

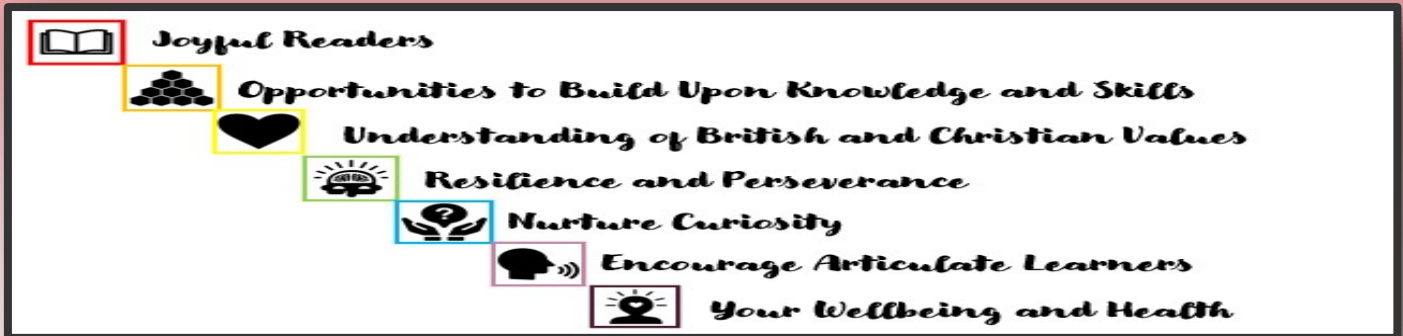


# NEWSLETTER

Email: [www.stjamesceprimary.co.uk](http://www.stjamesceprimary.co.uk)

Twitter: @StJamesCEsth

*Learn, Laugh and Live with the Love of God*



2023-2024 Issue Number 4 29th September 2023

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

A message from Mrs Young

Dear Parents and Carers,

The first week of Autumn at school has been delightful and we have had some wonderful activities taking place!

The week started with some Y6 pupils representing school at a St Helens football competition - they were a credit to the school!

Year 5 continued with their drumming workshops this week - I just love hearing the rhythmic beats resonating around the corridors! You can't help but have a little boogie.

It was amazing to be part of our first ever Reception Welcome Service at St James the Great Church on Tuesday. All of our new little 'St Jamesers' were blessed by Father Michael and received a beautiful candle as a keepsake of the start of their journey with us.

On Tuesday, we also celebrated European Day of Languages. Did you know that there are 16 different languages represented in our school community? Amazing! Mrs Atherton (our global learning champion) led a brilliant assembly and in classes children learned a dance from a different European country and took part in a languages t-shirt design competition! We learn Spanish at St James in KS2 and think that language learning and preparing children to be global citizens of the future is really important.

Finally thank you to all who joined us for the 2<sup>nd</sup> coffee morning of the year today based around our approaches to teaching and learning with Mr Hardy, our partnership deputy headteacher. Again, I hope you enjoyed hearing more about our innovative strategies and having the opportunity to see your child at work in class.

Our next coffee morning will be around reading and more information on this will follow.

Have a great weekend,

Mrs Young



# School Matters!



Attend Today, Achieve Tomorrow

Attendance	
Whole School	96.3%
Reception	93.6%
Year 1	95.7%
Year 2	99.3%
Year 3	97.7%
Year 4	95.9%
Year 5	98%
Year 6	94.3%



Be In SCHOOL  
Be On TIME



160



pupils

with perfect attendance this week.

Can we beat this next week?

Attendance Matters



Every Day Counts...

## 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:

96.9%

## Weekly Headteacher's Award

### Winners

#### Journey Driver Focus:

#### Joyful Reader

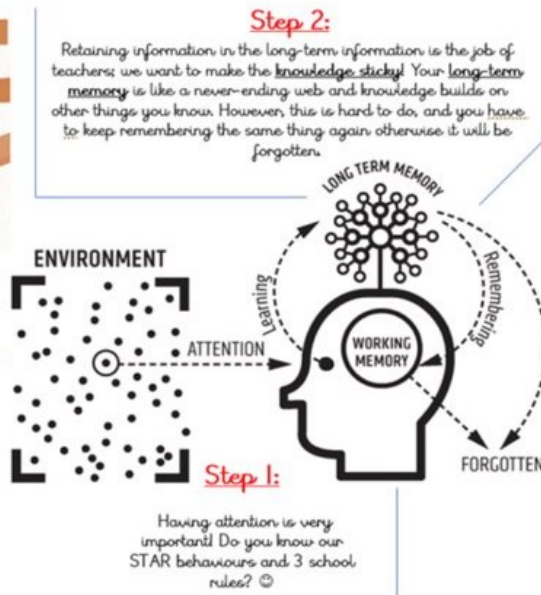
Reception	Arthur Coggins
YEAR 1	Evelyn MacDonald
YEAR 2	Willow Butler
YEAR 3	Matilda Smith-Pilling
YEAR 4	Joshua Nelson
YEAR 5	Lottie Stanley
YEAR 6	Tyler Westhead

