

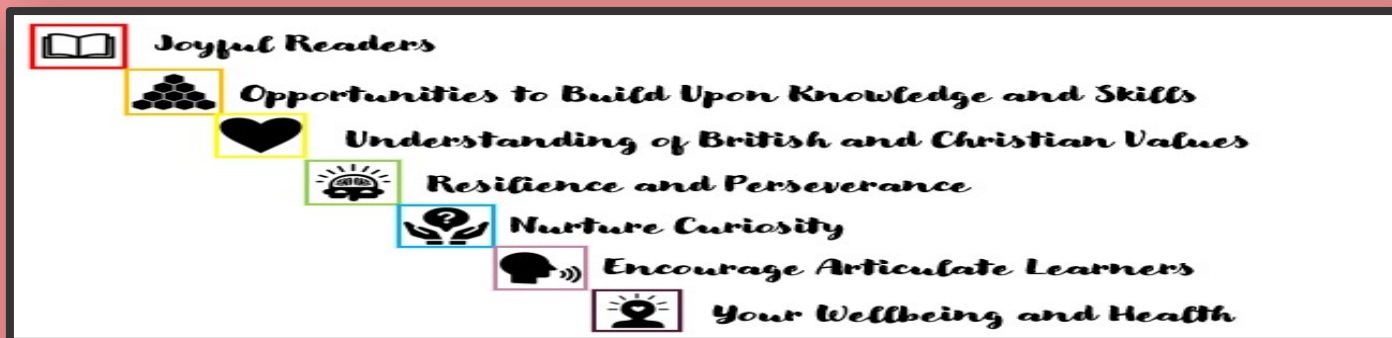


NEWSLETTER

Email: www.stjamesceprimary.co.uk

Twitter: @StJamesCEsth

Learn, Laugh and Live with the Love of God



2023-2024 Issue Number 29 Friday 10th May 2024

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

A message from Mrs Young

Dear Parent and Carers,

What a lovely week here at school! The sunshine has been most welcome and is certainly making us feel cheery.



Next week our Y6 pupils will sit their SATs tests and as such I ask you to wish them all the very best but Y6 remember ...

SATs don't measure sports, SATs don't measure art,
SATs don't measure music, or the kindness in your heart.
SATs don't see your beauty, SATs don't know your worth,
SATs don't see the reasons you were put upon this earth.
SATs don't see your magic, how you make others smile,
SATs don't time how quickly you can run a mile.
SATs don't hear your laughter, or see you've come this far,
SATs are just a tiny glimpse of who you really are.
So sitting at your table, with a pencil and your test,
Remember SATs aren't who you are, remember you're the best.

Have a restful weekend one and all,

Best wishes,

Mrs Young



School Matters!



Attend Today, Achieve Tomorrow

Attendance

Whole School	92%
Reception	94.4%
Year 1	89.8%
Year 2	97.1%
Year 3	93.2%
Year 4	88.9%
Year 5	100%
Year 6	81.5%



Be In SCHOOL
Be On TIME



142



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:

94.7%



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.



Well done to all of those children who attended school everyday on time for the this week. Your names all went into the prize draw. We are pleased to announce that this week's winner was **Bobby Fairhurst**.

Miss School Miss Out

If you're not coming to school, you will miss out on....





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.



Public Health Agency

Do I need to keep my child off school?



Chicken Pox

At least 5 days from onset of rash and until all spots have crusted over

Conjunctivitis

No need to stay off but school or nursery should be informed

Diarrhea &/or Vomiting

48 hours from last episode

Respiratory Illness

(e.g colds & flu)
Can return when no longer have a high temperature and well enough

Glandular Fever

No need to stay off but school or nursery should be informed

Hand, foot & mouth

No need to stay off if well enough, but school or nursery should be informed

Impetigo

Until lesions are crusted & healed or 48 hours after commencing antibiotics

Head Lice

No need to stay off but school or nursery should be informed

Measles

4 days from onset of rash

Mumps

5 days from onset of swelling

German Measles (Rubella)

5 days from onset of rash

Scarlet Fever

24 hours after commencing antibiotics

Scabies

Until after first treatment

Slapped Cheek

No need to stay off but school or nursery should be informed

Threadworms

No need to stay off but school or nursery should be informed

Tonsillitis

Can return when no longer have a temperature and well enough, school or nursery should be informed

Whooping Cough

48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.



Journey Driver Focus:

Nurturing Curiosity

RECEPTION	Jacob O'Brien
YEAR 1	Elijah
YEAR 2	Kleopatra Lee
YEAR 3	Andre Welding
YEAR 4	Oscar Newton
YEAR 5	Logan
YEAR 6	Chloe



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

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



INSPIRING MUSICAL CREATIVITY
FOR EVERY CHILD AND YOUNG PERSON IN MERSEY



@sthelensmusic



@sthelensmusic.service

01744
677946

music.service@sthelens.gov.uk

SCAN THE QR CODE
BELOW TO JOIN AND
REGISTER TODAY



THANK YOU
FOR YOUR
SUPPORT

PE Days Summer 1

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

Monday	Year 1 and Year 6
Tuesday	Year 3 and Year 6
Wednesday	Reception, Year 1 and Year 5
Thursday	Year 2, Year 4 and Year 5
Friday	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.



