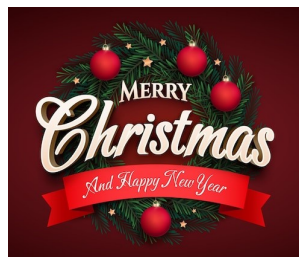




# Beulah Junior School Newsletter

Thursday 21st December 2023



Dear Parents and Carers,

December has been one of my favourite months of the year with so many opportunities to come together and enjoy this festive season. It has been great to see so many of you at our events. These have been wonderful opportunities for your children to make you proud by showing off their amazing talents. I know that it has definitely made me proud to be their Head Teacher.

During this month, the children have also been working hard to show their progress in their learning and have completed our Autumn Term Assessments. To find out more about how your children are progressing, please do attend our Curriculum Meetings which are for all parents and carers and are taking place on Tuesday 9th January at 3.15 pm. Straight after the meetings, we will also be holding open Classrooms. This is the perfect opportunity for you to look through your children's learning and talk to them about the progress they are making.

You may be aware that we have been helping many of you with your children's attendance and we are very pleased to say that there has been a great improvement in this. I would like to thank all of you in supporting us with your children's attendance, as this is a crucial factor in ensuring they have the opportunities to make progress in their learning. Please do keep this up in the new year and please also ensure that your children arrive at school on time. From the moment they walk into the classroom, there is learning to complete. Being late for this really does slow their progress.

Last month's newsletter contained lots of useful help and advice from FREE Winter Camps to FREE support with children who are struggling to sleep. We also reached out to you all to help us get our PTA up and running. In case you didn't get a chance to see these, I have left the details of these in this month's newsletter. So, please do read on for more details about these and more.

As always, we are very open to suggestions about anything else you would like us to pop into the newsletter. Please feel free to contact the office with your ideas: [office@beulah-jun.croydon.sch.uk](mailto:office@beulah-jun.croydon.sch.uk).

Have a wonderful break and I look forward to seeing you all in the new year!

Mrs B Warwick

## Key Dates and Events

<b>Thursday 21st December</b>	<b>School breaks up for the Christmas Holidays, Mufti Day &amp; Class Parties</b> Usual finish time of 3.15 pm
<b>Monday 8th January</b>	<b>First day back after the half term holiday</b> As usual, gates open at 8.35 am and close at 8.45 am
<b>Tuesday 9th January</b>	<b>Curriculum Meetings and Open Classrooms for ALL PARENTS AND CARERS</b> Starts at 3.15pm

# Our Assembly Themes and Core Values this Month

Wk 1 - 27.11.23



For this week's assembly, we learnt about St Andrew who is the Patron Saint of Scotland. We used this time to learn about Scotland and how St Andrew became their Patron Saint. It is believed that he was an incredibly respectful person. We talked about ways in which he showed respect and thought about ways in which we can always show respect to everyone and everything around you.

Our core value this week was **Respect!**

Wk 2 - 4.12.23

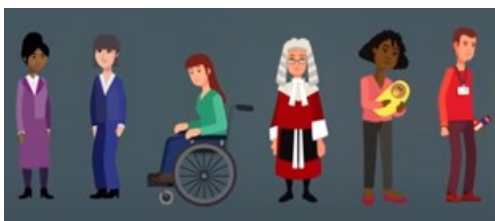


It was all about advent this week and what this means to so many people. We learnt that this is a time for preparation for so many of us, no matter which religion we follow.

With each Sunday bringing a different focus (hope, love, joy and peace), we thought about ways in which we would use this time in school and what improvements we could make.

Our core value this week was **Pride!**

Wk 3 - 13.11.23



As we learnt about the issue of human rights, and **celebrated 75 years of the Universal Declaration of Human Rights**, we took sometime to reflect upon the **importance of fairness and respect for one another**.

We **considered the ways in which each of us are unique and precious people** who are created with gifts and a personality that makes us who we are. We pause to **give thanks for our individuality**.

We also considered the ways in which **we are united with other human beings around the world**. Although we are different, **we share common human rights**. We pause to give thanks for the way in which we can be part of a worldwide community, sharing in our common humanity.

We also took some time to think about **those people in our world who work hard to protect the rights of others**. Those who **uphold the dignity and respect that all humans are entitled to**. We reflected on ways we could **give thanks for their example and courage**.

Our core value this week was **Enjoyment!**

# Year 3 - Mummifying Tomatoes

In history, we mummified tomatoes to gain a deeper understanding of the process. We had to cut them in half, scoop out the insides, clean them and pack them with salt and bi-carbonate of soda to ensure they don't rot.



# Year 3 - Making Paper

In art, we made paper. Using a technique invented by the Ancient Egyptian, we lay strips vertically and horizontally to create a new surface. This is similar to how the ancient Egyptians would lay out strips of papyrus that had been thinly sliced and pounded flat.

