



## Jerounds Journal

Dear Parents/Carers,

It is hard to believe that next week will mark the conclusion to the first half of the autumn term! Where has the time passed to? This half term will be most significantly noted by the joy of having our community reunited once again, with a renewed focus upon teaching and learning and positive well-being. Significantly, positive well-being is a phrase that has thankfully now been given more recognition within schools - for both staff and pupils. Indeed, it has formed part of our daily vocabulary, in addition to being under the media spotlight and daily news bulletins.

As a result, I made a personal, conscious decision during lockdown to practise what I preach. Subsequently, I endeavour to start every morning with a reflection and some sort of movement. Moreover, in that fateful week in March, I pledged to a daily dose of Yoga (using the *Yogo Go* app), Tabata and began my 'couch to 5K' challenge. In hindsight, I think the 'secret' to achieving 'inner peace' and a harmonious lifestyle is to explore what programmes, apps, courses etc. are out there in the big, wider world of digital mobile apps and to see what works for you and your way of living. Either way, the importance of maintaining a healthy, active life, that develops the mind, heart and soul, cannot ever be underestimated. Start your journey tomorrow...

More importantly, reflection in the mornings allows me to notice both the 'outer and inner conditions' in my life, which in turn, allows me to consider all aspects of **daily** life, as a professional and as a parent. This process assists me greatly when operating within challenging conditions. Interestingly, this reflection time also highlights, that many adults and some educational settings operate within 'conditions' and structures that are not designed with well-being in mind. Subsequently, we all need to develop ourselves as humans, partners, individuals, employees, siblings, employers etc. Our approach to developing ourselves as full, rounded citizens is recognising we have what it takes to become our best selves. This in turn, will allow us to develop a language/view around 'clarity of direction', awareness, 'being present and resilient' - as well as decision making. All deeply important characteristics for the twenty-first century. I sincerely hope that each and every one of you takes time out over the weekend for quality '**reflection time**'.

### ***On to other news now...***

Next week, parents and carers will receive a brief summary of how their child has settled into their new class and year group. This report will be sent home with each child on Friday 16th October. Since we are unable to accommodate our usual autumn half termly parents' consultation evening, we decided to provide our parents and carers with some welcome feedback on how their child has settled back into full-time education. This report is not aimed at reporting progress or attainment, quite the contrary, the report is aimed at ensuring all of our children are feeling safe, secure and ready to learn. That is not to say however, that teachers will not be commenting upon the absence of daily reading at home! Meanwhile, please do continue to address any issues, niggles, concerns or celebrations (of which there are many) via the school office email, addressed for the relevant teacher's attention. Communication thus far, has been immensely positive and I am pleased with how many of our parents and carers have engaged so successfully with this invaluable email correspondence.

On Monday, 12th October, applications for the many wonderful and varied school councils will close. This will provide teachers with the half term holiday to read through the many applications, before announcing the names of all the successful applicants, along with the distribution of shiny, membership badges, during the first week back after half term. Please do take time out to encourage your child to apply for at least one of our council positions - if not more! We really do want to hear the voices and opinions from *all* of our children, not just a small minority.

Ashlyns' new and exciting catering team, Vicky, Tracey and Sally-Ann, continue to be creative and innovative in their many ways to tempt our children to try and taste new healthy foods. Next week, Ashlyns are championing 'Harvest Festival' week, with a special quiz to challenge the children's knowledge of vegetables and fruits. The ladies have bought and prepared a wide variety of regular and unusual harvest produce for the children to identify, taste and name - all as part of their Harvest Festival extravaganza. Notably, there will be scrumptious prizes for completed and accurate quiz sheets!

Other planned events, involve a roaring, spicy fireworks themed day to celebrate Thursday 5th November, upon the children's return to school, after the half term holiday. This vibrant day of delicious home-made, sizzling burgers, coupled with a sparkling array of colour, will also be a ***non-school uniform day***. For a £1 donation, per child, we are requesting that all children wear jeans and a vibrant coloured jumper to suitably mark this much-loved celebration - ***'Fireworks Festival'***. Once again, teachers will be our valued dinner guests. In honour of this colourful event, Ashlyns and the Friends of Jerounds, have prepared some fizzy and whirring culinary delights, for our children to sample. Sincerest thanks, once again to Ashlyns and their ceaseless enthusiasm and innovation!

