

Thomas Johnson Lower School

Newsletter 33

26th May 2023



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@thomasjohnsonlowerschool

Headteacher's Introduction

And just like that we have finished the first half of the Summer term! It has been an actioned pack week this week and I have seen some excellent learning taking place across the school.

Year 2 have completed their end of Key Stage Assessments this half-term - also known as SATs (*but I also like to refer to them as **S**ecret **A**gent **T**raining!*). They were absolutely fantastic and totally unphased by the experience. My special thanks as well to Mrs Martin and Miss Kitchener for supporting the children during this time and getting them ready for their SATs.

Unfortunately, the SATs don't actually measure a child's happiness, energy, enthusiasm - and all the other things we should value in life. They are a small part of a child's school life and are used to support the end of year assessments, rather than simply determine them.

Please take the upcoming half-term and Bank Holiday to rest, relax and spend time as a family where you can.

*Simon Bolger
Headteacher*

Year of Inspiration

We were very fortunate to welcome TWO visitors to TJLS today.

Stephen Sleight, Transport Manager for Marston Vale Community Rail Partnership, talked to the children about rail and train safety.

Then **Constable Phil Styles** from British Transport Police talked about how he works on the train lines and at the stations to make sure everyone is kept safe.

Constable Styles also gave some of our younger children a tour around his vehicle and showed them his equipment. He also let some of the children push the button to sound the police siren - so you may have heard that earlier this morning!

I'm now arranging with Stephen for all of our children who are with us next year to be able to go on a train ride along the local line!

Year 4 children walking home alone after half-term

From Monday 12th June, we will be granting permission for Year 4 children who live in the village of Lidlington to be able to walk to school and walk home or to a meeting point by themselves.

In the first week back, we will be explaining this to children and teaching them strategies so they know what to do to keep themselves safe.

Also, in that first week back, an online permission form will be sent out for parents/carers to give their consent for children to walk alone. Children will only be permitted to walk home alone if this form has been completed.

Sunshine at last!

Dare I say it...? With the lovely sunny weather we are now experiencing, please remember to send your child to school with a sun hat and apply sun cream before school if needed.

Weekly Awards

This week's winners are:

	Star of the Week	Reader of the Week	Sportsperson of the Week
Reception	Lana	Dylan	Isabella
Year 1	Isla	Louie	Louisa
Year 2	Jack	Sam	Brooklyn
Year 3	Esme	Patrick	Flora
Year 4	Maddie	Toby	Freddie

This week's **Golden Brush** winner for having the tidiest classroom and learning area is **Year 4 - Eagles**.

Bronze Awards - 20 House Points

Well done to:

- Lacey - Y3

Silver Awards - 40 House Points

Well done to:

- Tiberius - Y1
- Joshua, Noah, Amelia and Judd - Y2
- Elijah, Beth and Patrick - Y3
- Toby, Maddie and Noah - Y4

Gold Award - 60 House Points

Well done to:

- Cody - Y2
- Mikey - Y4

House Points

In the Summer term the House Shield is awarded to the House that has collected the most House Points overall for the academic year. The current standings for the whole year are:



909 points



948 points



973 points



900 points

The last day to collect House Points will be Thursday 13th July, with the overall winner announced in assembly on Friday 14th July. The winning House will have a 'House Colour Day' on Monday 17th July. With just 40 points separating all four Houses - it really is all to play for in this final term!

Attendance - Every Minute Counts

Whole school attendance
for this week - **97%**
(National attendance is **96.4%**)

Duggee The Every Day Dog

Awarded to the class with the
best attendance all week.

Eagles - Year 4 - 99%

Dream - Discover - Flourish

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

SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- ### 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- ### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- ### 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- ### 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- ### 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- ### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- ### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- ### 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area of the home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- ### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- ### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Dates for your diary - new dates added will be highlighted in yellow

5 th June	School reopens for Summer 2
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
21 st June	New Reception starter information session - 1.30pm
29 th June	Sports Day
6 th July	Sports Day Backup should there be poor weather
10 th July	Art Week
12 th July	Transition morning - meet your new teacher
12 th July	School Picnic
14 th July	PTFA Inflatable Fun Day
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 Leaving Assembly - 9.15am
21 st July	School closes for summer holidays

Dream - Discover - Flourish

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