



# St John & St James' Primary School

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## School Shoes

Please ensure your child's school shoes are black.

During hot weather you child may wear sandals but please ensure they too are black.



## Jam Jars

Thank you to everyone who donated different types of jars for our school. We will be using these in a harvesting, gardening and cooking project this half term.

We now have plenty of jars due to your generosity.

## Free Girls Football Club

This term starting Thursday 24.06.21 we are offering a free after school club football club for KS2 girls every Thursday between 3:30-5:00pm.

Sessions are dedicated to empowering players through football skill sessions and playing fun matches.

If you would like your child to take part please sign up at the main school office as spaces will be limited.

## Lateral Flow Tests

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others.

The NHS recommends that adults and secondary school pupils should do a rapid test twice a week (every 3 to 4 days) to check if you have the virus.

If people test positive and self-isolate, it helps stop the virus spreading.

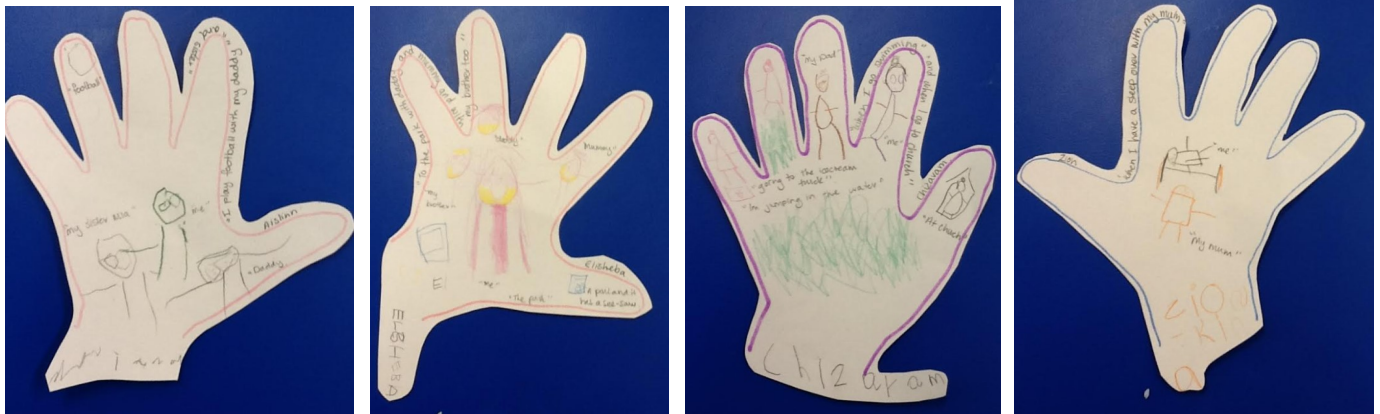
Lateral Flow Tests can be ordered here: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or collected from locally from: <https://maps.test-and-trace.nhs.uk/#/location/E9%206LL>



## Amazing Work...

This week in **Nursery**, they have been continuing to explore their literacy text 'Anna Hibiscus song'. The main character of the story Anna is feeling happy and informs different family members how happy she is feeling but asks them what she can do to express her happiness. Her grandfather explains that when he is happy he opens his hands wide and counts all the reason why.

Individually, the class have been identifying all of the different things that make them feel happy and created their own 'Happy Hands'.



