



Garden Suburb Junior School

Childs Way • London • NW11 6XU



Tel: 020 8455 3269 • E-mail : office@gsjs.barnetmail.net • Website : www.gardensuburbjunior.co.uk

Head Teacher: Mrs Eileen Bhavsar BA (Hons) MSc • Deputy Head Teacher: Mrs Lisa Berger BEd (Hons)
Administrator / School Business Manager: Ms Andrea Bailey

14th October 2022

Dear Parents/Carers

Assemblies and curriculum Events

- **Mental Health:** We focused on mental health in assemblies this week.
We discussed this quote:

‘Isn’t it odd. We can only see our outsides, but nearly everything happens on the inside.’
Charlie Mackesy, from his book ‘The Boy, The Mole, The fox and The horse’.

We talked about how important it was to have strategies to encourage good mental health:

- eat a balanced diet
- drink plenty of water
- get enough sleep
- talk about our feelings with someone we trust
- ask for help when something is troubling us
- make sure we have time each day to be calm and quiet
- limit our time watching TV, on social media, the Internet and be physically active.

It was World Mental Health Day on Monday. Talk to your children about the above so that you can encourage them to take care of their own mental health.

- **Y5 and Y6 Fake News Workshops:** Protecting children from the risk of radicalisation is part of our safeguarding duties, and is similar in nature to protecting children from other harms (e.g. drugs, gangs, neglect, sexual exploitation), whether these come from within their family or are the product of outside influences.

The Barnet Prevent Officer, Liam Foote, provided training for staff and parents last term and this term has provided engaging workshops for the Y5 and Y6 pupils. He discussed various forms of social media and the dangers of ‘game chat’. He discussed with the children how easy it was to pretend to be someone else on line and how strategies, such as using flattery, can lead children to disclose information about themselves that could be dangerous.

Ask your children what they learnt in these sessions.

- **Y4 walk in the local community:** Today Y4 enjoyed a walk in big wood collecting leaves as part of their science work on plants.





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- **Girls' Football:** The girls' football team kicked off their season against SMSJ School on Monday. It was pleasing to see concepts worked on in training come to fruition during the match: the girls' positioning and teamwork were excellent. The team should be very proud of themselves. Well done everyone and thank you Mr McGwinn, PE Co-ordinator, for preparing the children.
- **Y6 Residential School Journey:** The children attending the residential School Journey to the Isle of Wight will need to be at school for 8:00am on Monday 17th October. The time of departure from school has been brought forward due to the change of time of the ferry crossing.

Parents should stay to wave off their children and our departure time is expected to be around 9:00am.

It takes at least an hour to load up the coach, so please ensure that your child is not late and arrives at 8:00am.

We will gather in the school hall before departure.

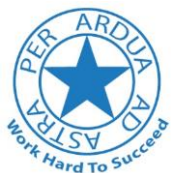
Please also remember the following:

- Children are wearing their school sweat shirt to travel
- A packed lunch is in disposable containers
- A water and wind proof coat
- If your child requires travel sickness medication, you administer it at home before they come to school

I would like to thank the staff who are attending the trip. Their dedication and hard work is making this exciting educational journey possible for the Y6 children. Thank you Mrs Berger, Miss Gardener, Miss Buck, Mr McGwinn, Mrs Margolis, Mr Silverman, Miss Bramall, and Miss Okpalajiaku.

Visit the 'Latest News' on our website to see more details of the curriculum events that have been taking place. <https://www.gardensuburbjunior.co.uk/news/?pid=258&nid=2>





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Workshops and outings to supplement our curriculum

We supplement our curriculum with a range of workshops and trips for the children to enjoy. As school budgets are extremely limited, we ask for a voluntary contribution from parents/carers towards these. Frequently we do not collect enough donations to cover all of the costs. Unfortunately rising costs, particularly for fuel, are having an impact on what we have to charge. We could not afford to provide these important educational activities without your contributions. **If you can, please make every effort to contribute. Thank you!**

Flu Vaccine

The flu vaccine took place on Tuesday. If you did not manage to give your consent in time and would like your child to have the vaccine, please contact the Immunisation Team on 020 84473622

Parenting Support: Next Workshop is Monday 17th October 9:00am - 10:30am

Information regarding a series of parent workshops we are holding in school, in partnership with the Early Help Team in Barnet, was sent home a few weeks ago. The workshops are on managing your child's emotions and behaviours.

Please email Mrs. Goldman at senco@gsjs.barnetmail.net if you would like to attend or would like more information.

PTA Coffee Morning Friday 21st October 9:00am

We will be holding a coffee morning on 21st October – everyone is welcome!
We would especially like a class representative from each class to attend.

Attendance and Punctuality

Please note, if your child arrives at school after 8:55 they are late.

Lateness is stressful for your child and puts them at a disadvantage for the rest of the day.

The Educational Welfare Officer monitors our school and we are now being advised to issue fixed penalty fines for persistent lateness.

GARDEN SUBURB LOTTERY: The next draw is this Saturday 15th October 2022, you could win £25,000! Only £1 per ticket. <https://www.yourschoollottery.co.uk/lottery/school/garden-suburb-junior>. You've got to be in it to win it – GOOD LUCK EVERYONE

Head Lice

The school nurse has advised the following website for information on how to avoid, monitor and treat unwanted visitors!

<http://www.onceaweektakeapeek.ie/>

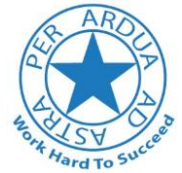
It is important that you take this seriously in order to eradicate this recurring problem.





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Polite Request: The residential school journey to the Isle of Wight leaves on Monday Morning at around 9:00am. Please avoid parking on Willifield way as this can cause difficulties for the coaches.

Yours sincerely

E. Bhavsar

Mrs Eileen Bhavsar | Head Teacher

