



# FRIDAY NEWS

6TH  
SEPTEMBER  
2024

The official newsletter of St James CE Primary School



Welcome back to a new academic year at St. James. We have been delighted to welcome the children back to school and we hope they have had an enjoyable and settled start with their new teachers.

We started off the term with 'Inflatables Day', where our pupils were able to play with their new classmates on bouncy castles. It was wonderful to see the children in school, enjoying themselves, and building relationships with their peers. 'Inflatables Day' is only one of our events planned this year to encourage children to come to school and improve attendance. Watch this space for the next planned event!

We also give a huge welcome to our new members of staff in school. Starting with us are Miss Costello (CL10), Miss Mohamed (CL4), and MR Mitchell (CL6). I'm sure you help us all make them feel welcome to the St James family.

We will be holding our 'Meet the Teacher' events from the week beginning 16th September. This will be your opportunity to meet your child's new teacher and see the classroom they will be learning in this year. It will also give the teacher a chance to explain any school systems, class procedures and events that will take place this year.

A Microsoft Form will be sent out next week for you to book your place on one of two sessions - you only need to book one day. Don't worry if you cannot make the event, a parent leaflet will be made available with important information and, as always, teachers are available to speak to parents via the school office or at the end of the day.

"With God, there is no limit to what you can do. There is no obstacle you can't overcome. Through Him all things are possible."  
(Matthew 19:26)

# REMINDERS

## UNIFORM

We are delighted to see so many of our children in the correct school uniform this week. It was so encouraging to see them come back to school in fresh uniforms with an eager attitude to learn.

It was also great to see so many children in the correct PE kit during Inflatable Day. Please remember that PE kits can stay in school so that it is always ready for PE lessons and any unexpected sports activities.

**Jewellery should not be worn by children in school. If children do wear earrings, they must be studs and not loops. This is to keep them safe when moving around school. No child should be wearing rings or necklaces in school.**

## DINNER & SNACK MONEY

Dinner money and snack have increased in price. For 2024/2025:

- Dinner money - £12.75 per week
- Snack - £2.30 per week. This needs to be paid by the Friday before.
- Breakfast club - £10.00 per week (*unchanged*). This needs to be paid by the Friday before

Parents have the option to pay for the week, half term, full term, or year.



## CLASS LIST

Nursery - Mrs Finch

Class 1 - Mrs Whitton

Class 2 - Mrs Pilling

Class 3 - Miss Jama

Class 4 - Miss Mohamed

Class 5 - Mrs Parkinson

Class 6 - Mr Mitchell

Class 7 - Miss Symonds

Class 8 - Miss Thomas

Class 9 - Miss Costello

Class 10 - Mr Hannon

Class 11 - Miss Collins

Class 12 - Miss Craven

## THINGS COMING UP IN SEPTEMBER

- **WB 16th Sept** - 'Meet the Teacher'. Booking forms are to be sent on Monday
- **Thurs 26th Sept** - 'Dress Like A Rockstar Day' to coincide with Rock Kidz visit - £1 donation.



# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

## 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

## 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

## 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

## 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

## 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

## 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

## 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

## 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

## 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

## 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

## Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



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