



# PARK HILL JUNIOR SCHOOL

Stanhope Road, Croydon, CR0 5NS Tel: 020 8686 8623

RESPECTFUL - KIND - RESILIENT - RIGOROUS - ASPIRATIONAL



4<sup>th</sup> September 2020

## HEAD TEACHER'S MESSAGE

Dear Parents and Carers,

Welcome to the autumn term 2020!

We are looking forward to welcoming our pupils back to school after such a long time away from school for most of them.

We hope you have found all the information we have been sending helpful, including the video posted onto the website on Wednesday, showing what the 'new normal' will look like.

If you still need to confirm any information, kindly visit our website and search under **news and Letters to Parents**. You will find information on how we have mitigated risks to ensure our school is Covid secure. We have also stated what equipment is needed in school and this is as minimal as we can get.

The entrances, exits and start times from Monday are displayed within the pop-up on the website as well as within this newsletter.

Thank you to all parents who have replied to our enquiries for lunches. This has been most helpful for us to order lunches that have been requested. We are still waiting for all responses, so kindly respond by the deadlines given by using the link posted on our website or the text sent through to you yesterday - Thank you.

Our new **Year 3 pupils** will start school on the **14<sup>th</sup> of September** and we will welcome our **Years 4, 5 & 6 pupils** from **Monday 7<sup>th</sup> September**. We have a **Trust Training Day** on the **15<sup>th</sup> of September**; on this day, the school will be closed to all pupils.

The building works will make the school look very different to you when your children start on Monday so please read all information we have sent and watch the video on the website, so we are all safe within the school community.

Please remember that in order not to spread the virus, if your child is unwell or displaying any of the Covid-19 symptoms, you must **not** send them to school.

We are looking forward to a more settled school year now that we are all going to be back in school.

Thank you for your continued partnership and support.

Kindest Regards,

Mrs Pratt – Headteacher

## AUTUMN TERM 2020

### Dates for your Diary

07.9.20	Year 4, 5 & 6 Pupils return to school
14.9.20	Year 3 Pupils Start
15.9.20	Trust Training Day – school closed to pupils
21.10.20 & 22.10.20	Parent consultation meetings Years 3-6
26.10.20 -30.10.20	Half Term
16.11.20 -20.11.20	Anti-Bullying Week inc: Odd Socks Day!
27.11.20	Trust Training Day – school closed to pupils
17.12.20	Last day autumn term
04.1.20	First day of spring term

We will notify you of any changes to these dates by email. Please ensure we have your most up-to-date address. Thank you.

## PLANNING A HOLIDAY?

Please remember that we are unable to authorise any absence for holidays.

For those planning foreign trips during half term in October or in December, we will be expecting families to follow the government guidance in regards to quarantine, to protect our school community.

Guidelines are being updated regularly as European countries form and adjust travel arrangements. If you do choose to holiday abroad, please be aware this may impact on your child being able to return to school on your return.

## FREE SCHOOL MEALS

If your situation has changed and you are now in receipt of benefits such as Universal Credit, your child may now be eligible to receive Free School Meals. Recently, some families have found that it is quicker to complete the form and then submit it via our school office. If you are unsure and would like some help checking or advice, please contact Paula via the school office. Paula can also help with advice about benefits and accessing other support for families.

## ONLINE SAFETY

These LINKS may be helpful for keeping your children safe online:

- [Thinkuknow](#) provides advice from the National Crime Agency on staying safe online
- [Internet matters](#) provides age-specific online safety checklists, guides on how to set parental controls on a range of devices.
- [Net-aware](#) has support for parents and carers from the NSPCC, including a guide to social networks, apps and games.

## SPORTS RELIEF

Thank you to everyone who took part in Sports Relief 2020. As a school we raised £211.72! Well done Team PHJS!



## UNIFORM

Please remember to check our school website before you purchase any new uniform for next year:

<https://www.phjs.co.uk/parent-info/uniform/>

Children should **not** wear the following to school:

- Leggings
- Trainers
- Shoes with white soles or logos
- Boots

All children must wear the school P.E. kit:

- Pale blue T-shirt with school logo
- Navy shorts
- Navy tracksuit with logo on sweatshirt

## SECOND HAND UNIFORM

If your child has grown out of their branded school uniform and it is still in good condition, please consider donating it to the school. Sometimes families need a hand with kitting their children out and we are able to pass on items of second-hand uniform.

We are also hoping to organise a second-hand uniform sale later this term where parents can purchase items of branded uniform for a small cost.

If you are able to support this initiative, please place any items of branded uniform in the box by the main entrance. Please ensure items are clean and in good condition. Items we will be collecting: School jumpers and cardigans, Ties, PE sweatshirts and T-shirts.

Thank you for your support.

## WORRIED ABOUT RETURNING TO SCHOOL?

We are expecting all children to return to school on the 7<sup>th</sup> September, or the 14<sup>th</sup> for Year 3 and have worked extremely hard to ensure our building and practices are Covid-secure. However, we understand that for some families, particularly those who were until recently shielding, this is a big step.

Please read through all the letters we have sent carefully. They explain the measures we have put in place to keep everyone safe. If, after reading these, you have questions remaining, please do not hesitate to get in touch with us.

