



NEWSLETTER

Email: www.stjamesceprimary.co.uk

Twitter: @StJamesCEsth

Learn, Laugh and Live with the Love of God

 **Joyful Readers**

 **Opportunities to Build Upon Knowledge and Skills**

 **Understanding of British and Christian Values**

 **Resilience and Perseverance**

 **Nurture Curiosity**

 **Encourage Articulate Learners**

 **Your Wellbeing and Health**

2023-2024 Issue Number 23 Friday 15th March 2024

**OUR VALUE THIS
HALF TERM IS:
JUSTICE**

A message from Mrs Young



Dear Parents and Carers,

The highlight of the week this week was undoubtedly our visit from Brian Abrams a.k.a. Grandad Wheels! All children across school met with Brian and heard his story from how he came to be in a wheelchair to how that led to Brian becoming an author! Brian tasked all children with designing him a brand new wheelchair and the designs were just amazing. We had wheelchairs pulled by giraffes, wheelchairs with mechanical hands for picking up donuts and even wheelchairs with supersonic blasters to take Brian into space! Brian commented on what a lovely school St James is and how well behaved all pupils were.

Which Way Now has continued for Y3 this week as has swimming for Y5.

Well done to all those who attended the Y4 football competition - great resilience and determination shown.

We are looking forward to the Easter Bingo next Thursday and thank you for your support today with own clothes day and Easter Egg donations.

Have a wonderful weekend,

Mrs Young



School Matters!



Attend Today, Achieve Tomorrow

Attendance	
Whole School	93.5%
Reception	98.5%
Year 1	100%
Year 2	95.7%
Year 3	86.2%
Year 4	89.3%
Year 5	95.6%
Year 6	88.8%




141


pupils
with perfect attendance this week.

Can we beat this next week?



Attendance Update

We need to try really hard each and every week to make sure every year group is beating our **97% target**—this will help us to succeed!

Our attendance this week is:

94.8%



Spring Attendance Competition

At St James we place huge importance on regular school attendance—the research speaks for itself and proves that those with the highest levels of attendance achieve great things!

We therefore now invite you to take part in our Spring Attendance Challenge.

What do you need to do?

Come to school on time, everyday, this half term!

How can you win?

Those children that come to school every day, and on time, will have their name put in a prize draw to be carried out on the morning of Thursday 28th March (the final day of this half term).

What can you win?

An Easter Eggstravaganza!

Attendance Steps to Success:



- ★ Ring the school office as soon as possible to explain any absence.
- ★ Be on time! Remember that gates close at 8:50am. Any absence after 9:20am is unauthorised.
- ★ Provide evidence for any medical appointments.
- ★ Speak to a member of the attendance team if you need support with your child's attendance - we are here to help!
- ★ Read any information and letters (including the newsletter) carefully.

AWARD WINNERS

Journey Driver Focus:

**Resilience
and
Perseverance**

RECEPTION	Oakley Passey
YEAR 1	Bam Bam Goulding
YEAR 2	Alice Slater
YEAR 3	Lydia Burke
YEAR 4	Logan-James
YEAR 5	Demi Rattray
YEAR 6	Lottie Hutton

CONGRATULATIONS
TIME TO
Celebrate
WELL
DONE!

THANK YOU
FOR YOUR
SUPPORT

Whole School events Spring 2



Date	Event
11/03/24	Oral Health Survey (5 year olds)
12/03/24	Grandad Wheels Author Visit
12/03/24	School Nurse Drop in Session 2pm
12/03/24	Year 4 Football Competition
15/03/24	Non Uniform Day - in exchange for an Easter Egg
13/03/24	Year 3 Which Way Now
19/03/24	Year 1 Phonics Information Session for Parents 3.30pm
20/03/24	Year 3 Which Way Now
21/03/24	Year 3 Football Competition
21/03/24	St James' Easter Bingo 5pm
25/03/24	Parents Evening (part 1) 3.30pm
27/03/24	Parents Evening (part 2) 3.30pm
27/03/24	Year 3 Which Way Now
28/03/24	Easter Service and Eucharist, Year 3 Reading, Prayers, and Songs, (St James' Church). 1.15pm
28/03/24	School Closes for Easter 2pm