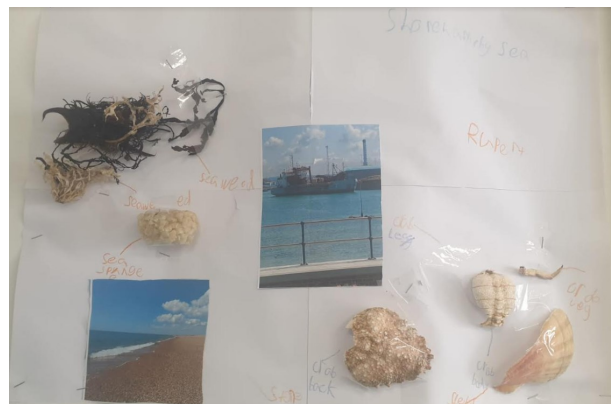
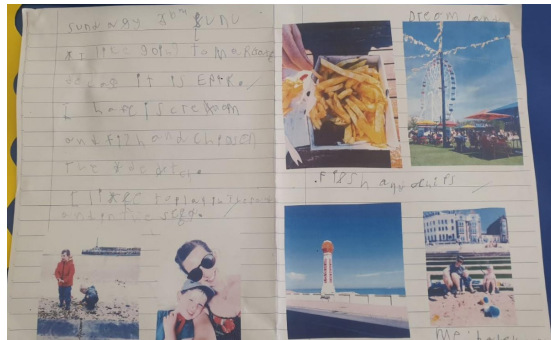
**Reception** have been learning about the story 'Splash! Anna Hibiscus'. In the story a little girl called Anna wants to splash in the sea with her family but they are all too busy to play with her. In their literacy lessons they have been learning to describe what it might be like at the beach and retelling the story in role as the character Anna. To help the class imagine what this might feel like they got a real paddling pool and had great fun splashing around in the cool water with their classmates.





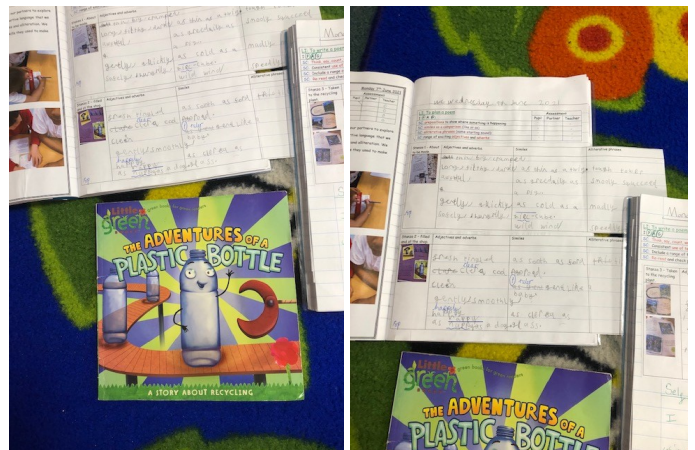
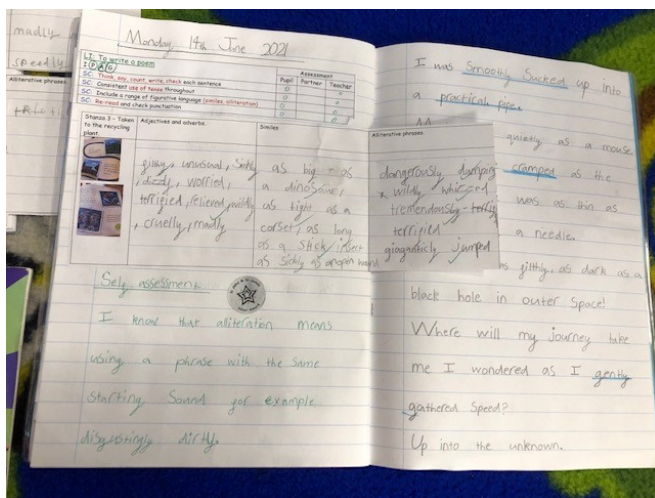
## St John & St James' Primary School

The **Year 1** children produced fantastic homework over the half term about their new geography topic 'Let's go to the Seaside'. **Rupert** went to the seaside and created a lovely piece with some of the things he found, **Oscar** described the beach in France and **Jonah** wrote what he does when he goes to 'Margate'.

