

Inspiring minds through opportunity

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NEWSLETTER, SPRING 2 2024

"AN ABSOLUTELY AMAZING SCHOOL" DISTINGUISHED VISITORS IMPRESSED BY CJ



We have had the pleasure of welcoming many distinguished visitors to CJ this half term. On Friday 23rd February we welcomed Juliet Chua (Director General for Schools Group); Laura Kennedy (London lead for the Mental Health Delivery); Kirstie Stroud (Strategic Regional Lead for Mental Health Delivery); Ifeyinwa Ezeifedi (Joint Service/Clinical Lead Tower Hamlets Education Wellbeing Service (THEWS)); Hope Bull (Project Manager for Tower Hamlets Education Wellbeing Service (THEWS)); and Alexandra Müller (Education Wellbeing Practitioner, Tower Hamlets Education Wellbeing Service (THEWS)) (pictured top).

The group visited the school to learn more about our whole school approach to supporting pupils with their emotional regulation - which is a key priority for us this year.

Continued on p. 3



MESSAGE FROM THE HEADTEACHER

We have had another wonderfully jam-packed half term at CJ - filled with exciting trips, rich experiences and enhanced with three brilliant themed events - Book Week, World Book Day and Science Week. Such events really showcase how we strive to *inspire minds*

through opportunity for our pupils, parents and school staff! World Book Day was celebrated in true CJ style. Pupils and staff showed great creativity by dressing as favourite books and characters and pupils enjoyed a range of activities centred around the enjoyment of books, characters, themes and plots. Thank you to all the parents and carers who attended our 'Kidnap your Child' event - such occasions really highlight the benefits of reading with your child for both academic achievement and spending quality time together. We love welcoming parents and carers into school. Science Week offered a wide range of events, activities and special workshops to inspire a love of science and to enrich our science curriculum. The brilliant Shooting Stars workshops really brought the topic of forces and motion alive with practical examples and fun experiments - it was the perfect mix of education and entertainment!

Thank you to all the parents and carers who attended the Health and Relationships Education workshops where we talked through the expectations for each year group and shared the resources used. Your feedback has been very helpful and all the slides from the sessions are available on the school website:

https://www.cyriljackson.towerhamlets.sch.uk/experience/ health-and-relationships-education

A huge thank you to Miss Boyle, for planning and preparing the slides and resources, ensuring it is easily accessible to the school community, and to Mrs Williams, Mrs Stevens and Miss Nizami for delivering the sessions with consistency and clarity.

Finally, I would like to say a huge thank you to all the brilliant staff at CJ who work tirelessly to make such a positive difference to our school community. It has been a great half term and I would like to thank parents and carers for your continuous support and collaboration, working together with the school to make a difference to our pupils. We really value your feedback and support.

Wishing everyone in the CJ community a lovely Easter break and Eid Mubarak to all.

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WHAT'S ON?

KEY DATES: SUMMER TERM 2024

Summer term begins Monday 15th April (school opens for pupils)

Nursery Termly Parent Workshop Tuesday 16th April

Reception Termly Parent Workshop Weds 17th April

South Building Eid Parent Lunch Weds 17th Apri

North Building Eid Parent Lunch Thursday 18th April

Year 1 Termly Parent Workshop Thursday 18th April

Art Workshop Friday 19th April Friday 26th April Friday 3rd May

Friday 10th May

Year 2 Termly Parent Workshop Friday 19th Apri

Year 6 Termly Parent Workshop Monday 22nd April

Year 5 Termly Parent Workshop Tuesday 23rd April

Year 4 Termly Parent Workshop Weds 24th April

Year 3 Termly Parent Workshop Thursday 25th April

Polling Day (SCHOOL CLOSED) Thursday 2nd May

Bank Holiday (SCHOOL CLOSED) Monday 6th May

Bank Holiday (SCHOOL CLOSED) Monday 27th May

Half Term 28th May - 31st Ma

INSET Day (SCHOOL CLOSED) Friday 14th June

Eid Al Adha (TBC)

Last day of term Friday 19th Jul

INSET Day (SCHOOL CLOSED) Monday 22nd July

INSET Day (SCHOOL CLOSED) Tuesday 23rd July

Summer Holiday 24th July - 30th August

MINI MARATHON CHALLENGE



In April, 30 children from CJPS will be participating in the TCS Mini Marathon, taking place the day before the official London Marathon. They will be walking, jogging, or running one mile around St. James's Park. With competition in mind, we know that training and stamina are crucial as we approach the start line.

