

Garden Suburb Junior School

Childs Way • London • NW11 6XU



Tel: 020 8455 3269 • E-mail : office@gsj.s.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

7th February 2025

Dear Parents/Carer

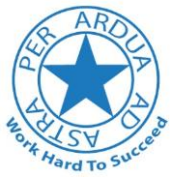
Staffing News

Mrs Morgan Chiswick, a valued member of our school community for over 25 years, will be retiring at the end of February. During her time here, Mrs Morgan Chiswick has served as both a Learning Support Assistant and Welfare Assistant, playing a crucial role in various aspects of school life. She has managed the reception, attendance registers and attended to the medical needs of your children. Her dedication has ensured that the children feel safe and cared for. She has also been a source of comfort for those in need of some emotional support. In addition, Mrs Morgan Chiswick oversees lunch numbers and, in the past, has handled the accounting of lunch monies. Her interactions with parents/carers and children have left a lasting impact on our school community. Mrs Morgan Chiswick's final day at our school will be on 28th February. Her presence and hard work will be sorely missed by all of us.

Diary Dates Spring Term 2025

Half Term: Monday 17th February – Friday 21st February	
Monday 24th February	INSET Day – School closed to the children
Monday 3rd March	Lower School Art Gallery Parents invited to attend 2:30pm-4:00pm
Tuesday 4th March	Upper school Art Gallery Parents invited to attend 2:30pm-4:00pm
Friday 7th March	World Book Day
Friday 14th March	Y3 Egyptian Workshops
Tuesday 11th March 3:40pm-6pm Thursday 27th March 3:40pm-6pm	Parent/Teacher Consultations
Tuesday 18th March	Y6 Visit WWII experience at The Lincolnsfield Centre in Bushey Children will visit a 1940s house, a dig for victory garden, the WWII museum and 1940s classroom
Thursday 20th March Friday 21st March	Y4 Visit the London Wetland Centre - more details to follow 4J 4G and 4S
Week beginning 24th March	Science Week – more details to follow
Monday 31st March 3:30pm- 5:00pm Tuesday 1st April 3:30pm-5:00pm	Lower School Disco Upper School Disco
Friday 4th April	End of Term Early closure
Tuesday 22nd April	Beginning of the Summer Term School open to the children





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Year 5 Class Assemblies - Save the dates

Parents invited to attend at 2:30pm in the Junior Hall:

5S Tuesday 11th February

5J Tuesday 18th March

5G Tuesday 25th March

Assemblies and Curriculum Events

- **Optimism** has been the focus of assemblies this week. Ask the children about the discussions that we had about a glass being half full or half empty.

- **Art Exhibition – Save the dates**

This half term the children have been focusing on creating a piece of work for our art exhibition which parents/carers are invited to attend. Ask your children about the art they have been creating.

Years 3 and 4 Exhibition: Monday 3rd March from 2:30pm – 4:00pm

Years 5 and 6 Exhibition: Tuesday 4th March from 2:30pm – 4:00pm

The children will visit the exhibitions with their class earlier in the day.

The company, Mini Masterworks, set up the gallery for us in the Junior Hall. The pictures are printed professionally and labelled with your child's name and the school logo. Parents will have the opportunity to purchase their child's framed work on the day of the exhibition. Order forms will also be sent home after half term if you are not able to attend. It is a memento that you will keep forever!

We will also have musicians playing to create a gallery ambiance. Your Child will bring a letter home after half term if they are performing.

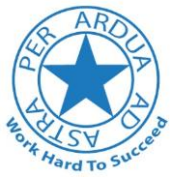
Please note: There will be no Lower School Football Club or Taekwondo Club on the week of the exhibition.

Parent Workshops Provided by Barnet Integrated Clinical Services (BICS):

BICS are **inviting you to join virtual workshops**. These workshops aim to increase your knowledge of common wellbeing and mental health difficulties faced by children and young people. They also aim to provide you with strategies to assist you in supporting your young person.

See below the three topics coming up between February and April.





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1. Understand Low Mood and Self-Esteem Workshop

This is a workshop that will develop your understanding of low mood and low self-esteem. It will teach you skills to help you to support and talk to your child or young person who may be experiencing low mood and/or low self-esteem. It will also introduce you to the CBT-approach to treating low mood, which includes behavioural activation, identifying values and building mastery and includes children and young people's views on their experience with low mood and self-esteem. As some children and young people with low mood engage in unhelpful / risky coping behaviours such as self-harm, the workshop will address how to respond and encourage the use of safer coping methods.

2. Understanding and Managing Anxiety Workshop

This is a **two-part workshop** that aims to increase your knowledge on anxiety and provide you with some skills and strategies to assist your young person in coping with their anxiety.

- Part 1 will focus on: what anxiety is, how anxiety can develop, and what maintains anxiety.
- Part 2 will build upon this, specifically looking at: understanding anxious thoughts and behaviours, strategies to challenge anxious thoughts and behaviours, signposting, and helpful other resources.

3. Supporting your Child to Manage Difficult Emotions

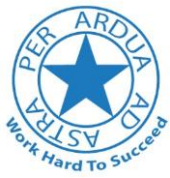
In this workshop we will cover what our stress response is and how it effects children and young people's ability to manage their emotions. You will learn skills to help support your child in managing difficult emotions as well as how you can model self-care and emotion regulation.

HOW TO REGISTER

Please register for each session using the 'Eventbrite' links in the table below.

