



# F.T. News

News from First Tower School

January 2024



## A Word from the Head

Dear Parents/Carers,

As this is the first newsletter of 2024 I would like to wish you all a Happy New Year! The staff and I would like to thank all our families for the generous gifts, Christmas cards and kind words which we received at the end of last term, they were all greatly appreciated.

What a busy start to the new calendar year! All classes took part in a writing activity focused on Winter poems, we were so lucky to experience snow which really helped build pupils' vocabulary and figurative language into their final poems. The school displays of their poems and artwork are beautiful, please do pop in to take a peek. As expected at this time of year, we have had some very wet weather, but with our new play policy the children have still managed to spend some time outside - even on the wet days so please do make sure they bring appropriate clothing. Our OPAL play team have been working hard to increase equipment available to children at playtimes and it is wonderful to see their imaginative play blossoming.

We are looking forward to Number Day next Friday, where we will all be dressing up as Rockstars and enjoying a variety of maths activities throughout the day, as well as our inaugural Times Tables Bee competition, which will see our houses battling it out to be the winners of the trophy!

Unfortunately, Mrs Linton has been unwell this week with a nasty winter virus but will be back on Monday.

Wishing you a healthy & happy weekend,

Best wishes

Mrs du Feu

Deputy Headteacher

## **Important Online Safety Information**

We have been passed information from a DSL about younger students accessing a current SnapChat account called Jersey Mugs 2024. The account asks for people to send “mugs”. Photos are posted constantly, again from students across the island

Apparently, this is island-wide, featuring Year 5 – Year 10 students. Students have alerted staff about some concerning images of young people in Jersey and therefore I wanted to make you aware. The police and children’s service have been informed. We have no reason to believe that any of the children at our school are accessing this account but we do need to make you aware. Please remember to regularly check what your child accesses on their phone and have open conversations around how they can keep themselves safe when using social media etc. If you do have any concerns regarding this account then please inform the police.

As part of our playground development project, we are working hard to give children greater access to outside play and independence in their play. This includes going out in all weathers.

The weather in the UK is often poor so the OPAL (Outdoor Play and Learning) approach states that we only keep children inside in dangerous weather e.g. storms or hail. It is the responsibility of schools as centres of child development to ensure children are equipped to live healthy lives in the UK climate. This means being dressed for all weathers and being resilient to hot and cold, wet and dry. There is also a crisis of lack of movement in childhood and inactivity can be a great danger to children's development. During the winter, viruses such as colds and flu spread through the air in enclosed spaces. Playing in the mud and dirt is also scientifically proven to boost immune systems. The healthiest place to be is outside! Also, many children love playing in all weathers as shown in the photos below.



# Our Playgrounds

## Clothing

Children should bring a sensible coat, preferably a waterproof one with a hood, and a change of clothes including socks, trousers and jumpers in case they need to get changed. They can also bring welly boots to wear in wet weather. Gloves, scarves, and hats would also be sensible on colder days.

Here is a great Instagram post from Cosy Direct showing some of the benefits of playing in all weathers.

<https://www.instagram.com/reel/C2PBtazM3sP/?igsh=YWd5dXZvazBmOWhr>

Please share photos of the children playing in all weathers at the weekend by sending a photograph to [e.daly@firsttower.sch.je](mailto:e.daly@firsttower.sch.je) by Thursday 8<sup>th</sup> February. We will celebrate this brilliant play in assembly!

Miss Emma Daly

## Donations

This month we are looking for donations of planks of wood and pallet boards for den building. Please ensure any dangers such as loose nails are removed.

Thanks for your support!







## Nursery

We had snow at school which was very exciting!

Mrs Jordan took small groups of children to play outside, exploring the snow as for some children it was their first time seeing snow. As they walked through the snow the children were excited to touch the snow and to throw snowballs. They took our gloves off to feel the texture of the snow and how it felt to hold it in our hands. The children had a great time exploring the snow. We threw some snowballs and built a little snowman too.



# Reception

Reception have had a great start to the New Year. We were so excited to see some snow and had lots of fun playing outside!



# Year 1

Year 1 have had a great start back to school! We've started a new subject in Topic 'The Magic Toymaker', and the children were so excited to show everyone their toys.



We were also lucky enough to be able to go outside in the snow, which the children really enjoyed as they had just finished writing their winter poems about snow. We have now started out Literacy topic about bats, and have linked this to our DT lessons by making bat levers.