Uniform

Please make every effort to ensure that your child is wearing the correct uniform and that it is clearly labelled. Children should wear completely black shoes – not trainers. It is important that the P.E kit is seen as an extension of our school uniform, therefore our high standards should be kept. **A reminder that our school PE kit consists of a black tracksuit/red shorts and white t shirt.** Please note that children should not wear any form of jewellery (only stud earrings are allowed and should not be worn on PE days)

Snack



Children in Years 1-6 can bring in their own **healthy snack** to eat at breaktime.

This must not be chocolate, crisps or a sugary cereal bar.

Please be reminded that we are a nut free school.

Water bottles are permitted but these **must only be filled with water.**

School Collections

If your child is being collected by someone different than usual or who members of staff have not met before, it is vital that the School Office or the Class Teacher is informed. If this is not done, we will have to call you to confirm the arrangements. This is to ensure that your child is released into your care safely. You can support us with this by making us aware of any changes to your child's collection arrangements in advance. Please be patient with staff who are just trying to keep children safe.

Confirmation



We at St James are looking forward to this year's Confirmation service, which will be led by Stephen, Bishop of Beverley.

It will take place as our Festival Eucharist on the Feast of Pentecost,

19th May at 10.30am

Everyone is welcome.

Safeguarding Tip of the Week

Staying at home alone

This week, our safeguarding focus is on children being left alone at home. There is no legal age a child can be left at home alone, but it's against the law to leave a child alone if it puts them at risk and it would not be recommended that children are left at home alone over night or for extended periods of time. Every child matures differently, and because of this, it would be almost impossible to have a "one size fits all" law.

As your child gets older, talk to them about how they feel about being left home alone. If they're worried, work out what parts of being home alone worry them. Do they feel safe in the area that you live? Are they afraid of the dark? Talk about anything that's bothering them and discuss a solution. Understanding why they don't feel comfortable will give you an idea of how to help – or why they might not be ready to be left alone. Don't do it if they are not comfortable.

For more information visit the NSPCC.



National Online Safety Tip of the Week

Exam Stress

Exam stress – sometimes referred to as test anxiety – is of course a long-running issue for children and young people. Many experts have suggested that the enforced break to traditional testing during the pandemic (specifically the relative lack of familiarity with exam situations) has exacerbated this problem for those who are currently in education.

The possible impact of exam stress on children's mental, emotional and physical wellbeing is difficult to overstate – and students' need for support is seldom greater than during these periods of their academic life. This week's guide offers you ten practical tips for helping young people to manage exam stress and minimise its potentially detrimental effects.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



The
National
College



Mental Health Support Team

WELLBEING WEBINARS

NHS
Mersey Care
NHS Foundation Trust

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**

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

Lectio 365

Lectio 365 is a free daily devotional app that helps you pray the Bible every day.

Lectio 365 is a free daily devotional resource for adults that helps you pray the Bible every day.

Tune into God's presence and peace by slowing down, meditating on scripture, listening to God and praying for 10 minutes at the beginning and end of each day.



For iPhone

For Android

IN OTHER NEWS

Meet the Team

Baby Showers

A chance to meet the services delivered in St Helens Family Hubs and Children's Centres!

FREE raffle draw to win a baby starter hamper.

Upcoming dates:
Wednesday 24th April 2024
Wednesday 19th June 2024
1.00pm - 3.00pm
Central Link Family Hub
Wednesday 8th May 2024
Wednesday 3rd July 2024
9.30am - 11.30am
Sutton Family Hub

Services available:
Midwifery
Health Visiting
Family Hubs
Parents in Mind
Home-Start
Advice on free childcare
And many more..

BSL Interpreters are available on request.
To get in touch with us please contact:
Email: childrenscentres@sthelens.gov.uk
Telephone: 01744 673420
Text: 07761045427

 **Family Hub**

ST HELENS
BOROUGH COUNCIL



Computer Xplorers

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

MAY HALF TERM

TECH CLUBS

ST HELENS

 **Rainford High School**
Higher Lane, Rainford, WA11 8NY

 **2** 29th & 30th May 2024
Wednesday & Thursday

 **9am-3pm**
half days available




Providing fun, educational activities-
Wednesday- Lego Robotics & Minecraft
Tuesday- Digital Game Design & Minecraft
Places are available to book for kids aged 5+

BOOK! Visit the link or scan the code-
bolton.computerxplorers.co.uk



    @CompXBolton