



# St John & St James' C of E Primary School

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## Children's Mental Health Week

This week (**1st and 7th February**) is Children's Mental Health Week.

Children have taken part in activities throughout the week learning about how to support and improve their mental health. As adults, there are ways we can support our children to give them the best chance to stay mentally healthy.

**Be there to listen.** Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it.

**Take what they say seriously.** Listening to and valuing what your child says, without judging their feelings, in turn makes them feel valued.

**Build positive routines.** We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important!

## Wellbeing Tip

### 5 Finger Breathing



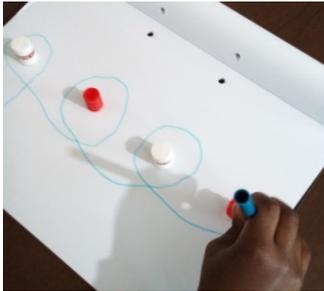
Using your index finger starting from the wrist, breathe in as you come up the thumb. Exhale and come down the thumb. Continue breathing in as you go up each finger and breathe out as you come down each finger. Continue until you reach your wrist.

Repeat 3 – 5 times

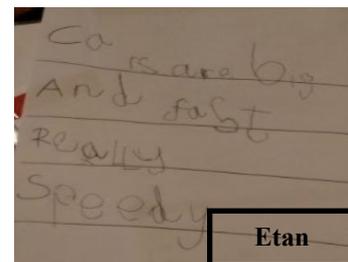
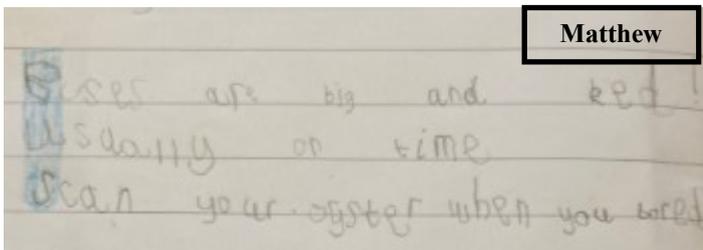
Practice this breathing exercise when you experience difficult feelings, such as, sadness, worry, stress and anger, or when you are feeling overwhelmed.

## School and Home Learning

Many of the children in **Nursery** took on the challenge of creating the tricky pattern of the week: loops. David, Aidan and Zaynab shared their work from home on Google Classrooms and all had a try at motioning their mark making utensil around stickers/objects in the 'up, around (anti-clockwise) and down' action. Well done you three, super-star whooshes are coming your way. 1, 2, 3....whoosh!



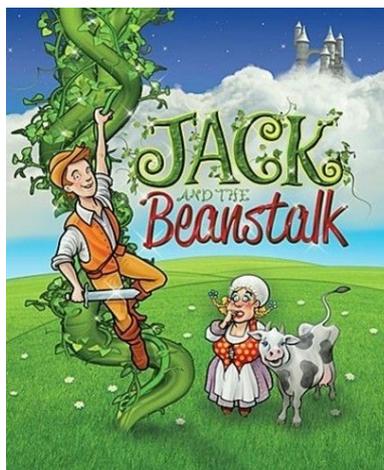
**Reception** have been working on poetry about buses. They have shared poetry created both in class and at home for everyone to celebrate. You are amazing Reception, give yourselves a whoop, whoop, ye! Here are some examples of their work:



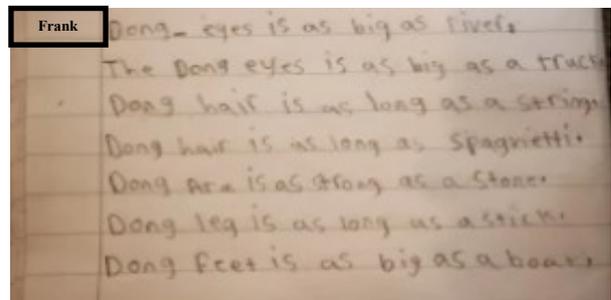
**Luca, Lucia** and **Oscar** wrote some excellent stories about Jack and the Bean Stalk. They included: thoughts, feelings, some speech and wonderful examples of show me, don't tell me. **Year 1** deserve a Ninja Clap to celebrate how hard they are working. Here are some examples of their work:

