



F.T. News

News from First Tower School

October 2023



A Word from the Head

Dear parents/carers,

Well, it has certainly been a blustery end to the first half term. However, lots of things have been going on at school and this newsletter contains some of the high lights.

Earlier on today you should have received an email inviting you to book a slot for parent consultations which will be held at school on Thursday 2nd November and Thursday 9th November. If for some reason you have not received this email or you are unable to access the booking system, please contact the school office.

When we return after the break, we will be observing several national events. The first being the national 2 minutes silence for Remembrance. As the 11th November falls on a Saturday this year we will come together as a school on Friday 10th to remember those who have died in conflict whilst serving their country. As always, our Year 6 pupils will be selling Poppies on behalf of the British Legion throughout Remembrance Week.

On Friday 17th November we will be supporting the BBC's Children in Need annual fundraising event. Details of this will follow after the half term break.

Finally, I would like to wish you all a very peaceful and restful week and look forward to seeing you all on Monday 30th October when school re-opens.

Mrs Lyn Linton

DIARY DATES

Half term Monday 23 October to Friday 27 October

Parent/Teacher Consultations 2nd and 9th November

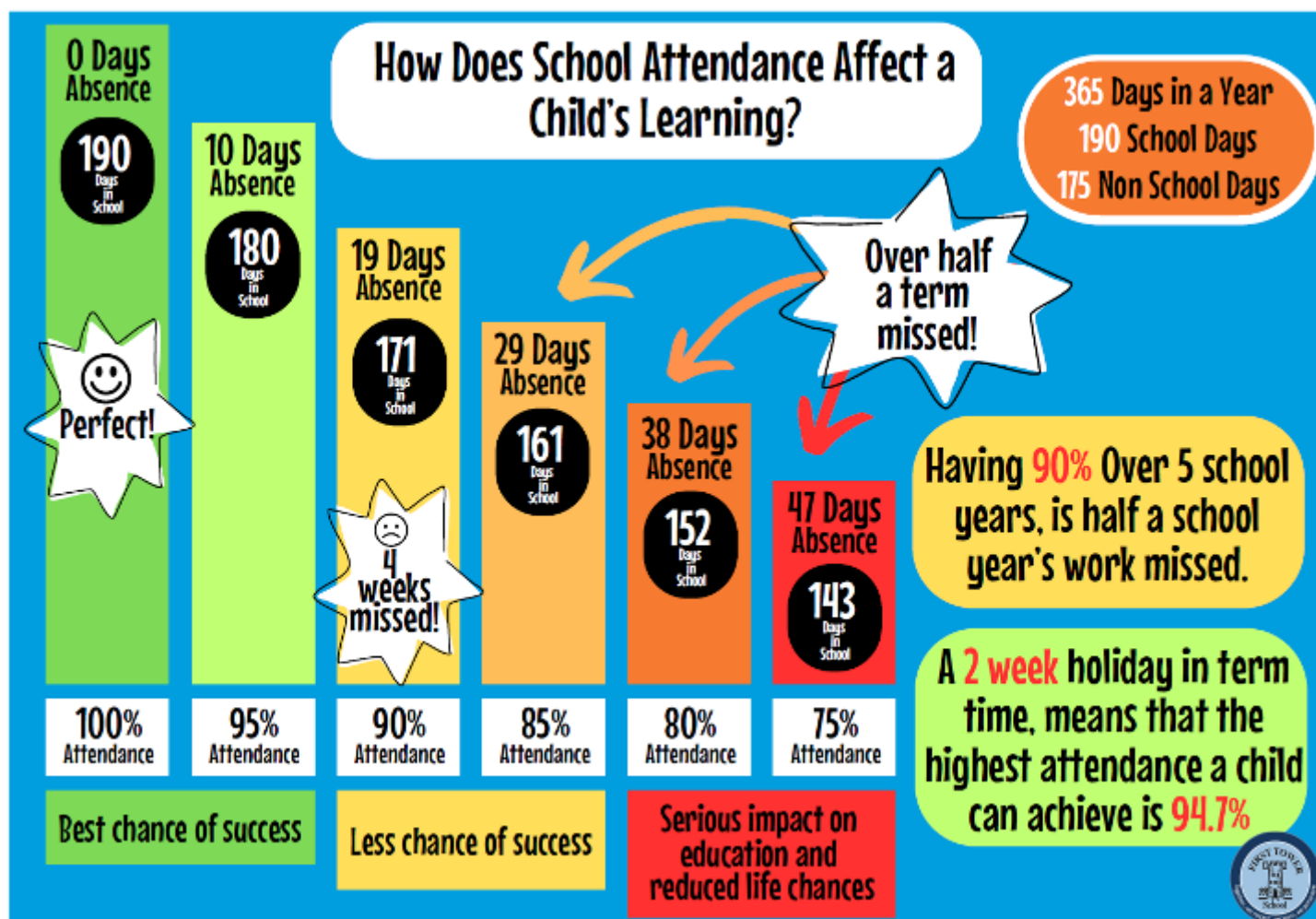
BBC Children in Need 17th November

Term ends Tuesday 19 December

Term starts Thursday 4 January

Half term Monday 12 February to Friday 16 February

Inset Day Monday 19 February



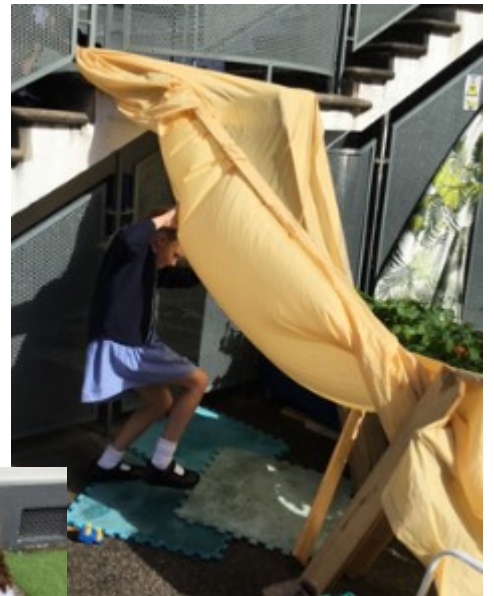
Please remember....

Bring a coat! We will be going out to play in ALL weathers!

NAME your uniform—we have 380 pupils and cannot return lost uniform if it doesn't have a name!

Outdoor Play And Learning (OPAL)