### How do we learn in school?

This diagram is a model for the process of how we learn new information.  
Discuss this with your child and ask them about their learning in school.

#### Star Learning Behaviour

- 
Sit up
- 
Tune in
- 
Ask/answer questions
- 
Respect everyone and everything.



#### Step 2:

Retaining information in the long-term information is the job of teachers; we want to make the **knowledge sticky!** Your **long-term memory** is like a never-ending web and knowledge builds on other things you know. However, this is hard to do, and you have to keep remembering the same thing again otherwise it will be forgotten.



#### Step 3:

To remember important information, we use **retrieval practice**. This can be defined as "recalling something you have learned in the past and bringing it back into your mind."

It makes it easier to retrieve or remember the information later and retain it in your long-term memory.

We have retrieval time every morning and complete retrieval activities during all of our lessons. Homework is often a retrieval activity tool.



This important symbol means retrieval



## Whole School events Autumn 1



<u>Date</u>	<u>Event</u>
5/9/23	School Re-opens for Autumn 1
13/9/23	Y4 Clarinet Lessons Start
15/9/23	Democracy Day
18/9/23	Y1, Y3, Y5 Meet the Teacher 3.30pm
19/9/23	Y2, Y4, Y6 Meet the Teacher 3.30pm
21/9/23	Liverpool Heart and Chest Hospital Health Day
21/9/23	Y6 DWP - Employability Skills Workshop
22/9/23	Behaviour and St James' Way Coffee Morning 9.00am
26/9/23	European Day of Languages 2023
26/9/23	Y6 Football Competition
26/9/23	Reception Welcome Assembly 9.30am
02/10/23	Y5 Football Competition
4/10/23	Joe Heyes Assembly
5/10/23	Harvest Prayer Space Event
5/10/23	Y4 Harvest Eucharist 2.15pm (St James' Church)
10/10/23	World Homeless Day
13/10/23	Reading Coffee Morning 9.00am
16/10/23	Black History Focus Week
17/10/23	Reception - Y6 Flu Vaccinations
19/10/23	Y4 Football Competition
20/10/23	Y6 Class Assembly
20/10/23	Non-Uniform Day - Information to follow
20/10/23	School Closes



# HARVEST FESTIVAL COLLECTION

Please send your donations from Friday  
29th September

WE ARE ASKING OUR COMMUNITY TO  
COME TOGETHER TO SUPPORT  
ST HELENS FOODBANK BY DONATING  
TINNED FOOD, CEREALS, DRIED PASTA,  
RICE OR JARS

 **LDST**  
Liverpool Diocesan Schools Trust



If your child turns 11 between 1 September 2023 and 31 August 2024, he or she will transfer to secondary school in September 2024. From Wednesday 27 September the website [www.sthelens.gov.uk/admissions](http://www.sthelens.gov.uk/admissions) is open for parents who wish to apply online.

You will be notified on 1 March 2024 confirming your child's school place.

The closing date for you to submit your application is **31 October 2023**.

Before submitting your application, please read the [Secondary Parent Booklet \(PDF\) \[4MB\]](#) which contains useful information about the application process, including: how places will be allocated, definition of home address and how late applications will be dealt with.

Also, consider how your child will get to school and the potential [transport](#) costs.

Clarify any issues you are not sure about with staff in the school admissions team on 01744 671030 or email [schooladmissions@sthelens.gov.uk](mailto:schooladmissions@sthelens.gov.uk).



# Open Days

## Reception 2024

### St James CE Primary School

**Are you a parent or a carer with children starting school in September 2024 and beyond?**

If so, come and see St James Church of England Primary School in Haydock, St Helens. We are a distinctly Christian one form entry school offering an excellent curriculum, a nurturing approach and wide ranging activities and opportunities for all of our children. We were judged to be 'GOOD' in 2023 by Ofsted.