Here are some photos of the process:



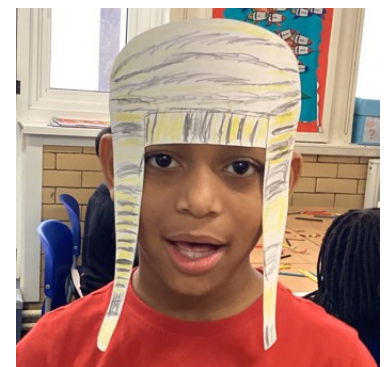
# Year 3 - Egyptian Art

We used the paper that we made to create some Ancient Egyptian themed art pieces. We included aspects of our own lives as well as the Ancient Egyptian style to create something historic and personal at the same time.



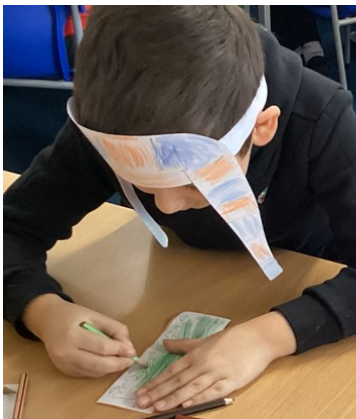
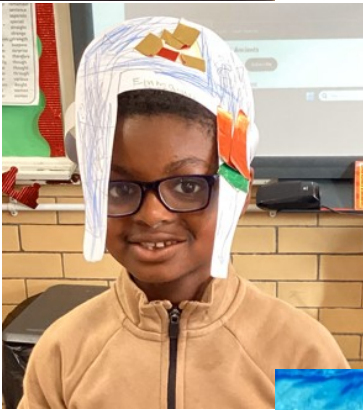
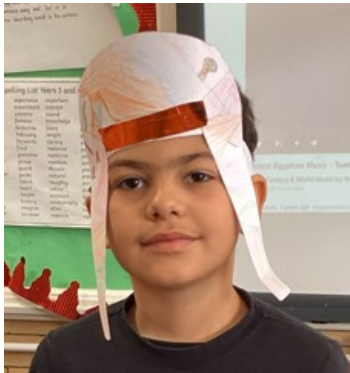
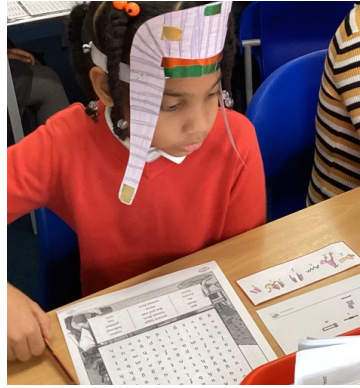
# Year 3 - Egypt Day

To celebrate all our learning from this half term, we had Egypt Day. Children came in dressed up. We created head dresses and necklaces, had a go at mummifying our friends and used Ancient Egyptian hieroglyphs to write our names. Here are some photos:



# Year 3 - Egypt Day

Some more photos:



# Year 3 - Egypt Day

Thankfully, everybody kept their brains during the mummification process!