As part of our commitment to improving play for our pupils through the OPAL project, we are still looking for donations of small world items in good condition such as cars, animals, dinosaurs, and people. We would also love some suitcases and pushchairs if anybody has any they no longer need. The pupils will enjoy creating imaginary worlds and acting out different scenarios with these items. If you have any of these items, please send them in to Miss Daly. Thanks for your support



Online Safety

SETTING PARENTAL CONTROLS

The UK Safer Internet Centre has published a guide for parents on using parental controls to keep your child safe. Parental controls are designed to help protect children from inappropriate content online, such as pornography, age restricted apps, or other adult content. These controls can be used in various ways, for example to help ensure that children access only age-appropriate content, to set usage times, to monitor activity, or to help prevent in-app purchases.

Childnet has also published information and key advice on parental controls for parents and carers. Free practical guides from Internet Matters will show you how to set up parental controls on various platforms and provide help with many filtering options, including how to set time and age limits, block certain content, lock settings with a password or PIN, and activate restricted modes where available.

Nursery



Learning to use a knife to spread helps develop our hand eye coordination and fine motor control.

We learnt the names of the different toppings and talked about our favourite one. This helped to develop our communication skills.



In Nursery we follow the children's interests and there has been a huge interest in pizza! We made our own mini pizza to take home. We could make our own choices as to what topping we

Reception

Reception have been learning about the different parts of a pumpkin. We used child-friendly knives to carve the pumpkin and examine inside.



We have collected the seeds and after they have been cooked, we will have a taste!



The children looked carefully at the pumpkins and made observational drawings.



