

Thomas Johnson Lower School

Newsletter 18
20th January 2023



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Headteacher's Introduction

It has been an exciting week at TJLS!

On Tuesday, and as part of our 'Year of Inspiration', we were excited, delighted and honoured to welcome Team England's very own 2022 Commonwealth Games Bronze Medal Winner, **Craig Bowler**, to TJLS.

Craig is a para-athlete who won a Bronze Medal in Disability Bowls in August 2022. He talked about his sport, how he trains for it and what it meant to him to win his medal.

After losing three of his limbs in an accident in 2007, he was determined to continue pursuing his dreams and improving his life. He talked to the children this week all about how important it is to have a goal and be resilient with how you pursue it. The children also had a chance to ask him some questions about his life.

Whenever he is asked by children how he lost his limbs, Craig simply replies he had an accident and was electrocuted. Although he never explains beyond this to children, Craig encouraged me to share his full story with the wider community.

His accident was a result of an attempt to take his own life due to a very severe bout of depression.

I feel very lucky to have known Craig for a number of years now and I really think he is a remarkable human being. Outside of his bowls career, Craig works tirelessly for various mental health charities and he is a particularly strong advocate for improving men's mental health because of what happened to him. He proudly displays the words **Mental Health #timetotalk** on his prosthetic limbs.

Craig also asked me to share with you [the following video all about his truly inspirational story](#). The 12-minute film was commissioned as a joint project between Bowls England and The Samaritans. It is a powerful and emotional story where Craig talks in detail about what happened to him - but he also outlines his recovery and the remarkable next chapter of his life.

Every life lost to suicide is a tragedy. The Samaritans are here to listen. www.samaritans.org

Simon Bolger
Headteacher

Coin Snake World Record Attempt

OK... I'll be honest... we didn't get anywhere near the world record of 47 miles - but it was certainly wishful thinking!

As a result of the kind and generous coin donations from our families, we were able to create a coin snake with the following statistics:

- Total length = **46.1 metres**
- It was made of **2,117 coins**
- We collected a grand total of **£130.56**

Now even though we didn't threaten the world record - I think we did a fantastic job with our collection. The children certainly enjoyed laying their coins on the floor and creating the snake!

I would like to say a big thank you to everyone that donated any coins to our cause. We are collecting funds to put towards curriculum resources that all the children will benefit from.

SPLAT (Stay Play Learning All Together) - Wednesday 25th January - 9am

On this morning we are inviting parents and carers into school to visit their child's class. During this time, your child will show you around their classroom, and you will be able to look in their books and see the progress they are making. After you have dropped your children off for school please make your way around to the hall via the patio door and at 9am our House Captains will escort you to the correct classroom. We look forward to welcoming you into school.

Paralympic Sports Event

Well done to 8 of our Key Stage 2 children who attended a Paralympic sports event today and represented the school. I know they enjoyed the event and particularly liked learning to play Boccia.

Children's Mental Health Week - 6th - 10th February

Every day during this week, all classes will explore a different aspect of their mental health and wellbeing. The purpose of this approach is to encourage children to think and speak about how they are feeling (*both positively and negatively*) and raise awareness of the importance of looking after our mental health and wellbeing.

The EYFS children will explore the themes of: sharing, asking for help, exercise, breathing and donating.

Children in Year 1 and 2 will explore the themes of: gratitude, persevering, healthy eating, talking about feelings and philanthropy.

Children in Year 3 and 4 will explore the themes of: circles of control/influence, habits, the problem with sitting, learning from failure and comfort/stretch/panic zones.

As part of this week, we are also offering a parent/carer workshop on **Wednesday 8th February at 2pm**. This will be led by Mr Bolger, and we will explore what wellbeing is and isn't, the science of happiness and things we can all do every day to thrive, instead of just survive. This session is informed and underpinned by the latest research in positive psychology.

To attend this session, [please fill out this form](#) so we know how many people to expect.

Staying Safe Online

The internet is an amazing thing! It allows us to stay connected, find out information at the push of a button (*or swipe of a finger*) and allows us to buy almost anything without leaving our houses. However, the internet also has a number of risks related to it. Without meaning to, children are able to:

- Access content that is inappropriate, upsetting or extremist (*even on something like YouTube*);
- Download viruses onto their tablets / computers / phones - which damage them or allow someone to steal your information;
- Share information about themselves which puts them in danger; *and*
- Share information / photographs of themselves which could damage their reputation in years to come.

And, of course, there are all the risks linked to online "friends" and being "friends" with somebody they do not know in the "real" world. These "friends" are not just on social networking sites (*e.g. Facebook, Twitter*) but also Instant Messaging (*e.g. Instagram, Snapchat*), PlayStation Online, Xbox Live and apps like "Fortnite".

