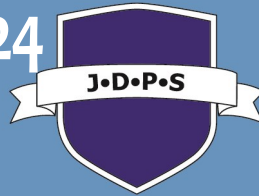


5th January 2024



# 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 11 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for 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 trying 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 go for a walk. Even a walk to the local shop would do this well to get some fresh air and a break from the screen.

### BE MINDFUL OF TIME

Take notice of how long you're spending on your devices. Try to have a set time when you're not on your phone or tablet. If you're using a social media platform – can they boost your productivity?

### TRY A TIMED TRIAL

When you're taking a screen break for a different activity or a different task, set a timer. If you're using a social media platform, can they boost your productivity?

### GO DIGITAL DETOX

Challenge yourself and your family to take a digital detox. Turn off your phone, tablet or laptop for a set period of time. If you're using a social media platform, can they boost your productivity?

### LEAD BY EXAMPLE

Let your family see you successfully managing your screen time. Turn off your phone, tablet or laptop for a set period of time. If you're using a social media platform, can they boost your productivity?

### AGREE TECH-FREE ZONES

Household areas such as the bedroom, bathroom and kitchen. Agree that no screens are allowed in these areas. If you're using a social media platform, can they boost your productivity?

### HOLD A SCREEN TIME ANNESTHY

As a family, agree specific screen time rules. This should help everyone to become more aware of their screen time and enjoy quality moments together.

### WIND DOWN PROPERLY

Try stopping all phones, consoles, tablets etc. 30 minutes before you go to sleep. This will help you to sleep better and feel more refreshed in the morning.

Meet Our Expert: **DEVICE BOX** by The National College of eSafety. #WakeUpWednesday

Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety TikTok: @national\_online\_safety



Children's & Young Peoples  
Flu Vaccinations in Southwark  
2024 presents.  
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 Bernadot Children & Family Centre 29 Chandler Way London SE15 6DT
Saturday 20 <sup>th</sup> January 2024 Time: 9.30 to 1.30pm	Ann Bernadot 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>



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

[Homepage -DoodleLearning](#)



January 2024

**Newsletter**

LET'S FACE THE NEW YEAR!

Tuesday  
16th Jan

19:00 - 20:00  
FREE



**FREE SESSION**

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](https://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

## Term Dates 2023-24

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

**Bank Holidays- Monday 6th May 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.

# 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.**