Schools Catering Service

2023/24



28th September 2023
VEG POWER!
SIMPLY VEG SHOWCASE
Celebrating and encouraging us all to eat more veg. A campaign by 'Veg Power'



6th - 10th November 2023
LACA - NATIONAL SCHOOL MEALS WEEK
An annual celebration by LACA



12th November 2023
REMEMBRANCE SUNDAY
Honouring those who have served. (Actual day 11th November)



Across December
CHRISTMAS LUNCH
A traditional Christmas lunch



25th January 2024
BURNS NIGHT
A Scottish staple celebrating the poet Robert Burns



7th March 2024
WORLD BOOK DAY
Bringing iconic stories to the table



8th - 17th March 2024
BRITISH SCIENCE WEEK
Celebrating science within the UK and our fantastic achievements



28th April 2024
NATIONAL SUPERHERO DAY
Fuel to save the world



10th May 2024
WOMEN'S FA CUP FINAL
Football themed menu as 11 vs 11 play at Wembley (Actual day 12th May)



17th July 2024
PARIS SUMMER OLYMPICS 2024
Starting 26th July, a huge sporting event bringing together nations from across the globe

THANK YOU
FOR YOUR
SUPPORT

PE Days Spring 2

Children are to come to school in their PE kit on their PE days.

Monday	Year 2, Year 1 and Year 4
Tuesday	Year 3 and Year 6
Wednesday	Reception, Year 1, Year 3 and Year 5
Thursday	Year 4
Friday	Year 2, Year 5 and Year 6

Collection From School



If your child is being collected by someone different than usual or who members of staff have not met before, it is vital that the School Office or the Class Teacher is informed. If this is not done, we will have to call you to confirm the arrangements. This is to ensure that your child is released into your care safely. You can support us with this by making us aware of any changes to your child's collection arrangements in advance.

Please be patient with staff who are just trying to keep children safe.



Clubs

We are running the following after school clubs this half term:

Booking is available on the app

- **Monday**-Fun Fusion Club for KS2 with the Sports Coach
- **Tuesday**-FAB Club for KS1 with Miss Barratt
- **Friday**-Book Club for Reception with Mrs Briers

In addition to these clubs, Y1 children are also invited to attend Mrs Lister's Phonics on Thursdays after school and there are Confirmation lessons for some children with Father Michael.

THANK YOU
FOR YOUR
SUPPORT

Reading at St James



“Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don’t, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. In fact, reading for pleasure is more likely to determine whether a child does well at school than their social or economic background.” Pearson 2021)

At St James, we place high importance on daily reading. Each child is provided with a reading record and books to take home. It might seem like everything has gone digital, but books still play a very important part in school life. As well as giving your child a head start, developing a love of reading can be really enjoyable.

Make books and stories part of everyday life:

- Build a reading story into a routine - a story at bedtime.
- Stick your feet up and let your child see you reading a book.
- Go to the library with your child.
- Read in fun places.
- Give books as birthday presents - this will show you value them.
- Keep books in your bag or the car.

School Bags and Home School Diaries

We ask that your child only bring the schoolbook bag to school each day. Due to space restrictions in our classrooms, no large rucksacks will be permitted in school. Please ensure that your child also packs their Home/School Diary in their bag. These are an essential form of communication and also key to our approach to learning and independent study. Please note, if school reading books are not returned when due you may incur a charge, particularly if more than one book has been issued and not returned.

THANK YOU
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SUPPORT

Snacks



We have noticed a big change in the kind of snacks children are eating at breaktimes. The children in Year 1 and Year 2 do not really need a snack as they are provided with free fruit on a daily basis. However, we know not all children like this so may bring alternatives.