Of course, some children will also use the internet to keep in contact with people that they do know. This has many advantages but also has its risks. Unfortunately, social media can be used to pass comments or make nasty remarks about other people - things people would never dream of saying if they had to say it face-to-face.

We ask that all parents and carers make themselves aware of what their children are doing and accessing online, and who they are "friends" with. We do not want any of our children putting themselves in danger or posting messages / images that impact their job prospects in the future!

In addition to this, part of growing up in the modern world is having the opportunity to play video games. However, children should not be playing games that have guidance certificates beyond their age range. For example, games like "Call of Duty" and "Grand Theft Auto" are not suitable for the age of children at Thomas Johnson Lower School. For more information on video games certificate guidance please visit [PEGI age ratings](#) | [Pegi Public Site](#).

Year 2 SATs Information Session

In light of the strike action being held by the trade union, the NEU, the date of the Year 2 SATs Information Session has been rescheduled for **Wednesday 22nd February at 2pm**.

Please enter the school via the external hall door by the side patio area.

Dream - Discover - Flourish

The aim of our curriculum is to open doors of opportunity for our children



At this session, you will learn what SATs are, when they happen, and be able to look at some example test papers. We will share some advice, strategies and tips for supporting your child during this time. This session will take place in the hall - and as always, we will use the external door on the patio to enter/exit the school.

Weekly Awards

This week, the awards go to...

	Star of the Week	Reader of the Week	Sportsperson of the Week
Reception	Hemi	Miriam	Isabella
Year 1	Leo	Tiberius	Cody
Year 2	Kiera	Everly	Savannah-Rae
Year 3	Angelica	Noah	Mila
Year 4	Seija	Ethan	Summer

This week's Golden Brush winner is **Badgers - Year 2**. They have had the tidiest classroom and cloakroom this week.

House Points

This week's winning house is **Millbrook**.
Well done everyone!



Attendance - Every Minute Counts

Whole school attendance
for this week - **96%**
(National attendance is **96.4%**)
Can we do better next week?

Duggee The Every Day Dog
Awarded to the class with the best attendance all week.
Badgers - Year 2
with an attendance of 97%

Dates for your diary - new dates added will be written in **green** and highlighted in **yellow**

25 th January	SPLAT (Stay Play Learning All Together) Session - 9-9.30am. Your child will give you a tour of their classroom.
4th February	Year 2 SATs information session - 2pm RESCHEDULED
1st February	School closed for industrial strike action
6 th - 10 th February	Children's Mental Health Week
7 th February	Safer Internet Day
8th February	Mental health and wellbeing event for parents/carers - 2pm
10 th February	Last day of half term
20 th February	School REOPENS for Spring 2
22nd February	Year 2 SATs information session - 2pm
1st March	School closed for industrial strike action
2 nd March	World Book Day. Dress up as a children's book character.
6 th March	Progress Consultations for Parents and Carers
8 th March	Progress Consultations for Parents and Carers
8 th March	International Women's Day
13 th - 17 th March	Science Week
15th & 16th March	School closed for industrial strike action
17 th March	Coffee Morning - 9.15-10am
31 st March	Easter Bonnet Parade
31 st March	Last day of term
17 th April	INSET Day - School CLOSED to children
18 th April	School REOPENS for Summer 1
18 th April	National offer day for children starting in Reception
19 th -26 th April	Scholastic Book Fair
1 st May	Bank Holiday - school CLOSED
1 st - 31 st May	KS1 SATs period
4 th May	School referendum
8 th May	Bank Holiday for the Coronation of King Charles III
8 th - 12 th May	Art Week
17 th May	SPLAT session - 9-9.30am. Your child will give you a tour of their classroom.
26 th May	Last day of half term
5 th June	School reopens for Summer 2

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5 th - 23 rd June	Year 4 Multiplication Screening Period
12 th - 16 th June	Year 1 Phonics Screening Period
16 th June	Coffee Morning - 9.15-10am
21 st June	New Reception starter information session - 1.30pm
29 th June	Sports Day - 9.30am
6 th July	Sports Day Backup should there be poor weather
12 th July	Transition morning - meet your new teacher
12 th July	School Picnic
14 th July	End of year reports sent out to parents and carers
17 th July	SPLAT - your child can share their learning from this year with you - 3.20-3.50pm
18 th July	Transition morning - meet your new teacher
19 th July	Year 4 Leavers Assembly - 9.30am
21 st July	School closes for summer holidays

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