



Newsletter 6 - February 2023

GO GOMER! Our school **FOOTBALL TEAM** of Year 5 and Year 6 learners remain undefeated. They are doing exceptionally well in the Gosport Football league and play their next match on Thursday 9 February.

We love to hear about your children's success outside school too. Please inform us so that we can record them here. We will continue to celebrate individual successes in our Friday Celebration Assembly.

DATES FOR FEBRUARY: The dates below are for your diary and are also included on the electronic calendar; occasionally they are subject to change.		
Ongoing	Arrival to playground from 8:40 am	
	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Start of school day: 8.50 am</td> <td style="width: 50%;">End of school day: 3:10 pm</td> </tr> </table>	Start of school day: 8.50 am
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Mondays	Y5 PE Day - Pupils to wear PE kit to school Y6 PE Day - Pupils to wear PE kit to school <ul style="list-style-type: none"> Lacrosse Club: 3.15-4.00pm 	
Tuesdays	Y4 PE Day - Pupils to wear PE kit to school Y6 PE Day - Pupils to wear PE kit to school <ul style="list-style-type: none"> Upper School Football League Club: 3.15-4.00pm Service Club - (all year groups): 3.15-4.15pm 	
Wednesdays	Y3 PE Day - Pupils to wear PE kit to school Y5 PE Day - Pupils to wear PE kit to school <ul style="list-style-type: none"> Upper School Netball Club: 3.15-4.00pm Upper School Football Training Club: 3.15-4.00pm Lego League Coding Club (Y4/Y5): 3.15-4.00pm 	
Thursdays	Y4 PE Day - Pupils to wear PE kit to school <ul style="list-style-type: none"> Choir practice: 8:15 - 8:45 Lower School Multi-skills Club: 3.15-4.00pm 	
Fridays	Y3 PE Day - Pupils to wear PE kit to school	
Thursday 02	FROGJS Coffee Morning: 8.50-10.00am	
Mon 06 → Fri 12	Children's Mental Health Week	
Tuesday 07	Internet Safety Day	
Tuesday 07	Focus on Sleep! - Parents/carer drop in session - 4:00 - 5:00pm Gosport Community Hub. All are welcome. Free to attend.	
Thursday 09	Healthy Heart Day - Supporting British Heart Foundation - any donations welcome. Children to come into school in sports gear, accessorised with red and/or hearts	

Friday 10	INSET day - School closed to children
Mon 13 → Fri 17	Half Term Week
Monday 20	Return to school
Monday 27	Y5 Parent/Carer Learning Reviews - booking details sent separately
Mon 27 Feb → Fri 03 Mar	ReadaThon - more details to follow
Tuesday 28	Y6 Parent/Carer Learning Reviews - booking details sent separately
Upcoming dates for March	
Wednesday 01	Y3 Parent/Carer Learning Reviews - booking details sent separately
Wednesday 01	Y6 Visit to Marwell Zoo: 08:45-16:45 - School uniform & packed lunch required
Thursday 02	Y4 Parent/Carer Learning Reviews - booking details sent separately - <i>would be rescheduled to Thursday 9 March if we are closed due to Industrial Action</i>
Thursday 02	World Book Day - details below - <i>would be rescheduled to Friday 3 March if we are closed due to Industrial Action</i>
Friday 10	Y3 Egyptian Day - Y3 children are invited to come to school dressed in Egyptian clothing or accessories. School uniform to be worn if not dressing-up or accessorising. Aware of demands on household budgets, 'homemade' is encouraged and your child might like to help you make their costume.

BIKEABILITY This is training that has been offered to pupils in Year 5. We have been informed that the service provider is changing and are hoping our booking for the summer term will still be available to us. We await confirmation and we are keen to continue to provide this as part of our curriculum. Please watch this space...

BREAKFAST & AFTER-SCHOOL CLUB (GClub) GClub is very popular. Therefore, it is essential that children arriving to GClub have been booked within the working week e.g. an email at 11pm on a Sunday evening is too late for a Monday morning breakfast. Any child attending GClub, without an acknowledged booking, will be charged an additional £10 per session. This will support the costs to pay for additional staff we will require, on the day, to support ratios for the session.

CALPOL supplies in school are for emergency use only. Please do not inform your child that they can just ask for this. If you feel your child may need Calpol during the school day, because of a known ailment, please send a named bottle or sachet, with your consent, to the school office - thank you.

CHILDREN'S MENTAL HEALTH WEEK 2023 starts on 6 February (next week). The theme this year is 'Let's Connect'. Please see the video [here](#) for a little more information on this. Throughout the week, we will focus on connecting in healthy, rewarding and meaningful ways. We will then connect with others within our school and wider community on 09 February for our Healthy Heart Day. We hope to see you here. Please see the email regarding the day and the related Google Form which you can also access [here](#).