*She will eat me, thought Jack. He was shivering all over as he had a cunning plan. He waited until the giant went to sleep so he could get the hen back.*

*He knew what he had to do. He felt his hands sweating. He felt his heart beating hard and his legs trembling.*



For **Year 2's** writing immersion lesson, they looked at the poem *The Quangle Wangle's Hat*. After reading the poem, **Dominic** sent in some wonderful pictures of his very own Quangle Wangle Hat. **Frank** also worked on some incredible similes to give us wonderful descriptions of Dong, the creature from the poem. Let's send Year 2 a Banana cheer!



**Year 3** were given the challenge to express themselves for mental health week. **Shannon** finds peace of mind when reading stories, so she wrote her very own story. Shannon even took it one step further by presenting her short story as a book with illustrations. What a superstar she is! Let's celebrate Year 3 with a fairy clap.

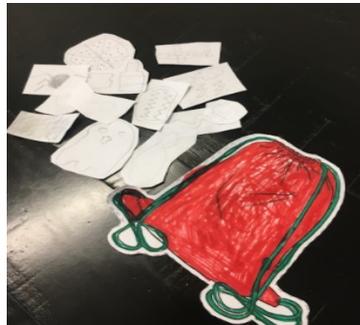


In values lessons this week, **Year 4** were given the opportunity to create images that helped them feel mindful. **Alissa** was able to share the joy and comfort that her troll dolls give her and showed off her talents by creating this excellent painting. We were even more impressed to see the support and encouragement from her class mates on Google Meets. Year 4 deserve a Marshmallow Clap!



- Kimberly Gyening 09:53  
Cool I like it well done alissa
- Kimberly Gyening 09:54  
👍👍👍👍👍
- Noah Wa-Kuguru 10:18  
WELL DONE ALISSA IT REALLY LOOKS NICE YOU SHOULD BE PROUD
- Sonny Crowne 10:47  
it is fantastic you are a relly good artest
- Sonny Crowne 10:48  
you should be proud
- Zi Ting Wang 11:24  
WELL IT LOOKS VERRY NICE 🍌🍌

**Year 5** have been completing activities this week around their mental health. **Lucas** designed and created his own worry bag, to represent the weight that our worries can have on us, when we carry them around all day. Lucas deserves a nice, big, Italian Mama Mia! Keep up the excellent effort Lucas.



**Year 6** became extremely creative when thinking about their mental health and discussed the importance of fitness to help us relax and keep our mind and body in great shape. Yoga has been used across the school and **Misimi** and **Bluebell** showed how important it can be through their wonderful posters. **Aadam** and **Kiara** even decided to compete with Joe Wicks and create their very own fitness videos. You all should be shining your halos for this incredible effort.



## Math's At Home

Maths is everywhere. Cooking, shopping, packing things into bags and boxes, planning a journey... even the buildings all around you. The more you look, the more you will see.

Write down where you can see maths in your home.

## This week's home reading tip is

Sharing a book with a child is fun! It's a time for closeness, laughing and talking together – and it can also give children a flying start in life and help them become lifelong readers.

Which book will you read together this week?



## Parent Virtual Workshop—Mental Health Support Team

### 'Take a moment' –self-care tips to help manage during uncertain times (workshop for young people)

We all need a tool kit of strategies for looking after our emotional well-being and mental health, especially during these challenging times. This workshop aims to provide a range of skills and strategies to help young people to show care to themselves and to take positive steps to look after their emotional well-being. Parents/carers are welcome to join!