Year 1



Maths Homework

The children now have their passwords for Numbots, which is our school program for Maths homework. They should access this at least once per week to practise maths skills such as subitising (knowing how many there are just by looking), ordering numbers and simple addition and subtraction facts. We will also stick the password into their pink homework book which the children will receive next Friday with their spelling homework.

Spelling Homework

Each week the children will receive spelling words on a Friday in their pink books. They should practise these spellings at home throughout the week in the books and return it on Friday for a spelling test. There will also be a poem to recite together to help improve reading fluency. Studies have shown that reading it to your child first, then encouraging your child to read it with you before finally reading it by themselves can help with reading fluency.



Please remember coats and wellies! We go out to play in all weathers!

Year 2



Year 2 have made 'Museum of Me' memory boxes and brought in special items to place into their boxes, as part of our 'Time Travellers' topic.

In Maths, we have been practising our regrouping skills. Here we played first to 100 pence, where we had to regroup ten pennies into a 10p coins. We then played the reverse, where we had to 'lose' all our money and be the first to zero pence, again via regrouping!

Year 3

In maths we have been looking at different measurements and comparing them. We had fun looking at capacity.



In Topic we have been learning about 'Scavengers and settlers.' We worked as a team to research 'The Ice man'.

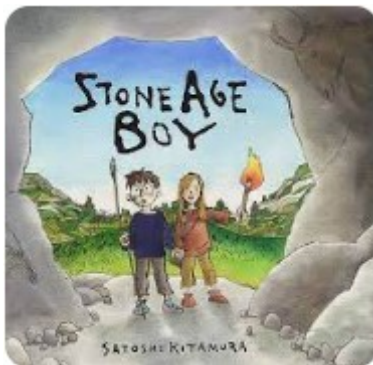
On **Thursday 23rd November** we will be going for a visit to La Houge Bie. If you are available to help us in the morning please let us know.





In PSHE we have been making our own games , and talking about what we found easy/difficult working within a team.

In English we have been reading 'The Stone Age Boy' and writing our own diaries.



Thursday 12th October
I To write a diary of a stone age child
Hot Task

Dear Diary

Today I have an adventure let me tell you about it all. It was a normal day but suddenly I popped my self falling down down.

Then, I woke up and I thought I magically was in the stone age but then I look around and the cave. Suddenly I saw someone in the distance it was not a boy but it was a girl.

After that the girl said "Hello I'm Rosie" "Should you be in my beautiful? Kindly say yes. When we got there I could kindly understand so they interest themselves to me and I must go get ashy.

The next day we went fishing at the River it was beautiful you should see it. Suddenly someone started "Rindee Rindee" so we all went and after we caught it we had an amazing party.

Meanwhile me and Rosie went to explore. We saw green bushes, a lovely sky and a fabulous tree.

After that Rosie showed me a cave and

Wednesday 11th October 2023
but to tell a story from someone's point of view

I was a normal day in the camp but just a boy popped out of a hole. The boy looked a bit different from me and I didn't recognise him from anyone I know. At first the boy asked me "Where am I?" I didn't understand what the boy was saying and I thought he didn't understand what I was saying. We used signs.

I showed him how to make fishy tents with animal skin and how they made clothes. Next I showed him my family and I told him that my whole family had jobs to do.

After that I showed him the river and how we caught fish with spears. When they fell a wiggle they quickly pulled their spears out. I also showed him what the children did. They collected nuts and plucked berries from the green bushes.

After a while a boy noticed a deer in the grass. The boy shouted "Rindee Rindee" and all the men came running with spears. That night we had a great feast.

The next day I took him to a cave with paintings and I told him what we do. He saw bears and people like I did.

6 Great stuff

Year 4

In English we have been reading and performing different poems. We have read 'Overheard on a Saltmarsh' and 'A Small Dragon'. We have looked at how to alter our tone of voice and have been learning about the different adjectives and prepositions in each poem.



In Science we have been looking at classification keys and created classification keys of our classes. We have also spent some time researching different animals and grouping them together.



We have been practising our times tables and have been working hard on Times Tables Rockstars. After half term there are going to be some competitions set up in Year 4 to help us practise.

