



# NEWSLETTER

Email: [www.stjamesceprimary.co.uk](http://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 33 Friday 14h June 2024**

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

A message from Mrs Briers



This week, I extend my heartfelt congratulations to Year 4 for completing their Multiplication Times Tables Check and to Year 1 for completing their Phonics Screening Check. The commitment shown by the children has been outstanding! We will share their results once they are confirmed by the Department for Education in the coming weeks.

On Monday, some of our Key Stage 2 children attended a Tri-Golf event with Miss Barratt. She was very impressed with how well they represented our school.

Wednesday was a particularly exciting day at school. The LFC Foundation worked with Year 3 and Year 5, and children from Years 1 through 6 participated in another Barnardos ExSEL workshop. It has been fantastic to have the opportunity to enhance the emotional intelligence of our children by giving them tools to manage their mental health and develop healthy relationships.

Year 6 also had a busy week, visiting the Liverpool Anglican Cathedral for the annual Diocesan Y6 Leavers' Service. It was a brilliant afternoon!

A huge well done to Year 2 for their incredible class assembly. It was another wonderful showcase of our knowledge-based curriculum. Year 2, your singing in particular blew me away!

Have a lovely weekend

Mrs Briers x



# School Matters!



**Attend Today, Achieve Tomorrow**

## Attendance

|              |       |
|--------------|-------|
| Whole School | 93%   |
| Reception    | 96.3% |
| Year 1       | 91.4% |
| Year 2       | 95%   |
| Year 3       | 89.1% |
| Year 4       | 92.6% |
| Year 5       | 91.7% |
| Year 6       | 93.2% |



**Be In SCHOOL**  
**Be On TIME**



**137**

**pupils**

**with perfect attendance this week.**

**Can we beat this next week?**



## Attendance Matters



## 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:**

**94.5%**



## Miss School Miss Out

If you're not coming to school, you will miss out on....



## Summer 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 Summer 2 Attendance Challenge.

What do you need to do?



How can you win?

Come to school every day, and most importantly on time, between

**Monday 3rd June and Friday 12th July**

What can you win?

A mystery box of toys, games and arts and crafts to keep you busy over the Summer Holidays.

**HSC** Public Health Agency

## Do I need to keep my child off school?



### Chicken Pox

At least 5 days from onset of rash and until all spots have crusted over

### Conjunctivitis

No need to stay off but school or nursery should be informed

### Diarrhea &/or Vomiting

48 hours from last episode

### Respiratory Illness

(e.g colds & flu)  
Can return when no longer have a high temperature and well enough

### Glandular Fever

No need to stay off but school or nursery should be informed

### Hand, foot & mouth

No need to stay off if well enough, but school or nursery should be informed

### Impetigo

Until lesions are crusted & healed or 48 hours after commencing antibiotics

### Head Lice

No need to stay off but school or nursery should be informed

### Measles

4 days from onset of rash

### Mumps

5 days from onset of swelling

### German Measles (Rubella)

5 days from onset of rash

### Scarlet Fever

24 hours after commencing antibiotics

### Scabies

Until after first treatment

### Slapped Cheek

No need to stay off but school or nursery should be informed

### Threadworms

No need to stay off but school or nursery should be informed

### Tonsillitis

Can return when no longer have a temperature and well enough, school or nursery should be informed

### Whooping Cough

48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.



**Journey Driver Focus:**

|           |                             |
|-----------|-----------------------------|
| RECEPTION | Anya                        |
| YEAR 1    | Andra Varga                 |
| YEAR 2    | George Hand                 |
| YEAR 3    | Poppy Comiskey              |
| YEAR 4    | Olive-Christina Ada-<br>bie |
| YEAR 5    | Andrew Inglis               |
| YEAR 6    | Adrian Amadi                |