You will have the chance to see the school and the classrooms in action, and speak to the children and staff. Please telephone the school office on 01744 678545 or email [stjameshaydock@ldst.org.uk](mailto:stjameshaydock@ldst.org.uk)

#### Dates

**Tuesday 14th November — 10am**

**Thursday 16th November —  
4:30pm**



# St Helens Immunisation Team

We will be attending your child's school between September and December.

All children in nursery to year 11 will be offered a Flu Nasal Spray to protect them against Flu this winter!

We will be in your child's school on: **TUESDAY 17<sup>TH</sup> OCTOBER 2023**

## Contact details

**St Helens Immunisation Team** - Telephone: 01744 415 645  
(Monday to Friday, 9am to 5pm)

## Flu: 5 reasons

to vaccinate your child

### 1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

### 2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

### 3. No injection needed

The nasal spray is painless and easy to have

### 4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

### 5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare



## Safeguarding Tip of the Week

### Safety around dogs

Here are 6 golden rules from the RSPCA for keeping your children safe and your dogs happy.

1. Never leave your child alone in the same room as a dog, even your own.
2. Teach your child not to approach dogs when they're: eating or having a treat, have a toy or something else they really like, are sleeping or are unwell, are injured or tired.
3. Don't let your child climb on dogs, pull their ears or do anything you wouldn't allow them to do to another child.
4. Play nicely and teach tricks. Teach your child how to play nicely with your dog.
5. Give your dog space if they need it.



### Online Safety

#### Tip of the Week

##### Vaping

They've helped thousands of people successfully quit smoking; in laboratory tests, they've been found to be up to 95% less harmful than cigarettes; and they've been hailed as "a game changer for public health" by one independent review. So why exactly are vapes and e-cigarettes still regarded by many experts as controversial and potentially dangerous?

In terms of young people, the issue is availability. Vapes (containing nicotine) aren't supposed to be sold to under 18s: a fact at odds with the rising number of school-age users and the products' colourful packaging and child-friendly flavours. This week's #WakeUpWednesday guide summarises what trusted adults need to know about the potential dangers of vaping for young people.



# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-65809924>



[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk)



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.09.2023



# HELP OUR SCHOOL AND JOIN THE PTA

We are looking to start a brand new PTFA at St James – can you help?

Our focus this year is raising money to enhance our woodland area and fund resources and experiences in school.

There are 3 main ways to get involved – complete and return the relevant slip overleaf and let's help St James continue on its journey!

Why get involved?

	<b>1. CHILDREN BENEFIT</b> Research shows that participating in your child's school and showing engagement helps them perform better academically
	<b>2. THE SCHOOL BENEFITS</b> PTA performs support for school teachers and administration which in turn creates a positive & caring atmosphere in the school.
	<b>3. MAKE CONNECTIONS</b> Get to know the teachers & staff better and make lifelong friends with other parents at the school!
	<b>4. IT'S GOOD FOR YOU</b> Socialising with other parents and volunteering to do good for your child's school is fun, healthy and rewarding!

**THANK YOU!!!!**

# MUSIC SERVICE ENSEMBLES AT ST HELENS TOWN HALL

## 2023 - 24 FREE!



INSPIRING MUSICAL CREATIVITY  
FOR EVERY CHILD AND YOUNG PERSON WE MEET WITH



@sthelensmusic



@sthelensmusic.service

**TUESDAY...**

ROCK & POP BAND

4.30PM - 5.50PM

**TUESDAY...**

VOCAL GROUP

4.30PM - 5.50PM

**WEDNESDAY**

WIDER OPPORTUNITIES BAND

4PM - 5PM

**WEDNESDAY**

INTERMEDIATE WIND BAND

4PM - 5PM

**WEDNESDAY**

INTERMEDIATE STRINGS

4PM - 5PM

**WEDNESDAY**

MUSIC THEORY CLUB

4PM - 5PM

**WEDNESDAY**

YOUTH WIND ORCHESTRA

5.15PM - 6.30PM

**WEDNESDAY**

SINFONIA

5.15PM - 6.30PM

**WEDNESDAY**

MUSIC THEORY CLUB

5.15PM - 6.30PM

**01744  
677946**

music.service@sthelens.gov.uk

SCAN THE QR CODE  
BELOW TO JOIN AND  
REGISTER TODAY



# 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

**WORLD BOOK DAY**

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

