



We are growing
our learning



St John's Green Primary School

Learn to Live, Live to Learn

Volume 51, Issue 3

Newsletter Date:
Friday 6th May 2022

We we are all
Maths writers ...



Newsletter

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PTA Krispy Crème Doughnut Sale

Please don't forget that straight after school today the PTA have organised a 'Krispy Crème Donut Sale'

At AF, this will be in the large playground; at T in the Undercover area. £1 for a Doughnut!

St John's Green had a Farm—

More specifically Year 2 did. I think in all honesty, since my time as Headteacher, it's the first time we've ever had a pig, donkey and ducks at the school all, at the same time!

On Tuesday, Year 2 had a visit from Ark Farm where they had the opportunity to learn about a variety of farm animals and have their very own meet and greet! The children thoroughly enjoyed this experience and were overjoyed when they found out they were allowed to interact with the animals. They were fascinated by seeing the physical features of each animal and having that tactile experience.



The **Big** Question for this Summer Term Assessment Period — How do I make Good Decisions?

Our Assembly Theme for the first week back is: Equality

Our Jigsaw Theme for the Half Term—Relationships.

School Development Priorities—Priority 7

100% of pupils and staff can talk about a physical or outdoor activity they enjoy regularly outside of school and make at least one journey a week by foot, bike, scooter or bus.

There's a little quiz you could try here—which tells you your outdoor type.

<https://www.amessentials.com/quiz-what-outdoor-type-are-you/>

I apparently am a 'water bug' who according to the results told me I needed to go forth, make a splash and take a towel!

Term Dates

Half Term Break is 28th May—5th Jun

Monday 18th July—Last day of Summer Term.

Monday 5th September—First day of Autumn Term

Diary Dates

Tuesday's (This HT only) - Year 4 will be using the Garrison Track for athletics

Tuesday's—Year 3 Paxman Swimming

Wednesday's—Year 3 Dutch Swimming

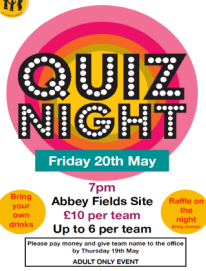
Thursday's—Year 3 Icen Swimming

PTA Krispy Kreme Doughnut sale- Friday 6th May after school @ AF & T

Monday 9th May—Forest Schools starts for EYFS children (Every Monday)

Friday 20th May—PTA Quiz Night

Friday 1st July—PTA Summer Fair 5pm



No Playgroup next Wednesday Morning

Please note that there will be **NO** Playgroup next Wednesday morning at the AF site.

This is because the Year 6 children have their SATs and will be using the Small Hall.

Old School Uniform

If you are at the stage when you're looking at your child's uniform in despair because they keep growing and are replacing things. Please could you consider donating old uniform to the school. We do utilise this for children who have accidents and mishaps in their uniform and any donations are appreciated.

Please just pop in the boxes outside the offices at T and AF.

GET Outside!

I think I've pretty much exhausted the Colchester walks available on-line and they're now all on the website for you to peruse and use at your leisure.

So as we go into the summer a slight change of focus—things to do outside.

Not sure how everyone got on with the Bug Hunt, hopefully people found a few.

This week's outdoors activity is 'Take a Picture of a Flower.' If you would like, please feel free to send a picture in of your flower photo and we'll creatively display them somehow. Just an e-mail with your flower picture attached would be perfect.



Children's University

Please let Mrs Bourne know if your child is ready for the next Children's University Award, or very close to the hours on their CU Passport. We hope to have a Graduation Ceremony later in the Summer Term dependent on the number of children.

Awards

STAR—Joshua (MM), CHARIOT—Erick (RREX), JUMBO— Archie (CC).

EAGLES— Anastasia (MLM), ROSES— Alyssa (RREX), CIRCUS— Owen (RREX).

MERCURY— Ethan (RREX), CLAUDIUS— Harrison (RREX), ROMANS— Santiago (RREX).

DUTCH—Ryan (MM), ICENI— Leah (RREX), PAXMAN— Esme (MLM).

CASTLE— Ronak (MLM), CAVALIER— Sebastian (RREX), GARRISON— Oliver (MLM).

OYSTERS— Olivia (CC), MAGNETS— Nisaam (RROX), RAEDWALD— Freddie (RREX).

CYMBELINE— Joseph (MLM), TRINO— VANTES— Harrison (RROX), LATHES— Jack (RROX).

ATTENDANCE— Chariot.

Mental Health Week

Next Week is a National Mental Health Awareness Week.

'Together we can tackle loneliness.'

For Mental Health Awareness Week this year, the focus is awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it.

Loneliness is affecting more and more people in the UK and has had a huge impact on our physical and mental health during the pandemic.

Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

Finding our connections to ourselves, others, and the world around us, is fundamental to protecting our mental health and reducing feelings of loneliness.

Loneliness is when we feel we do not have the meaningful relationships we want around us. It's something we can all experience from time to time, throughout our lives, and will be different for everyone.

A YouGov poll (2019) of 13-19-year-olds found 69% said they felt alone "often" or "sometimes" in the last fortnight and 59% feel like they "often" or "sometimes" have no one to talk to.

It's important to support young people in recognising when they are feeling lonely, understanding their thoughts and feelings, and identifying the supportive connections they have.

We have been given some pamphlets from a company called 'Kumon' offering a weeks free trial for private tutoring in maths and English in May. If you are interested, please pop into either School Office for a pamphlet.

Community Cupboard

Our Community Cupboard stocks are getting low—only if you can afford it, please could you pop an extra packet of something into your shopping and then drop off at either office. Anything non-perishable from your weekly shop is suitable and is a real help to our families in need.

Thank you for your generosity.

Eid al-Fitr

At the start of this week, many of our families and staff celebrated Eid.

This was especially important and pertinent this year as following the pandemic, it's the first time in 2 years that members of our community have been able spend Eid with friends and families which is a big part of the celebration.

Eid takes place at the end of Ramadan, which is a month of prayer and fasting. This is a very important period of time for Muslims and is one of the five pillars of Islam.

Appreciating I am a little late to all our families who celebrated Eid, 'Eid Mubarak,' which means 'Blessed Feast/Festival'.



Office Assistant

20 hours per week

Term time including non-pupil days

£8,887.17 pro rata

Closing date 16.05.22 @ noon

Application packs available from the School Offices.

Article 28 (Right to Education) Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in schools must respect children's dignity and their rights. Richer countries must help poorer countries achieve this.

Be a **STAR** of your emotions

We all experience different emotions from time to time. In just one day, you may feel proud, excited, sad, anxious, nervous, and many other emotions.

Remember, all feelings are valid.

Shining a light on how you feel, particularly when you're feeling overwhelmed or anxious, can help you find coping strategies to support your emotional health and wellbeing.

To get started, follow the steps on the STAR model.

STOP

Take a step back from whatever you're doing. How do your body and mind feel? Try putting your hands on your heart and belly, then quietly count to 10.



TAKE A BREATH

Practise a breathing activity. As you gently breathe in and out, trace one finger up and down the fingers of the other hand. How do you feel now?

AND

Continue to breathe deeply. Notice if any emotions come up; begin to label them. It's okay to not be okay! Try a sensory activity like push-ups, star jumps or using a calm down jar.



RELAX

When ready, share how you feel. Write it down, draw a picture, or talk with a trusted adult. This can help you find a way to resolve the situation. Then, do an activity to relax and let go!