## Whole School events Summer 2

| Date     | Event  |
|----------|--|
| 17/06/24 | Refugee Week                                     |
| 18/06/24 | Reception School Trip - Manchester Airport       |
| 20/06/24 | Year 4 Trip - Liverpool Museum and Ferry Ride    |
| 21/06/24 | World Music Day                                  |
| 26/06/24 | Year 2 Trip - World of Glass                     |
| 01/07/24 | Outwood Academy Induction Day                    |
| 02/07/24 | Outlook Academy Induction Day                    |
| 02/07/24 | Reception vision Test                            |
| 03/07/24 | New Hope Charity Day                             |
| 09/07/24 | Sports Day - Times to be confirmed               |
| 12/07/24 | Reception Assembly 9.00am                        |
| 16/07/24 | Reserve Sports Day                               |
| 17/07/24 | Year4 Swimming - Last Finishes                   |
| 18/07/24 | Year 6 Leavers Service - St James' Church 9.30am |
| 19/07/24 | Close Closes for Summer 2pm                      |

# Summer Menu 2024

## Week 1

Wk: 27/05/24 - 17/06/24 • 08/07/24  
02/09/24 - 23/09/24 - 14/10/24

### Monday

Pasta Bolognese  
Cheesy Pasta Bake (v)  
Carrots & Peas  
Choice of Sandwich (Ham, Cheese (v), Tuna Mayo)  
Raspberry Ripple Ice-cream

### Tuesday

Beef Burger/Southern Style Chicken  
Super Hotdog (v)  
Wedges & Sweetcorn  
Filled Jacket Potato (Sweetcorn (v), Cheese (v), Baked Beans (v), Tuna Mayo)  
Apple Slices & Raisins

### Wednesday

Pork Steak Dinner  
Savoury Mince (v)  
Yorkshire Pudding, Roast Potato, Carrot & Swede, Gravy  
Tortilla Wrap (Ham, Cheese (v), Tuna Mayo)  
Chocolate Brownie

### Thursday

BBQ Chicken Pizza  
Cheese & Tomato Pasta Bake (v)  
Pasta, Broccoli & Carrots  
Filled Jacket Potato (Cheese (v), Sweetcorn (v), Baked Beans (v), Tuna Mayo)  
Fruit Salad

### Friday

Breaded Fish Shapes  
Coated Nuggets (v)  
Chips & Peas  
Choice of Sandwich (Ham, Cheese (v), Tuna Mayo)  
Homemade Cookie

## Week 2

Wk: 03/06/24 - 24/06/24 - 15/07/24  
09/09/24 - 30/09/24 - 21/10/24

### Monday

Ham & Sweetcorn Homemade Pizza  
Sausage Roll (v)  
Pasta, Broccoli & Carrots  
Choice of Sandwich (Ham, Cheese (v), Tuna Mayo)  
Fruit & Ice-cream

### Tuesday

All day Breakfast  
All day Breakfast (v)  
(Sausage/Quorn Sausage, Hash brown, Beans, Tomato)  
Filled Jacket Potato  
(Baked Beans (v), Cheese (v), Tuna Mayo, Sweetcorn (v))  
Summer Fruit Pudding

### Wednesday

Chicken Dinner  
Quorn Dinner (v)  
Mash, Cauliflower, Carrots & Gravy  
Tortilla Wrap (Ham, Cheese (v), Tuna Mayo)  
Cooks Muffin

### Thursday

Chicken Pie (Cooks Pick)  
Cheese & Onion Bake (v)  
Mashed Potato, Seasonal vegetables  
Filled Jacket Potato (Chicken in Gravy, Cheese (v), Sweetcorn (v))  
Shortbread

### Friday

Fish Fingers  
Vegetable Fingers (v)  
Chips, Peas & Sweetcorn  
Choice of Sandwich (Ham, Cheese (v), Tuna Mayo)  
Banana & Butterscotch Sauce

## Week 3

Wk: 10/06/24 - 01/07/24 - 22/07/24  
16/09/24 - 07/10/24 - 28/10/24

### Monday

Beef Hotpot  
Tomato & Mozzarella Panini (v)  
New Potatoes & Broccoli  
Choice of Sandwich (Cheese (v), Ham, Tuna Mayo)  
Ice-Cream with Summer Berry Sauce

