active in your life.
- 2 Don't Forget the Small Things - Saying please and thank you can go a long way. Manners are important!
- 3 Respect - the ideas, opinions, and suggestions of others, but also respecting their time, their values, and their trust.
- 4 Talk - It can't be said enough that communication is essential to any healthy relationship.
- 5 Take care of yourself too - healthy relationships are mutual, with room for both people's needs.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>
<https://dorsetmind.uk/help-and-support/information-directories/helpful-mental-health-resources-by-subject/bullying-and-cyberbullying/>



Dorset Mind Your Head is delivered by Dorset Mind who are a Registered Charity, 1188158.

DM235