# Year 2

In our Topic lessons we have been learning about famous people. We came into school dressed as a famous person and made a time-line. We have enjoyed learning about Florence Nightingale and famous explorers, Christopher Columbus and Edmund Hilary.



In English we created our own winter poems and had lots of fun playing in the snow too!



We have been learning about plants in Science and are investigating to find out what helps plants to grow well.



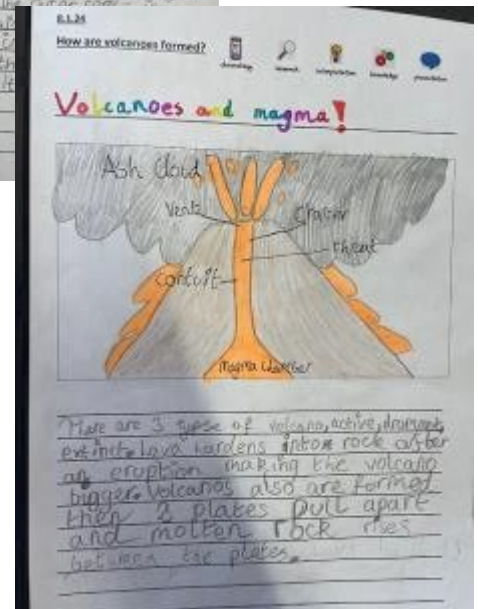
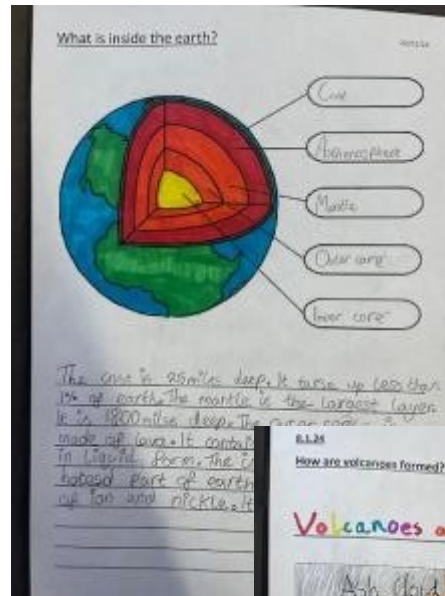


# Year 3

In Science Y3 have been learning about different type of rock. We carried out an experiment to see which rocks were permeable or impermeable.



We have been learning all about volcanoes and other natural disasters. We have used Google Earth to find volcanoes around the world and researched famous eruptions. We have also learnt about the different layers within the earth.



In Maths we have looked at perimeter. We used cubes to make different sized shapes and calculated the perimeter of each of them. We have also been learning our 3, 4 and 8 times tables.

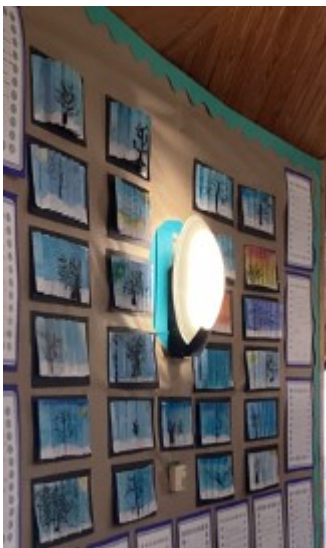
# Year 4

We have had a busy start to the year in Year 4. We have been writing some fantastic setting descriptions of a forest in English and look forward to sharing our final stories with you later in term.

In Science, we have been exploring electricity. We have built circuits containing buzzers, bulbs and motors.

In Art, the children created some agamographs (pictures that look different depending on the angle you look at them from.) The finished products look fantastic and we are very proud of the focus and creativity the children showed whilst creating these.

In topic, the children have started creating their trains and we can't wait to see the final products!





# Year 5

We have been investigating the properties of materials in science. We have done several experiments including testing how heating materials changes them. We learnt the terms irreversible and reversible changes.

We also have been leaving different liquids on our window sill in the class and looking at which liquids evaporate.



In IPC we have been learning about invasions. We looked at why people invade places. We are currently looking at The Roman invasions and how



# Year 6

This term, Year 6 have been working hard on the new topics for the Spring. In English, we are learning about Macbeth. The children have done some acting, in character and they have also written some character descriptions. In geography, we have been learning about where food is imported from and how many food miles this is.