Join our training challenge: 11-12 laps of Ropemakers Field are equivalent to 1 mile. How many laps can you complete? And how quickly can you do them? Challenge yourself by mixing up your movements - try side-stepping, skipping, or sprinting! Discover fun and diverse ways to enhance your agility and stamina.

HOLIDAY SEND SUPPORT

We will be sending home calendars for the Easter holidays. These calendars are highly visual and will help parents keep track of how much holiday is left and when school re-starts. Please use these with any children who find the change of routine difficult in the holidays.



Please speak to Miss Qureshi or Mr Wiltshire for any further information.





NEWS

MOVIE NIGHT FUN



On 23rd February, KS1-2 children enjoyed a fabulous Movie Night watching 'Migration.'

Thanks to all the fabulous PTA members and staff who helped out, and of course families for buying their children tickets.

We won't have a Movie Night in the summer term, but watch this space for other exciting PTA events!

KEEP CALM AND REACH YOUR POTENTIAL

YEAR 6 SATS **UPDATE**

Year 6 pupils have been working incredibly hard this year. Attendance for booster groups has been excellent, showing how determined the Year 6 cohort are to reaching their full potential. With SATS just around the corner, we would like to

encourage all Year 6 children to keep completing their homework and reading regularly - as this will help them to achieve their best.

YEARS 3 & 5 FIRST AID TRAINING

MINI FIRST AID 🗬



Year 5 and Year 3 completed First Aid training in March, to support their PSHE leaning around What Makes Good Citizens. The classes had exciting workshops, delivered by a qualified First Aider! They learnt how to put somebody into the recovery position; how to help somebody who was choking; and most importantly, who to call for help!

HIGH PRAISE FOR CJ, UST AND MS DIRIR



From p. 1

The team spoke to a range of staff, visited lessons, spoke to pupils about the different brain buddy strategies they use and the positive impact that this has had on all aspects of their learning and development. We would like to thank Ms Pulman (AHT Inclusion) and the THEWS team, particularly Alexandra Müller, our Education Wellbeing Practitioner, for their continuous hard work and support in making such a positive difference to our school community. We will be sharing all strategies with parents and carers on the school website very soon.

On 20th March, CJ held a second high profile event welcoming a group of distinguished education professionals, including Clare Burton (DfE Regional Director); Leora Cruddas, (Chief Executive, Confederation of School Trusts); three CEOs from Trusts in Hertfordshire, Bristol and London and a representative from the Department for Education Food Delivery group.

All visitors were very impressed with the quality of education, our consistently high standards, the impeccable learning behaviours, the purposeful learning environments, the commitment and relentless drive to improve pupils outcomes, our investment in quality professional development and the strong pastoral support for our school community.

Ms Cruddas commented: 'It was a huge privilege to visit Cyril Jackson School and listen to Hodo Dirir about her compelling vision of consistency and excellence. This is an absolutely amazing school serving its community with such efficacy and moral purpose. I am always humbled by such leadership.'

We are hugely proud of such feedback, which is recognition of the hard work and talents of our excellent staff team.





WORLD BOOK DAY

























We love World Book Day - a day where we celebrate great books, favourite characters and discuss our most memorable moments where we have been lost in books. Which characters can you spot?



READING KIDNAP

A huge thank you to our parents who attended our 'Kidnap your Child' reading event. It was lovely to see you all enjoy reading books together in the comfort of our school. Reading for pleasure is vitally important and something we are passionate about at CJ and events like this illustrate how enjoyable and rewarding reading together can be!