Year 5

As we reach the end of this half term we can look back at the wonderful learning we have experienced. Whether we are learning to swim and choreograph a dance or carrying out scientific investigations we are working with greater independence and concentration. Hundertwasser has proven an inspirational artist to study and our Rivers Topic is widening our geographical knowledge and understanding of the world. We have now finished The Wolves in the Walls and produced some super writing and our math skills have been challenged as we learn new strategies for multiplying and dividing.



It has been pleasing to see how much homework is regularly handed in and thank you for your part in that.

We are looking forward to seeing you at parent consultations and wish you a peaceful half term.

Year 6

This month has been busy again for Year 6. At the end of September, we spent 4 nights at the JAAC in St Martin. We did activities such as paintball, foraging, archery and even visited the castle. Lots of fun was had.



Year 6

Year 6 also visited the Town Church for the 'Life Expo' where we learnt about Jesus and the Bible. It got us to think about what Christians believe and what we believe ourselves. We got to read some stories, watch videos and listen to some music.



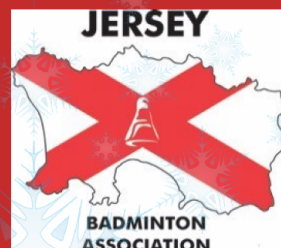
PE

A big well done to everyone who represented the school at the cross country. All the children who took part ran brilliantly and tried their best.

A special mention to Adrianna in 5M for coming 8th in the Year 5 girls competition and to Jensen in 6P for coming 14th in the Year 6 boys competition.



Jersey Badminton Association



Junior Badminton

Tournament '23

November 11th & 12th

Sat 11th November - Yrs 7-9, Yrs 10-13

Sunday 12th - Yrs 4-6

£12 entry fee plus option to purchase tshirt

Girls singles and boys singles category

Round robin format - lots of matches

Prizes for winners / runners up & consolation event

New Gilson Badminton Hall, D'Auvergne School

Entry Closing Date: Monday 30th October

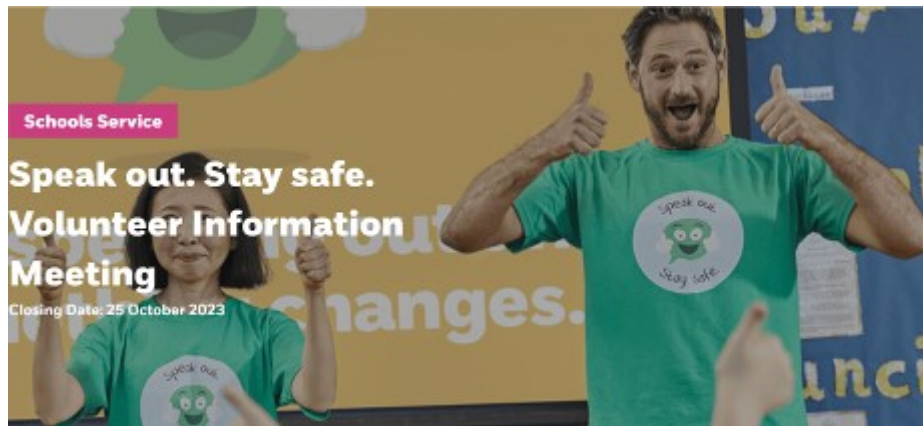
To Register:

<https://www.sportyhq.com/dashboard>

or use the QR code

Further info: jbamembership@runbox.com





Speak out. Stay safe. Volunteer Information Meeting

Location: Jersey, Channel Islands

Closing Date: 25 October 2023

Commitment : Volunteering takes place during weekdays within schools hours

We are looking for new volunteers from all over Jersey to be Speak out. Stay Safe Volunteers. You would visit primary schools local to you to help us protect a generation of children from abuse and neglect.

