



Newsletter



Issue No.3

Friday 26 September



	w/b 15.09.25	w/b 22.09.25
Year 3	99.5%	98.4%
Year 4	96%	97.8%
Year 5	96.6%	96.9%
Year 6	95.7%	95.6%
TRJS Overall	97%	97.2%

Year 3 have smashed the attendance target for the last 2 weeks. Well done, Year 3. Attendance over 97% is still well above the national, so well done, everyone. I wonder if we can get to 97.5% next week? 😊

HOT CHOCOLATE WITH MR EMERY

Congratulations to everyone who has received the **TRJS Weekly Values Award** recently and has shared hot chocolate and biscuits with Mr Emery. Niamh: "What do you call a fake noodle? ImPASTA! 😊"

Year 3	Isaac N, Tennyson P, Nancy G, Alistair S
Year 4	Thomas D-H, Amy S, Charlie E, Billie O
Year 5	Henry H, Toby M, Elsie W, Toby B
Year 6	Harley P, Niamh S-D, Eris G, Isabella A

KEEPING SAFE

Internet Safety

Please see the flier regarding Snapchat and advice for parents at the end of the newsletter. The information includes some top tips on how to keep children safe online.

Water Bottles

Keeping hydrated is so important for us all. We have a number of children each day who forget their water bottles. Please remind the children to bring their bottle to school, filled with water, ready for the day ahead.



Early Arrivals

A number of children in Year 5 and 6 are arriving at the school gates well before 8.40 (some of them before 8.30am). Please note that the school do not have staff in place to supervise children and keep them safe until 8.40am.

Anti-Bullying Ambassadors

We already have a dedicated team of Anti-Bullying Ambassadors in school who have taken the lead on Anti-Bullying initiatives such as planning and delivering assemblies and PSHE lessons, making child-friendly posters of the definitions and roles involved in bullying, and monitoring the buddy bench and bullying box.

We are on the lookout for more team members! Please take a look at this information and if your child is interested, please encourage them to apply:



Have you got what it takes to be an Anti-Bullying Ambassador?

- Friendly and inclusive
- Listener
- Stand-up for others
- Speak-out
- Problem-solver

Let me know!

- Why do you want to be an Anti-Bullying Ambassador?
- Why would you be good at the role?
- Do you have any ideas for the role?
e.g. how to make the playground an even friendlier and happier place, and stop bullying at TRJS.

Role:

- **LEAD:** Help Miss Branson lead on Anti-Bullying and PSHE, such as in assemblies and special events.
- **USE YOUR VOICE:** Feedback to Miss Branson on what is working well / what needs to be improved. Meet regularly as a team.
- **STAND-UP:** Be a 'go-to' person on the playground. Help in friendship fall-outs. Look out for bullying and defend others from bullying.

Please apply by writing me a note or letter.

Applications to Miss Branson

Closing date: Tuesday 30th October

Autumn Term Library Visit Dates

At TRJS, we endeavour to foster a culture (and enjoyment of) reading for pleasure. We are proud to have developed strong links with Barton Community Library and offer all our pupils the opportunity to visit the library with their class, on a termly basis. Please find below a list of visit dates for the Autumn Term, by year group:

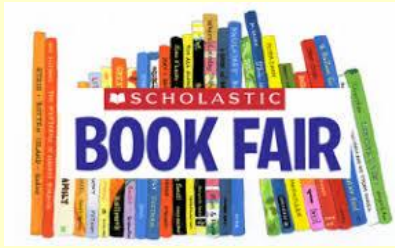


	Y6	Y5	Y4	Y3
Autumn Term	3 rd November 10.15 - 11.00 11.00 - 11.45	10 th November 9.15 - 10.00 10.00 - 10.45	17 th November 9.15 - 10.00 10.00 - 10.45	24 th November 10.15 - 11.00 11.00 - 11.45

All children will need to bring their **library card** with them to school on their visit date, if they wish to borrow books. Please can we also politely ask parents/carers to check at home for any unreturned library books, as Barton Library inform us that there are several still outstanding on pupil accounts.