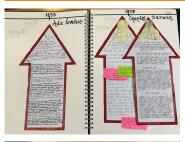




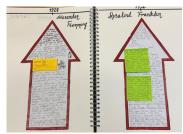
SCIENCE WEEK

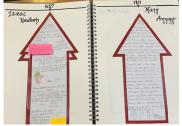
British Science Week 2024

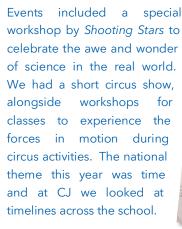


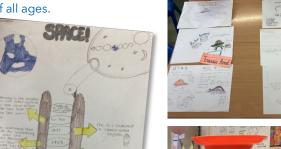




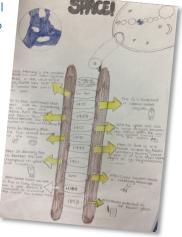


























MUMMIFICATION IN YEAR 3









Year 3 pupils have been investigating the Ancient Egyptians in History this term. Recently, they have learnt about mummification and the process undertaken for Ancient Egyptians to reach the afterlife.

YEAR 5 POETRY

At the start of Book Week, Year 5 hit the ground running by planning their poems about London for the Book Week Poetry Slam. They were inspired by the one and only George The Poet! George the Poet is a London-born spoken word performer of Ugandan heritage. His innovative brand of musical poetry has won him critical acclaim both as a recording artist and a social commentator.



RECEPTION VISITS DINOSAURS AT THE NATURAL HISTORY MUSEUM



Reception pupils have been learning about dinosaurs this term, and to extend their knowledge, they visited the Natural History Museum in South Kensington to get up close and personal with these amazing creatures! Why not take your child back over the Easter holiday, so they can show you around and tell you about their learning?







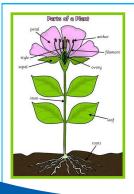


YEAR 4 ANGLO SAXON LEARNING



As part of their History topic on the Anglo Saxons this term, pupils had the opportunity to investigate artefacts. Pupils looked for evidence about the Anglo Saxon invaders. Ask your child about the artefacts they looked at and what they learnt from them.





YEAR 3 SCIENCE LEARNING

In Science, Year 3 pupils have started a new topic on plants. They labelled the different functions of a plant.

Why not go for a walk over the holiday and ask your child to show you the various parts of a plant and what they do?

CHICKS IN NURSERY AND RECEPTION!





As part of their learning about life cycles, Nursery and Reception received a delivery of eggs which pupils looked after until they hatched. Children enjoyed cleaning the brooder boxes and giving the chicks food and water.











YEAR 5 VISIT FROM POET, ALEX WHARTON





Year 5 was were thrilled to meet award-winning writer and poet, Alex Wharton this half term. Alex delivered an inspirational workshop where pupils heard his poems, raps and songs and then worked on their own.

Alex's First Book of poetry for children, *Daydreams and Jellybeans*, was shortlisted for the Wales Book of The Year Award 2022, The North Somerset Teacher's Book Awards, The Laugh

Out Loud Book Awards and was named as a National Poetry Day Recommended Read. He was selected as Children's Laureate Wales for 2023-25. It was wonderful to welcome Alex to CJ and inspire our poets in Year 5. What a treat!

YEAR 2 MARVELLOUS METRES IN MATHS!





During Book Week, it was great to see all of these wonderful book characters working as a team and investigating metres in maths. Who knew Fantastic Mr Fox was an expert estimator!?

ELM CLASS LEARNING



























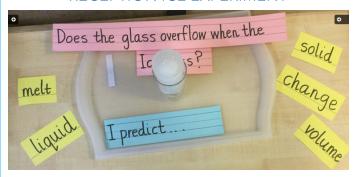








RECEPTION ICE EXPERIMENT



Reception children took part in an experiment to find out 'Does the glass of water overflow when ice melts?' Ask your child what happened!

YEAR 4 EASTER INVESTIGATION



Elder class enjoyed a trip to St Anne's church this half term. They learned all about Easter through an investigation.