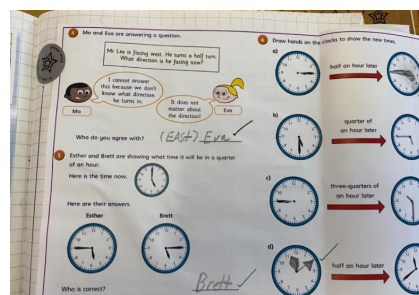
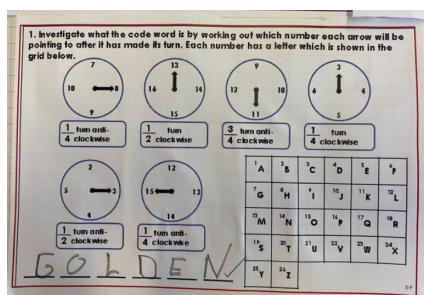
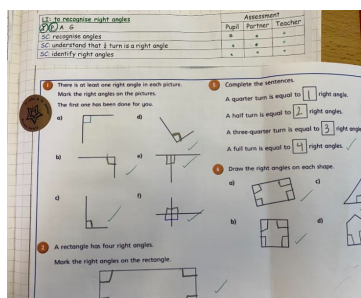


**Year 2** have been planning and writing their own poetry based on their class book, The Adventures of a Plastic Bottle.

The class have been focusing on using figurative language and have made a particular effort in including alliteration and similes in their poems! The class have used their knowledge of their Topic Sustainability to help them with this.



**Year 3** has been learning about turns and angles this week. They can recognise whether or not a turn is clockwise or anti-clockwise and a quarter turn, half turn, three quarter turn and full turn. They can also spot angles and recognise whether it is a right angle, an acute angle or an obtuse angle.



This week **Year 4** took part in the Guinness Book of World Records attempt for the most people singing on zoom at one time, broadcast live from the O2 arena.

The class learnt to sing in harmony, and performed the song 'Lovely Day' beautifully, along with famous musicians Billy Ocean, YolanDa and Ruti... and 336,000 other young voices from across the globe.



**Year 5** had a fantastic virtual workshop with the Geobus today! They learnt lots more about different planets and used 3D glasses to bring the planets to life! The children got to ask questions to a scientific expert from UCL all about space at the end of the presentation.



## St John & St James' Primary School

**Year 6** had the most wonderful trip to Hackney School of Food where they tried fresh vegetables grown in the gardens, made their own pizzas, played with chickens and tried the honey made on site. The class had such a beautiful day in the sunshine learning about how food grows and how they can be creative with recipes to enjoy the wonderful fresh fruits and vegetables available to them. The class showed their amazing culinary skills and maturity in the kitchen– they certainly have some budding chefs amongst them!



## WAMHS Newsletter



### Wellbeing Newsletter



### Top Tips on Managing Sleep

This issue of the Wellbeing And Mental Health in Schools newsletter focuses on **sleep**. Getting children to bed on time – and sleeping well yourself! – can be a big challenge. It may be even harder than usual if the pandemic has led to lots of changes in your routine. If sleep is a problem for your family - you're not alone! One in every three children has some kind of sleep difficulty.

#### How much sleep do children need?

Children need less sleep as they get older. On average this looks like...

4 - 5 years: 11-12 hours

6 - 9 years: 10-11 hours

10 - 12 years: 9-10 hours

From age 4 and up children should be getting all those hours of sleep at night, without the need for naps during the day, unless they're unwell.

**But...** every child is different! You know your child best, and if they're having trouble waking up in the morning or are tired in the day, they might need more sleep than this!

#### Wind-down times

Start preparing for bed with a wind-down time that starts an hour before bed. Agreeing a wind-down time in advance, and reminding your child that the wind-down time has started, lets them prepare their minds for the transition into sleep.

This might include...

- Finishing up games that are loud or active, and switching to quieter play
- Finishing up with using screens
- Having a bath or washing up
- Changing into pyjamas
- Moving into a bedtime routine with **Shift, Snuggle, and Snooze**

Consider talking with your children about what they want to do as part of the wind-down time – if they've had a part in deciding it they may be more willing to stick to it!

**Consistency is key** – it might be hard for your child to switch back and forth if your school night routine is very different from your weekend routine!

#### Top tips for sleeping well

Unless your child is unwell, try to avoid **naps** during the day.

**Screen time** is linked with poor sleep for some children – consider removing screens for at least one hour before bed!