The children have also been working hard on their practice assessments again, which we are sure they have told you about. They showed fantastic perseverance.





# Maths

This week, we continued the whole-school 'Times Tables Rockstars' house tournament.



The winning house this week is ...

Fire House

1	Fire House	3,465
2	Earth House	3,412
3	Air House	303
4	Water House	252



**FIRE**

# Sunshine Group



The Sunshine Group are excited to be working with Year 2 after half term in a project to plant lots of sunflowers on the small patch of land opposite the school entrance. We are working with an expert gardener, who will be providing seeds and support.



Teddy Sunflowers



**WE NEED YOU** to help collect cardboard tubes (toilet and kitchen rolls), trays (plastic or foil), cardboard egg boxes and wooden take away cutlery or lolly sticks. These things that might get thrown away will help us get started growing our sunflowers.

**Can you think of a good name for our sunflower patch ? Please let your teacher know your ideas and the chosen one will get a prize!**



## Literacy News

We have had a visit from wonderful local author Penny Byrne who read her latest book: Rainbow Flo. Children in Years 3 and 4 loved listening to her story and seeing all her other books in our school library.



The whole school has been reading and writing Winter poems for our Take One Poem week.





Children's Mental Health Week is an annual event dedicated to raising awareness about children and young people's mental health. This important event is a brilliant opportunity to open a discussion about mental health and wellbeing with children and young people. The children's mental health charity, Place2Be, set up Children's Mental Health Week to highlight the importance of mental health for children and young people. We all have mental health, and the majority of people will experience some form of mental health issue throughout their lives. In fact, up to 1 in 4 of us will experience mental health problems at some point in our lifetime.

<https://www.childrensmentalhealthweek.org.uk/>

**More information to follow about Children's Mental Health Week activities at First Tower.**



# The Little Kids' Club

## Play care in the Community



### Do you struggle with childcare in the school holidays?

The Little Kids' Club is a holiday club, under playcare, for 3 to 4-year-olds. Our aim is to facilitate a wide range of play opportunities for the children, where they have the freedom to choose what they would like to do; to provide an environment in which they feel emotionally, and physically safe, valued and motivated.

*"Play is a process, one that is flexible, inquisitive, creative and unique to each child"*

The Little Kids' Club is located in St Mary's Youth and Community Centre. The club enjoys its own designated area within the centre and its own enclosed outdoor play area allowing for free flow play. A variety of activities, toys and resources are provided where the emphasis is on self directed play. It is open to all island and operates during all school holidays.

We have a new online booking system! To book in please email:

[steph@thekidsclub.je](mailto:steph@thekidsclub.je)

[nia@thekidsclub.je](mailto:nia@thekidsclub.je)

We will then send all the information for you to get registered on our online booking system.

We offer the following sessions:

8:30 - 1:30

8:30 - 3:30

(We are flexible with the days/sessions you require, you do not need to book the whole week)

# JOIN A CHOIR

JOIN US FOR FUN AND EXCITING  
FREE  
WEEKLY CHOIR REHEARSALS

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FOR CHILDREN  
IN  
YEARS 4, 5 & 6

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REGISTER HERE

SCAN ME



STARTING:  
THURSDAY 11th JANUARY


4.00pm - 5.00pm at the  
JERSEY MUSIC SERVICE  
REHEARSAL  
ROOMS AT FORT REGENT



Government of  
**JERSEY**







Join us for an evening of talks:

# 'Introducing Jersey's Wetlands'

29th January 2024

5:30 - 7:30pm

*Rocco Suite, Radisson Blu Waterfront Hotel, Jersey*

in celebration of

**World Wetlands Day 2024**

hosted by



&



**No booking is required, there will be space for all!**

*We look forward to seeing you there!*



# PLANET PROSE SHORT STORY COMPETITION

**Open to 6-18 year olds**

Get ready to explore the power of storytelling to inspire change and promote a sustainable future.

**Submit your story by  
Wednesday 14 February**

**For full competition details, visit  
[gov.je/planetprose](http://gov.je/planetprose)  
or scan the QR code.**



**Climate Emergency JSY**



# NEURODEVELOPMENTAL SERVICE

## SUPPORT PACK

SCAN ME!



