





# 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 20 Friday 23rd February 2024

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

A message from Mrs Young

Dear Parents and Carers,

What a busy first week back we have had!



One of the most exciting things this week, in addition to all of the wonderful learning of course, was the arrival of new tables, chairs and blinds for our Y1 classroom. Thanks to your support at the Christmas Bingo and the Christmas Fair, we managed to purchase all of these items from money you helped us to raise. The old Y1 tables and chairs were too small, old and meant that children were cramped and squashed whilst trying to write - now there is lots of room to learn, draw and create! Thank you! We have an Easter bingo upcoming and all money we raise will again be spent directly on upgraded resources and furniture to make the learning experience the best it can be for our amazing children.

Today we launched our 'Show the Love' campaign in relation to climate change and we look forward to seeing your involvement! We love seeing you share on X/Twitter! All completed hearts will be used to create a gorgeous new school display.

Next week we are excited about our 'Moveathon' sponsored event and hope that you can support us with this as much as possible - what fun!

KS1 and KS2 SATs information sessions for parents will also take place next week and again I hope that you will be able to attend.

Have a wonderful weekend,

Mrs Young



# School Matters!



Attend Today, Achieve Tomorrow

Attendance	
Whole School	95.0%
Reception	96.7%
Year 1	98.2%
Year 2	96.7%
Year 3	87.6%
Year 4	91.9%
Year 5	98.9%
Year 6	95.4%



**145**
  
**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:**

**94.7%**



## 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**

<b>RECEPTION</b>	Anya-Maria Parvan
<b>YEAR 1</b>	Lucy Eccleston
<b>YEAR 2</b>	Charlie Siddall
<b>YEAR 3</b>	Matilda Smith-Pilling
<b>YEAR 4</b>	Lola Simm
<b>YEAR 5</b>	Joey Roscoe
<b>YEAR 6</b>	Megan Casey

CONGRATULATIONS  
TIME TO  
**Celebrate**  
WELL  
DONE!

THANK YOU  
FOR YOUR  
SUPPORT



Whole School events Spring 2

Date	Event
19/02/24	School Re-opens 8.40am
21/02/24	Year 5 Swimming begins
21/02/24	Year 4 Times Tables Meeting 4pm
24/02/24	Money Church, St. James <u>Tag</u> Great! 3.30pm
27/02/24	Year 6 Money Skills for Life
27/02/24	KS1 SATs Information Sessions 3.30pm
28/02/24	KS2 SATs Information Sessions 3.30pm
29/02/24	Leap Year <u>Money</u> Event - children are to wear their PE Kits
29/02/24	Reception - Hearing Screening
01/03/24	Year 4 Class Assembly 9.00am
01/03/24	Year 5 <u>Money</u> Skills for Life
05/03/24	Year 3 Which Way Now
06/03/24	Year 3 Liverpool Philharmonic Hall Trip
07/03/24	World Book Day
08/03/24	Year 1 Class Assembly 9.00am
08/03/24	Reception Mothers' Day Stay and Play 1.30pm
11/03/24	Oral Health Survey ( <u>5 year olds</u> )
12/03/24	Grandad/Wholes Author Visit
12/03/24	Year 4 Football Competition
15/03/24	<u>New Uniform</u> Day - in exchange for an Easter Egg
13/03/24	Year 3 Which Way Now
19/03/24	Year 1 Phonics Information Sessions 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
22/03/24	Coffee Morning - St James' Spirit
25/03/24	Parents Evening (part 1) 3.30pm
26/03/24	Parents Evening (part 2) 3.30pm
27/03/24	Year 3 Which Way Now
28/03/24	Easter Service and <u>Easter</u> , Year 3 Reading Program and Songs (St James' Church) 1.15pm

THANK YOU  
FOR YOUR  
SUPPORT

### PE Days Spring 2

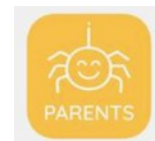
Children are to come to school in their PE kit on their PE days.

<b>Monday</b>	Year 2, Year 1 and Year 4
<b>Tuesday</b>	Year 3 and Year 6
<b>Wednesday</b>	Reception, Year 1, Year 3 and Year 5
<b>Thursday</b>	Year 4
<b>Friday</b>	Year 2, Year 5 and Year 6

### School Spider

As you will be aware, our main channel of communication is via our parent app. Using the parent app enables school to keep parents up to date with information and events, not to mention help us to reduce our carbon footprint.

On Wednesday 31st January we switched to a new app called, "School Spider". The Parent Connect App is no longer be available. Please look for this symbol in app store or in google play and follow guide on page 6 to get started.



