



FCJ Primary School

Jan/Feb 2024

Super French Day

A huge thank you to Mrs Salmon, our French Specialist, for organising an outstanding French super learning day.

The day started with a whole school assembly, where Mrs Salmon and her very own little helper read the story 'The Very Hungry Caterpillar' in French. Then each year group took part in their own French and Art infused activities to promote speaking French and learning about French art, history and culture.



More on pages 19 & 20



Dignity

Dignity is treasured in the school community, nurtured in the individual and enhances the life of the school. Everyone is genuinely listened to and what they say is heard. This sense of dignity and respect provides opportunities for each person to recognise and celebrate their own self-worth. It demands, when challenging circumstances arise, that we seek dignified solutions for all concerned.

Pre-School & Traditional Tales



This term we have been very busy in Pre-School! We have been learning all about traditional tales. The children particularly loved Goldilocks and the Three Bears as well as The Three Little Pigs. We have painted each of the characters as well as trying the three bears porridge! We used our outside area to make houses like the Three Little Pigs, we had to use different materials to see which would be the strongest!



Reception Readings

Reception have read 'Lost and Found' by Oliver Jeffers. We have also enjoyed reading lots of the other stories he has written. The children used oil pastels to draw their own penguin, using the pictures from the story as inspiration.



Waterproof Materials

Year 1

This term in Year 1 we have been learning about winter and what waterproof means.

Over the course of the half term, we have explored and experimented with a range of materials to test which is the best waterproof material. We have used our test results to make our own umbrellas!



Year 2 Music Lesson

This term we have been exploring soundscapes and the British Isles. We have been singing and listening to music inspired by our country and making our own music about different parts of the British Isles.



We used maracas to make the sound of the ocean on our beautiful island. We have been exploring the sounds that we can create with different instruments and performing our pieces of music to our class. We have been comparing the countryside and the city. Year 2 have had great discussions about the different noises we might come across in these local areas.

Goals and Dreams

Year 3



Year 3 have been enjoying their new PSHE topic Goals and Dreams.

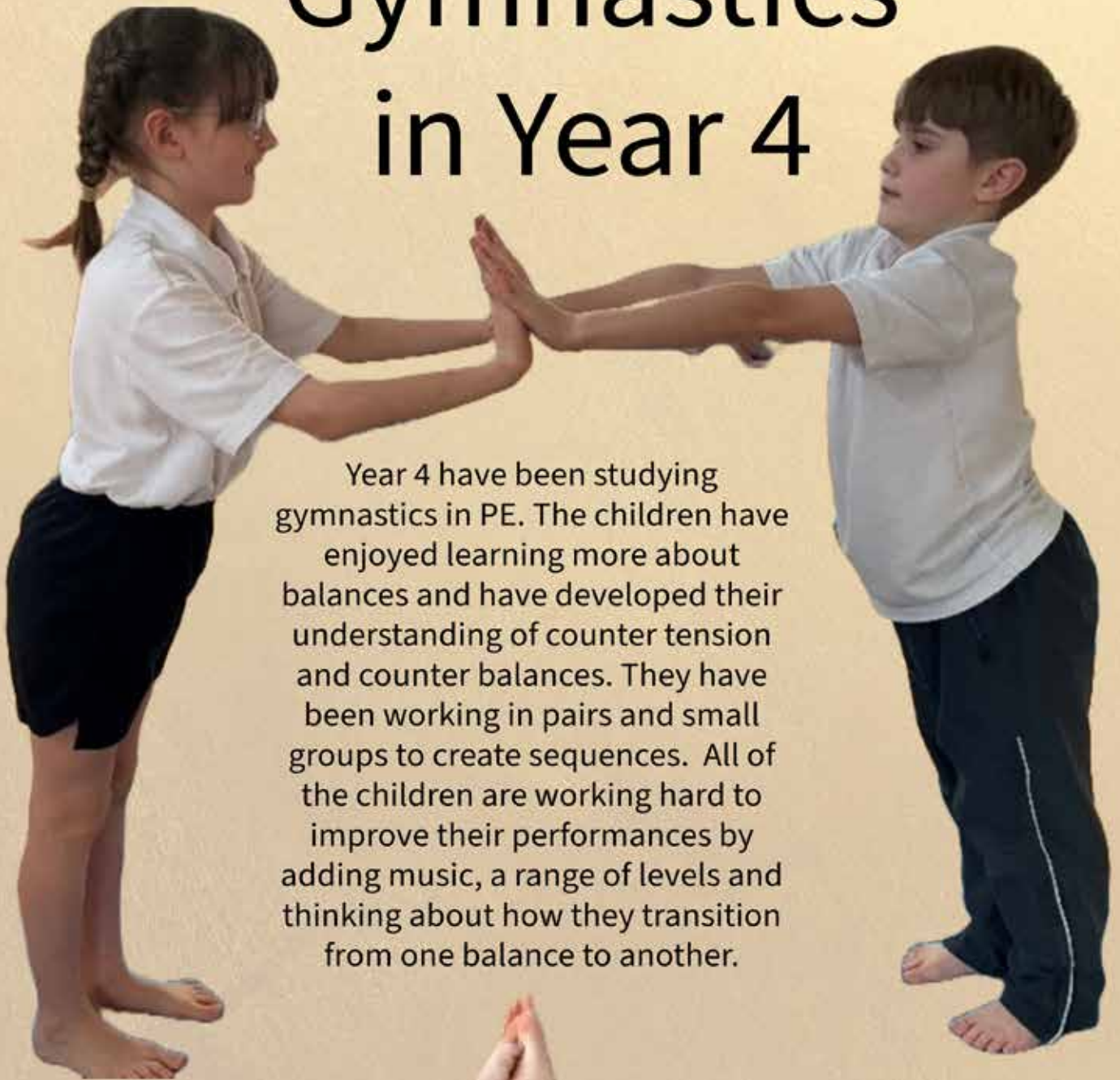
We started the topic thinking about what our goals and dreams will be when we are older. We took inspiration from Jane Goodall, who dreamed of helping animals when she was a little girl. She is now the founder of the Jane Goodall Institute and the Roots & Shoots programme, and she has worked extensively on conservation and animal welfare issues.



