



# Beulah Junior School Newsletter

Thursday 30th November 2023



Dear Parents and Carers,

Another busy month has flown by and yesterday it was great to see all of the children enjoying our No Pen Day Wednesday! Thank you to all of you who donated £1. It is not too late to donate, as we have not sent the money off to **Speech and Language UK** yet. Just send your donations in with your children or pop into the office.

No Pens Day  
Wednesday

During this month, the Children's Commissioner for England, Dame Rachel de Souza, has launched **The Big Ambition**, a national survey of children and young people across England. **The Big Ambition** aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England. We are proud to say that we are taking part in this, as our children's views are very important to us.

This month's newsletter contains lots of useful help and advice from FREE Winter Camps to FREE support with children who are struggling to sleep. We're also reaching out to you all to help us get our PTA up and running. So, 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 lovely weekend!

Mrs B Warwick

## Key Dates and Events

Friday 8th December	<b>Christmas Jumper and Mufti Day &amp; School Christmas Dinner Day</b> Please remember that all children are entitled to free school meals for this year only, so let them all enjoy a <b>free Christmas Dinner!</b>
Thursday 14th December	<b>Year 4 Winter Production - 2pm to 3pm</b> All Year 4 parents and carers are welcome to join us!
Wednesday 20th December	<b>Church Carol Service - TBC</b> All parents and carers are welcome to join us. We are just waiting on confirmation of the timings
Monday 18th December	<b>Winter Concert - 2pm to 3pm</b> All parents and carers are welcome to join us for some seasonal music and entertainment!
Thursday 21st December	<b>School breaks up for the Christmas Holidays, Mufti Day &amp; Class Parties</b> Usual finish time of 3.15 pm
Monday 8th January	<b>First day back after the half term holiday</b> As usual, gates open at 8.35 am and close at 8.45 am
Tuesday 9th January	<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 - 1.11.23

## Firework Safety



With Bonfire Night just days away, we talked about the importance of staying safe.

We also recapped the expectations around behaviour at school, both inside and outside the classrooms. The children were also reminded about the expectations in their learning and the effort they put into this, including presentation.

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

Wk 2 - 6.11.23



## 2023 - 75 Years since Windrush

During our remembrance assembly, we re-visited our understanding of the Windrush Generation and how they played a huge part in supporting our country's recovery after WWII. We compared the bravery faced by this generation and the other services which we all rely on and are incredibly grateful for.

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

Wk 3 - 13.11.2



During this week's assembly, Mrs Patel talked to the children about how Hindus celebrate Diwali.

Here are some of the interesting key points from the assembly:

- ◆ the festival of Diwali lasts for 5 days
- ◆ before the start of Diwali celebrations, Hindus clean and decorate their houses to welcome blessings into their homes.
- ◆ the decorations include creating rangoli patterns and lighting divas.

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

Wk 4 - 20.11.23



We recapped the learning that the children had covered during Anti-Bullying week. We talked about times when we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'. By reminding the children that together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, we are all making a noise about bullying!

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

# 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 COMPANY.



### 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/>

# Year 3 - Archaeological Dig

To kick off our new topic, 'What did the Ancient Egyptians Believe?', Year 3 carried out an archaeological dig. We found things like statues, stone covered in hieroglyphics and jewellery. We thought about who these objects might have belonged to, how old they might be and what they might have been used for.



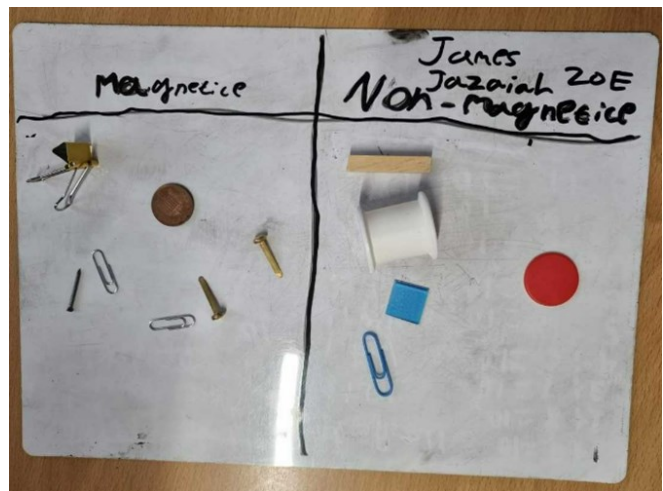
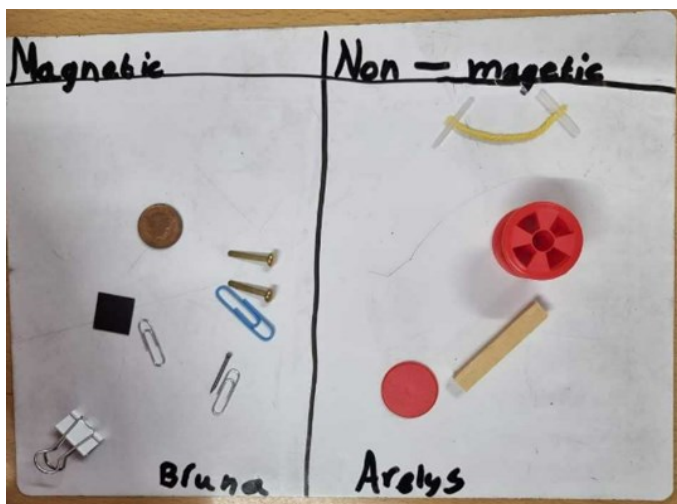


# Year 3 - Investigating Magnetic Materials

In science, Year 3 have been learning about forces and magnets.