The children are increasingly bringing in bags of crisps and chocolate bars which are obviously absolutely fine as part of a balanced packed lunch but not really suitable for break times. We think that sometimes children may be taking things that parents intend to be eaten at lunchtime out of their lunchboxes and eating them at breaktimes and have spoken to them about this but some of the children are unsure as to what is to be eaten when.

Could you please ensure you send only **one** small healthy morning snack in with your child in a separate bag (book bag etc) to their packed lunch bag should you wish. Large packets of crisps and chocolate bars are to be kept for packed lunch bags not for quick morning snacks.

Seashells



From the 10th April, we will be opening our Seashells breakfast club from 7.45am.

The cost will be £5.00 per session.

This will be on a trial basis until the end of May to help support those parents who require a slightly earlier start time.

If it proves popular then we will make this a permanent arrangement.

As with our current provision it will be on a first come first serve basis and booked via the School App.

THANK YOU
FOR YOUR
SUPPORT



St James' PTFA Easter Bingo

Thursday, 21st March 5-7pm

Doors open 4.30pm

School Hall



- Tickets are £1 anyone playing Bingo;
- Children Film Night 50p per child
- Tickets are available to buy from the office (cash). Limited Numbers
- Bingo £6 for a full book (6 games)
- Please bring cash on the evening
- Refreshments will be available on the evening for a small cost.

Come along, join in the fun and help support our school!

Safeguarding Tip of the Week

Operation Encompass

This week our focus is on Operation Encompass. This is a police and education early information sharing partnership enabling schools to offer immediate support for children experiencing the impact of domestic abuse.

Information is shared by the police with a school's trained Key Adult (DSL) prior to the start of the next school day when officers have attended a domestic abuse incident.

Children experiencing domestic abuse are negatively impacted by this exposure; with domestic abuse identified as an Adverse Childhood Experience (ACE).

Operation Encompass aims to mitigate this harm by enabling immediate support and thus making the child's day better.



Online Safety Tip of the Week

10 Top Tips Mental Health

10 top tips for Parents and Educators: Developing Healthy Sleep Patterns

Dreaming of a decent night's sleep? Many of us are – and it's a particularly pervasive problem for young people. Concerningly, research has suggested that around 70% of teens get less than the recommended 8–10 hours' sleep per night. The effects of poor-quality sleep on a developing mind, of course, can be harmful over a prolonged period.

Although a significant portion of under-18s struggle for shut eye, there is still plenty we can do to support them in getting the beneficial rest they need during those formative years. This week's #WakeUpWednesday guide has tips on helping children to develop healthy sleeping habits.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College

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Dreaming of a decent night's sleep? 🤔 Many of us are – and it's a particularly pervasive problem for young people. Concerningly, research has suggested that around 70% of teens get less than the recommended 8–10 hours' sleep per night. The effects of poor-quality sleep on a developing mind, of course, can be harmful over a prolonged period.

Although a significant portion of under-18s struggle for shut eye, there is still plenty we can do to support them in getting the beneficial rest they need during those formative years. Compiled in conjunction with our friends at award-winning mental health charity Minds Ahead, this week's #WakeUpWednesday guide has tips on helping children to develop healthy sleeping habits 🌙



Our school is part of Operation Encompass which is a national scheme that operates jointly between schools and police forces.

Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has experienced domestic abuse. (The Operation Encompass information is stored in line with all other confidential safeguarding and child protection information). The Domestic Abuse Act 2021 identifies children who experience domestic abuse as victims of domestic abuse in their own right.

As a school we have ensured that we have members of our staff, (the Designated Safeguarding Lead and Deputy Designated Lead) known as Key Adults, who have been trained in the Operation Encompass procedures allowing them to then use the information that has been shared, in confidence, to support the child/ren in our care. We are aware that we must do nothing that puts the child/ren or the non-abusing adult at risk .

We are keen to offer the best support possible to all our pupils and we believe this will be extremely beneficial for all those involved. As a staff we have discussed how we can support our children who are experiencing Domestic Violence and Abuse on a day-to-day basis and particularly following an Operation Encompass notification. We use the Operation Encompass Key Adult Responsibilities checklist to ensure that all appropriate actions have been taken by the school.