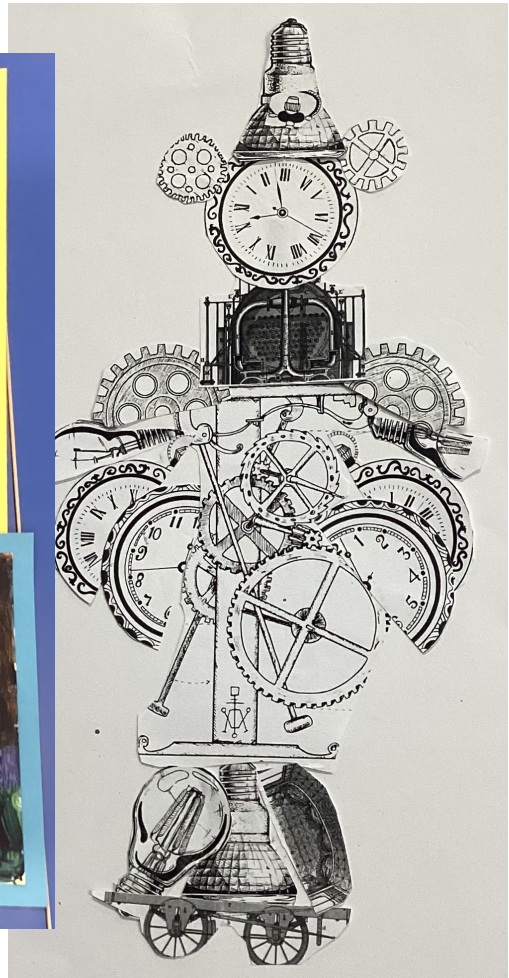
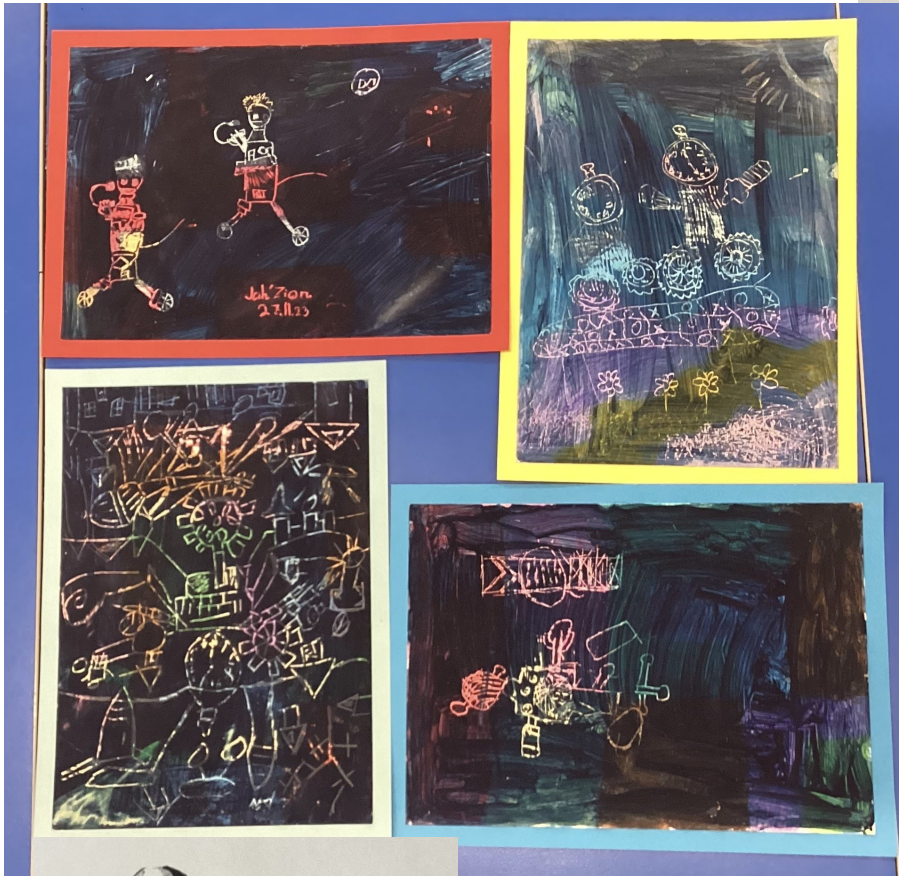
# Year 3 - Calendars

To round off the year, we've been making calendars for next year, 2024. We used a collage technique and are looking forward to the new year!.

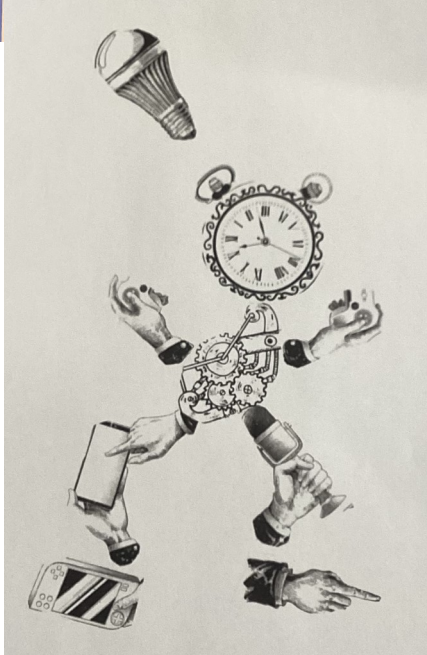


# Year 4 - Art: Power Prints

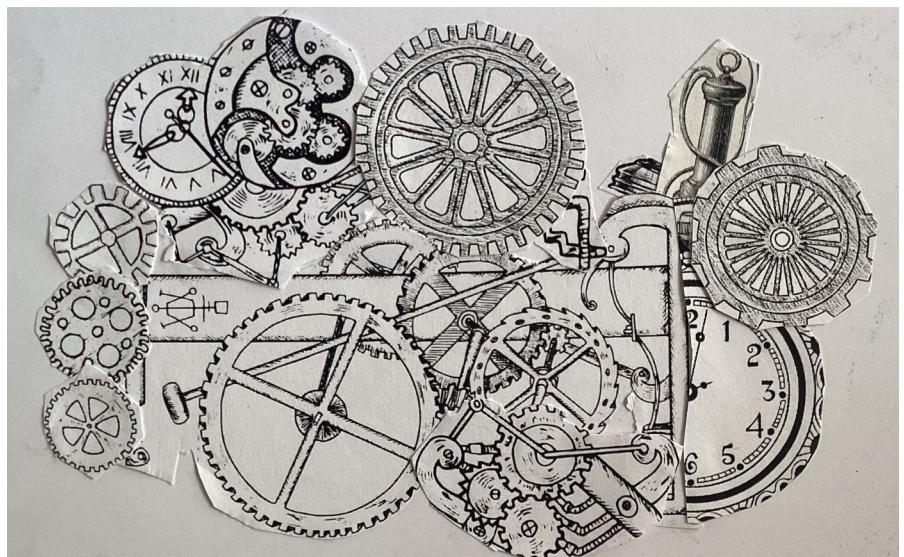
During the Autumn term, we have looked at ways to create abstract art. We explored ways of using tone and shading to create interesting drawings. We also used printed pictures to cut and design our own abstract collages. For one of our lessons, we created a colourful background and painted over it. Then we used different