### 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

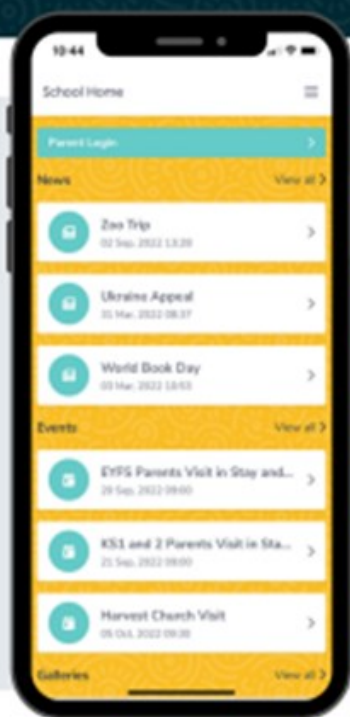
In addition to these clubs, Y1 children are also invited to attend Mrs Lister's Phonics on Thursdays after school and there are Confirmation lessons for some children with Father Michael.

# Guide to our app for parents & carers



School Spider allows you to receive and return information directly to and from the school. Receive instant messages, complete surveys, book your parents' evenings and report absences.

Select your school to get started!



## How to get started

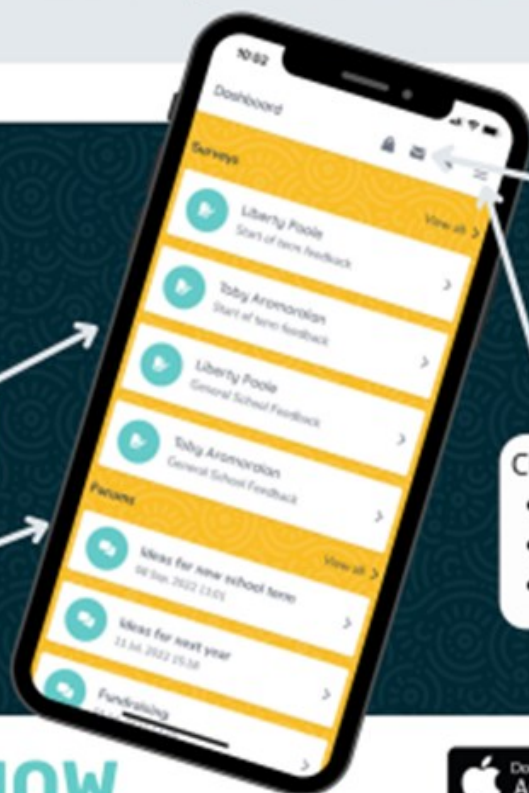
Once you have selected the school, you will see posts from the school website. Click parent dashboard to login or create an account. Create an account by pressing "create account" and enter your email address.

**You must have your email linked with the school!**

## Take a look around...

See all action items on your dashboard

Click to respond or book for each child



Click the envelope to see your recent messages

Click these 3 lines to:

- Switch between areas
- Edit your profile
- Logout

**DOWNLOAD NOW**



THANK YOU  
FOR YOUR  
SUPPORT



Lyme Street  
Haydock  
St Helens,  
Merseyside,  
WA11 0NL



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Phone: 01744 678545  
Email: stjameshaydock@ldst.org.uk

## St James CE Primary School

**Executive Headteacher: Mrs. J Young (BA Hons, PGCE, NPQH)**

31<sup>st</sup> January 2024

Join Our 'Leap Year Moveathon' and Support School Sports!

Dear Parents and Guardians,

We are excited to share with you the "Leap Year Moveathon" - a fantastic initiative that encourages our children to stay active while contributing towards enhancing our sports facilities.

The Leap Year Moveathon is a unique event that involves each class collectively running around our mile-a-day track 366 times, symbolizing the extra day in this leap year. It's a wonderful opportunity for our students to come together and engage in physical activity.

**Date and Time:** The Leap Year Moveathon will take place on Thursday, 29<sup>th</sup> February, during regular school hours.

**Participation:** We invite every child who wishes to participate to join in the fun! To be a part of this exciting event, each participating child is encouraged to make a donation of £3.66, (1p for each day of the year). This donation will go a long way in helping us improve the sports equipment at school. Donations should be made through the School Money portal.

Thank you for your ongoing support, and let's make the Leap Year Moveathon an event to remember!

Kind regards,

Mr Moon



Artsmark  
Silver Award  
Awarded by Arts  
Council England



## **Safeguarding Tip of the Week**

### **Substance Misuse**

This week, our focus is on parental substance use. Parents who have a substance use problem can have chaotic, unpredictable lifestyles and may struggle to meet their children's needs. This may result in their children being at risk of harm. Parents who have a substance use problem may have difficulty: staying organised and giving their children effective and consistent support, keeping their home and family clean or recognising and responding appropriately to their own and their children's physical needs. Parents who drink excessively or have a drug use problem can also become emotionally unavailable to their children. Another effect may be that a child may have to take on the role of carer for their family. This could include doing the housework and looking after younger siblings.