In 2022 the NSPCC's Speak out. Stay safe volunteers returned to primary schools. As a Speak out. Stay safe. volunteer, you will visit primary schools to deliver Speak out. Stay safe. workshops that teach children about the different types of abuse and how they can speak out and stay safe. Our Speak out. Stay safe. workshops are age-appropriate and memorable and need an energetic and enthusiastic person to deliver them. You'll work alongside other Speak out. Stay safe. volunteers to make sure at the end of each session the children feel empowered and know who they can speak out to if they are worried.

If you are interested in volunteering as a Speak out. Stay safe. volunteer and want to find out more about the role, the next step is to attend a Volunteer Information Meeting, which is a fantastic opportunity to:

- Meet with staff as well as volunteers to ask any questions you may have
- Learn more about the application process and your volunteer journey

Our meetings are designed to help you decide whether you want to apply – there's no obligation or expectation that you'll apply if you attend one. At the meeting, you'll also receive information on other ways you can become a supporter of the NSPCC.

Want to learn more about the impact of a separation or divorce on your parenting? You can join the Family Transitions Triple P programme.

This 5-week course will take place at Bermuda House from Tues 14 Nov – Tues 12 Dec between 6.00 – 8.00pm.

During this course, you will learn about:

Ways to talk to your child about separation and divorce

How to manage and cope with emotions

Effective communication and how to manage conflict

How to balance work, family, and play

Contact the Children and Families Hub on 01534 519000 or childrenandfamilieshub@gov.je to take part.





YOUTH ARTS JERSEY

MONDAY

ART CLUB 4PM – 6PM

CREW TRAINING 7PM – 9PM

TUESDAY

UKULELE CLUB 4PM – 6PM

SENIOR DANCE 4.30PM -5.30PM

GUITAR, DRUM & DJ 7PM – 9PM

WEDNESDAY

RADIO TRAINING 4PM – 6PM

THURSDAY

SENIOR DRAMA EXTRA REHEARSALS 4PM – 6PM

BASS/ KEYS & SENIOR DRAMA 7PM – 9PM

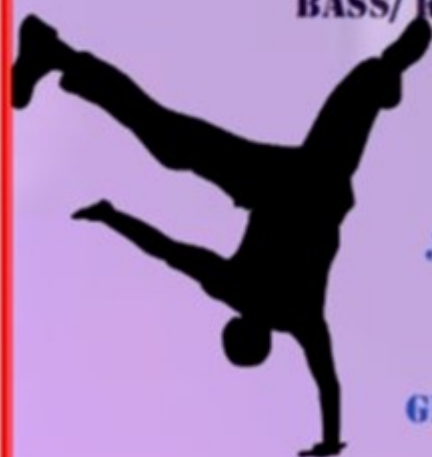
FRIDAY INTERS

INTERS DRAMA 4PM -6PM

JUNIOR DRAMA 7PM – 9PM

SATURDAY

GIRLS DANCE 12.30 – 2.30PM



Juniors

8 – 11 years old

Inters

11 -14 years old

Seniors

15 years +

All senior & inters sessions are £1 and all junior sessions are £1.50

Rehearsal rooms are available to hire at any session for £3 per person.

WE CURRENTLY HAVE LIMITED AVAILABILITY SO BOOKING IS ESSENTIAL

For further info or to book a place please email carmelbutel@jys.je

**YEAR
6-8**



MULTILINGUAL **YOUNG PEOPLE** YOUTH CLUB

THURSDAY

**6PM
-
8PM**

£1

Activities

- ✓ Games
- ✓ Trips out
- ✓ Arts & crafts
- ✓ Cooking
- ✓ And more!

Jersey Youth Service

Jersey Youth Service, St.
James Centre, St. Helier,
Jersey, JE2 3QZ

First session is for free!



Wellbeing drop-in

The Wellbeing drop-in offers support and guidance on children's mental health. Its open for young people, parents/carers and professional to access.

How does the drop-in work?

There are three different professionals you can speak to on a Saturday without an appointment.