Having now addressed the needs of Fireworks Night, I feel it is safe to mention the 'C' word - Christmas! This year, given the restrictions with large gatherings, we have had to think 'outside the box' in terms of our festive offer; to ensure all children are catered for. To this end, and keen not to be seen as the 'Grinch' and cancel Christmas, Mrs Wiltshire has devised some excellent ideas that we will be able to post up onto our YouTube channel. We will email each class parent or carer with a unique private link to enable them to access a recording of their child's production. Many of you may remember, we used this method when introducing each child to their new class teacher, during the summer months. This method is safe and only accessible for anyone with the unique link.

One minor ***nibble*** that I do need to address in this newsletter is that many of our older children are congregating outside the school gates, each morning, prior to the beginning of the school day. Many of our Key Stage 1 parents have correctly emailed in to complain about the distinct lack of social distancing demonstrated by many of these older children and the inappropriate manner in which they are cycling ON THE PAVEMENTS - namely at speed. Whilst this is a situation beyond our control, I would hope that we could all work together to remind our children, both at school and at home, of the social etiquette required for social distancing and cycling on the pavements directly outside the school gates. Please reinforce our high expectations to your child, to avoid any unnecessary calls home. We do open the school every morning at 08:30, which is five minutes earlier than we did previously, pre-COVID-19. There is no excuse, therefore, for large groups to gather unnecessarily.

Finally, Jerounds will be hosting a Saturday morning ***Open Day*** on 7th November, between 09:30 - 12:30. We look forward to welcoming many new, prospective parents to our beautiful community, whereby I will be privileged to showcase our many outstanding staff, the newly appointed Pupil Leadership Team and the depth and breadth of our curriculum offer. Please do share this date with friends and families who may wish to call the school office to reserve an official tour, by our pupils.

Wishing you all a lovely weekend.  
Best wishes,

Mrs Laura Ciftci BA (Hons) MEd

Head of School



# Birthday Book Donations



Children and adults love reading at Jerounds and will thoroughly enjoy reading this birthday book donation.

Thank you so much, we are very lucky.



## Parentmail—Important information



Are your details up to date on ParentMail?

If you have changed your mobile number or email address please ensure they are up to date on your ParentMail account.

It is parents responsibility to keep all details up to date.

# Useful Information for Parents

**ACTION CALENDAR: OPTIMISTIC OCTOBER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>"Choose to be optimistic. It feels better" - Dalai Lama</b></p>						
<p>5 Start your day with the most important thing on your list</p>	<p>6 Do something constructive to improve a difficult situation</p>	<p>7 Remember that things can change for the better</p>	<p>1 Write down your most important goals for this month</p>	<p>2 Look for reasons to be hopeful even in difficult times</p>	<p>3 Take the first step towards a goal that really matters to you</p>	<p>4 Be a realistic optimist. See life as it is, but focus on what's good</p>
<p>12 Look for the good intentions in people around you today</p>	<p>13 Put down your To-Do list and let yourself be spontaneous</p>	<p>14 Do something to overcome an obstacle you are facing</p>	<p>8 Make progress on a project or task you have been avoiding</p>	<p>9 Avoid blaming yourself or others. Just find the best way forward</p>	<p>10 Take time to reflect on what you have achieved this week</p>	<p>11 Focus on a positive change that you want to see in society</p>
<p>19 Set hopeful but realistic goals for the week ahead</p>	<p>20 Find the joy in completing a task you've put off for some time</p>	<p>21 Let go of the expectations of others and focus on what matters</p>	<p>15 Look out for positive news and reasons to be cheerful today</p>	<p>16 Thank yourself for achieving the things you often take for granted</p>	<p>17 Share your most important goals with people you trust</p>	<p>18 Make a list of things that you are looking forward to</p>
<p>26 Start the week by writing down your top priorities &amp; plans</p>	<p>27 Be kind to yourself today. Remember, progress takes time</p>	<p>28 Ask yourself, will this still matter a year from now?</p>	<p>22 Share an inspiring idea with a loved one or colleague</p>	<p>23 Write down 3 specific things that have gone well recently</p>	<p>24 Recognise that you have a choice about what to prioritise</p>	<p>25 Plan a fun or exciting activity to look forward to</p>
<p>26 Start the week by writing down your top priorities &amp; plans</p>	<p>27 Be kind to yourself today. Remember, progress takes time</p>	<p>28 Ask yourself, will this still matter a year from now?</p>	<p>29 Find a new perspective on a problem you face</p>	<p>30 Set a goal that links to your sense of purpose in life</p>	<p>31 Think of 3 things that give you hope for the future</p>	

