



## CJS NEWS

Weekly news from Christchurch Junior School

Issue 15 —Friday 22 January 2021



**THE BEST FOR ALL—THE BEST FROM ALL**

Dear Parents / Carers

Please accept our sincere thanks for your support over the last three weeks. School leaders across the country have responded as rapidly as possible to the changing demands of this pandemic; we are listening to your feedback and tweaking our approach as we go. Two points keep popping into my mind: no parent ever expected to be in a position where they would be helping to teach their child at home and no member of school staff ever entered the world of education having been trained in remote learning! So, on that basis, a massive congratulations to our parents/carers and my staff. You are all doing brilliantly.

*SR Fuller*

### **ATTENDANCE**

Last term, the overall attendance at school was 97.3%. This is a fantastic achievement and to put it into perspective, in the

Autumn Term 2019, attendance was 96.9%. Well done everyone.

### **OUR LEARNING**

Thank you for your feedback, which has been overwhelmingly positive. The general consensus is that the learning offer CJS is providing for your children is an improvement based on your experiences in lockdown 1. Of course, schools learnt a huge amount in those initial months and it is only correct that we have reflected and then developed our approach. However, we will continue to improve our offer as we move forward. Our children currently benefit from a mixture of live sessions and recorded teaching, in line with research and guidance.

### **IS SCHOOL 'CLOSED' ?**

No - we are operating for the children of critical workers and for a small number of other, vulnerable children. The provision in school is being led by teaching assistants who are doing a remarkable and selfless job. We are also highly appreciative of all those parents/carers who have found the capacity to keep children safe at home. This is an important contribution to the national effort.

### **MAINTAINING THE CONNECTION**

The opportunity for your children to learn with their teacher on-line and to benefit from live teaching alongside question and answer sessions, is a huge way for us to keep connected with you at this strange time. Seeing friends on camera is a great way to keep hold of these special relationships. Staff will post a range of videos within Google Classroom so please get your child to show these to you. Often they will only be accessible through the Google Classroom in order to maintain privacy and confidentiality. Your child should be able to show you the video posted by Mr Fuller on 15th January and a video posted yesterday by looking on their Google classroom 'stream')

## E-SAFETY

With the move to online learning, pupils are being encouraged to spend considerable time online . Please talk to your child about how they can keep themselves safe online and remind them of the 'SMART Rules' - see [www.childnet.com](http://www.childnet.com). Our Learning Section, on our school website, has links to online learning and safety with plenty of information for parents and pupils about how to keep safe online.

If your child ever struggles to access a Google Meet session, it could be because their device has switched to a different Google account. The attached guide shows you how this can be overcome.

*Mr Croton, Deputy Headteacher*



**BE SMART ONLINE**

**S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

**M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

**R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

**BE SMART WITH A HEART** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)



Extra New Year's Issue of this magazine available on-line, see the link below, with access to some free classes and contact for children's mental health .

<https://magazines.raring2go.co.uk/bournemouth/winter/>



www.dorsetmindyourhead.co.uk  
#lifelimentallyhealthy

GROUP @Dorset Mind Your Head  
@DMindYourHead @dorsetmindyourhead

# NOTICE THE SIGNS: **GIVE**

## EVERYDAY ACTS OF KINDNESS

We all know it can make our day or week if someone does a random act of kindness for us, especially at the moment.

So it's important we all GIVE them too - we have highlighted some ways you can share the love, kindness and happiness. This will not only make their day - but also yours too - knowing you've done or said something for someone else. We've shared some ideas for you to GIVE kindness below - these are small but can go a long way. Why not try and do some random acts of kindness over the next few days or weeks?

### 5 reasons why you should GIVE kindness!

- 1 There's a lot of value in small everyday acts of kindness
- 2 Everyday acts of giving can make a big difference to someone's wellbeing
- 3 Good deeds needn't take much time or cost any money
- 4 Individuals who report a greater interest in helping others are more likely to rate themselves as happy
- 5 Helping others reduces stress, and improves mood, self-esteem and happiness



**“Remember there is no such thing as a small act of kindness.”**

### 5 ways to GIVE kindness

- 2 Phone a family member or friend to check in
- 6 Smile at a stranger
- Hold the door open for someone
- Give a compliment
- Offer to walk a neighbour's dog

<https://dorsetmindyourhead.co.uk/resources/self-development-toolkit/five-ways-to-wellbeing/>  
[www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing](http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing)



Dorset Mind Your Head is delivered by Dorset Mind who are a Registered Charity, 1198158.

DM234