NURSERY THAMES RIVER BOAT TRIP



Nursery pupils walked to Canary Wharf pier and got on the Uber boat to Embankment pier. They have loved learning about Buildings, Structures and Transport this term and enjoyed finding lots of London landmarks.









ART & DT FOCUS

YEAR 3 PNEUMATIC TOY PLANS



In DT, Year 3 have been learning about Pneumatic Mechanisms, with a focus on designing and making a toy for the children in Year 1. They chose a rainforest animal, to base their design around.

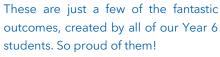
They then used their plans to construct a 3D animal, using nets. Check out these amazing animal creations! Next we are going to add the Pneumatics, to make them come alive!



YEAR 6 PORTRAITS



In Art, Year 6 pupils have been responding to Street Artist, Sheppard Fairey. They produced these amazing self-portraits, embellishing them with symmetrical patterns and motifs.

















ART FOCUS: PARENT WORKSHOP









This half term, our parents have been attending our weekly Art Workshop for parents, learning about still-life, observational drawing, and how to use watercolours. Check out some of their masterpieces!













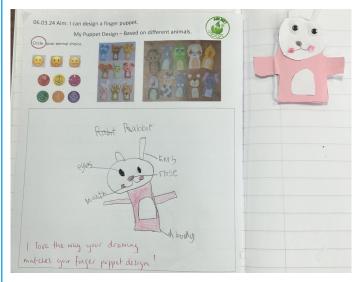




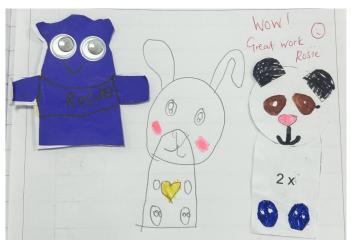


ART & DT FOCUS

YEAR 1 FINGER PUPPETS



In DT, Year 1 pupils have been learning how to create, design, and make puppets. They began by sketching out ideas for finger puppets, before assembling them using coloured card.







YEAR 1 HAND PUPPETS

Year 1 pupils moved on to making animal-inspired hand puppets, from felt. They learned how to sew and join two pieces together, making a front and back, before cutting shapes out for their animal's features!



















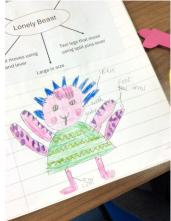
ART & DT FOCUS

YEAR 2 MECHANISMS



In DT, Year 2 pupils have been learning about lever and slider mechanisms. This week they each created a 'Lonely Beast', using split pin lever mechanisms for their arms and legs to move. Next week they will create a world for their beasts to live and move around in, using a slider mechanism!









YEAR 6 LOTUS FLOWER WATERCOLOURS



Year 6 created these beautiful Lotus Flower watercolour paintings, as part of their ongoing Heartstone Odyssey project.

















Family Cycle Course

% bikeworks

Are you looking to gain skills to cycle together with your family and you live in Tower Hamlets?

Join our FREE 3-day Family Cycle Course

Dates: During school holidays

Our next course will happen on:

Tue 2nd, Thur 4th and Fri 5th April

beginners session 10:00 - 12:00

improvers session 12:30 - 14:30

Place: Victoria Park

approximate Postcode E3 2LA

Contact:

cycletraining@bikeworks.org.uk

(0208 980 7998 (option 1)



Please visit our Cycle Training page for more information;







Children's activities with St Margaret's House

Click on the photos to find out more on our website.

Term-time activity:

Crafterschool:

Weekly Wednesday Arts and Crafting Workshops for Children to have fun, learn skills, and be mindful.

Suitable for children in School Year 1 to Year 5.