**CAMHS**

Child & Adolescent Mental Health Service



*Join*

# OUR GROUP

Parent Carer  
Forum Jersey

A voice for families with  
children or young adults  
with special needs

**Join Our Facebook Parent Carer group!**

**Please join us!**

<https://www.facebook.com/groups/299943612492170/>





### **Strength-based Parenting Programme**

This 6-week course focuses on helping parents understand more about strengths and how to spot them in their children. It also helps parents identify their own strengths and how they can use these to help when challenges arise.

Strength-based parenting is an evidence-based approach that has been shown to increase parental well-being and help parents feel less stressed.

Research has also shown that children who have parents that are strengths-focused have higher levels of well-being, improved life-satisfaction, and increased resilience.

**Date:** Tuesday 16<sup>th</sup> January – Tuesday 27<sup>th</sup> February (excluding Half Term)  
**Time:** Evening - 17:30 – 19:00  
**Venue:** Bermuda House (Loft), Green Street

**Date:** 6 weekly sessions on a Thursday throughout February and March (dates to be confirmed)  
**Time:** Daytime 12:30 – 14:00  
**Venue:** The Bridge Child & Family Centre, Le Geyt Road

**How can I take part?** Please contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit [www.gov.je](http://www.gov.je) and search for *Children and Families Hub*





## **The Decider Skills Programme**

Led by Mind the Decider Skills course is open to any parent or carer who would like to learn some strategies to help manage their own wellbeing, how to cope emotionally and promote positive mental health.

It can also potentially give you some ideas of strategies to suggest to your child when they are facing some challenges.

Decider Skills uses Cognitive Behaviour Therapy to teach you to recognise your own thoughts, feelings, and behaviours, enabling you to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication, and help to live a more skilful and less impulsive life.

**How can I take part?** Please contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)

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## Understanding Anxiety Workshop

Families are invited to attend this workshop together to learn more about anxiety. Over the one-and-a-half-hour session you will learn new skills and leave with an individual 'Family Shield' for you to use to help manage anxiety together in the future.

**Who is it for?** Parents and carers with children in school years 1-7

(please note parents/carers attend the session with their children)

**When and where is it happening?** Tuesday 30th January at The Bridge Child and Family Centre, Le Geyt, 4:00-5:30pm

**How can I take part?** Please contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je) to reserve your spaces.

(please note that spaces on this workshop are limited and will be allocated on a first come first served basis).

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## **Time to Pause- an online course for parents and carers.**

A time to pause is a 6-week course bringing concepts of positive psychology to increase selfcare and wellbeing to parents. These are interactive creative sessions and participants will need pens, paper, and colours. Weekly sessions are outlined below:

- |  |   |
|--|---|
| 1. Time to pause: creating peace and calm in our lives.                          | 4. Time for self-care and compassion: recognising our own needs and learning to be kind to ourselves. |
| 2. Time for gratitude: gratitude and increasing our own happiness levels.        | 5. Time to listen- enhancing our listening skills and understanding others.                           |
| 3. Time to connect: connecting through play and building positive relationships. | 6. Time to flourish- recognising our strengths and bringing wellbeing into daily life.                |

**Who is it for?** For parents and carers with children up to 18 years.

**When is it?** Tuesday 20th February to Tuesday 26th March 18:00-19:00

**How can I take part?** Sessions will be held online via Teams. Please contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je) to register your interest and for the links to the sessions.

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## 2 – 12 Triple P Parenting Programme

Group Triple P is a 6-week programme for parents and carers of children aged between 2–12-years-old. The programme looks at strategies to help manage children's behaviour and prevent the kinds of problems that can make family life stressful.

**Who is it for?** Parents and carers of 2–12-year-olds who may have a few concerns about their child's behaviour, or who may simply want to learn about positive parenting and how it can be applied to their family.

**How can I take part?** Please contact the Children and Families Hub team on 01534 519000, or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je).

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# **SUPPORT & ADVICE**

**SESSION FOR PARENTS & CARERS OF  
CHILDREN WITH ADHD**

**MONDAY 29TH JANUARY 2023  
6:30PM-8:30PM**

# **ADHD MEDICATION**

## **GUEST SPEAKERS**

**DR CATHERINE KEEP & ALISON PELL  
CLINICAL NEURODEVELOPMENT NURSE**

**SAMARES SCHOOL**



**EMAIL: WEBELIEVEYOUBELONG@GMAIL.COM**