Be mindful of **caffeine**, which can wake you up – consider avoiding this for **four hours** before bed time! Caffeine can be found in cola, coffee, tea, but also chocolate (including hot chocolate)!

Avoid **big meals** right before bed – give time to digest (a small snack is fine and may even be helpful).

**Exercise** is great for during the day – but not last thing at night! In the last hour before bedtime, try to keep games calmer and quieter, so your child is relaxed and ready for sleep.

Try to make the bedroom as **comfortable** as possible – is your child not too hot and not too cold? Is where they sleep a place they feel happy and calm? Is the room quiet (or as quiet as possible?)

A new **sleep routine** is best started on a Friday night, so you and your child have time to get used to it without needing to worry if it doesn't go right first time!

**Finally... remember to cover your BACES!** Managing your routine and managing sleep is part of covering your **BACES** – see the newsletter on Screen time for more information on this!

### Shift, Snuggle, Snooze – a shortcut to understanding bedtime routines!

**Shift**- Shift activities take less than 10 minutes and end with getting into bed (e.g. having a light snack, brushing teeth, saying goodnight to pets).

**Snuggle** - Snuggle activities are what you do once you get into bed to help you settle down for the night. They should take about 15 minutes (e.g. read a book, listen to an audible or have a cuddle).

**Snooze** - The snooze activity is the thing that happens as you are finding your favourite position and closing your eyes. It might involve a goodnight kiss and a phrase that you repeat each night (e.g. "goodnight, sleep tight").

If your child won't settle or gets up after the end of the routine, one key tip is to **be boring** – don't ignore them, but avoid more games or stories (*repeat snooze activities – don't start again from the top!*).

### Top tips for managing night-time waking

Waking at night happens for lots of reasons – it might be nightmares, or just not feeling comfortable in bed. Talk to your child about what the problem is! If they're having difficulty finding the right words, try being creative – maybe they can draw you a picture of them in bed, or use their toys to show you a story about trying to go to sleep, and you can talk together about what the problems are.

- If your child is afraid of the dark, provide a **nightlight**.
- Provide **reassurance** to your child that you will always be there in the next room.
- Be **understanding** – go to their room and cuddle them, and don't say that dreams are silly or ridiculous, because they will feel very real to your child. Encourage them to think about something good - for instance, you could encourage them to come up with a good ending to a bad dream!
- **But... don't let them stay in your bed just because they're having trouble sleeping!** Return your child to bed as many times as is necessary. If you let your child stay with you because they're finding it hard to sleep, it can give the message that they can't manage on their own.
- Set up a **sticker chart** – reward your child with a sticker each time they manage to sleep through the night without coming into your room. Stickers can be traded in for something special.

### For more ideas...

Workbooks like '**What to Do When You Dread Your Bed**' by Dawn Huebner can offer lots of strategies for you and your child.

Apps like **Insight Timer** have sleep meditation tracks for children and relaxation tools that can help children unwind and prepare for sleep. This app is also free!

### If this newsletter hasn't answered your questions...

If you're concerned about the sleep of an older or younger child and aren't sure if these ideas will work...

If you've tried these techniques and you're still having problems...

If you or your family are getting upset or stressed about sleep problems...

If you're concerned about sleep walking, night-terrors, or other disturbances to sleep...

...you can contact **First Steps** and have a conversation with them about it. They may be able to give you more information, have new suggestions, or offer you some sessions to support you and your family.

**First Steps contact details: 020 7014 7135 (9am – 5pm Monday to Friday)**  
**Hackney Ark, Downs Park Road, London, E8 2FP**

## Check out...



### Check Out What They're Doing In... YEAR 6



#### Year 6 end of year performance

This year, Year 6 will be performing a musical called 'Shakespeare Rocks' which is based around the life and stories of William Shakespeare. They have been busy rehearsing their scenes and with the help of their directors, Nancy and Livia', they have been reflecting on the importance of stage directions, props, actions and voice projection. The play will be performed to the whole school on Tuesday 20<sup>th</sup> July and then to the parents of Year 6 on Thursday 22<sup>nd</sup> July – it's certainly going to be a showstopper!