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

[@BrookEssex](#)

## A Parents Guide to Relationship and Sex Education- ONLINE

**New online training dates available**

Primary school parents  
Wednesday 21<sup>st</sup> October 2020 at 13:00-14:00  
[CLICK HERE TO BOOK](#)

Secondary school parents  
Thursday 22<sup>nd</sup> October 2020 at 13:00-14:00  
[CLICK HERE TO BOOK](#)

Our Education and Wellbeing Specialists will explore how the new legislation will impact on your child and-

- What it means for primary and secondary school students,
- What is taught and why we teach it
- How you can continue those conversations at home.

There will be time reserved for questions and how Brook can provide further support.

For more info contact:  
[essex.education@brook.org.uk](mailto:essex.education@brook.org.uk) or head to our [Facebook page](#)

[brook.org.uk](http://brook.org.uk)  
Healthy lives for young people



# World Mental Health Day

Saturday 10th October is World Mental Health Day. Please follow the link below for some interesting reading from the Mind website.

<https://www.mind.org.uk/get-involved/world-mental-health-day-2020/>

## Talking to your child about mental health

We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



### Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference



### Keep it informal

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic



### Use face flash cards

Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.



## TOP TIPS

### Let them know



Let your children know you are happy to talk and listen to them about any worries they may have

### Use appropriate language



Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health

### Keep an open mind



Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.

# Fireworks dinner and non-uniform day



Thursday 5th November—It's non-uniform day!  
Let's all wear our jeans and jumpers while enjoying a hearty dinner and helping to raise funds for the Friends of Jerounds.  
£1 donation (to be paid online)



# Attendance

## Attendance challenge

Our whole school attendance challenge is set at

**97%** for the year.

Our current school attendance for the year so far is  
**96.9%**



## Weekly Class Attendance Heros

W/C 2nd October 2020

1. Starlings 100%
2. Puffins 99.3%
3. Kingfishers 98.6%

Whole school  
97.5%

W/C 9th October 2020

1. Swans 100%
2. Wagtails 99.3%
3. Starlings 98.5%

Whole school  
97.4%

## Attendance Ladder

How close is your child to 100%

0 days off school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very concerned

# National Poetry Day and our amazing Golden Ticket Winners Tickets



# EYFS News



Over the last few weeks in Reception, we have been very busy. We have been learning lots of new sounds including: m, a, s, d, t, i, n, p, g, o, c, k. Please ensure that your child writes the focus sound in their green phonics booklet at home every day. This week we have started to read and form CVC words (e.g. cat, tin) using the sounds that we have learnt. Furthermore, we have started to read the tricky red words that cannot be sounded out. We have learnt 'I' and 'the' and introduced 'no' and 'go'. Please continue to practise these using the snail at home.