Please let us know if your child is worried about returning to school. Drop us an email or give us a call and we will support you and your child to make the transition as smooth as possible. Here are some links you might find useful:

<https://youngminds.org.uk/blog/what-to-do-if-your-child-is-anxious-about-going-back-to-school/>

<https://parentinfo.org/article/returning-to-school-7-tips-to-help-your-primary-age-child-cope>

[www.childline.org.uk/info-advice/school-college-and-work/school-college/school/](http://www.childline.org.uk/info-advice/school-college-and-work/school-college/school/)

## SUPPORT FOR FAMILIES

### CROYDON VOLUNTARY ACTION:

020 8253 1850 [www.cvalive.org.uk](http://www.cvalive.org.uk)

Providing trained volunteers to give practical support for families

### CROYDON FOOD BANK TRUSSELL

TRUST: 020 8686 5664

[www.croydon.foodbank.org.uk](http://www.croydon.foodbank.org.uk)

**PURLEY FOOD HUB:** 07546 635295

[www.purleyfoodhub.net](http://www.purleyfoodhub.net)

**FAMILY LIVES:** 0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk) Advice for parents on a range of topics, online support

## ZONES OF REGULATION

This school year, your child will participate in a new curriculum called Zones of Regulation. The goal of the curriculum is to teach children about self-regulation and how to strengthen their self-regulation skills. Self-regulation can go by many names, such as self-control, self-management, and impulse control. Self-regulation is an essential skill in life, and in all learning environments. Children who can regulate their own emotion and attention are better ready to learn and thrive.

Zones of Regulation groups all the ways that children feel and act into four “Zones”.

**Blue Zone**—when your body is running slowly, such as when you are tired, sick, sad or bored.

**Green Zone**—when you are ready “good to go.” You feel happy, calm and focused.

**Yellow Zone**—when you feel your engine running high, such as when you are frustrated, overwhelmed, silly, excited, worried, anxious, or surprised.

**Red Zone**—when you have “flipped your lid.” You have extreme feelings such as terror/uncontrolled anger/aggression/elation.

In the first half of the curriculum, children learn about how their emotions and attention are connected, and then how to recognize emotions and attention in themselves and classmates. They learn that they move through their Zones throughout the day, and that they can improve their control over their Zones through practice.

In the second half of the curriculum, Zones of Regulation teaches about tools for changing from one Zone to another, and encourages each child to build a repertoire of tools. The goal of the curriculum is for children to gradually become more able to call upon their toolkit, rather than needing adults to regulate them.

It is very important to know that none of the Zones is “bad” or “naughty.” **All of the Zones are expected at one time or another.** As the curriculum progresses, children will practice identifying what Zone is expected, and how to change Zones to better match their levels of alertness and emotions to their situation.

If you use the Zones of Regulation vocabulary at home, please use neutral language. For example, “I notice you are in the Blue Zone. What is your plan for moving to the Green Zone?” Or “The Yellow Zone is great for the playground, but right now we are getting ready for dinner. Can you tell me what Zone would be a better match for getting ready for dinner?” “You are in the Red Zone. It is hard to solve problems when you are in the Red Zone. Do you need help getting calmer, so you can be in the Yellow or the Green Zone?”

## RETURN TO SCHOOL REMINDERS

We have detailed planning in place for full opening based on the current expectations of schools and the restrictions Covid-19 has created. As we have yet to experience all children returning to school these plans have not been tested fully. Please be patient during the first few days, we will reflect on and revisit our plans regularly and alter these if needed, communicating any changes with you.

### PE will begin in week 1

Please send children into school wearing their PE kit on the following days. They will stay in their PE kit all day. Please ensure all items are named.

For details of our uniform requirements please see our website: [www.phjs.co.uk/parent-info/uniform/](http://www.phjs.co.uk/parent-info/uniform/)

Year 3 Friday

Year 4 Tuesday

Year 5 Thursday

Year 6 Wednesday

On all other days children should wear full school uniform. No boots, leggings or trainers please. We understand that some parents/carers may have had difficulty purchasing our branded uniform items from Hewitts. We understand if this is the case and hope that you will be able to buy your child's uniform as soon as possible.

### Equipment

- Please ensure that your child brings a full, named water bottle into school every day.
- Please ensure that your child has a plain, transparent pencil case containing: two pencils, blue handwriting pen (not Year 3), whiteboard pen, ruler, rubber, sharpener, glue stick and coloured pencils. Please name all items. This will be kept in school.
- Your child may bring their own lunch box to school. This must fit inside their school bag.
- We strongly recommend your child brings a fruit snack to school each day (e.g.: carrot/cucumber/apple/grapes)

### Dropping off and communications

The Leadership Team will be on the gates in the morning to greet everyone, but it will be difficult for us to have individual conversations with parents/carers at this time and we will be trying to ensure the drop off and collection procedures are working effectively. Class teachers or support staff will greet children at the entrance points.

We want to make sure that parents can talk to school when they need to, so if you need to talk with your child's class teacher or the leadership team please email the office and we will contact you as soon as we can.

If you are worried that your child will find drop off difficult please contact the school office to let us know, so that we can be ready to support them.

### Staggered start and end times

Please arrive at school at the time allocated for your class and try not to be too early or late because we have limited space for waiting and movement.

It is important that parents and carers leave the school grounds as soon as you have dropped off / picked up and do not gather in groups with other parents. If you have a gap between picking up or dropping off siblings please try to keep your distance from other parents and carers.

Y3 8.50am - 3.15pm Field Gate (14th Sept)

Y4 9.05am - 3.30pm Field Gate (7th Sept)

Y5 8.50am - 3.15pm Main Pupil Gate (7th Sept)

Y6 9.05am - 3.30pm Main Pupil Gate (7th Sept)