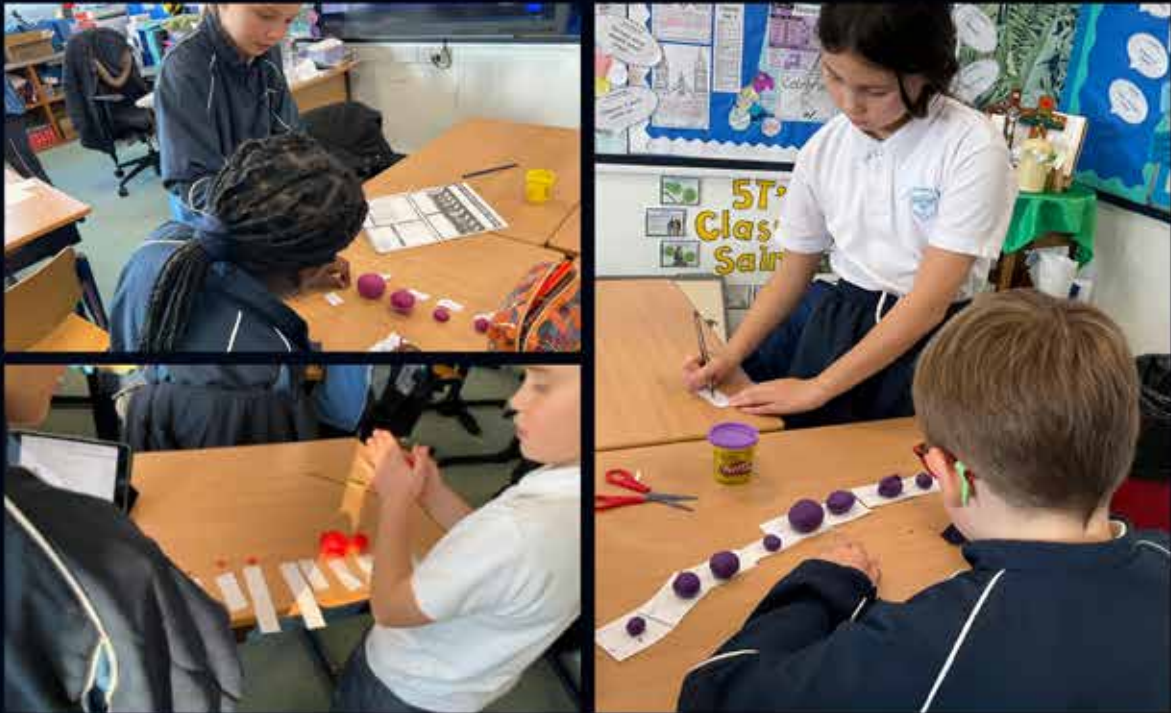
In our class, we learnt to face new learning challenges and thought about the best ways to achieve them. As part of a group, we designed and made decorations for our class 'Goals and Dreams' Garden, which we hope you will enjoy on Open Day.