We came up with an investigation to test which materials are magnetic and which are non-magnetic.

Here are some photos from Pluto:

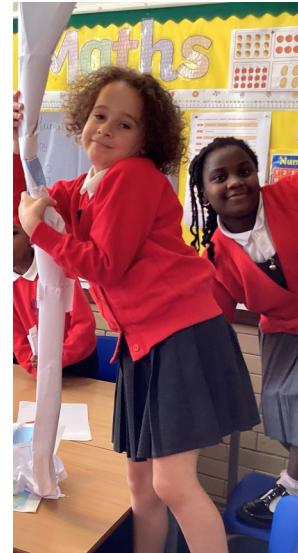


And some from Venus:



# Year 3 - No Pens Day

This year, we are celebrating No Pens Day to raise awareness and money for children who struggle with talking and understanding words. We have done lots of activities that involve communication to highlight the importance of talking, listening and the work Speech and Language UK does. Here are some photos from show and tell: We competed for tallest tower and longest paper chain: the children had to use team work and communication to win:





# Year 4 - Zoolab

During the Autumn term, we have looked at ways to identify whether animals are carnivores, herbivores or omnivores by looking at their teeth as well as some poo clues! We had Zoolab visit and bring along some interesting animals for us to see and touch. We used our science knowledge to discuss the diet of these animals and their types of teeth.

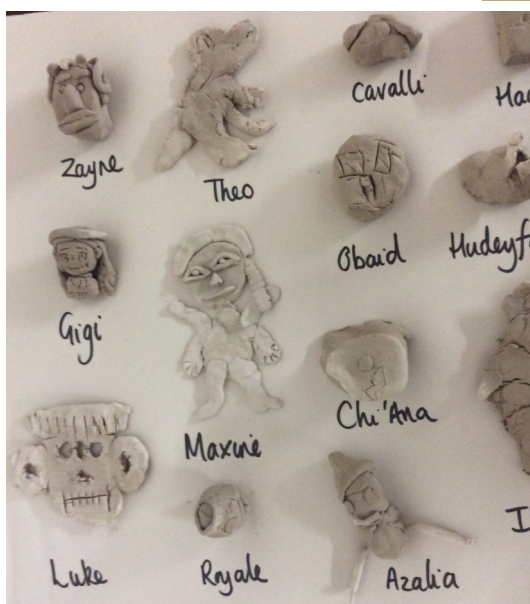
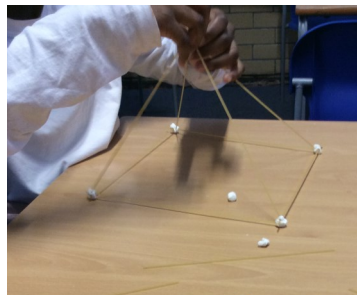
Here are a few pictures from Cosmos when Zoolab visited:





# Year 5 - Ancient Maya Day

As part of our History work about the ancient Maya Civilisation, Year 5 had an ancient Maya day on Tuesday 21st November where we spent all day learning about aspects of Maya life through fun, practical activities. We had fun dressing up and making accessories like the Maya people would have worn, we learnt a traditional dance, made some clay sculptures in the style of the ancient Maya god sculptures, tried some spiced hot chocolate, played Pok-a-tok (a game we read about in a story) and competed in a challenge too.





# Year 6 - World War Two handling session

On Tuesday 7th November, Year 6 had a visit from a World War 2 expert. The session consisted of an in depth talk from Mrs Jenkins, who was able to answer all the pupil's questions about World War 2. In addition, pupils were lucky enough to get the chance to try on and look at a range of rare and precious artefacts.



# Year 6 - Art: Make my voice heard

In year 6, we have been exploring expressive drawing techniques using a range of materials. We also looked at Maya art and considered how symbolism in art can convey meaning. In this unit, children had to apply understanding of the drawing technique chiaroscuro— where they had to discuss the effect of light and dark on an object. They thoroughly enjoyed this. Here are some of the examples of art work they produced:



Year 6 have been looking at street art and were inspired to create their own political statements using oil pastels and a smudging technique to create shadows and textures.





## 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**

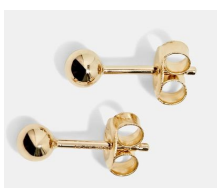


**Plain black plimsolls or plain black trainers**



## 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.**

