



Weekly Bulletin

Term 2 Week 10 : Friday 10th March 2023

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Developing lively, inquiring and creative minds

Hello and welcome to our weekly newsletter.

This week:



International Women's day: On Wednesday (8th March 2023) we celebrated this important day and I led an assembly about it on Thursday.

We enjoyed recognising and appreciating the important females in our lives!



Cost of Living & energy crisis

I do not want to be merchant of doom but feel it is my duty to explain to you some of the financial pressures all schools are facing at the moment. I was left absolutely shocked and incredibly frustrated earlier this week when Mrs Thompson, our School Business manager/SET Operations manager and I were reviewing the most recent utility bills we have received this week.

Like all of you, on a personal level I fully understand the impact of that rise in domestic utilities costs. The impact on public services however can't be ignored.

I was staggered to find out that in January 2023 , despite a 20% reduction in usage from the same period last year (January 2022) our electricity bill for Carlton Primary was double - £2000 for a month. Even worse was our gas bill, that rose from £385 in December 2021, to a simply ridiculous £1950 for December 2022 – slightly higher usage but broadly inline. What perhaps makes this worse is these two figures are post government 'discounts'.

Let me be clear, we have received no additional money from the government for these costs. They they are simply coming out of our existing budget which was already stretched to capacity.

A £4000 monthly bill to a school our size for a months' worth of gas and electric beyond challenging for us.

Important News:

- We have changed where our website is hosted. Our website has simply switched to

[Carlton Primary \(setschools.uk\)](http://Carlton Primary (setschools.uk)) or <https://carltonprimary.setschools.uk/>

Our old address will automatically redirect, and all directories, letterheads, emails footers etc have the new address on.

- RSE& PHSE Policy updated. As you know last week we held [Relationships & Sex Education and Personal Health Social Education \(PHSE\) session with parents.](#) Mrs Burton and I welcomed and appreciated the attendance, thoughtful questions and respectful contributions.

As I outlined in advance this was an opportunity for us to explain the requirements of the National Curriculum. Mrs Burton shared information about the key sections of our policy, which parts are compulsory, and which aspects are optional for parents , and most importantly we explained about 'jigsaw' – our curriculum package materials that we use to deliver this important content .

This policy was agreed by our Local Governing Board on Tuesday 7th March 2023, and is now live on our website.:

[RSE-and-PHSE-Policy-inc-JIGSAW-Carlton-Jan-2023-2.pdf \(setschools.uk\)](#)

Winter weather! Well the snow didn't quite happen as the forecast had suggested. We made the difficult decision to postpone the planned football fixture for the year 5&6 children – this will be rearranged soon.



Mindful March - Action for Happiness: In Monday's assembly we talked about Mindful March. I shared the calendar from Action from Happiness with the children – this is available online and via a free app. It is a great tool! Try using the link below:

[Happier Kinder Together | Action for Happiness](https://www.actionforhappiness.org/)

Mindful March 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 If you find yourself rushing, make an effort to slow down

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today



27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



As always, here at Carlton we talk about our school rule 'be kind' – and when talking about mindfulness I explained to the children that this is a great way of being kind to yourself.

Next week:

- a reminder, that if the strike action planned by the **National Education Union on Wednesday 15th and Thursday 16th March 2023 goes ahead we will again have to close school.** Please see yesterday's email for more details. If the strike is called off we of course will be open as usual. Thanks you for your understanding.

Other news:

- Jean Freedman Music Foundation financial support for music in Carlton. As you know we love music here at Carlton Primary School and I'm always looking at ways in which we can further enhance our existing offer. I am absolutely thrilled that last week we received official confirmation that a bid I wrote for additional financial support from the Jean Freedman Music Foundation was successful. This is great news!

In 2019, before Covid, we receive a grant from the JFMF that helped us provide an enhanced curriculum offer and expertise for the children of our school. Since then through partnership work with Selby Educational Trust, Music has continued to grow. For example, as you know Mrs Siertotko has been our music specialist instructor since September 2021.

We are extremely grateful to the trustees of this incredibly supportive charity for supporting the further development of music at Carlton Primary School. We will be using the grant to add additional instruments to our resources and to support and provide new opportunities for the children to enjoy and experience.

The Jean Freedman Music Foundation Preserving and Promoting Music in Schools

- World Book Day Voucher: Every child has been given their World Book Day Voucher on world book day. This entitles them to either £1 off a book of their choice or a free copy of one of this year's chosen selection of WBD books. Don't forget to use it! We have a few spares if any needs an extra or replacement!

- World down syndrome day - Tuesday 21st March 2023. We will be asking all children and staff to support us on World Down Syndrome day to Rock your Socks – by wearing bright, odd or colourful socks.



Easter plans

We have decided that we will be holding a 'Easter Egg decorating competition' again this year. This will be a chance, for those who wish to participate, to decorate hard boiled eggs at home, in any style or form they wish. We are making it easier this year and just having prize winners for each class - regardless of whether the children have done them with support from adults or independently. More details to follow next week – but get your thinking caps on!

We will be asking for the decorated eggs to be brought in Thursday 23th March. Judging will take place on Friday 24th March and winners will be announced that same day – this is the last day of term.

We will not be decorating Easter bonnets this year, but will consider this next year. We will also be holding an Easter Raffle – more details to follow.

Like last year, we are again planning to visit St Mary's Church in Carlton with Reverend Becky on Tuesday 28th March at 2.00pm for an Easter Assembly and service. We will again welcome volunteers to help walk with us to church and back. More details to follow.

Key dates:

- **Clubs: Reminder that next week is the last week of clubs for this term.**
- Tuesday 21st March – Rock you socks day –Down Syndrome day
- Tuesday 28th March 2.00pm – Easter Service at St Mary's, Carlton
- Wednesday 29th March 5.15pm - Year 2 Leopards and Year 3&4 Lions Production performance for parents and families
- Friday 31st March - last day of term2 - break up for Easter holidays
- Monday 17th – Selby Educational Trust Training day – school closed to pupils
- Tuesday 18th April: Children return to school

Absences & Illnesses:

There have been lots of genuine illness these last few weeks. A reminder that any case of sickness and or diarrhoea, an absence should be for 48 hours from the last episode.

Here is a link to a really informative site that may help you decide on whether your child is well enough to send to school: [Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Have a great weekend! Thanks as ever for your support of our school.

Regards and best wishes

Jon Watson

Head teacher

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