tools to scratch of the

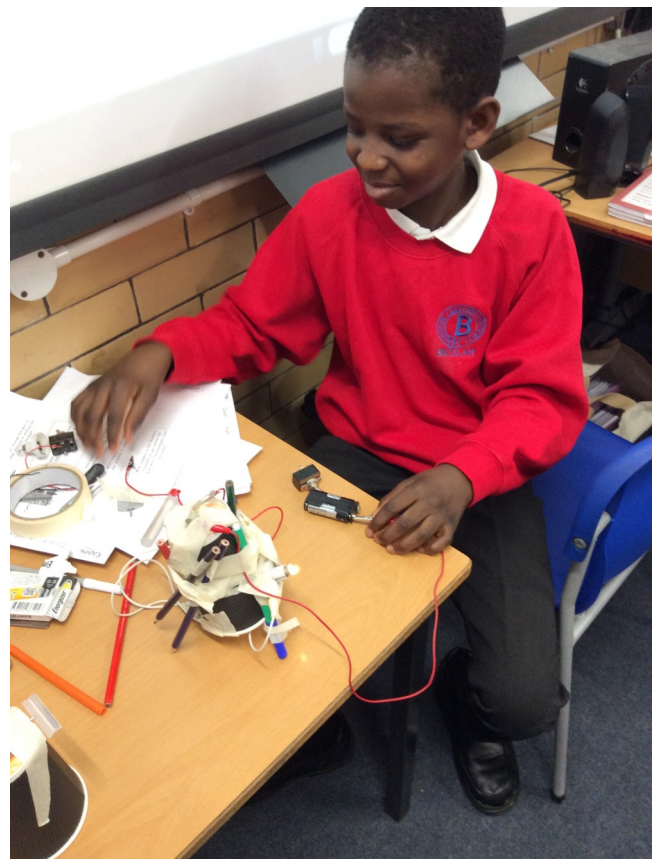
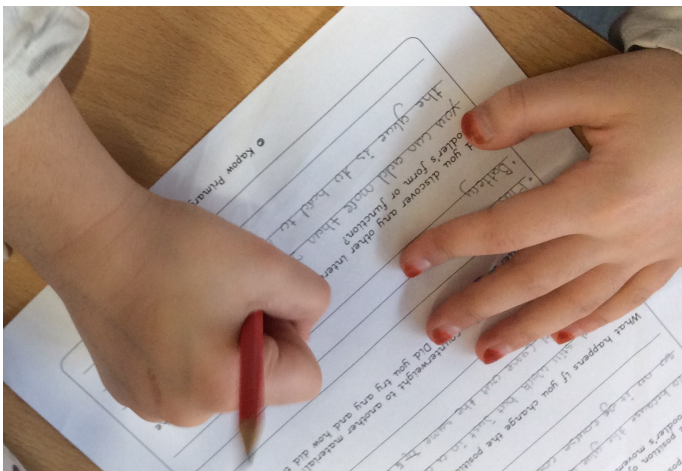
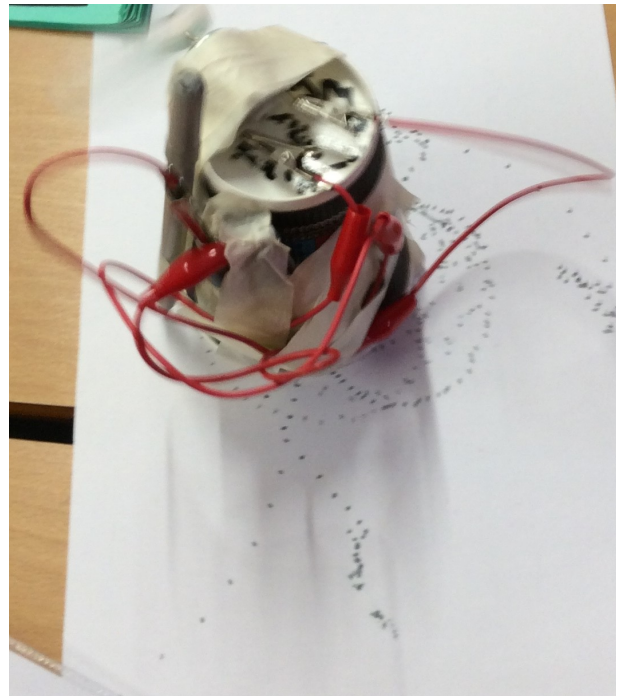
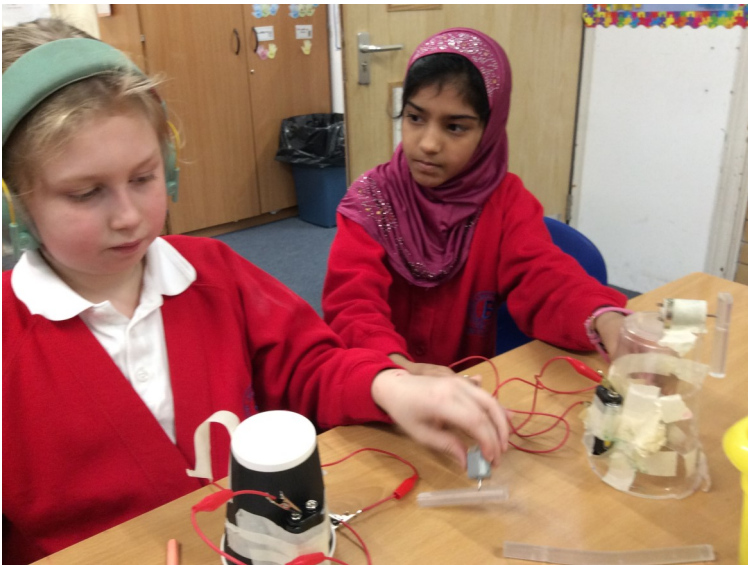


