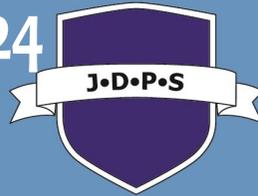


5th January 2024



# John Donne Primary School

Tel: 020 7639 0594

Email: [office@jdacademy.org.uk](mailto:office@jdacademy.org.uk)



Dear parents and carers,

Happy New Year and welcome back to a new term at John Donne. I hope you all had a good break whatever you chose to do.

It has been brilliant seeing the children so enthusiastic to come back to school this week. They have been working really hard already and have started their new topics.

We are holding information sessions for each year group so that you can come in and meet the teachers and find out what your child will be learning about this term as well as any other relevant information. If you are unable to attend, the slides will be emailed out after the meetings. All meetings are 8:45am-9:15am and will be held in the Community Space.

<b>MONDAY 8<sup>TH</sup> JANUARY</b>	Year 4
<b>TUESDAY 9<sup>TH</sup> JANUARY</b>	Year 3
<b>WEDNESDAY 10<sup>TH</sup> JANUARY</b>	Year 1
<b>THURSDAY 11<sup>TH</sup> JANUARY</b>	Year 2
<b>FRIDAY 12<sup>TH</sup> JANUARY</b>	Year 5
<b>WEDNESDAY 17<sup>TH</sup> JANUARY</b>	Reception

N.B Year 6 session was Friday 5th January. Nursery staff will communicate what the children are learning with parents directly.

Spring 1 term is quite short with only another 5 weeks until we break up for the February half term holiday but there are lots of exciting opportunities for children to get out and about and enrich their learning. Our JD singers will be performing at the O2 on 18th January as part of the Young Voices choir which is an incredible experience for them. Also, some children in KS2 will be starting to work with Miss Naomi to prepare for their LAMDA exam in March. As well as all these other visits:

- Year 2 visit to the science museum
  - Year 3 visit to the Horniman museum
  - Year 6 visit to the Black Cultural Archives in Brixton
  - Year 4 visit to Kew Gardens
- And much, much more

The children have made a fantastic start to this new term and I'm looking forward to seeing how their learning progresses in the next few weeks.

Have a great weekend and we will see you all bright and early on Monday morning.

**Miss Rooney**



# PARENTS INFORMATION BOARD

## Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 16 and 17 spend four hours on digital devices during an average day. Obviously, as new year is dawning fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and enjoy less on screens to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year.

**GET OUT AND ABOUT**  
If the weather's decent, spend some time in the park or on the beach. Even if it's raining, a walk in the park or on the beach can be a great way to get some fresh air and a break from the screen.

**BE MINDFUL OF TIME**  
Be aware of how long you're spending on your devices. Try to be present in the moment and avoid multitasking – you can boost your productivity by being focused.

**TRY A TIMED TRIAL**  
When you're taking a screen break, try to do a different activity or go outside. You can use a timer to help you stay on track. Consider using a screen lock to prevent you from going back to your phone before the timer goes off.

**GO DIGITAL DETOX**  
Challenge yourself and your family to have a digital detox. Turn off your phone for 24 hours. You can use a timer to help you stay on track. Consider using a screen lock to prevent you from going back to your phone before the timer goes off.

**LEAD BY EXAMPLE**  
Let your family see you taking a break from your phone. You can use a timer to help you stay on track. Consider using a screen lock to prevent you from going back to your phone before the timer goes off.

**AGREE TECH-FREE ZONES**  
Establish some tech-free zones in your home. You can use a timer to help you stay on track. Consider using a screen lock to prevent you from going back to your phone before the timer goes off.

**HOLD A SCREEN TIME AMNESTY**  
As a family, agree specific screen time rules. You can use a timer to help you stay on track. Consider using a screen lock to prevent you from going back to your phone before the timer goes off.

**WIND DOWN PROPERLY**  
Try stopping all phones, consoles, tablets and all other devices for an hour before bed. You can use a timer to help you stay on track. Consider using a screen lock to prevent you from going back to your phone before the timer goes off.

**Meet Our Expert**  
The National Online Safety (NOS) is a charity that provides advice and support on digital safety. You can use a timer to help you stay on track. Consider using a screen lock to prevent you from going back to your phone before the timer goes off.

**DEVICE BOX**  
The National College of Education is a charity that provides advice and support on digital safety. You can use a timer to help you stay on track. Consider using a screen lock to prevent you from going back to your phone before the timer goes off.

**National Online Safety**  
#WakeUpWednesday

**NHS**  
Hounslow and Richmond  
Community Healthcare  
NHS Trust

Childrens & Young Peoples

Flu Vaccinations in Southwark  
School aged children Flu vaccinations from Reception to Year 11

Date & Time	Venue: Full Address
Saturday 13 <sup>th</sup> January 2024 Time: 9.30 to 1.30pm	Ann Bernad Children & Family Centre 29 Chandler Way London SE15 6DT
Saturday 20 <sup>th</sup> January 2024 Time: 9.30 to 1.30pm	Ann Bernad Children & Family Centre 29 Chandler Way London SE15 6DT

- No appointment just turn up and wait.
- Consent on the day or via the QR code below before you arrive.



OR

Use the link provided to access the electronic consent form <https://sav.hrch.nhs.uk/flu/2023/southwark>

**ioodlemath!**

**Congratulations to GREEN 6**  
for being the top doodling class in the past week. Keep doodling everyone.

[Homepage -DoodleLearning](#)

**FACE** January 2024  
Family Advice - Communication - Education  
**Newsletter**

LET'S FACE THE NEW YEAR!

Tuesday 16th Jan 19:00 - 20:00 FREE		<b>FREE SESSION</b> Cannabis Awareness Get the facts so you can have the conversation
Thursday 1st Feb 19:00 - 21:00 £24		Supporting a Child with ADHD Challenging stereotypes, explaining what ADHD is and offering a range of interventions that can make lasting differences.
Monday 5th Feb 19:00 - 21:00 £24		Autism: Improving Communication Small changes in how you communicate, lead to huge improvements with your ability to communicate with someone on the spectrum.
Tuesday 9th Jan 19:00 - 21:00 £24		Getting a Good Night Screen Addiction, insomnia, energy drinks and more. Get a range of extremely useful ideas on how to improve the quality of their sleep.

facefamilyadvice.co.uk. info@facefamilyadvice.co.uk

## Term Dates 2023-24

Term	Start	End
Spring 1	Thursday 4th January 2024	Friday 9th February 2024
Half Term	Monday 12th February 2024	Friday 16th February 2024
Spring 2	Monday 19th February 2024	Thursday 28th March 2024 @ 2pm
Easter	Friday 29th March 2024	Friday 12th April 2024
Summer 1	Monday 15th April 2024	Friday 24th May 2024
Half Term	Monday 27th May 2024	Friday 31st May 2024
Summer 2	Monday 3rd June 2024	Friday 19th July 2024 @ 2pm

Bank Holidays- Monday 6th May 2024

**School Menu**  
8th Dec 2023

# What's your new years resolution?

# 2024

**SUBMIT YOUR NEW YEAR'S RESOLUTION FOR A CHANCE TO WIN A GREAT PRIZE.**

**(CHILDREN ONLY)**

**Deadline for submission is 17th January 2024.**

**The winners will be announced on the 19th January 2024.**



**INSTAGRAM/  
TWITTER**



Please make sure you follow us on Instagram and Twitter, @JDPSoffice. We will be posting live updates and pictures to show what is going on within your child's school day.