Gymnastics in Year 4

Year 4 have been studying gymnastics in PE. The children have enjoyed learning more about balances and have developed their understanding of counter tension and counter balances. They have been working in pairs and small groups to create sequences. All of the children are working hard to improve their performances by adding music, a range of levels and thinking about how they transition from one balance to another.



Earth, Space And Year 5



Year 5 are currently studying Earth and Space in their science lessons. The children have enjoyed learning more about the planets. They used Play-Doh to create scaled models of each planet. This was a tricky task, with the children applying their knowledge of fractions in order to create the right sized model!

Year 6

Natural Disasters

Year 6 have been learning about natural disasters and considering the human and physical impacts. We had a wonderful experience using shaving foam 'magma' and cracker 'tectonic plates' to explore the convergent and divergent plate movements that lead to the formation of volcanoes. Did you know that 75% of the world's volcanoes are found on the 'Ring of Fire' in the Pacific Ocean?



Headteacher's Award



CONGRATULATIONS!

**Congratulations
to the pupils who have received this award.
We are very proud of you all!**



Safety Squad News

The safety squad has been busy helping Mr Wheatley around the school site after the snow. After a discussion they said that the field is not safe to use as the snow has turned to ice which is slippery and if thrown could hurt.



ParentMail

Please ensure that you have set up your ParentMail account.

Bookings for the wrap around service will shortly be available.

More information will be sent via a ParentMail



ParentMail

Music/Peripatetic lessons

Music lessons, including piano and guitar, continue to be taught in school by the wonderful team of peripatetic music teachers.

Please contact the school office if you are interested in your child commencing peripatetic music lessons.



FCJ NEWS

Nut Allergies

Please remember that we are a nut free school. We have several children with extremely severe and even potentially life threatening allergies. Thank you for your support in keeping all our children safe.



No Dogs Please



Please note that dogs are not allowed to be brought onto school premises at any time. Thank you in advance for your cooperation.

Timely Drop Off & Collection

When dropping your child at the roundabout, please ensure they are ready and exit the car on the left hand side, before walking through the opening to the safe pathway. Please also remember to use the safe pathway, in front of the school building and along the field when entering and exiting the school grounds.



For reasons of safeguarding, children must not arrive at school before 8:00a.m. (if attending morning club) or 8:30a.m for normal school drop off, unless an adult waits with them.

As a school, we are required to record all children who arrive to school too early or are collected late. Thank you in advance for your kind cooperation.

End of Day Collection

Please use the safe pathway, recently painted around the back of school, when leaving the school grounds or returning to your car. There is a system that we use for parking cars and we appreciate your cooperation in parking where directed, to ensure the end of day collection is as safe as possible.

Please remember to display your school parking disc and to turn hazard lights on to indicate that you are ready to leave. As you drive towards the barrier you may be asked to wait, to enable pedestrians safe access and exit along this route. Please do be mindful that our youngest children, as well as the Key Stage 2 bus children, use the crossing in front of the minibuses on a daily basis; you may also be asked to wait at this junction until it is safe to continue through the barrier. Please also Remember **DRIVE AS SLOWLY AS POSSIBLE.**

FCJ NEWS

Healthy Snacks

Please support us in our efforts to be a healthy school, by only providing your child with wholesome healthy snacks. Fruit and vegetables are ideal. We ask that parents do not send children to school with fatty or sugary snacks such as crisps, sweets or chocolate.