New Y3 pupils will be issued with a Library Joining Form for parents/carers to complete, if they are not already members.

Other Reading News – Dates For The Diary



Our annual **Scholastic Book Fair** will be held this year on:

- **Monday 17th November – for Y3 and Y5**
- **Wednesday 19th November – for Y4 and Y6**

For every book sold by the school, we earn commission to spend with Scholastic, which we use to stock both our reading scheme and book vending machine (for reading rewards) so your support is much welcomed.

Festive Library Fun

Miss Murfin and some of her Reading Ambassadors will be running a **“Festive Fun” session at Barton Library** after school on **Thursday 4th December (3.45 – 4.45pm)**, where children will be able to enjoy some Christmas stories and writing/craft activities. More details to follow.....

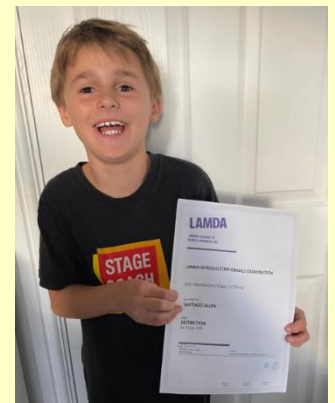


Fundraising for Holland Sports Club

Ben in Year 3 (and other youngsters from the village) took part in a young entrepreneurs’ event on Sunday to raise money for the new Holland Sports club house. Ben and his sister made cakes and bracelets to sell and ran a lucky 7 dice game which raised £91. They have previously (before the summer) done a cake sale which raised £100. There are many TRJS children who have shown great initiative to fundraise for Holland Sport. Well done, everyone!

Music and Drama Success

Santi in Year 5 has passed his LAMDA Solo Introductory Stage 3 Exam (London Academy of Music and Drama Art) with a distinction and 95%. He does this via Stagecoach Lichfield who he has been with for two years now and with them has performed in Sister Act Jnr, Alice in Wonderland and also supported Dreamcoat Stars at the Lichfield Garrick. He is now working hard towards LAMDA Grade 2 and moved into Stage 2 of Main School at Stagecoach.



Thank you to Parents

Thank you to all our parents for supporting the parent meetings this week. It was lovely to see so many of you here as we work together to help our children be the very best they can be.

Young Voices

We have just over 50 children in Y4,5 and 6 attending choir each week. Mrs Patrick has booked TRJS on to Young Voices at Manchester Co-op Live Arena on Friday 13 February. A letter is going out to all choir members today. To secure your child's place, please confirm your permission on ParentPay along with the deposit of £15 by Tuesday 30 September.

Loom Bands

Millie C and Evelyn G in Year 6 will be selling loom bands on Monday and Tuesday next week at break time in the morning. They will be £1 each. Any child wanting a loom band is asked to bring in a £1 coin. We are limiting this to £1 per pupil.

Sleep, Screens and Stressed-Out Kids

Please see below a webinar for parents on the importance of sleep for children. The date is Tuesday 30th September 8am-9am.

Wreath-Making

Anyone interested in a Christmas wreath-making session, please see the flier below. Mrs Brammer is organising this to help raise funds for school. 😊

Autumn Term 2025: Dates for the Diary

School Photographs (9.00-12.00)	Monday 29 September (Younger siblings from 8am)
Y6 Residential	Wednesday 1 October-Friday 3 October
Hello Yellow	Monday 6 October (Wear Yellow for Young Minds)
Y4 Packington Trips	Tuesday 7 October (4H) Wednesday 8 October (4S)
Skipping Workshop (Y3-Y6)	Friday 10 October (during the school day)
Harvest Assembly (all parents welcome)	Thursday 23 October 9.10am
Inset Day (school closed for pupils):	Friday 24 October
Half Term:	Monday 27 October – Friday 31 October

Wishing everyone a pleasant weekend with family and friends.