### Tuesday

Pasta Bolognese  
Two Cheese Pizza (v)  
Pasta, Peas & Sweetcorn  
Filled Jacket Potato (Beef Bolognese, Sweetcorn (v), Cheese (v), Baked Beans (v))  
Homemade Flapjack

### Wednesday

Sausage Dinner  
Sausage Dinner (v)  
Mashed Potato, Seasonal Vegetables, Gravy  
Tortilla Wrap (Ham, Cheese (v), Tuna Mayo)  
Banana & Raisins

### Thursday

Chicken Curry & Rice  
Cheese & Bean Potato Bake (v)  
Seasonal Vegetables  
Filled Jacket Potato (Chicken Curry, Cheese (v), Sweetcorn (v), Tuna Mayo)  
Cooks Muffin

### Friday

Fish Fingers / Salmon Bites  
Battered Nuggets (v)  
Chips & Beans  
Choice of Sandwich (Ham, Cheese (v), Tuna Mayo)  
Fruit & Jelly



St Helens Borough Council  
School Catering Service



In addition to the above, White & Brown Bread, Yoghurt and Fruit will be available daily alongside a variety of salad bar items, Choice of Milk, Water & Fruit Juice across the week.  
(v) = Suitable for vegetarians. Did you know some of our dishes are also Vegan Friendly?  
Changes to Published Menu - The menu may be subject to change to ensure ingredients aligned to the optimum quality or to meet the needs of an individual school.  
Dietary Requirements - Alternative Dietary specific menus available by request following the Special Diet Procedure. Allergen and Carb information also available upon request and via the council's website.



THANK YOU  
FOR YOUR  
SUPPORT

### PE Days Summer 2

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

|                  |   |
|------------------|---|
| <b>Monday</b>    | Year 5 and<br>Year 6  |
| <b>Tuesday</b>   | Year 1, Year 2<br>and Year 4                                      |
| <b>Wednesday</b> | Reception,<br>Year 1, Year 3<br>and Year 6<br>*Year 4<br>swimming |
| <b>Thursday</b>  | Year 5  |
| <b>Friday</b>    | Year 2, Year 3<br>and Year 5                                      |

### Clubs

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

- **Monday**-Fun Fusion Club for Y1, Y2 and Y3 with the Sports Coach
- **Wednesday**-LFC Football Club for Girls for Y4, Y5 and Y6 with LFC
- **Thursday**-Nature Club for YR with Mrs Boardman
- **Thursday**-Build-a-Book Club for Y1 and Y2 with Miss Hunter
- **Thursday**- Football Club for Y4, Y5 and Y6 with Mr Moon and Mr Atherton
- Mrs Conant will also be running a Recorder Club at lunchtime for children in Y2 and Y3.
- **Post Confirmation sessions** Tuesdays 11th and 18th June with Father Michael



Please make every effort to ensure that your child is wearing the correct uniform and that it is clearly labelled. Children should wear completely black shoes – not trainers. It is important that the P.E kit is seen as an extension of our school uniform, therefore our high standards should be kept.

**A reminder that our school PE kit consists of a black tracksuit/red shorts and white t shirt.** Please note that children should not wear any form of jewellery (only stud earrings are allowed and should not be worn on PE days)

## **Safeguarding Tip of the Week**

### **Child Sexual Exploitation**

This week our safeguarding focus is Child Sexual Exploitation. This is something that happens when a group or individual takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity. It is a hidden crime and quite often the victim is groomed by the abuser and therefore does not understand that they are being abused. This abuse can start online and then images or videos can be used to threaten the victim into continuing a relationship.

Signs to look out for can include: changes in emotional wellbeing, spending time with older individuals or groups and going missing from home or school.