PSA

The next FCJ PSA (Parents & Staff Association) Meeting will take place at 2pm on Thursday 7 March 2024. New faces are always welcome!

Welcome!

Play Equipment

Remember, children are not allowed to use the play equipment at the beginning or end of the school day.



DVDs Are Available Now

Christmas 2023 DVD's are Available. Head over to ParentMail to order a copy or two!



We still have Christmas 2022 DVD's for sale. If you would like to purchase a DVD, they are available on ParentMail.



FCJ NEWS

The Greatest Show DVDs Available Now



The DVDs of "The Greatest Show" are now available. We have 5 DVDs to offer.

- DVD 1, 03/07/2023 – 1st Performance – Matinee
- DVD 2, 03/07/2023 – 2nd Performance - Evening
- DVD 3, 04/07/2023 – 3rd Performance - Evening (Stand in Nomi)
- DVD 4, 05/07/2023 – 4th Performance - Evening (Stand in Nomi)
- DVD 5, 06/07/2023 – 5th Performance – Finale

Get them on ParentMail now!



How to create an environment for kids to talk

1 Talk early and often

- Talk with children from an early age to make it easier to maintain good communication
- Have bitesized conversations that are relevant to them



2 Choose the right time

- Choose to talk when you are due to spend some time together, like over a meal or during their bedtime routine
- Bring digital experience into normal, everyday conversations

3 Open up and share too

- Model the behaviour you want them to show by sharing about your day
- Be open and encouraging to make them feel supported



4 Create a safe space for your child

- Ask open-ended questions
- Ensure that your child feels listened to rather than cornered
- When they start talking, hold off with questions and really listen
- Be prepared, calm and patient with them








Netflix Checklist

How to access viewing history for a children's profile

You can see the content your children have watched if they have their own profiles on your account.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile you want to manage.
- Open the profile you want to see the viewing history of.
- Open the **Viewing activity**.
- Use the **Show More** button to load additional titles if you are seeing a limited list.

Netflix checklist

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- 
- ☒ Do you know how to set up a children's profile?
 - ☒ Do you know how to create a profile with a specific maturity rating?
 - ☒ Do you know how to lock profiles on your account?
 - ☒ Do you know how to turn autoplay on or off?
 - ☒ Do you know how to access viewing history for a profile?
- 

Netflix Checklist

How to set up a children's profile

Setting up a children's profile is the first step that enables you to manage age appropriate content.

- Access your **Manage Profiles** page by clicking **More** in your app or selecting the drop down menu in a web browser.
- Select **Add Profile** and name the profile.
- To use the Netflix Children Experience for ages 12 and under, select **Children**.
- Select **Continue**.



How to choose maturity ratings or block shows

Viewing restrictions allow members to customise maturity ratings and provide the ability to remove specific titles from each profile.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile you want to manage.
- Change the **Viewing Restrictions** setting.
- Enter your Netflix password.
- Set the maturity rating for the shows and movies you want to allow in that profile.
- Under **Title Restrictions**, type the name of the title and click on it. You will see a list of restricted titles listed in red.
- Select **Submit**.



Netflix Checklist

How to lock profiles on your account

Profiles can be locked with a PIN code. Before content can be viewed, a PIN code must be entered.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile you want to lock.
- Change the **Profile Lock** setting.
- Enter your Netflix account password on the screen.
- Check the box to **Require a PIN** to access the selected profile.
- Enter four numbers into the PIN field. This will be your Profile Lock PIN. If you don't want children to add viewing profiles to your account without entering a PIN, select **Require PIN** to add new profiles.
- Select **Submit**.



How to turn autoplay on or off

When the **Autoplay next episode** setting is enabled, the next episode in a series will play automatically. This can be disabled through the account page.

- Access your **Account** page.
- Open the **Profile & Parental Controls** settings for the profile for which you want to turn off autoplay.
- Change the **Playback** settings.
- Check or uncheck the option to **Autoplay next episode** in a series on all devices.
- Select **Save**.

Super French Day 24



Super French Day 24



SCHOOL UNIFORM

FCJ School uniform is available to purchase from Lyndale Sports shop or website.