**Wednesday 24<sup>th</sup> February 4-5pm with Sadia & Ann-Marie**

**Wednesday 10<sup>th</sup> March 4-5pm with Sadia & Ann-Marie**

### Eventbrite Link:

<https://www.eventbrite.co.uk/e/139703168939>

## Online Safety Tip

The power of technology is of benefit to us all, but more time spent online by our children can lead to greater levels of risk. As parents and carers, it is important that you know how you can help make your children safer.

The Hackney Safer Schools App is free and includes useful advice about making your home and devices safer. It provides information about social media and how to block, mute and report anything that either you (or your child) may find worrying - from images to comments from online bullies.

The App will also help you create healthy media habits, limit screen time, learn about scams and keep your personal data safe. It will complement the information your child's school will have made available via their communications with you and your child.

### Download Your App

- Decide which version to download. If you have children in both primary and secondary school, we'd suggest you download the secondary school version.
- Simply follow the steps set out in the images below
- Make sure to allow push notifications to keep up to date with tips, advice and guidance on how to make your children safer.
- For any queries, please contact the City & Hackney Safeguarding Partnership Team at [chscp@hackney.gov.uk](mailto:chscp@hackney.gov.uk). Further information is available at <http://www.chscb.org.uk/hackneysafer-schools-app/>, by using the details in the footer or via the blue live chat function at [www.oursaferchools.co.uk](http://www.oursaferchools.co.uk)



## Family Healthy Lifestyle



alive **n** kicking

...for children  
aged 5 -11 years,  
run by  
Nutritionists

- 1-1 and group support video call or telephone into your home
- Flexible timings to suit
- Weekly support on topics such as portion sizes, healthy snacks and keeping active
- Enjoyable cooking activities and recipe challenges
- Fun virtual exercise classes for the whole family

To get involved in this **free** programme

Tel: **07849 092185** Email: [eh.ankhackney@nhs.net](mailto:eh.ankhackney@nhs.net)

[www.everyonehealth.co.uk/hackney-council](http://www.everyonehealth.co.uk/hackney-council)



 **Hackney**

  
because everyone matters

## Non Screen Activity

Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

## Gold Awards

Name	Class	Reason
Harrison	Nursery	For improved focus and participating during carpet time.
Mary	Nursery	For demonstrating effort in completing tasks; especially for mark-mark.
Olivia	Reception	For completing all work set on Google Classroom every day.
Ted	Reception	For amazing effort and progress in his writing.
Neemasusan	Year 1	For using exciting adjectives when retelling the story of Jack and the Beanstalk.
Orlando	Year 1	For using his phonics to help him break down his words. Well done!
Braymil and Ruoxin	Year 2	For always turning up to the group meetings with enthusiasm and lots of questions
Marella	Year 2	For great contribution in the afternoon sessions with lots of great questions.
Lacey	Year 3	For writing a beautiful poem using metaphors.
Rhyiannah	Year 3	For contributing enthusiastically to the zoom lessons and always smiling and keeping the class spirit up. Well done!
Derek	Year 4	For amazing work in his reading and effort in his presentation.
Fabian	Year 4	For excellent effort at home with his learning.
Anton	Year 5	For amazing attendance and participation in his online learning.
Bolu	Year 5	For great improvement in his speaking and listening skills.
Akiira and Ella	Year 6	For excellent effort in the extra maths sessions this week and their understanding of algebra. Well done!
Deneil	Year 6	For excellent use of his comprehension skills ad unpicking unknown words in reading lessons.

## Window Wanderland

Hackney residents are being invited to decorate windows, balconies and front doors to brighten up the borough's streets during lockdown.

Anyone can take part and almost anything counts as a display, from a string of fairy lights or children's drawings to a band playing in the living room, so long as the display is family friendly. Those wanting to take part should sign up so their displays will be included in the route map.

<https://www.windowwanderland.com/>

**Some ideas to get you thinking.**