CITIZENSHIP CLUB We are very excited to be launching our first 'cross school' Citizenship Club. Gomer Junior have teamed up with Lee on Solent Junior School and we will be working closely together through the duration of the club. This is further enhancing our Character Education program. Children from Years 3 - 6 have signed up to take advantage of this new opportunity and can look forward to volunteering at Northcott House Care Home, learning about the work of the coast guard and getting involved in a beach clean, playing bowls at the local bowls club as well as other activities that support and enrich our community. Due to Mrs Fry being at Stubbington Study Centre with Year 5 on Thursday 25 May, this session will now be booked in for Monday 22 May.

DENTIST AVAILABILITY can be a challenge to our families. We have been contacted by Damira Sharland House Dental Practice in Fareham who currently have new and existing NHS children's examination appointments available, including some availability during the February half term and weekends too. These appointments are strictly for under 16's only. Parents and guardians can book online [here](#) using this information:

Patient type: NEW/EXISTING
Insurance: NHS
Reason: CHILD EXAM

E-CIGARETTES are still fairly new, and more research is needed over a longer period of time to know what the long-term health risks they pose to their users. We are aware that the children are seeing E-cigarettes in the community. We have revisited our curriculum to ensure that children know about the risk factors associated with e-cigarettes. For example, it is important to know that most E-cigarettes contain nicotine and there is evidence to show that nicotine harms brain development. We will also illuminate that the use of E-cigarettes is illegal to those under 18. As part of our Personal Development (PD) Curriculum we are ensuring that our pupils are aware of the risks that certain substances, such as those found in E-Cigarettes could pose. Please support us in this matter by remembering that **Gomer Junior School is a no smoking site. This also includes use of E-Cigarettes.** If you would like more information Hope UK are providing online workshops for parents/carers with the following themes:

- An introduction to drugs - 16th February, 11am
- Vaping - is it OK for my kids? - 13th March, 7.30pm

All workshops are hosted on Zoom, last one hour and cost £10. To book, go to www.hopeuk.org/events



FROGJS COFFEE MORNING will be taking place on Thursday 02 February, 8.50-10.00am. If you are able to spare some time to support our parent teacher association - Friends of Gomer Junior School, please attend our coffee morning to find out how you can help. There are a variety of ways parents/carers can offer support and if every parent did, it would make the planning, prepping and running of events plentiful and easier to manage. All funds raised are invested back to the children who are extremely grateful.

GOMER INFANT PLAYGROUND and play equipment **must not** be used by Gomer Junior School pupils before and after the school day. This is at the request of the infant school which we fully support. Please work with us to ensure your child is not using the play equipment at drop-off and pick-up times.

HEALTHY HEART DAY will bring the end of the half term to a close on Thursday 9 February. Not only will this support our learning around Children's Mental Health, it will also support the great work of The British Heart Foundation. Team Gomer (big and small) will need to come to school in PE kit accessorised with red and/or hearts. Parents will also be invited in on this day to join us for an afternoon of activities. Please see the email and Google [form](#) shared on Monday 30 January for more information about this event.

HEALTHY SNACKS PLEASE are recommended for break snacks such as fruit and raw vegetables, or low sugar savoury snacks, like pretzels or rice cakes and popcorn rather than crisps or chocolate.

HOME LEARNING Please encourage your child to log into TTRS to practise their times tables. This is particularly important for Year 3 and Year 4 because they have a national assessment in June in year 4. They are expected to answer each question in 4 seconds. TTRS is part of their weekly home learning tasks and can be found on the Gomer Portal. It has been proven that those children who practise regularly feel more confident in maths lessons in general.

INTERNET SAFETY DAY complement's our Online Safety approach and is something that we are passionate about teaching - empowering our pupils to manage their safety online also. Next week, Monday 6 February, is Safer Internet Day, and to mark the day, we will be having a whole school assembly to remind our pupils why it is important to know how to keep themselves safe online. The online world is ever evolving, and can be a truly fantastic tool, when used safely. Pupils will also take part in short activities in their classrooms, designed to encourage conversations and share experiences. Whilst it is important to us to educate our pupils, we endeavour to empower our parents and carers to be 'streetwise' about online safety. If you would like some more information, including lots of tips and conversation starters, then please visit the UK Safer Internet [website](#). Please also make sure you are reading and digesting the monthly online safety newsletter that is emailed to you at the beginning of each month.

ONLINE PARENTS/CARERS LEARNING JOURNEY REVIEW meetings have been scheduled as below. Online has worked very well for the Gomer Community so this method will continue to be used.