For on-line purchases please see the following guide:

Log on to the website: www.lyndalesports.com

Select 'Login' tab at the top right-hand corner

An account login page will appear. Select 'Create New Account'. 'Create an Account' page will be shown.

Fill in your details, password and click 'create account'

Your account is now active, and you will receive an email to confirm this.

Type FCJ into the search bar at the top right-hand side of the screen, all FCJ uniform will then be displayed. Simply select the item and the size you require and add to your basket.

Once your order is complete select 'Go to the Checkout' and chose from the following three delivery options:

1. **'Delivery direct to school'** The cut-off time for orders placed with Lyndale Sports either by telephone, email or online will be 11 am on Friday in order for the items to be delivered to school by Friday afternoon. Delivery to the school is completely free regardless of the size of your order. Uniform will be placed in a dedicated box in the foyer of the school for you to collect.* (*Please note that this service has been temporarily suspended during COVID-19).
2. **'Delivery to a specified address'** Orders can be posted direct to your home address, provided the order is received before 11 am it will be dispatched the same day. If the order is placed after 11 am it will be posted the following day, unless it is a Friday in which case it will be posted on the following Monday. The delivery charge is £5.00.
3. **'Collect from shop'** Lyndale staff will be available from Monday to Saturday in store to help you choose FCJ uniform.

Please now enter your billing address and proceed to payment.

Exchanges or Refunds should you need to exchange or refund an item, you can either take the item to the shop or Lyndale Sports will collect the item from school on a Friday afternoon. If you require collection from school, you must contact Lyndale Sports by email or telephone, to arrange the refund or exchange. The item to be exchanged or refunded must be in the school office by 9 am on a Friday morning prior to collection.

Should you have any questions regarding use of the website, there is a 'Frequently Asked Questions' page or alternatively please call Lyndale Sports directly and a member of staff will be happy to answer your questions.

Lyndale Sports Address and Contact Information

Lyndale Sports,
Rue du Grand Jardin,
Augres,
Trinity,
Jersey JE3 5FJ
Telephone: 01534 862411
Email: myra@lyndalesports.ie

Directions: Travel north up the A8 (La Grande Route De La Trinite, Trinity Hill). Take the second turning on the left after the Red Rose Restaurant and follow the signs from there.

Opening hours: Monday to Saturday 9am to 5pm.



SCHOOL UNIFORM: BOYS

All boys from Reception to Year 6 require the following items:
(For Pre-School please see Pre-School Booklet)

- FCJ School blazer
- FCJ School cap
- FCJ School tie
- FCJ School blue V-neck jumper
- White shirt (long or short)
- Dark grey trousers (winter uniform)
- Dark grey shorts (summer uniform)
- Grey socks
- Navy blue coat/waterproof for winter months
- Black (sturdy, low heel) leather shoes *
- PE trainers (predominantly white) *
- Black plimsolls (to remain at school)
- Shoe/gym bag (plain colour) for spare clothes to remain at school
- Apron/Overall for Arts and Crafts (to remain at school)
- FCJ School scarf for winter play (optional)
- FCJ Fleece hat for winter play (optional)
- FCJ Blue sun cap for summer months (compulsory)
- FCJ Blue book bag (compulsory)
- FCJ Navy rucksack (Year 1 and above)

*Shoes and trainers must not have flashing lights

Additional items for Reception and KS1 Boys

- FCJ white PE polo-shirt (x2)*
- Navy blue PE shorts (x2)*
- White socks for PE
- Extra pair of navy/white underpants and socks (x2)*
- FCJ Infant PE sweatshirt and jogging bottoms (x2)*

Additional items for KS2 boys

- FCJ white PE polo-shirt (x2)*
- Navy blue PE shorts (x2)*
- White socks for PE
- FCJ Football kit, boots, socks and shin pads (if taking part in after school football)
- FCJ Junior school tracksuit (x2)*

**One to be kept in school as spare*

Boys' hair must be short and tidy.

***FOR THE PRE-SCHOOL UNIFORM PLEASE SEE THE PRE-SCHOOL
BOOKLET***

All items of uniform must be clearly labelled with your child's name.