#### Trip

Year 6 also went on a trip this week to 'Hackney School of Food' where they tried a range of herbs and vegetables (as well as flowers!) from their beautiful garden, played with the chickens, tried honey made by their previous bees and even got to create and bake their own pizza! They had a brilliant time and learned lots of interesting facts, including one Misimi has informed others which is "Chickens evolved from dinosaurs!" In the words of Eloise, "It was really fun and we're so glad we got to go!"



#### Learning

Year 6 have been reading a book called "The boy who sailed the ocean in an armchair" by Lara Williamson. The book is about two boys whose mum has sadly passed away and have been told they are going to leave their new stepmother to go and live with their dad by the seaside. Their lives completely change and it is only when Becket discovers the truth that they realise why Dad has been acting the way he has...

Kiara has been enjoying the book due to "the figurative language throughout bringing the story to life" and Nancy has enjoyed the author's use of humour to portray the character of Billy.

It sounds like Year 6 have been having a fabulous time. Well done to all of the children and the Year 6 team for such a great year!

## Green Team

The Green team sourced some recycled balance bikes for the nursery class. The green team taught the nursery class how to ride a balance bike through a PowerPoint presentation and a demonstration. This is to promote even more sustainable transport to schools!



## The British Academy - Free Summer Showcase

We Can Be Heroes: Classical Stories for Wellbeing Today is a live, free, 45 minute event for children aged 3-9 and their families, and part of the British Academy Summer Showcase on:

Saturday 19th June 2021 at 11am.

Sign up on the below web link:

<https://www.thebritishacademy.ac.uk/events/the-british-academy-summer-showcase/we-can-be-heroes-classical-stories-for-wellbeing-today/>

The Storytime team have put together a pack to accompany the event with stories and activities, which you can download: [https://www.storytimemagazine.com/wp-content/uploads/2021/06/WRH\\_TR\\_Lions.pdf](https://www.storytimemagazine.com/wp-content/uploads/2021/06/WRH_TR_Lions.pdf)

WRH\_TR\_Lions.pdf



## Computing at SJSJ

We aim for all pupils to become confident and independent users of a range of software and hardware, whilst developing their awareness of how to stay safe online. We promote digital citizenship through modelling how to use social media responsibly with a strong focus on creating a good digital footprint. Children are challenged to identify reliable sources and unpick fake news.

Each computing lesson has a focus on online safety teaching the children about how to stay safe online. We follow the SMART guideline

An overview of our curriculum map can be found on our website.





## St John & St James' Primary School

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## Important Dates for your Diary

Details of Event	Time	Date
Year 5: School to Market Trip	10.00am	22.06.2021
Year 5 and 6 Bikeability	TBC	TBC
Sports Day	ALL DAY	21.07.2021
Year 6: End of Year Performance	4.30pm	22.07.2021
Year 6 Leavers Service @ St Luke's	9.15am	TBC
<b>School Closing at 12pm</b>	<b>12pm</b>	<b>23.07.2021</b>

**[www.johnjames.hackney.sch.uk](http://www.johnjames.hackney.sch.uk)**

Unfortunately we will no longer be able to hold Multi-Cultural Evening due to government guidance.

## Gold Awards

Name	Class	Reason
Isabelle	Nursery	For attempting to form all letters in her name with the use of her name card. Previously she made attempts at creating the capital I.
Jake	Reception	For all his effort in writing this week.
Rupert	Year 1	For being an amazing role model in Year 1.
Anna	Year 2	For producing some fantastic poetry.
Sparrow	Year 2	For amazing partner work in writing.
Jedaiah	Year 3	For making brilliant progress in writing.
Anna and Rufus	Year 4	For excellent effort in their science learning about classifying animals.
Caelan	Year 5	For brilliant maths work measuring and drawing angles.
Jeremiah	Year 5	For being an amazing role model.
Arion and Julijs	Year 6	For showing huge amounts of maturity in the classroom in avoiding distractions and focusing on their learning.
Dennis and Babak	Year 6	For being so patient with Jade on their class trip as well as being supportive.