



We are growing our learning



St John's Green Primary School

Learn to Live, Live to Learn

Volume 55, Issue 3
Newsletter Date:
Friday 22nd September 2023

We ♥ Maths we are all writers ...



Newsletter

School Number: 01206 762884 e-mail: admin@st-johnsgreen.essex.sch.uk

Website: st-johns-green.eschools.co.uk

Follow us on Twitter: @SJG_News School Uniform: www.smartyantsschoolwear.com

One Square Mile—Please remember to follow on: <https://m.facebook.com/people/One-Square-Mile-Heritage-on-our-Doorstep/100086912204893/>



Making Memories	1
Battle of Arnhem	1
Nut Allergy Products	1
Wellington Boots	1
PTA Meetings	1
After School Restraint Collapse	2

Term Dates

Monday 23rd October—Friday 27th October—Half Term
Monday 30th October—Non Pupil Day—the School is Closed
Wednesday 20th December—Last Day of Autumn Term
Thursday 4th January—First Day of Spring Term

Diary Dates

Tuesday 26th September @ 5.00p.m. Danbury residential meeting for Year 4 Parents—AF.
Tuesday 26th September @ 7.00p.m.—PTA Open meeting. Please come along and have your say.
Wednesday 4th October—Flu Immunisations—AF & T.
Tuesday 10th October @ 7.00p.m.—PTA AGM. AF.
Wednesday 18th October @ AF & T—Informal parents Evening. 5.00p.m.—7.00p.m.
Please keep your eye on the school's website calendar for other dates/information.

Assembly Theme for WB: 25/9/2023—Community

The **Big** Question for the Autumn Term Assessment Period — Where are my Roots?

Our Jigsaw Theme for this Half Term—Being Me in My World.

Rights Respecting Schools

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.

Year 6 Making Memories

Each year, we run a residential trip for our oldest children. This gives them the opportunity to explore their interests, forge new relationships, test their resilience and have a jolly good time at the seaside.

This week, our Year 6 pupils have had a fantastically busy week in Norfolk. The weather was not as bad as feared and the children did themselves proud by throwing themselves into every activity including:

Seal watching, archery, fire lighting, rock pooling, beachcombing, dune climbing, etc. With many thanks to the staff who encouraged, cajoled and celebrated the children's achievements all week.

We are also proud of our Year 6s who were at school this week, they have taken on extra duties and supported our younger children by being excellent role models.



NUT ALLERGY

NO NUTS! A reminder that we have several pupils with a severe nut allergy, therefore please no nuts or nut products for breaktime snacks or in sandwich boxes.

FUNDRAISING SHOUT OUT

Congratulations to Daisy and Harmony who, with their family, have been raising funds for the Neonatal Unit at Colchester Hospital. Their efforts have helped to raise over £6,000 so far!



Commemorating the Battle of Arnhem

Mrs Bourne accompanied 4 pupils for the special task of laying locally grown sunflowers at the War Memorial this week. The joint civic and military service recognised the bravery and sacrifice of British and Polish airborne soldiers who fought at the Battle of Arnhem. You can read all about it here courtesy of Colchester Life in Photos Facebook Page and photographer Adrian Rushton.



SJG PTA Info



The PTA Annual General Meeting will be held at 7.30pm on Tuesday 10th October at the Abbey Field site.

The PTA is a registered charity. The charity committee is made up of PTA volunteers filling a number of positions including chair, vice chair, secretary and treasurer. If anyone would like more information on any of the committee roles please email pta@stjohnsgreen.org.uk

Nominations for committee positions need to be submitted to the school office before the meeting and votes will be held for each position at the AGM. The PTA would openly welcome new nominations for any of the committee positions.

This year, there is a proposed change to the constitution of the PTA. This is to widen potential membership to include Parents, Teachers and Friends. This will be voted on at the AGM. If you would like more details regarding this proposed change in advance of the AGM please email pta@stjohnsgreen.org.uk

The PTA "Open Meeting" on Tuesday 26th September @ 7.00 p.m. for a 7.30 p.m. start at Abbey Field Site

All parents, carers, relatives, school staff members are invited!

Awards

- STAR—Peggy (MM), CHARIOT—Kaylen (MM), JUMBO- Jasmine (MM).
- EAGLES— Eliana (RROX), ROSES— Alice (MM), CIRCUS- Patrick (MM).
- MERCURY— Alice (MM), CLAUDIUS- Imogen (RROXY), ROMANS- Reggie (RREX)
- DUTCH— Skye (MM), ICENI— Lottie (MM), PAXMAN— Emil (RROXY)
- CASTLE— Logan (MM), GARRISON— Theo (MM), CAVALIER— Ellie (CC).
- OYSTERS— Magenta (MM), RAEDWALD- Jayden (RROXY), MAGNETS- Hugo (MM).
- ALL YEAR 6 (RREX)
- HISTORY AWARD —Daisy
- ATTENDANCE— Garrison
- HUB—Phoebe

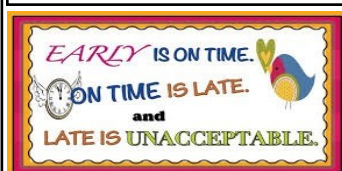
Wellington Boots—Can you Help

We are very fortunate to have staff trained as Forest School experts and we continue the outdoor learning throughout the autumn.