SCHOOL UNIFORM: GIRLS

All girls from Reception to Year 6 require the following items:
(For Pre-School please see Pre-School Booklet)

- FCJ School blazer
- FCJ School boater hat (summer uniform)
- FCJ School bowler hat (winter uniform)
- FCJ Summer dress (summer uniform)
- White socks (summer)
- Plain navy-blue cardigan (summer uniform)
- Navy blue winter coat/waterproof for winter months
- Blue or white underwear
- Navy blue socks or tights (winter uniform)
- Blue or white hair accessories
- Black (sturdy, low heel) leather shoes *
- PE trainers (predominantly white) *
- Black plimsolls (to remain at school)
- Shoe/gym bag (plain colour) for spare clothes to remain at school
- Apron/overall for Arts and Crafts (to remain at school)
- FCJ School scarf for winter play (optional)
- FCJ Fleece hat for winter play (optional)
- FCJ Blue sun cap for summer months (compulsory)
- FCJ Blue book bag (compulsory)
- FCJ Navy rucksack (Year 1 and above)

*Shoes and trainers must not have flashing lights

Additional items for Reception and KS1 Girls

- FCJ school striped blouse (winter) *
- FCJ navy blue pinafore dress with side zip (winter) *
- Extra pair of navy/white knickers and socks (x2)*
- FCJ white PE polo-shirt (x2)*
- Navy blue PE shorts (x2)*
- White socks for PE
- FCJ Infant PE sweatshirt and jogging bottoms (x2)*

Additional items for KS2 Girls

- Navy blue A-line skirt: **no splits or pleats** (winter)
- White shirt (winter)
- FCJ School tie (winter)
- FCJ School blue V-neck jumper (winter)
- FCJ white PE polo-shirt (x2)*
- Navy blue PE shorts (x2)*
- White socks for PE
- FCJ football kit, boots, socks and shin pads (if taking part in after school football)
- FCJ Junior tracksuit (x2)*

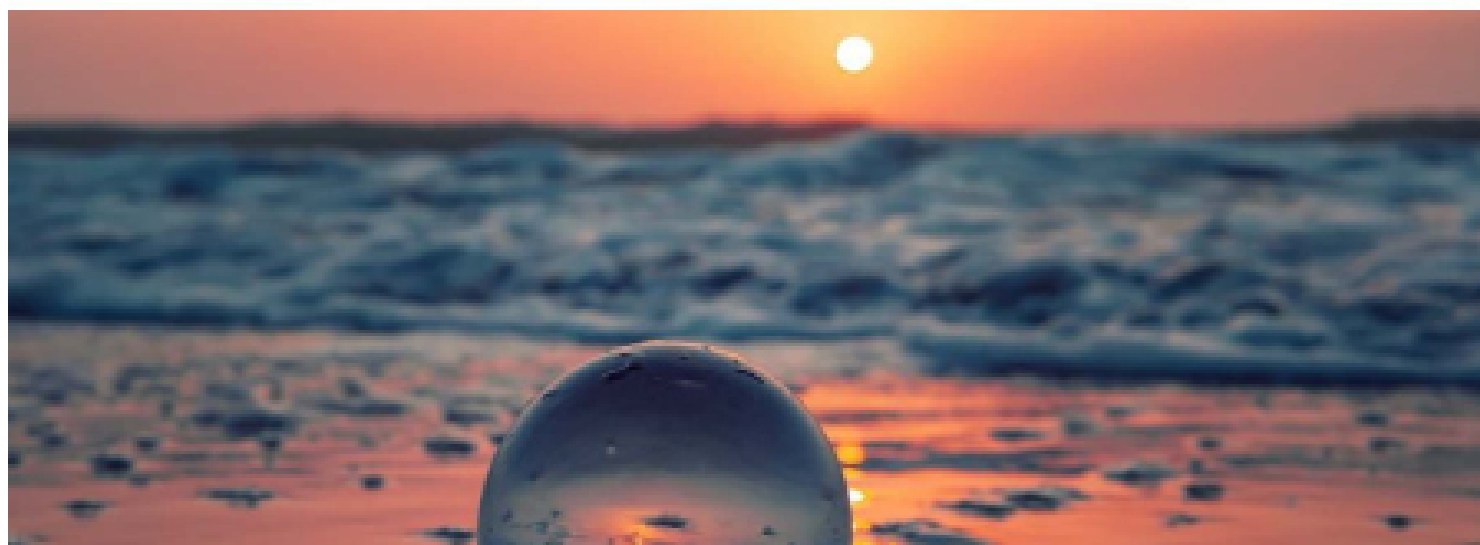
**One to be kept in school as spare*

Parents are reminded that, for reasons of health and safety, jewellery may not be worn at school. An exception may be made for girls wearing simple, small stud earrings. Girls will not be allowed to take part in PE if their earrings have not been removed or covered with tape before coming to school.