paint and create interesting

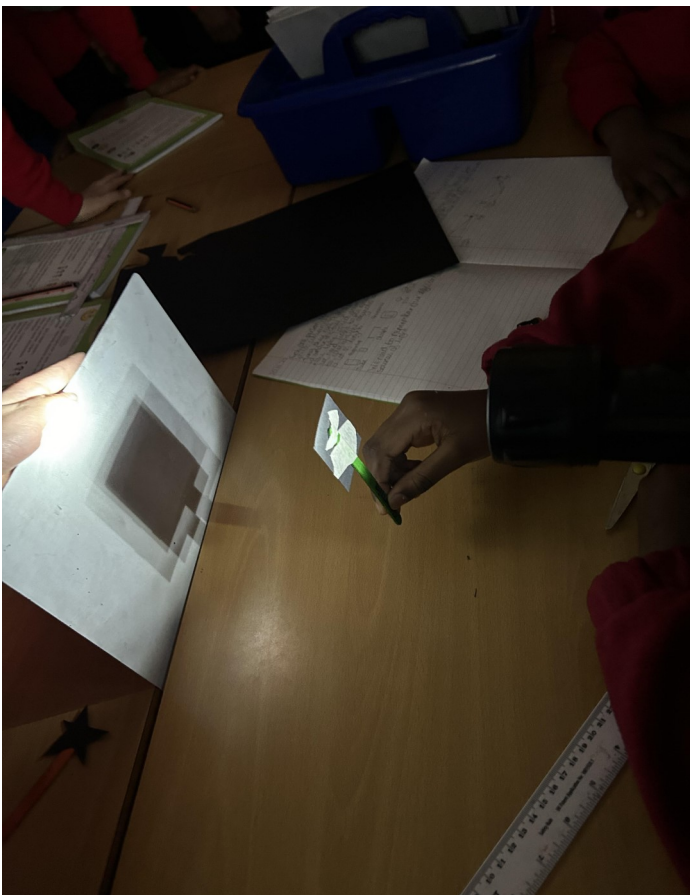
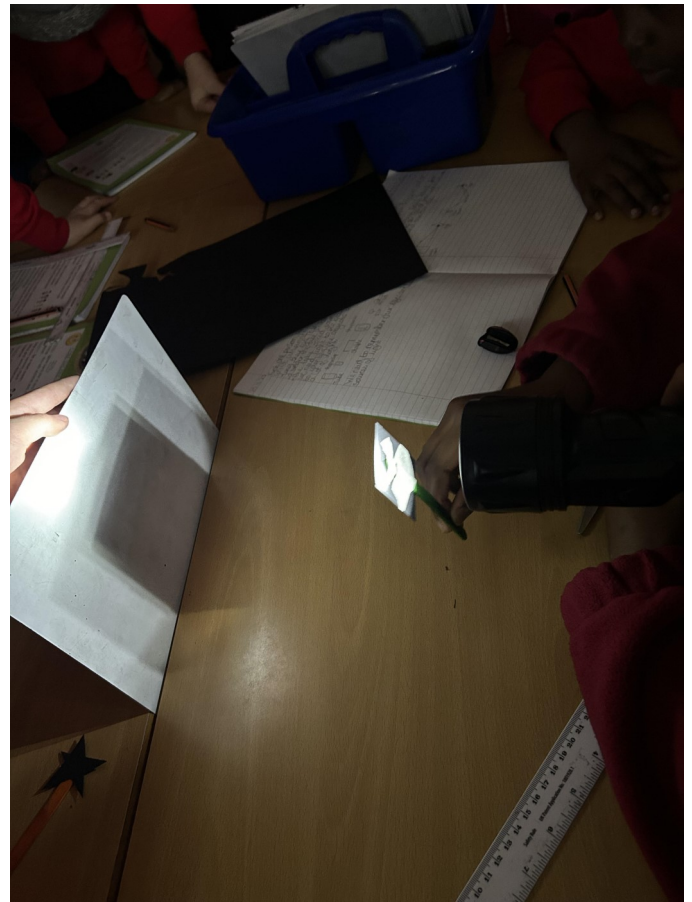