Please be aware that if a child is absent from school after an Operation notification has been received then a home visit will take place.



YEAR 6 TRANSITION FREE ONLINE PARENT / CARER SESSIONS

If your child has an SEN or significant worries and is due to transition to secondary school in September 2024, we would love you to join us on our online sessions to share preparation tips and advice.

By 31st October 2023 you will have submitted a secondary school application to name your 3 preferred schools.

We are delighted to offer you some advice and support to be able to effectively plan the next steps of your child's journey.

Many of the strategies will work for most children who require that little bit of additional support.

Sessions will be delivered online through TEAMS directed to parents/carers (not to children); if you can attend all four it would be more beneficial.

For further information please email us on LASCstransitions@sthelens.gov.uk so we can send you a TEAMS link to the sessions

Session One - The Year Ahead	Friday 1 st December 2023 12:30 - 1:30pm	<ul style="list-style-type: none"> Differences between Primary & Secondary Independence & Preparation Travel to school Next Steps
Session Two - Building Blocks	Friday 2 nd February 2024 12:30 - 1:30pm	<ul style="list-style-type: none"> What is a transition? Managing change Developing independence
Session Three - A Helping Hand	Friday 22 nd March 2024 12:30 - 1:30pm	<ul style="list-style-type: none"> Managing worries & nerves Emotions Scales Looking for the positives
Session Four - The Finish Line is in Sight!	Friday 10 th May 2024 12:30 - 1:30pm	<ul style="list-style-type: none"> Being Prepared One Page Profiles Communication Preparation & Practice

Mental Health Support Team WELLBEING WEBINARS



Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

TOPICS AND DATES

- Worry Management - 19 January
- Parenting for Anxiety - 23 February
- Low Mood - 22 March
- Neurodiversity - 26 April
- Parent Skills for Behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional Regulation - 19 July



WHEN
4pm to 4:45pm



WHERE
Zoom
(link will be emailed)



To register please email which webinar you want to attend to events@merseycare.nhs.uk

Webinars will be recorded.
No chat function will be available for safety purposes.



EASTER TECH CLUBS

Computer Xplorers

Leading the way in providing tech-based activities that are both inspirational and educational!

CODING-LEGO ROBOTICS-GAME DESIGN-MINECRAFT & MORE

ST HELENS

OPEN TO ALL-

ComputerXplorers Tech Club

 Rainford High School
Higher Lane, Rainford, WA11 8NY

 2nd-11th April 2024

 9am or 11am-3pm

Join us to embark on a fun-filled journey into the world of coding, gaming, and creativity! Both paid and funded* places are available to book for kids aged 5-15.



HAF EXCLUSIVE*-

Minecraft Big Biome Builds!

 St Helen's Library
World of Glass, Chalon Way, WA10 1BX

 3rd-5th April

 10am-2pm

 Newton Le Willows Library
Crow Lane E, WA12 9TX

 10th-12th April

 10am-2pm

Build, explore and create with us this Easter. Funded* places only available to book for kids aged 5-15.



*FREE places available to those eligible for and receiving benefits-related free school meals (FSM), and their families. Children who are in receipt of a support plan via Early Help, Child in Need or Children We Look After, EHCP, or if your child receives additional hours at school.

BOOK! Visit the link or scan the code-
computerexplorers.co.uk/bolton-wigan/book

Questions? Email us- bolton@computerexplorers.co.uk



Department
for Education



@CompXBolton



ST HELENS
BOROUGH COUNCIL



EASTER FAYRE

SATURDAY 23RD MARCH 2024
11AM - 4PM

MELLOR AND BLACK ENCHANTED
TEA GARDENS
22 DUKE STREET, ST.HELENS, WA10 2JP

STALLS
LIVE MUSIC
FOOD AND REFRESHMENTS
EASTER GAMES AND RAFFLE
MEET THE EASTER BUNNY!

TO BOOK A STALL PLEASE EMAIL FLORENCE@TEARDROPS.ORG.UK



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