Spring Term: running until Wednesday 27th March

Summer Term: Weds 24th April – Weds 3rd July (no session Weds 29th May)

Time: 3.30-5.30pm

Location: The Create Place, 29 Old Ford Rd. **Session fee:** £3 per child (£5 for two siblings)



Easter holiday activities & events:

FREE Comedy workshops: Hilarity Academy

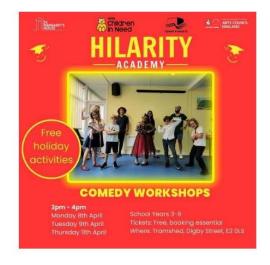
Join us over the Easter holidays for Hilarity Academy - a free, fun workshop for young people to learn and engage in the skill of making people laugh. These workshops include learning how to tell jokes, creating sketches, writing stand-up material, and clowning!

Suitable for children in School Year 3 to Year 6

Easter Holiday Dates and Times: 2pm - 4pm

Monday 8th April, Tuesday 9th April, Thursday 11th April

Location: The Tramshed Community Hub, Digby Street, E2 0LS



Performance: Du Iz Tak

Date and times: Saturday 6th April, 11am & 1.30pm

Running time: 35 minutes

Ages: 3+

Told through the language of insects, *Du Iz Tak?* is a story about the cycle of life and all its impermanence. Come and peer into a miniature world of little puppets to see a delightful group of friends exploring their ever-changing home.

Adapted from the award-winning and beautiful book by Carson Ellis, *Du Iz Tak*? is an enchanting, unusual and magical theatre show for young families.

Location: The Mulberry Hall, St. Margaret's House, E2 9PL

Tickets: £5 / £7 / £9



Health Eating

Fruity skewers with yogurt dip

Ingredients:

- 1 banana
- strawberries
- grapes
- blueberries
- natural yogurt
- maple syrup (optional)
- cinnamon (optional)

Top Tip:

Change the ingredients to include your favourite fruits!

You'll also need:

- chopping board
- tea towel or kitchen paper (optional)
- knife and optional straw
- skewers
- teaspoon
- small bowl

Warning:

Adult supervision required when chopping the fruit with a knife.

Method

















Scan the QR code for the full recipe from



What Parents & Carers Need to Know about

Roblox is one of the most popular video games on the market, By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom; it lets players and the sandbox' title, gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODer is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODers. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

GERATING

PEGI

IN-APP PURCHASES

Roblox is actually free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux(the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

WHAT ARE

THE RISKS?

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

IVE .

If your child has genuine friends who they play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss — and what they should never tell a stranger online — will help them understand how to communicate with others safely in the digital world.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the garning industry since 2015, providing websites with event coverage, reviews and garning guides. She is the owner of Lunawolf Garning and is currently working on various gaming-related projects including game development and writing non-fiction books.











f /NationalOnlineSafety

(O) @nationalonlinesafety



What Parents & Carers Need to Know about

GE RESTRICTION

THE RISKS?

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe – with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My Al': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

60

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos. Spanchat works hard on user

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My Al is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as blased, incorrect or misleading responses. There have already been numerous reports of young users turning to Al for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous. potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-Image expectations - creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

#NOFILTER

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHOOSE GOOD CONNECTIONS

Add ME

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



DISCUSS AI

Although My Al's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My Al's replies to their questions: are they accurate and reliable? Remind them that My Al shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up and who else sees it. Likewise, it's vital that children understand that some chollenges which become popular on the platform may have potentially harmful consequences.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.







National Safety #WakeUpWednesday



f /NationalOnlineSafety





Attendance Matters

Attend Today, Achieve Tomorrow

Attendance is key here at Cyril Jackson School. We expect our children to maintain a **minimum** 97% attendance.

Why is attendance at school and punctuality important?

Because every second counts.

90% attendance may sound good. However, this is the equivalent of missing a half day of schooling EACH WEEK. If this continues over every five years a child spends at school, a child with 90% attendance will miss HALF A YEAR of schooling.

A child with 80% attendance will lose A FULL YEAR of schooling over the same period.

- Arriving 5 minutes late every day adds up to over 3 days lost each year.
- Arriving 15 minutes late every day is the same as being absent for 2 weeks a year.
- Arriving 30 minutes late every day is the same as being absent for 19 days a year.