If you have any spare children's wellie boots that no longer fit, we would be very grateful for them at forest school - a variety of sizes are needed. Drop off clean boots at the Office.



Also, is there a volunteer out there who could dig the lazy river out a bit at forest school - it needs a bit of looking after - digging down and maintenance to help it flow like a real river.



REMINDER—Don't miss the deadline

The statutory national closing date for Year 7 applications is 31 Oct 2023.

Applications can be made online via www.essex.gov.uk/admissions

Two pupils, Ody and Jay, are members of the Wivenhoe Youth Choir. This year they will be the opening act of the Roman River Festival.

Tuesday 26 September 6pm at St Mary's Church, High Street, Wivenhoe, CO7 9BD

The Roman River Festival programme is here <https://wildarts.org.uk/roman-river-festival>

Here is an article on BBC Bitesize that we thought may help some parents understand and manage their child's after school behaviour. Schools are seeing this becoming more common, research is still being developed regarding this—whether this is possibly due to missing out on key development milestones during lockdowns or anything else, we do recognise that that 'after-school restraint collapse' is not unusual. It happens because your child has been busy managing their emotions all day as they navigate the complexities of school life.

When they get home, that's their safe space to let it all out. It does not mean school is not safe for them, but there are more rules and boundaries at school and children get to know and work within this and they are doing this all day.

So, now you know what it is, what can you actually do about it? BBC Bitesize Parents' Toolkit has been speaking to educational and child psychologist Dr Anisa-Ree Moses, for some tips on how to handle these outburst of emotions after-school. Here is the article ...

1. Understand how hard school can be for some children.

The transition from school to home can also be challenging for some children: "Some kids may have difficulty separating from their parents. It's a relief when they see them, because their parent or carer represents a level of safety, but they're frustrated at the same time - the child wants them but is finding connection difficult at that moment. It's a positive reunion but it's also really emotional and can be hard for some children to channel."

Dr Moses adds that it can be particularly difficult for neurodiverse children who are coping with sensory sensitivities and the effort of containing a lot of emotions. When they come out of school they often can't hold it all in any longer.

For older children, she also says the transition home can be tricky too. They need space and time after school - they might not want to talk to you about it or will go to their room for a bit first.

2. Let them have decompression time.

"Do they need to go and run around the school playground a few times and let go for a bit before they walk home? Do they need movement or do they need a healthy snack? Or quiet time alone with no music or no chatting on the way home in the car or bus?"

It will be different for different kids, but Dr Moses suggests trying to be quiet on the walk or ride home.

"Connect with your child. Not by asking 'how was your day?' but through genuine emotional connection. You could say 'I'm so happy to see you, I'm glad we get to go home together, it made me happy coming out of school this way'. Being calm and using supportive words is important for your children."

She adds: "Include some downtime rather than moving straight on to homework or out to a club, so that your child can decompress. They might enjoy their clubs but still feel anxious, so build in downtime first and make their routine clear, visual and written down if they need that. You can also ask them what will help, for example drawing, reading a book or even just relaxing for a bit. Do it with them and help them to see they can do things to support themselves."

3. Listen to them and help them feel heard.

"Be understanding of their emotions - help them feel listened to if they want to talk about what's gone on, or be angry."

"You could say 'I can see you're shouting. I can see you want to be really loud, maybe let's go to the park on the way home'. Validate how they feel rather than try and control it. If they are impolite in the moment, come back to that later - talking at that moment won't help."

"Help them feel listened to and respected and make a genuine connection."

Dr Moses says the after-school 'meltdown' is an expression of emotion that often comes out physically. As parents you can recognise and label it so your child can see it for what it is.

"For example, 'I can see you are kicking the bin, I can see you're clenched and red, I can hear you're shouting and that's making me think you're angry, so I want to help you. However, here's not the safest place to do that, let's go to the park, etc.'"

"Build their emotional vocabulary and link it to the emotion - then they can tell you what they're feeling. You can say things like 'I want to help you. I can't do that when you're screaming. Let's take a deep breath, both of us.' Acknowledging it helps children to not feel alone."

With older children, Dr Moses says it's often more about them not wanting to talk or engage in any discussion about school.

"Especially for those who see school and home as two completely separate things. Just encourage them to build their emotional vocabulary, and be interested in what's happening in general in their life."

She adds: "Questions like 'how was your day?' will get a grunt or 'it's fine'. Think about what you are trying to find out. Can you remember an assignment they had or what they were going to be talking about with their friends? And connect by saying 'I'm happy to see you and hope you've had a good day' until they feel ready to come and have a conversation. Then offer yourself as being there, offer yourself as someone who wants to help and is interested in what's going on."

"Help them feel listened to and respected and make a genuine connection."

There are two more tips in the article, which you can read here

https://www.bbc.co.uk/bitesize/articles/z863cxs?fbclid=IwAR28avrCuRq458E98IDMt1ByyP4LleZKKEokd2EpN9h4QJehOzDeRIk1JFU_aem_AeB5KS2jJB4xXqWEHY3EeuMUyVvUr5aJS0aXSPNmz-W5JB7eiTauMfZPbowQSOShZnw