



# 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 26 Friday 19th April 2024**

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

A message from Mrs Young



Dear Parents and Carers,

It was great to start the Summer Term off with another Golden Shell experience! This time Y5 ventured over to Joddrell Bank and had an amazing time learning more about Earth and Space in support of their Science topic. They were a credit to school in terms of their conduct and manners. Well done Y5.

We have had a mixed bag weather wise this week but we are certainly enjoying the lighter mornings and evenings and hope to be outside enjoying more and more of the sunshine across this term.

We have noticed this week that the planters outside of school are not looking very cheery and so if any parent or carer would be able to volunteer to help source and plant some bright bedding plants for us this would be much appreciated. Just call or drop into the school office and we will go from there!

Thank you to all those who responded to the parent survey before Easter. Myself and leaders are analysing results and will have some feedback next week as to next steps based on your suggestions.

Have a lovely weekend,

Mrs Young



# School Matters!



**Attend Today, Achieve Tomorrow**

## Attendance

Whole School	96.4%
Reception	97.4%
Year 1	98.6%
Year 2	97.3%
Year 3	91.9%
Year 4	93.0%
Year 5	98.3%
Year 6	98%



**Be In SCHOOL**  
**Be On TIME**



**146**

**pupils**

**with perfect attendance this week.**

**Can we beat this next week?**



## Attendance Matters



## 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:**

**96.4%**



## Summer 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 Summer Attendance Challenge.

What do you need to do?



How can you win?

Those children that come to school every day, and most importantly on time, Monday-Friday each week will have their name put into a prize draw. 1 winner will be selected each week in Celebration Assembly.

What can you win?

A brand new game of their choice....perfect for Family or Friend's Games Nights.

## 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.





**Journey Driver Focus:**

**Nurturing Curiosity**

RECEPTION	Alijah Finch
YEAR 1	Harry Major
YEAR 2	Riley McClymont
YEAR 3	Axel Richardson
YEAR 4	Sebastian
YEAR 5	Tommy Davies
YEAR 6	Jessica Kay



THANK YOU  
FOR YOUR  
SUPPORT



## Whole School events Summer 1

Date	Event
10/04/24	School opens 8.40am
15/04/24	World Art Day
16/04/24	School photographs. Class groups and Year 6 leavers
16/04/24	Confirmation class 3.20pm
17/04/24	Year 5 school trip - Jodrell Bank
23/04/24	Confirmation class 3.20pm
30/04/24	Confirmation class 3.20pm
06/05/24	Bank Holiday Monday - SCHOOL CLOSED
07/05/24	Confirmation class 3.20pm
08/05/24	Year 5 Cricket
13/05/24	SATS start
13/05/24	Christian Aid Week
14/05/24	Confirmation class 3.20pm
19/05/24	Confirmation ceremony - St James' the Great 10.30am
20/05/24	Y5 & Y6 Ultimate Frisbee
21/05/24	World Cultural Diversity Day
22/05/24	Pentecost Eucharist (Information to Follow)
23/05/24	Year 1 school trip - Knowsley Safari Park
24/05/24	Coffee morning - Internet safety & Police Information
24/05/24	School closes for half term 3.20pm

# 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



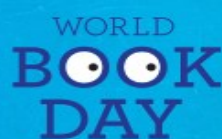
12th November 2023  
**REMEMBRANCE  
SUNDAY**  
Honouring those who  
have served. (Actual day  
11th November)



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 Summer 1

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

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

### Seashells



Seashells breakfast club is now open from 7.45am.

The cost is £5.00 per session.

This is 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 will be in a Wednesday. There are Confirmation lessons for some children with Father Michael on Tuesdays.

## **Safeguarding Tip of the Week**

### **Strangers**

This week our safeguarding focus is on danger from strangers.. Evidence shows that children are in fact often in greater danger from people they know, from other children, or on the internet, but abuse and dangerous situations do continue to happen outside the home and it is important to teach your child how to stay safe. It helps to teach your children how to identify and respond to threatening situations. Children need to understand the difference between strangers who could hurt them and strangers who may help them. Let them know who they can trust if they need help. Explain that they must tell a trusted adult if they have been approached by someone they do not know or if they feel uncomfortable about a situation. Ensure your child is aware of their surroundings, and alert to potential danger when walking or playing outside.



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

### **Energy Drinks**

Close to a third of children in the UK consume energy drinks at least once every week. While these high-caffeine beverages might be touted as a shortcut to a boost in focus and productivity, even a moderate intake can lead to significant impacts on the heart, sleeping patterns and mental wellbeing.

With celebrity spokespeople, colourful branding and the potential added element of peer pressure, it's unsurprising that young people are sometimes drawn to these products, often unaware of the potential negative impact they might be having on mind and body. This week's #WakeUpWednesday guide dives into the health pitfalls of energy drinks and offers expert tips on addressing concerns.



# What Parents & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)





Food banks provide emergency food and compassionate, dignified support to people locked in crisis. There are 10 food banks available to residents in St Helens Borough, five of which are managed by The HOPE Centre charity in St Helens and require a voucher from a relevant local agency.

St James are registered with St Helens Foodbank and are able to issue Food Bank Vouchers (subject to conditions). If you feel like you are struggling to put food on the table, please contact Mrs Maloney, in the School Office, for more information. We can also provide long term support through Early Help which Mrs Briers and Mrs Conant organise.

### Community food pantries

Pantries operate as a member-led neighbourhood hub and are just like a shop, in that you choose the food you want from the shelves. Members pay a small subscription each week they visit, and in return can choose groceries worth many times more, often saving up to £1,000 a year on shopping bills.. How it works.:

**Step one:** Find your nearest pantry (you must live in the area in which it is based).

**Step two:** Go along and join on the day it is open, remembering it is open to everyone in that community.

**Step three:** Pay your £5 membership each time you visit. Sit and have a cuppa while you wait for your turn.

**Step four:** Choose your shopping, which will always be worth more than your weekly membership fee.

**Step five:** Tell your neighbours and get them to join too.

For more information please see <https://www.sthelens.gov.uk/article/6987/Food>



## 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.





Free giveaway of  
World Book Night books  
and Bookstart packs  
Stories, crafts and colouring in  
Free healthy refreshments  
Suitable for children (0 - 5 years)  
and their families.  
Places must be booked!



Once  
upon a ...

## Story Den

with St Helens Library  
Service and Central  
Link Family Hub

Tuesday 23rd April  
2pm - 4pm at  
Central Link Family Hub

Places to be booked by phoning Central Link Family Hub on 01744 673445



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