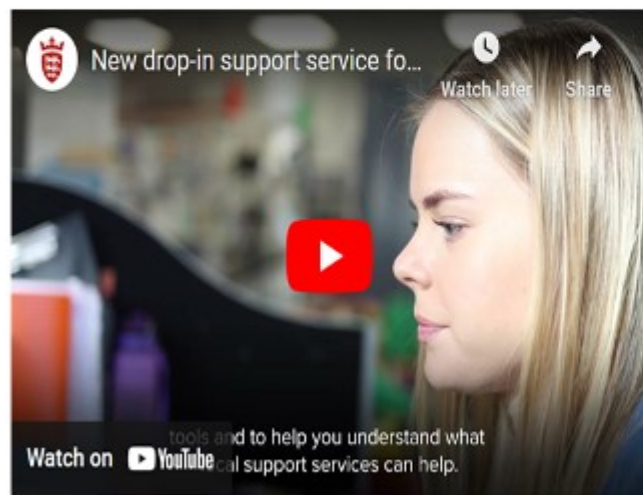
CAMHS practitioner – can speak to you specifically around children and young people's mental health, talk through any concerns or worries you may have, signpost you to the right support and give helpful tips/coping strategies.

Counsellor – can speak to you about one to one talking therapy and how to start regular counselling sessions, provide emotional support and signposting.

Youth Worker – can speak to you about all support services available in Jersey, how to access them and general advice and guidance on wellbeing for young people.

If you would like to find out more about visiting the Wellbeing drop-in, call us on our free phone 0800 7350 010 or email us on yes@jys.je

Location: Eagle House, La Colomberie, St. Helier, JE2 4QB



Drop-in support service for children and young people's mental health and wellbeing

Children, young people, parents & carers can drop in to speak to a mental health practitioner or counsellor for a free, informal, confidential chat

Youth Wellbeing Drop-In
Every Saturday, 10am - 6pm
The Link, Eagle House

For a list of other services, please see reverse.



<https://www.yes.je/about/>

Children and families hub

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

Their aim is make sure families get the right help, at the right time. This could be some advice on the telephone or a one to one consultation. They can also put you in touch with any services that can help you.

The hub will also respond to any safeguarding concerns you may have for a child or young person.

Areas they can help with or provide information on:

- Health and well being of children and young people.
- Concerns that a child is being abused or at risk of harm.
- Advice and guidance on behaviour concerns.
- Information around support options available.

Opening times:

Monday – Thursday 8:30am to 5:00pm
Fridays 8:30am to 4:30pm

Tel: 01534 519000

Recommended Resources

- ➡ Request advice form
- ➡ Children and families hub website



After a bit of a break, On the 24th October 6pm-8pm, Mind Jersey will be holding our monthly Parent Support and Learn. If your child is experiencing difficulties with their mental health or perhaps you need to talk to someone about how you feel then perhaps this group is for you.

Our Parent Support Group has been created to offer parents a safe, non judgemental space to explore their feelings about the challenges their child is experiencing. This month we are delighted to be welcoming Youthful Minds to the first half of our session ([Mind Jersey](#) – Youthful Mind info). The young people from this amazing group have offered their time to come and chat with parents about some of the challenges young people might be currently facing that is impacting on their mental health. They will be drawing upon their own personal experiences to help answer some of your questions as well as share different ways you could support your child.

Spaces are limited so please book your space [here](#), if for any reason you are unable to make it, please cancel your booking to allow another parent your space.

Don't forget there is also the Parent Support Page [here](#) where we will post updates regularly.

If you have any questions, please don't hesitate to get in touch.



During this session you will have the opportunity to find out about the SEMHIT team (Social, Emotional & Mental Health Inclusion Team)

SEMHIT is a support service that works with primary and secondary schools across the island to provide advice and guidance.

"Their ultimate goal is to help every child and young person with SEMH needs to be heard and understood, so they can enjoy school life, be given opportunities that enable them to flourish and grow and reach their full potential."

This presentation aims to raise awareness on the support SEMHIT offers.

You will also be able to:

- Meet with other carers, parents, professionals supporting children with ADHD to share your stories, strategies, knowledge and experience.
- Speak to CAMHS Neurodevelopmental Service administrators, to clarify any details regarding assessments, appointment times etc.

Anyone supporting a child with ADHD is welcome, the more supported you are, the better supported the child will be.