# Year 5 - Electrical Systems: Doodlers

In this DT unit, children started thinking about how electrical appliances work and the role of a motor in different appliances. They then went on to design and make their own doodlers, complete with working circuits.



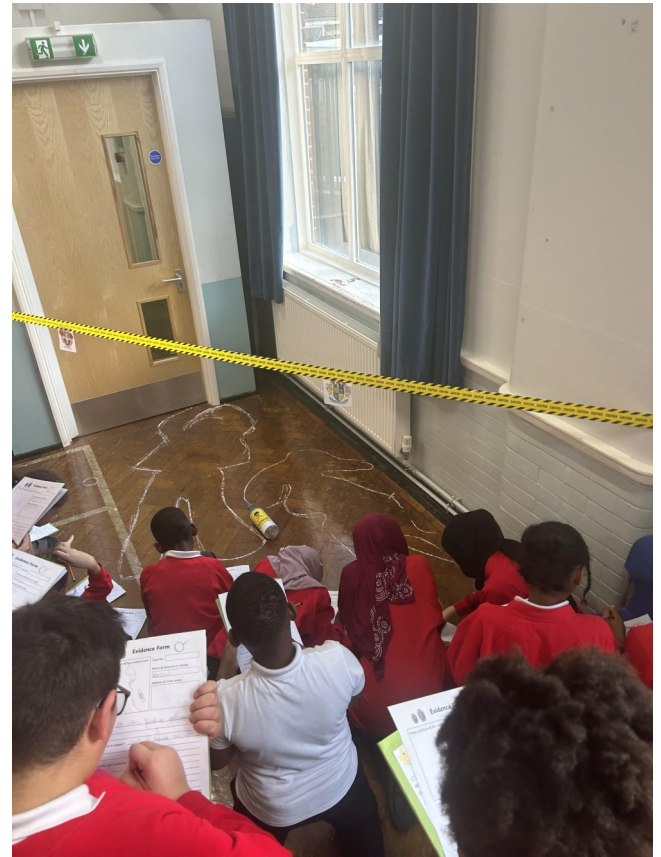
## Year 6 - Science: Light and Reflection



