





# 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 24 Friday 22nd March 2024

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

A message from Mrs Young

Dear Parents and Carers,

We have had such a busy week at school this week!

You may have seen the message that Mrs Atherton had her baby girl 5 weeks early yesterday! What a lovely Easter Surprise! Mum and baby doing well.



From now until 30<sup>th</sup> March, Parish Church will be holding an Easter Journey interactive experience which open and free for all. Y5 visited on Thursday but we do encourage you to pop in over Easter if you can and are in the town centre.

Thanks to all who joined us for our 2<sup>nd</sup> bingo event of the year! Well done to all of the lucky winners! Your support has helped us again raise much needed funds for school which will be spent directly on supporting the children's learning experiences ... nearly £600 raised!

Year 3 represented school at a football competition yesterday and did us really proud.

Next week we have a shorter week as we finish for the Easter break on Thursday - there is an early finish this day so please do ensure you have made arrangements for early collection on this day.

Before we do finish we have our Easter Eucharist Service at church to look forward - this will begin at 1pm and we welcome you all to join us.

Have a lovely weekend,

Mrs Young

# School Matters!



Attend Today, Achieve Tomorrow

Attendance	
Whole School	94.5%
Reception	97.4%
Year 1	96.8%
Year 2	94.0%
Year 3	91.0%
Year 4	91.5%
Year 5	93.9%
Year 6	96.8%




**141**

  
**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:**

**94.5%**



# 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!



# Every Lesson Counts



## At St James' CE Primary School

Days off school add up to lost learning and impact on your child's life chances.

175 Non School Days a year



175 DAYS TO SPEND ON HOLIDAYS, FAMILY TIME, VISITS, SHOPPING, HOUSEHOLD JOBS AND OTHER APPOINTMENTS

190 school days each year for your child's education

EXCELLENT

96% - 100%

Most effective way to success and sets your child off to a flying start.

10 days absence  
180 days of education

CONCERNING

LESS THAN 96%

School monitors attendance; it is less than expected.

19 days of absence  
170 days of education

WORRYING

Less than 90%

Less chance of success; harder to make progress in learning, friendships and relationships with others.

29 days absence  
HALF A TERM MISSED  
161 DAYS OF EDUCATION

Serious concerns

Less than 85%

This is not fair on your child. You risk prosecution and a jail term.

# AWARD WINNERS

## Journey Driver Focus:

**Resilience  
and  
Perseverance**

<b>RECEPTION</b>	Deana Hussein
<b>YEAR 1</b>	Elliot Seddon
<b>YEAR 2</b>	Caeli-Anne Adabie
<b>YEAR 3</b>	Kade Smallwood
<b>YEAR 4</b>	Boo Goulding
<b>YEAR 5</b>	Logan
<b>YEAR 6</b>	Leo Sarsfield

CONGRATULATIONS  
TIME TO  
**Celebrate**  
WELL  
DONE!

THANK YOU  
FOR YOUR  
SUPPORT



Whole School events Spring 2

Date	Event
28/03/24	Easter Service and Eucharist, Year 3 Reading, Prayers, and Songs, (St James' Church). 1.00pm
28/03/24	School Closes for Easter 2pm

# 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



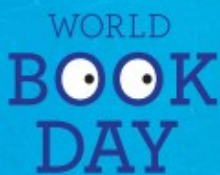
12th November 2023  
**REMEMBRANCE SUNDAY**  
Honouring those who have served. (Actual day 11th November)



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



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

## Seashells



From the 10th April, we will be opening our Seashells breakfast club from 7.45am.

The cost will be £5.00 per session.

This will be on a trial basis until the end of May to help support those parents who require a slightly earlier start time.

If it proves popular then we will make this a permanent arrangement.

As with our current provision it will be on a first come first serve basis and booked via the School App.



## Clubs

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

Booking is now available on the app

- **Monday**-Fun Fusion Club for Y1 and Y2 with the Sports Coach
- **Tuesday**-FAB Club YR, Y1 and Y2 with Miss Barratt
- **Thursday**-Nature Club for YR with Mrs Bibby
- **Thursday**- Football Club for Y4, Y5 and Y6 with Mr Moon

In addition to these clubs, Y1 children are also invited to attend Mrs Lister's Phonics Club on Thursday and Y4 children are invited to join Mrs Bond's TT Rockstars's Club which is also on a Thursday. There are Confirmation lessons for some children with Father Michael on Tuesdays.

THANK YOU  
FOR YOUR  
SUPPORT

## Our School Rules:

**Be Ready**



**Be Respectful**



**Be Responsible**



## Our STAR Learning Behaviours



**S** – Sit up.

**T** – Tune in.

**A** – Ask and answer questions.

**R** – Respect everyone and everything.

## Safeguarding Tip of the Week

### Self Harm

This week's focus is self harm. For some young people, self harm can be a way of releasing tension and or coping with difficult feelings. The physical pain of hurting themselves can be a distraction from the emotional pain they are struggling with.