Long hair must be tied up using white or blue hair ties; hairstyles to be smart and simple (no beaded braids, please).

FOR THE PRE-SCHOOL UNIFORM PLEASE SEE THE PRE-SCHOOL HANDBOOK

All items of uniform must be clearly labelled with your child's name.



Time to Pause- an online course for parents and carers.

A time to pause is a 6-week course bringing concepts of positive psychology to increase selfcare and wellbeing to parents. These are interactive creative sessions and participants will need pens, paper, and colours. Weekly sessions are outlined below:

- | | |
|--|---|
| 1. Time to pause: creating peace and calm in our lives. | 4. Time for self-care and compassion: recognising our own needs and learning to be kind to ourselves. |
| 2. Time for gratitude: gratitude and increasing our own happiness levels. | 5. Time to listen- enhancing our listening skills and understanding others. |
| 3. Time to connect: connecting through play and building positive relationships. | 6. Time to flourish- recognising our strengths and bringing wellbeing into daily life. |

Who is it for? For parents and carers with children up to 18 years.

When is it? Tuesday 20th February to Tuesday 26th March 18:00-19:00

How can I take part? Sessions will be held online via Teams. Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je to register your interest and for the links to the sessions.

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit www.gov.je and search for Children and Families Hub



Parent/Guardian Support

Outside Agency Support available to parents/guardians

Wellbeing Team and Educational Psychologist Team Helpline
Parents/guardians can seek advice from the Wellbeing and Educational Psychologists Consultation Line, operated every Wednesday between 12:30pm and 3:30pm term time only:

www.gov.je/health/coronavirus/educationchildcare/pages/psychologywellbeingservicecoronavirusresponse.aspx

Children and Families Hub

Parents/guardians can seek advice from the Children and Families Hub:

www.gov.je/Caring/ChildrenAndFamiliesHub/pages/childrenandfamilieshubhomepage.aspx

Triple P – Positive Parenting Programme

Parenting Support Services work in conjunction with the Family Support Workers in Primary and Secondary schools across the island, to deliver the Triple P (Positive Parenting Programme).

Triple P aims to help parents and carers of children up to 12 years and teenagers up to 18. They also deliver a programme for parents and carers of children with special needs. Triple P programmes can also be delivered in Portuguese.

Triple P Positive Parenting helps you:

- raise happy, confident children and teenagers
- manage behaviour in a positive way
- set family rules and routines that everyone follows
- get along better with your children or teenagers
- balance work and family without stress

The current timetable of events is detailed and is frequently updated on

www.gov.je/Caring/Organisations/Pages/TriplePProgramme.aspx

If you would like to attend one of these events, please email

parentingadmin@gov.je

Jersey Online Directory

www.jod.je/kb5/jersey/directory/home.page

The Bridge Child and Family Care

www.jod.je/kb5/jersey/directory/service.page?id=PJg2SEJEjFg

MIND Jersey

www.gov.je/Caring/Organisations/Pages/MindJersey.aspx

Youth Enquiry Service (YES)

www.yes.je/about

YES – Wellbeing drop-in

www.yes.je/wellbeing-drop-in

Parent/Guardian Support

Do you have an anxious child?