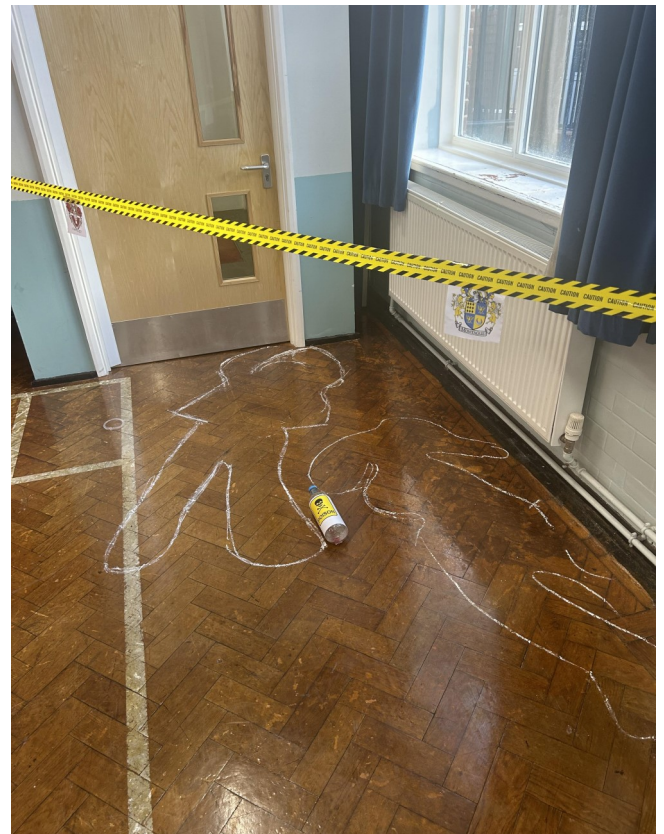
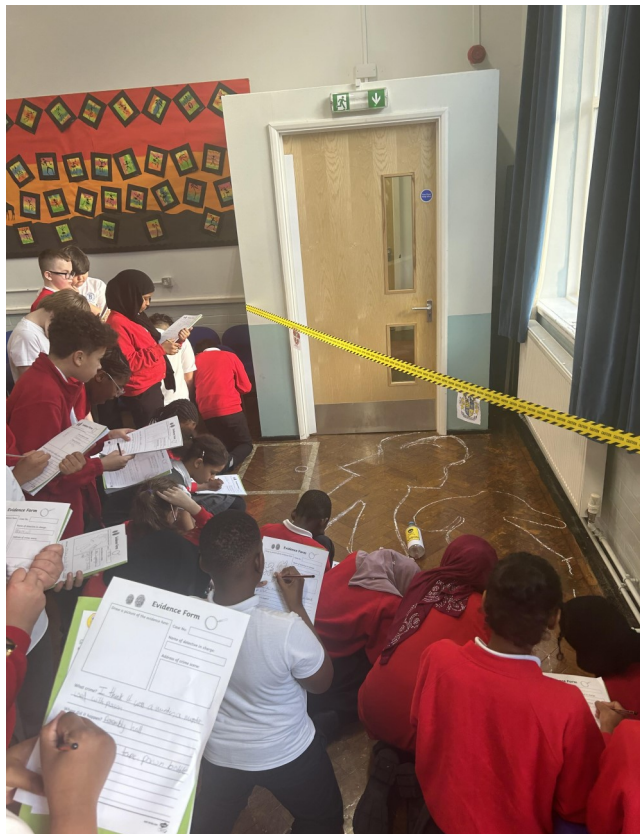
In Science, Year 6 have been looking light and reflection.

They conducted an experiment on how to make different size shadows using lollipop sticks and torches!

# Year 6 - English: Romeo and Juliet



Year 6 have learning about Romeo and Juliet. To bring the book to life, they played the role as a detective and investigated a crime scene making deductions from the clues at the scene.



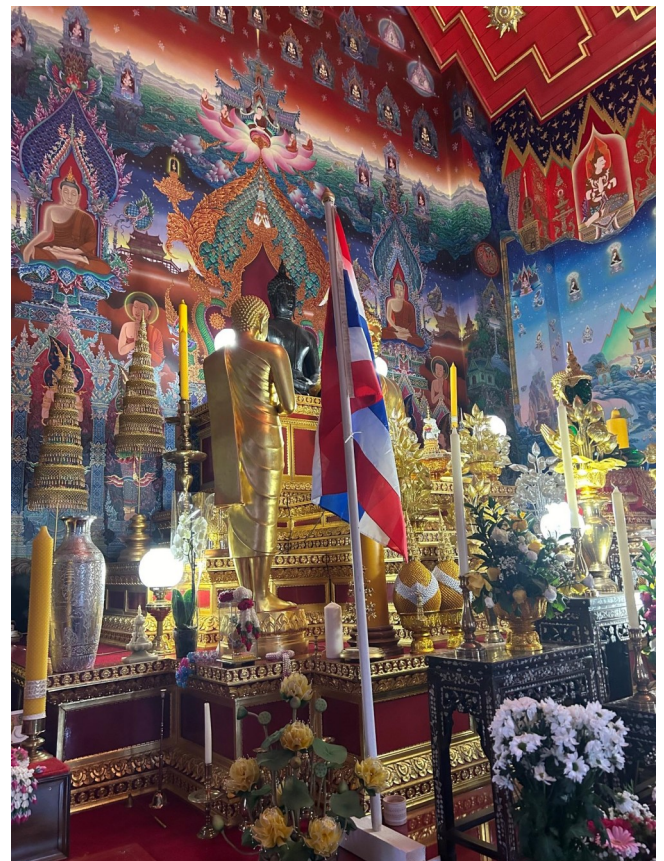
# Year 6

## R.E. and World Views

### Why Does Religion Look Different Around the World?



Year 6 went on a trip to a Buddhist temple in Wimbledon to learn about how monks follow Buddhism . They explored the benefits of the Buddhist practice and were able to make links between different practices.



# FREE

# WINTER

# CAMP

**DEC**

-

**JAN**

Join us for a fun and festive winter break. Come for a day or a week! Enjoy hot meals, trips, sports, Cooking, Arts and STEM activities!



**CROYDON**

\* more locations available, visit our website

Winterbourne Junior Girls' School

Winterbourne Rd, Thornton Heath CR7 7QT

## SIGN UP TODAY

 [www.ominiralearning.com](http://www.ominiralearning.com)

 07932248094

 @ominiralearning



## CROYDON

\* Charges for placements apply to those who are not eligible for free school meals.