The workshops are being held virtually during lunchtimes to accommodate for childcare and work commitments. If you need a letter to your employer, please ask. Spaces are limited, and places will be offered on a first come first serve basis.





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Workshop	Date/Time	Sign-Up Link
BICS Family Minds: Understand Low Mood and Self-Esteem Workshop	Date: Wednesday 12th February 2025 Time: 12:00pm - 2:00pm	https://www.eventbrite.co.uk/e/bics-family-minds-understand-low-mood-and-self-esteem-workshop-tickets-1116475731969?aff=oddtcreator
BICS Family Minds: Understanding and Managing Anxiety Workshop	Part 1: Wednesday 5th March 2025 Time: 12:00pm - 13:30pm Part 2: Wednesday 12th March 2025 Time: 12:00pm - 13:30pm	https://www.eventbrite.co.uk/e/bics-family-minds-understanding-and-managing-anxiety-workshop-tickets-1116525591099?aff=oddtcreator
BICS Family Minds: Supporting your Child to Manage Difficult Emotions	Date: Wednesday 2nd April 2025 Time: 12:00pm to 1:30pm	https://www.eventbrite.co.uk/e/bics-family-minds-supporting-your-child-to-manage-difficult-emotions-tickets-1116654717319?aff=oddtcreator

Please the flyer attached for information on February half-term sports camps for children in Barnet

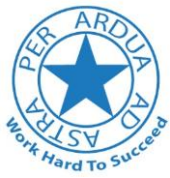
Kind regards

E. Bhavsar

Mrs Eileen Bhavsar, Head Teacher

Please see some general information below





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Funtime - Breakfast and After-School Clubs (ChildCare)

Funtime is open for both breakfast and after school club. Due to the fact that we have to limit our group sizes, all places MUST be booked and paid for in advance. For more information please contact Sharon on 07506 030 037 or email Shaz.Funtime@outlook.com

Fees

3:20pm - 5:50pm £12

3:20pm - 4:30pm £6:00

Breakfast club 7:50am- 8:45am - £4:00

Making contact with the school

We always like to hear from parents and carers in our community but would ask that all **non-urgent** messages be sent to the school by email and directed to the following contacts below:

Welfare, attendance, absence, pick-up arrangements Mrs Morgan Chiswick, welfare@gsjs.barnetmail.net

Senco Support: Mrs Goldman - senco@gsjs.barnetmail.net

Other messages and to contact the Head Teacher please email Ms Bailey, our business manager: -

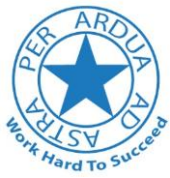
office@gsjs.barnetmail.net

Emails for class Teachers:

Year 3	
Miss Clarke	3S@gsjs.barnet.sch.uk
Ms Aziz	3G@gsjs.barnet.sch.uk
Miss Jouhal	3J@gsjs.barnet.sch.uk
Year 4	
Mr J Morrissey	4J@gsjs.barnet.sch.uk
Miss J Childs (Job Share)	
Miss Walters	4S@gsjs.barnet.sch.uk
Miss N McKenna	4G@gsjs.barnet.sch.uk
Year 5	
Mrs K Margolis	5S@gsjs.barnet.sch.uk
Miss Bannan	5G@gsjs.barnet.sch.uk
Miss C James	5J@gsjs.barnet.sch.uk
Year 6	
Miss J Gardner	6S@gsjs.barnet.sch.uk
Miss Fernando	6J@gsjs.barnet.sch.uk
Miss Buck	6G@gsjs.barnet.sch.uk

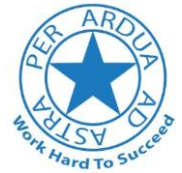
Please note: due to teaching commitments, class teachers may not be able to view or respond to emails on the day that they are sent. Urgent messages should go to Welfare or the school office.





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ParentMail – Keep informed! *If you need any help activating or logging in to your account, please contact Ms Bailey in the school office as soon as possible.* Newsletters will be sent electronically **every Friday by email** - please look out for them! ParentMail is used for all other communication from the school, including emergency messages regarding school closures etc., either by text, or by email. It is your responsibility to keep your ParentMail account updated with any contact detail changes by logging into your 'Settings'.
Please remember to also notify the school office with changes in contact details

PE Kit – It is important you make a note of your child's PE days

When your child has PE, **they need to come into school wearing their PE kit.** They will wear it for the whole day. If you have not yet purchased the new PE Kit, please ensure that your child wears plain blue coloured track suit bottoms (no branded kit). Our aim is that over time everyone will purchase the new kit, as they will get a lot of wear out of it.

Year 3 Monday and Thursday

Year 4 Tuesday and Wednesday

Year 5 Tuesday and Thursday

Year 6: 6G Wednesday and Friday

6S Wednesday and Friday

6J Thursday and Friday

Extra- Curricular Activities

Gymnastics (all Year groups)	Monday
Football Year 3 and Year 4	Monday
Football Year 5 and Year 6	Tuesday
Taekwondo (all year groups)	Tuesday
Art Club Year 4	Tuesday
Art Club Year 5 and Year 6	Wednesday
Dance Club (all year groups)	Wednesday
High 5 (Netball) Year 5 and Year 6	Thursday
Spanish Year 5 and Year 6	Thursday
Gymnastics (all Year groups)	Friday

Lunch time clubs Chess clubs, Choir