Some difficult experiences or emotions can make self-harm more likely in children: for example, having low self-esteem or feeling like they're not good enough, or grieving or having problems with family relationships. Signs that children are self harming can include; covering up, unexplained bruises, becoming withdrawn and spending a lot of time alone in their room. Supporting a child that self harms includes helping a child to manage their emotions and looking at the root of the self harming. For more information on self harm visit:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>



## National Online Safety Tip of the Week

### 10 top tips for encouraging open conversations at home

Children can often be guarded about their emotions or any difficulties they're experiencing. This reticence can extend to chats with their parents. A study by the Office for National Statistics found that 64% of children reported regularly talking to their mum about "things that matter", and even fewer (45%) held conversations of the same kind with their dad.

It's incredibly important, of course, for young people to have someone to confide in when they're confused, upset or unsure of themselves – and to know that they can do so without fear of being judged or punished. This week, the WakeUpWednesday guide explores how to encourage open and honest discussions with children, empowering them to open up if they need help.



# 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

## Meet Our Expert

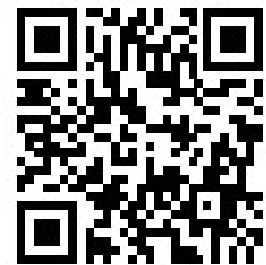
With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College

## A Parent's Guide to Cyberbullying



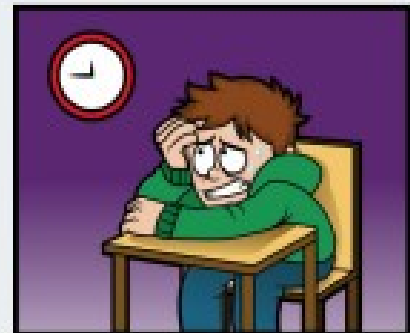
scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

**Many young people who are victims of cyberbullying suffer in silence.**

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



**It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.**



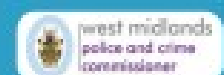
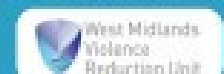
**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

**Parents** please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

**Skips Educational** Email: [info@skipssed.com](mailto:info@skipssed.com) Tel: +44 121 227 1941

Developed in partnership with





## 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

<b>Session One</b> - The Year Ahead	<b>Friday</b> 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>
<b>Session Two</b> - Building Blocks	<b>Friday</b> 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>
<b>Session Three</b> - A Helping Hand	<b>Friday</b> 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>
<b>Session Four</b> - The Finish Line is in Sight!	<b>Friday 10<sup>th</sup></b> <b>May 2024</b> 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.



# EASTER FAYRE

SATURDAY 23RD MARCH 2024  
11AM - 4PM

MELLOR AND BLACK ENCHANTED  
TEA GARDENS  
22 DUKE STREET, ST.HELENS, WA10 2JP

STALLS  
LIVE MUSIC  
FOOD AND REFRESHMENTS  
EASTER GAMES AND RAFFLE  
MEET THE EASTER BUNNY!

TO BOOK A STALL PLEASE EMAIL [FLORENCE@TEARDROPS.ORG.UK](mailto:FLORENCE@TEARDROPS.ORG.UK)



Made with PosterMyWall.com





# EASTER TECH CLUBS

## Computer Xplorers

Leading the way in providing tech-based activities that are both inspirational and educational!


**CODING-LEGO ROBOTICS-GAME DESIGN-MINECRAFT & MORE**

## ST HELENS

**OPEN TO ALL-**

**ComputerXplorers Tech Club**

 Rainford High School  
Higher Lane, Rainford, WA11 8NY

 2nd-11th April 2024

 9am or 11am-3pm

Join us to embark on a fun-filled journey into the world of coding, gaming, and creativity! Both paid and funded\* places are available to book for kids aged 5-15.


**FREE  
PLACES\***



### HAF EXCLUSIVE\*-


**Minecraft Big Biome Builds!**

 St Helen's Library  
World of Glass, Chalon Way, WA10 1BX

 3rd-5th April

 10am-2pm

 Newton Le Willows Library  
Crow Lane E, WA12 9TX

 10th-12th April

 10am-2pm

Build, explore and create with us this Easter. Funded\* places only available to book for kids aged 5-15.



\*FREE places available to those eligible for and receiving benefits-related free school meals (FSM), and their families. Children who are in receipt of a support plan via Early Help, Child in Need or Children We Look After, EHCP, or if your child receives additional hours at school.

**BOOK!** Visit the link or scan the code-  
[computerexplorers.co.uk/bolton-wigan/book](https://computerexplorers.co.uk/bolton-wigan/book)

Questions? Email us- [bolton@computerexplorers.co.uk](mailto:bolton@computerexplorers.co.uk)



Department  
for Education



@CompXBolton



ST HELENS  
BOROUGH COUNCIL



ST HELENS

PARISH CHURCH

COME ON OUR  
EASTER JOURNEY

A FREE  
interactive experience  
suitable for all ages.

Come in for a moment of stillness in a busy world, and experience the sorrow, mystery and joy of Easter

**Opening times:**

Wed 20th March **12:30 - 2.30PM**

Thurs 21st March **12:30 - 2.30PM**

Fri 22nd March **12:30 - 2.30PM**

Mon 25th March **9.00AM - 2.30PM**

Wed 27th March **12:30 - 2.30PM**

Thurs 28th March **9.00AM - 2.30PM**

Friday 29th March **10.30AM - 2.30PM**

Sat 30th March **9.00AM - 12.00PM**

See our  page for more details