# WE NEED YOU

## 6 REASONS TO JOIN OUR PTA!

### FOR THE CHILDREN

BECOME A ROLE MODEL TO SHOW YOUR CHILD YOU VALUE THEIR EDUCATION.

THE EVENTS WE PLAN WILL IMPROVE YOUR CHILD'S SCHOOL EXPERIENCE.



### FOR YOU

VOLUNTEERING IS A REWARDING EXPERIENCE

WE PLAN TO HOST MANY SOCIAL EVENTS TO RAISE MONEY AND ALSO TO ENJOY EACH OTHERS COMPANYY.



### FOR THE SCHOOL

HELP THE SCHOOL TO RAISE FUNDS.

HAVE A VOICE IN THE PURCHASES THAT ARE MADE TO SUPPORT THE CHILDREN.



### BE CONNECTED

THERE IS NO BETTER WAY OF KNOWING WHAT'S HAPPENING IN SCHOOL.

MEET OTHERS THAT SHARE THE SAME COMMON GOALS TO HELP IMPROVE THE SCHOOL.



### IT IS FUN!

WE AIM TO ENJOY OURSELVES IN ALL OUR ROLES.

FROM PLANNING EVENTS TO RUNNING A STALL IS EXCITING!



### KEEP THE PTA GOING

AS PARENTS LEAVE SCHOOL WE NEED TO KEEP THE COMMITTEE GOING.

COME JOIN OUR FRIENDLY TEAM AS MANY HANDS MAKE LIGHT WORK!



If you are interested in making a real difference to our school by volunteering to be part of our PTA, please contact the school office. You can drop in, call or email to give us your details and we will arrange a meeting for the new year.





the  
national  
**sleep**  
helpline

## Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

**Around 50% of children will have a sleep issue at some point\***

WE CAN HELP

 **03303 530 541**  
Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am

**Free Help and advice!**

### WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

### HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

# Is my child too ill for school?



**It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.**

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

## Other illnesses

Follow this advice for other illnesses:

### Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

### High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

### Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

### Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

### Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#).

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

### COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

have a high temperature

do not feel well enough to go to school or do their normal activities

### What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

All text underlined in blue are links to more details.

# Is my child too ill for school? (continued)



## Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

## Hand, foot and mouth disease

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

## Head lice and nits

There's no need to keep your child off school if they have head lice.

You can treat [head lice and nits](#) without seeing a GP.

## Impetigo

If your child has [impetigo](#), they'll need treatment from a GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

## Ringworm

If your child has [ringworm](#), see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

## Scarlet fever

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

## Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

## Sore throat

You can still send your child to school if they have a [sore throat](#). But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of [tonsillitis](#).

## Threadworms

You don't need to keep your child off school if they have [threadworms](#).

Speak to your pharmacist, who can recommend a treatment.

## Vomiting and diarrhoea

Children with [diarrhoea or vomiting](#) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

## Class P.E. Days

Here is a reminder of the PE days for each class

Yr 3 Venus: Tuesday and Thursday

Yr 3 Pluto: Wednesday and Friday

Yr 4 Saturn: Tuesday and Thursday

Yr 4 Cosmos: Tuesday and Thursday

Yr 5 Neptune: Monday and Wednesday

Yr 5 Mercury: Monday and Wednesday

Yr 6 Milky Way: Tuesday and Wednesday

Yr 6 Supernova: Tuesday and Wednesday

## P.E. Kits

As you are all aware, children will now wear their **PE kits to school** on the days when they have PE. Here is a reminder about what the children should wear for this:

**Plain black shorts / jogging bottoms / leggings**



**Plain black or white t-shirt    School red jumper or cardigan**

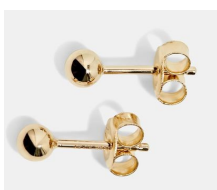


**Plain black plimsolls or plain black trainers**



## Earrings

Please ensure that children are only wearing **small stud earrings** to school.



## Attendance and Punctuality



Gates **open at 8.35am and close at 8.45am**. After this time, children will need to be brought into school via the main office.

All children arriving once the school gate is locked **MUST** enter the school via the school office.

Parents will be asked to give a reason for their lateness.

At **8:55am**, the school registers are closed, any children arriving in the class room after this time will be marked as late in the class register (**L**).

At **9:25am**, any children arriving in the school office after this time will be marked as late and **unauthorised** in the class register (**U**).

The **end of the school day, 3.15pm**, remains the same and we appreciate your support in collecting the children on time. Children not collected by 3.25pm will be taken to the school office for collection.

## Morning Break Snacks

Please ensure you are not sending your children into school with any sweets, crisps, biscuits, chocolate or energy drinks.



We are promoting healthy eating and to support this have limited the morning snacks to fruit, yoghurt, cheese snacks and **nut free** cereal bars. **If your child brings the wrong type of snack to school, you will receive a reminder text about this.**