During maths, we have looked at the number four and what this means. Can your child show you four fingers? Can they form the number, or tell you the rhyme - 'down and across and down some more, now you've made a number 4'. Do they know if it is odd or even? Next week, we will explore 5. Encourage your child to represent the 'number of the week' at home. For example, can they write the digit 5, draw five people, find five apples, clap or stomp five times. Encourage your child to go on a number hunt - where can they find the numbers 0-5 in the home, or out and about? (Look on remote controls, leaflets with telephone numbers, speed limit signs, door numbers, on toys etc.). Please feel free to upload pictures of your number hunt onto Tapestry, we would love to see what you find.



# Year One News



The last two weeks in year 1 have been very exciting and busy!

In Maths the children have explored different resources to find the number bonds within 10 and up to 10. As well as learning to count on from a given number which they were all great at doing!

In English we have continued reading our story 'how to catch a star' by Oliver Jeffers. This week we have moved onto discussing the unhelpful seagull who is a character in the story and the children have been using amazing adjectives to describe him.

The children have really enjoyed taking part in History as we have been exploring old playground games such as 'oranges and lemons' and 'hopscotch'. Ask your children how to play these games!

Miss Miles and Miss Townsend are very impressed with the children's efforts across all subjects! Well done Kingfishers and Sparrows!



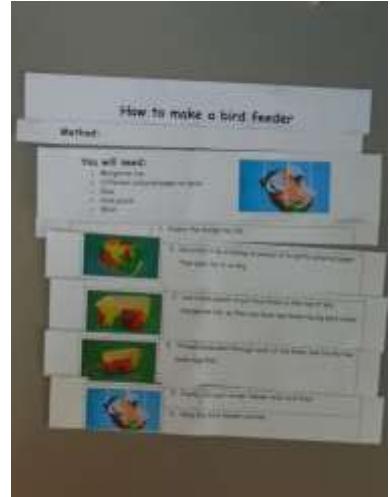
# Year Two News



This week Starlings and Wagtails have had a lot of fun being Geographers, exploring symbols and why they are so useful on a map. Some of us designed our own.

In Maths we have been finding fact families using the same numbers and found out that you could make 8 calculations if you get them all.

During English we have been discovering the features of instructions and will plan and write our own, so if you would like to ride a hover bike safely make sure to read them.



# Year Three News



We have a super fortnight! During our guided reading sessions, we have been orally rehearsing the poem - *A House for a Mouse* - and continuing the story by writing either our own rhyming couplet or a whole stanza.

In English we have been contemplating a dilemma, if we found treasure at the bottom of the ocean would we keep it or not. Needless to say, there have been some very amusing reasons for and against!

We have started to learn column addition as a method of adding numbers that cannot be easily calculated mentally; working on layout has been key. With great perseverance, Year 3 have risen to the challenge.

Geography has seen us explore famous landmarks in the UK. We have been researching interesting facts using the iPads. In History we have been looking further into the three key periods of the Stone Age and learning a little bit more about them.



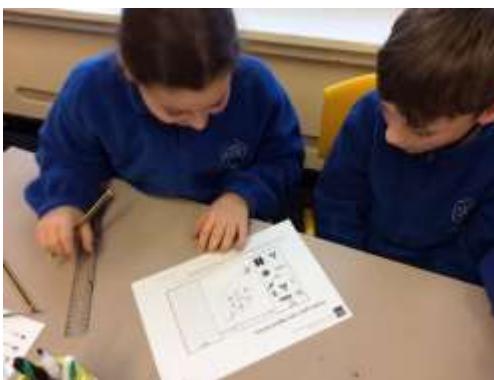
# Year Four News



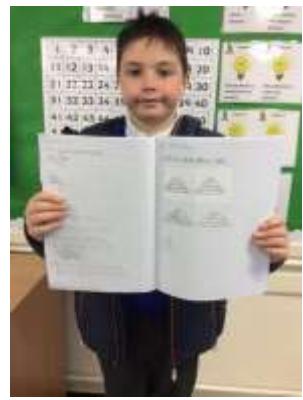
Year 4 has been a hive of activity in the past week. Our computing unit has focused on computers and networks, understanding how the digital technology around us works. The children were so excited to learn about inputs, processing and outputs, creating actions to remind us of their different roles. In the age of digital technology the children relished the opportunity to create their own devices thinking about their inputs and outputs. Could we possibly be seeing the first Jerounds computer programmers?