Timings: 9am - 6pm Please see the letter emailed for booking details	Year 5: 27.02.2023	Year 6: 28.02.2023	Year 3: 01.03.2023	Year 4: 02.03.2023
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PRIME DRINK BOTTLES have started to come into school. We are aware that lots of children like to reuse their Prime bottle to drink from in school - there is no issue with this. However, we suggest that children name these water bottles to ensure that their owner can be identified. A few parents have raised concerns about the ingredients. We have learned the following:

- The red, blue and green Prime bottles are advertised as a hydration drink. Whilst it contains **no caffeine** and is low in calories, it does contain artificial sweeteners, preservatives and flavour enhancers.
- The Prime Energy (white) bottle: This has zero sugar but 200mg of caffeine, and electrolytes. PRIME Energy is **not** recommended for children under the age of 18. Therefore, it is not welcome in school.

At Gomer, we always advocate that children drink water when they come to school. A further polite reminder, please do not send children in with metal water bottles - thank you.

READ FOR GOOD Readathon is being hosted later this month and we'd love your child to take part. Your child can collect sponsorship for the reading they complete between Monday 27 February and Friday 03 March. Please support your child's sponsored read as much as possible. Monies raised will help hospitals purchase books for children who have been admitted. Additionally, our school will receive free books with a value of 20% of our sponsorship total. This is a wonderful opportunity to support children in hospital and our school library. More information on this event will follow **after** half term.

SCOOTER SKILLS SESSIONS



Great news! 'Bike It' John is returning to Gomer Junior School. This time, he will be leading us in a range of scooter skills. The dates for the skills sessions are as follows:

- Year 3 - 28 February
- Year 4 - 01 March
- Year 5 and Year 6 - 03 March

Nearer the time, a reminder email will be sent to the families of children who have signed up to one of these sessions with information about what to bring on the day.

SEND FORUM - FOCUS ON SLEEP We are delighted to announce our next Parental/Carer Drop In session which will focus this half term on sleep difficulties/disturbances. This will be held at the Gosport Community Hub, on the Brune Park site on Tuesday 07 February between 4:00-5:00pm. No booking is required and this event is free to attend. The aim of these sessions is to bring together parents/carers and families to build a community of support and information sharing. During each session, we will share key information and resources through our SEND Leaders and external professionals. There will then be an opportunity to network with other families and share tips, strategies and experiences. These sessions are open to all families in the Gosport and Fareham area regardless of the age and need of the child or their school placement. Light refreshments will be provided. Please see Mrs Digby for further details.

SMART WATCHES are becoming popular and we are aware that some pupils are now wearing them to school. If this applies to your child, please remind them that these must not be used inappropriately in school, i.e. no playing games or messaging etc during lessons. Additionally, notifications are not encouraged as these can be distracting.

SUPPORT FOR CHILDREN WITH DYSLEXIA & VISUAL STRESS is supported by CustomEyes books. They produce bespoke books for individual children. CustomEyes can alter, font size and type, font strength, line spacing, paper colour and binding type to suit individual children's needs. Children with a vision impairment, dyslexia, visual stress and Irlens can then access reading more easily. Each of their books look exactly the same as the regular book and costs exactly the same too - regardless of format. So why not try a World Book Day title and then explore the full library of some 4,600 titles (which include reading schemes such as Oxford Learning Tree, Project X and Pearson Rapid - schemes which we access at school). Please see guidedogs.org.uk/WBD23 for more information.

TIMES TABLES are really important. Memorising times tables makes it far quicker and easier for children to work out maths problems in their heads. Moving beyond using their fingers to work out answers, they'll be able to use their knowledge to quickly solve any multiplication questions. Please encourage your child to log into TTRS to practise their times tables. This is particularly important for Year 3 and Year 4. Year 4 have a national assessment in June. The test requires them to answer each question in 4 seconds. TTRS is part of their weekly home learning tasks and can be found on the Gomer Portal. It has been proven that those children who practise regularly feel more confident in maths lessons in general.

WORLD BOOK DAY this year is on Thursday 02 March and as always we are keen to encourage the children to be enthusiastic readers, book owners and book borrowers. We have lots of exciting activities planned for WBD including a Teacher Creature Feature and our popular Big Booky Breakfast (more details nearer to **02 March**). If children would like to dress themselves or one of their dolls/teddies/characters as a character from **a book** on this day then they are welcome to do so. Dressing up is not obligatory and school uniforms can be worn if your child does not wish to dress up. Year groups have adapted their timetable and will use the day to immerse children into the exciting world of books. Book tokens will be made available to your child on the day. More information to follow...

YOU SAID/WE DID You wanted to know if we would be closed for Industrial Action on 1 February. We communicated to our families on 24 January the current landscape. We provided an update on Monday 30 January. A school can not **guarantee**, until the actual day of industrial action, if it is safe and viable to open a school. On the day of Industrial Action we completed a dynamic risk assessment to assess the impact of the strike action on our capacity to open the school. For families who could get to school, we were able to open earlier than previously shared and we kept our registers open until 10.05 to provide flexibility to family plans and transport arrangements. Please note, the NEU has called for Industrial Action on Thursday 2 March, Wednesday 15 March and Thursday 16 March. At this time, we do not know how this will impact our setting.