Visit the NSPCC website or call their helpline on 0808 800 5000 for more information.



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

### **Self-regulation**

As infants, we all rely completely on adults to help us resolve situations that are causing us to become upset or stressed. This is known as co-regulation. The next phase, once autonomy has begun to develop, is called self-regulation: this is when children start to become capable of exercising more control over their impulses and behaviour, and managing their own emotions.

This vital developmental milestone, however, isn't reached spontaneously. Learning to self-regulate requires sensitive guidance from trusted adults – simply talking with children about their thoughts and feelings, for instance, can ease the route to self-regulation. This week's #WakeUpWednesday guide has some expert tips for supporting children to reach this goal.

# 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

## 1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

## 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

## 3. FACTOR IN THEIR BASIC NEEDS



Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

## 4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

## 5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

## 6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

## 7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

## 8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

## 9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

## 10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

## Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



# 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



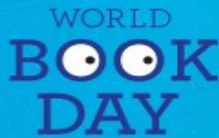
12th November 2023  
**REMEMBRANCE SUNDAY**  
 Honouring those who have served. (Actual day 11th November)



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



# MUSIC SERVICE ENSEMBLES AT ST HELENS TOWN HALL

## 2023 - 24 FREE!

### 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



**ST HELENS MUSIC EDUCATION HUB**  
 INSPIRING MUSICAL CREATIVITY FOR EVERY CHILD AND YOUNG PERSON WE MEET, MEET



@sthelensmusic



@sthelensmusic.service

**01744 677946**

music.service@sthelens.gov.uk  
 SCAN THE QR CODE BELOW TO JOIN AND REGISTER TODAY



# IN OTHER NEWS



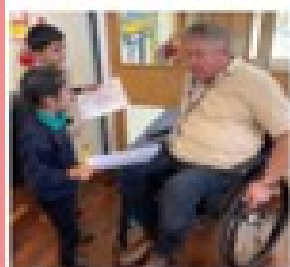
## **AUTHOR BRIAN 'GRANDAD WHEELS' ABRAM VISITS ST JAMES 12TH MARCH 2024!**

**WE ARE THRILLED TO INFORM YOU THAT CELEBRATED AUTHOR, BRIAN ABRAM WILL BE VISITING ST JAMES ON TUESDAY 12TH MARCH TO READ STORIES FROM HIS 'GRANDAD WHEELS' SERIES TO ALL CLASSES.**

**BRIAN IS A FULLTIME WHEELCHAIR USER AND IN HIS BOOKS HE TELLS HILARIOUS STORIES OF HIS SILLY ADVENTURES WITH HIS GRANDSON. HIS BOOKS AIM TO SHOW THAT ANYONE IN A WHEELCHAIR CAN HAVE FUN AND BE FUN TO BE WITH. QUENTIN BLAKE (ILLUSTRATOR OF THE ROALD DAHL'S BOOKS) SAID OF BRIAN'S FIRST BOOK, "IT'S AN IMPRESSIVE PIECE OF WORK!"**

**BRIAN WILL BE SIGNING COPIES OF HIS BOOKS AND CAN INCLUDE A DEDICATION TO YOUR CHILD. YOU CAN BUY THE BOOKS AT A DISCOUNTED PRICE OF JUST £6.00 EACH AND BRIAN WILL DONATE ALL PROCEEDS FROM THESE SALES TO TWO IMPORTANT CHARITIES THAT SUPPORT PEOPLE WHO HAVE SUFFERED A SPINAL INJURY - THE SPINAL INJURIES ASSOCIATION AND BACK UP.**

**RETURN THE ORDER FORM SENT HOME THIS WEEK TO SECURE YOUR SIGNED COPY!**





## 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 31<sup>st</sup> 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](mailto:LASCstransitions@sthelens.gov.uk) so we can send you a TEAMS link to the sessions

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

## 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](mailto:events@merseycare.nhs.uk)

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

# START YOUR RUGBY LEAGUE JOURNEY...

## HAYDOCK WARRIORS U7S ARE RECRUITING NEW PLAYERS! YEAR 2 SCHOOL YEAR



- ☆ HAVE FUN
- ☆ NEW FRIENDSHIPS
- ☆ BUILD CONFIDENCE
- ☆ KEEP ACTIVE



Want more information?  
Contact one of our coaches  
Kyle: 07730004739  
Gary: 07714672845  
FIRST TWO SESSIONS FREE



## **Haydock JFC** *u7 Leopards*



# New Y2 Players Needed!

All Abilities Welcomed  
Only Requirement Is Enthusiasm  
Training Mon/Thurs 6-7pm  
Contact Lee: 07591 363561  
Contact Matt: 07835 649069