For more information, please see the link below:

<https://learning.nspcc.org.uk/child-abuse-and-neglect/child-sexual-exploitation>



## **National Online Safety Tip of the Week**

### **Fair Play and Friendly Competition**

According to Statista, 69% of children currently engage in competitive sport, either in or out of school. Thanks to the Euros, it's very possible that percentage will see an uptick in the coming weeks. Enjoying sport and revelling in healthy competition can have a fantastic impact on children's development – but when presented with the idea of winning side emotions can sometimes run high, and feelings can be hurt.

A healthy approach to any kind of game or contest – not just the sporting variety – is an important quality to teach to children and young people. This week's #WakeupWednesday guide can help you to do that. The list of expert tips explains how to emphasise the value of playing fair and dealing with both victory and defeat in a reasonable, mature manner.



# 10 Top Tips for Parents and Educators

## FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges – like the pressure to win – and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

### 1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play: demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

### 2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to “win at all costs”, which can be a harmful outlook in some situations.

### 3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

### 4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

### 5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest – that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat gracefully and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

### 6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

### 7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

### 8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

### 9 GIVE CONSTRUCTIVE FEEDBACK

Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

### 10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

### Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



The National College®

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





### Community food pantries

Pantries operate as a member-led neighbourhood hub and are just like a shop, in that you choose the food you want from the shelves. Members pay a small subscription each week they visit, and in return can choose groceries worth many times more, often saving up to £1,000 a year on shopping bills.

How it works.:

Step one: Find your nearest pantry (you must live in the area in which it is based).

Step two: Go along and join on the day it is open, remembering it is open to everyone in that community.

Step three: Pay your £5 membership each time you visit. Sit and have a cuppa while you wait for your turn.

Step four: Choose your shopping, which will always be worth more than your weekly membership fee.

Step five: Tell your neighbours and get them to join too.

[For more information please see <https://www.sthelens.gov.uk/article/6987/Food>](https://www.sthelens.gov.uk/article/6987/Food)



Food banks provide emergency food and compassionate, dignified support to people locked in crisis. There are 10 food banks available to residents in St Helens Borough, five of which are managed by The HOPE Centre charity in St Helens and require a voucher from a relevant local agency.

St James are registered with St Helens Foodbank and are able to issue Food Bank Vouchers (subject to conditions). If you feel like you are struggling to put food on the table, please contact Mrs Maloney, in the School Office, for more information. We can also provide long term support through Early Help which Mrs Briers and Mrs Conant organise.



# Mental Health Support Team **WELLBEING WEBINARS**

**NHS**  
**Mersey Care**  
NHS Foundation Trust

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.



**Does your child suffer with sleep issues?  
Do you struggle with your child's bedtime?  
Will your child not sleep in their own bed?**

Help is at hand from The Sleep Charity and thanks to funding from  
St Helens Children's Commissioning.

### Why not book on our Foundation Sleep Workshop?

Free training that provides you with knowledge around sleep, some of the common reasons for poor sleep and how you can help to improve sleep.

To book, please contact [brian@thesleepcharity.org.uk](mailto:brian@thesleepcharity.org.uk)

### Call our National Sleep Helpline – 03303 530 541

And speak to one of our friendly, trained sleep advisors who can offer some practical advice

### Teen Sleep Hub – [teensleephub.org.uk](https://teensleephub.org.uk)

If you're looking for support for a child aged 13 upwards, visit our dedicated website for young people packed with information for both you and them to read and watch!

### The Sleep Charity website – [thesleepcharity.org.uk](https://thesleepcharity.org.uk)

A useful resource with helpful information and support including advice sheets and leaflets.

For more information on the local St Helens Sleep pathway and accessing support, or for any concerns you may have regarding your child's sleep patterns, then please contact your health visitor, school nurse, early help worker or children's centre.



Children's information support available here:  
<https://thesleepcharity.org.uk/information-support/children/>

**03303 530 541**  
Monday, Tuesday & Thursday: 9am – 5pm  
Friday & Wednesday: 9am – 11am