J Emery



Thomas Russell Junior School



Term Dates 2025-2026

Autumn Term 2025


Inset day (School closed for pupils):	Monday 1 September
Inset day (School closed for pupils):	Tuesday 2 September
Term Starts for pupils:	Wednesday 3 September
Inset Day (School Closed for pupils):	Friday 24 October
Half Term:	Monday 27 October – Friday 31 October
Term Ends:	Friday 19 December
Holiday:	Monday 22 December – Friday 2 January

Spring Term 2026

Term Starts:	Monday 5 January
Half Term:	Monday 16 February – Friday 20 February
Term Ends:	Friday 27 March
Holiday:	Monday 30 March – Friday 10 April
Easter Sunday:	Sunday 5 April

Summer Term 2026

Term Starts:	Monday 13 April
May Day:	Monday 4 May
Half Term:	Monday 25 May – Friday 29 May
Inset Day (School closed for pupils):	Friday 3 July
Term Ends for Pupils:	Friday 17 July
Inset Day (School closed for pupils):	Monday 20 July
Holiday:	Tuesday 21 July – Monday 31 August



The CAYP Webinar Series

Tuesday 30th September
8:00-9:00pm

Sleep, Screens and Stressed-Out Kids

with Consultant Clinical Psychologist
Dr Daniel Weisberg

Sleep is crucial for children's emotional and mental health, yet many families find it a constant struggle. In this free webinar, Consultant Clinical Psychologist Dr Daniel Weisberg will explore why so many children have difficulties with sleep, and how screen use, emotional overload and overstimulation can get in the way of restful nights. We will be sharing practical strategies for calmer evenings, better sleep hygiene and realistic boundaries around technology. The role of neurodivergence will also be considered, with time set aside to address your submitted questions.


Overview:

- Strategies for better sleep without battles
- Common sleep myths and mistakes
- Why sleep is such a struggle for many children
- The connection between sleep, mood, and anxiety
- The impact of technology on sleep and mood
- The connection between sleep difficulties and neurodivergence
- When to seek further help

Who can join:

This session is primarily for parents of primary and high school aged-children, but anyone working with children is welcome to attend.

Click [here](https://www.cayp-psychology.com) to book your place or visit: www.cayp-psychology.com




About Dr Daniel Weisberg

Dr Daniel Weisberg is a Consultant Clinical Psychologist and the Managing Director of CAYP Psychology, an award-winning psychological healthcare service for Children, Adolescents, and Young People across the UK and online. Daniel has over a decade of experience working in NHS children's services and specialises in paediatric neuropsychology.

Daniel completed his PhD in children's emotional development and later trained as a Clinical Psychologist at the University of Manchester. His work has contributed to national and international research into child development, rare genetic and developmental differences, and paediatric neuropsychology. Daniel's psychological knowledge and understanding has been shared in social, local and national media. He founded CAYP Psychology in 2016 to ensure that children and families can access timely, high-quality independent psychological healthcare. CAYP has since grown into a team of over 100 clinicians, across 60 UK-wide clinics and online.

About CAYP Psychology

CAYP Psychology (pronounced "cape") is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0-18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 60 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.

For all CAYP updates, join our WhatsApp newsletter, by sending "CAYPnews" via WhatsApp to 07446502690

www.cayp-psychology.com
enquiries@cayp-psychology.com




Limited Spaces

Christmas Wreath Workshop

Thomas Russell Junior School
Friday 5th December - 6.30pm - £35pp

PLEASE CONTACT MANDY ON 07881 634 595
TO BOOK YOUR PLACE

Everything provided to make your own bespoke wreath. Nibbles and a glass of wine provided!
Nikki Showells will be there to guide you.

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

SNAP STREAK

97

WHAT ARE THE RISKS?

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🍌 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn'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 to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

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