Science continued with more practical exploration of breaking a circuit with a switch and even a digital investigation, to find out what happens when you add more bulbs to a circuit.

Finally, in Maths we explored Roman numerals in lots of exciting ways to try to remember the three main rules when reading and writing this ancient number system.



# Year Five News

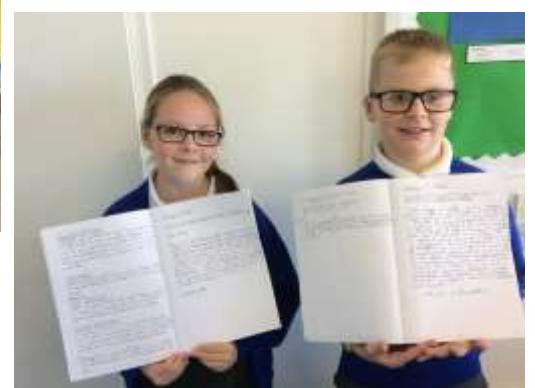
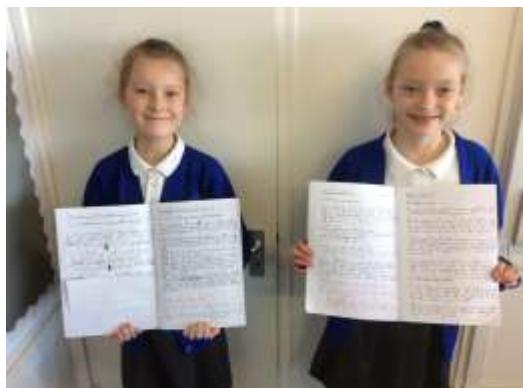


Year 5 have been working incredibly hard the past 2 weeks, especially in their core lessons.

In English, they have been planning and writing new chapters about gargoyles terrorising cities across the world. They have been using relative clauses to add information as well as fronted adverbials to make the beginning of our sentences more exciting. They have been revising using dialogue and challenging themselves by including actions after the speech.

In Maths, the children have blown us away with their addition and subtraction skills! We have been looking at finding change which involves subtracting across 0 as well as dealing with decimals and solving word problems!

The children are very enthusiastic about our topic in History this term: the Tudors. They have been asking some very insightful questions and have been completing lots of independent research at home. This week we have been writing diary entries as Henry VIII that discuss why we wanted to "break from Rome" and become the head of our own church. They have been very informative as well as imaginative!



# Year Six News



Year 6 have had a busy week full of new learning, knowledge and fun. We have been practising our Year 5 and 6 spellings and to make this activity more engaging, we completed the practise by creating mindfulness patterns using Word Art.

We have also been fortunate enough to enjoy a weekly fitness session with Butterfly Squad, who as well as working on our positive mindset and attitudes, also encourage us to exercise more.

We have also been working hard during our English lessons, to finish writing a dilemma, based on the book 'How to Live Forever'. Once we had completed our writing, in pairs, we read each other's work and gave feedback. We then self-edited using our green pen. We have now improved our work and are getting ready to write our own fantasy stories.



# Important information regarding attendance

There is no entitlement to parents to take their child/children out of school during term time. All leave of absence must be applied for in writing to the Head of School for consideration.

If absence is not authorised and the holiday is taken, the case will be referred to the Education Welfare Service who may issue a Penalty Notice for £120 (£60 if paid within 21 days) to each parent for each child taken out of school.

## Follow Jerounds on social media



Follow us on Twitter...  
**@NET\_Jerounds**  
for latest news and information



Follow us on Instagram...  
**Net\_Jerounds**  
for latest news and information

## Polite Reminders

- Jerounds has a no jewellery policy, this includes earrings. Watches are permitted.
- Please be considerate when parking near our school and remember our neighbours.
- Have you changed your telephone number or email address recently? If so, please contact the school office as soon as possible to ensure all details are up to date.