Follow the link below for some useful guidance on helping your child overcome anxieties:

www.childmind.org/article/what-to-do-and-not-do-when-children-are-anxious

www.blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/

Self Esteem

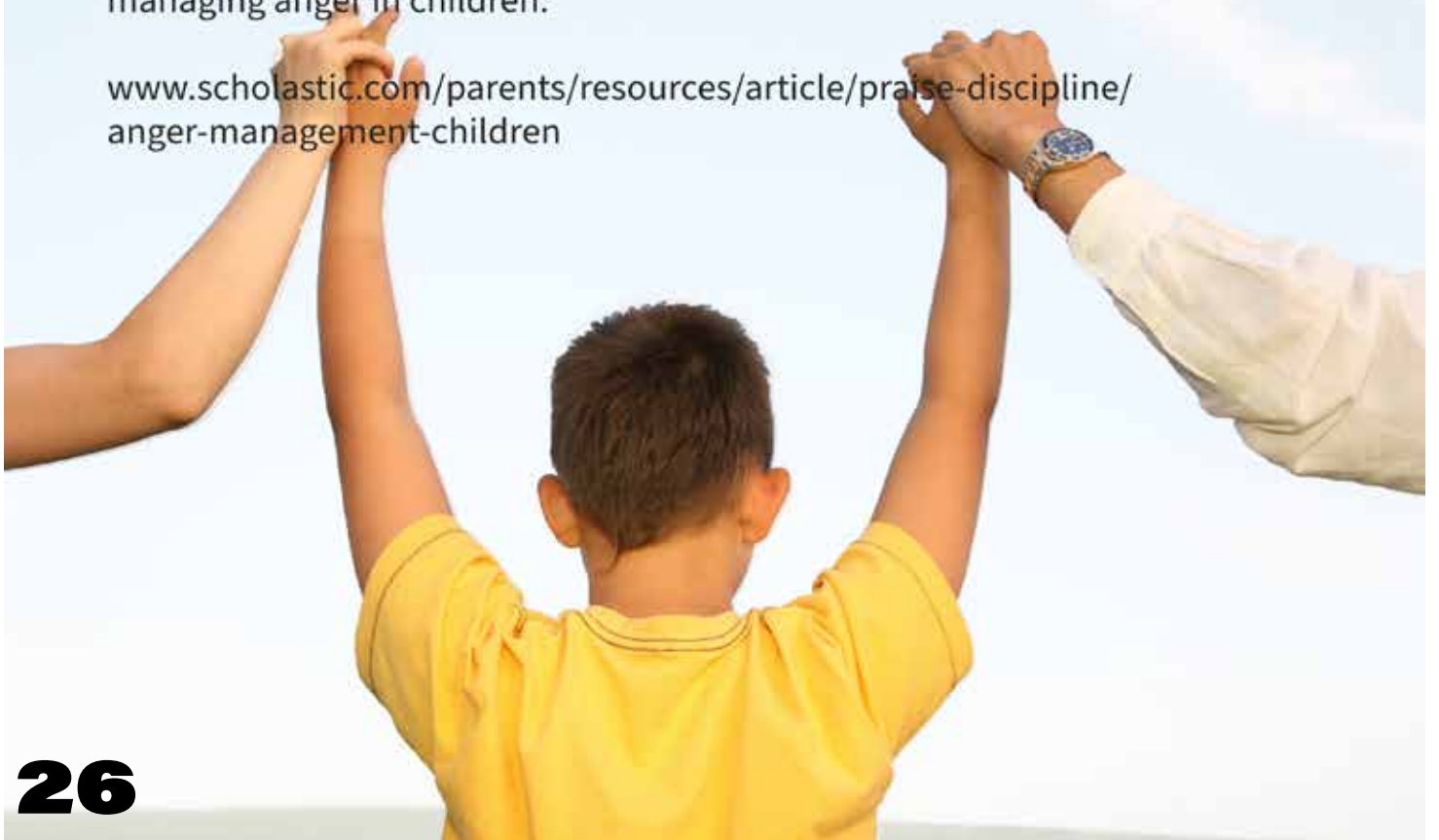
Is your child having problems with self esteem? Try following this link which gives some useful advice to parents:

www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/

Parental Advice for Anger Management

Help with those 'hot feelings' - some tips and information for parents about managing anger in children:

www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children



Congratulations

Congratulations to Mr
Wheatley for completing the
Jersey Marathon In October in
4hrs 18mins and raised
£2175.00 for the MND
Association Jersey.





Sit up.



Listen.



**Ask & answer
questions.**



Nod your head.



**Track the
speaker.**