



FRIDAY NEWS

22ND
NOVEMBER
2024

The official newsletter of St James CE Primary School



CHRISTMAS MARKETS

Next Friday - 29th November - is our annual Christmas Markets where you will be able to purchase a range of Christmas-themed products that the children have made.

The markets will open at 2:00 pm. In order for everybody to get the chance to buy our wonderful products, **the school will close for children at 2:00 pm.**

There will also be a bouncy castle, a cafe selling hot dogs and pasties, drinks, face painting, henna and a raffle.

Please note that children will not be permitted to attend the markets alone. All children must be accompanied by an adult.

We look forward to seeing you there!

STARS OF THE WEEK

- Class 1 - Harrison S
- Class 2 - Tibor B
- Class 3 - Anamta M
- Class 4 - Daniel O
- Class 5 - Lucas R
- Class 6 - Bibi S
- Class 7 - Andy S
- Class 8 - Blaine D
- Class 9 - Ayobami O
- Class 10 - Rogan J
- Class 11 - Jonathan L
- Class 12 - Lilliana W

GOLD SCROLL

Soby H, Harrison S,
Jon H, Harley L,
Tamata B, Ruby Y,
Talia K, Willow BH,
Arianna K

CHRISTIAN VALUES

Our Christian value this half term is **Peace**.

"Peace I leave with you; my peace I give you."

John 14:27

THINGS COMING UP

CHRISTMAS EVENTS

Friday 29th November

- Christmas Markets at 2pm.

Tuesday 10th December

- Reception Nativity at 9:30 am.
- KS1 Christmas Performance at 2:15 pm.

Wednesday 11th December

- KS1 Christmas Performance at 9:30 am.
- Reception Nativity at 2:15 pm.

Thursday 12th December

- Christmas Dinner Day (more information to follow).
- Non-uniform in exchange for chocolate donations for Chocolate bingo.

Friday 13th December

- Class 11's Christmas Assembly

Tuesday 17th December

- Early Years & KS1 Christmas Party
- LKS2 Christmas Party

Thursday 19th December

- UKS2 Christmas Party
- Little Saints & Nursery Pup-Up Nativity (Times TBC)

Friday 20th December

- Chocolate Bingo in school time (more information to follow)

COMING UP SOON

Monday 25th

Enterprise Week

Wednesday 27th

No Pens Day

Friday 29th

Christmas Fair at 2 pm.
Children to finish school at 2pm.

Monday 2nd December

Swimming begins for Year 3 & 5

Tuesday 3rd December

Little Saints Stay & Learn at 2:15 pm



CALENDAR OF
EVENTS



HOLIDAY
DATES



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College



Will the swimming pool be heated?

Yes! The swimming pool will be heated to an average of 30.5 degrees Celsius, which is warmer than public swimming pools.

Will the changing rooms be outside?

There are separate changing rooms for boys and girls. The pool complex you have seen has not been finished yet. The pool and changing rooms will be enclosed and heated within the marquee when finished. This is checked regularly throughout the day. The material the marquee is made from is very good at helping to retain the heat. The children will be kept warm.

Does my child have to take part?

Yes – it is a national curriculum requirement for children to be taught swimming and be able to swim 25m by the end of primary. Unfortunately, swimming in just one year group does not provide enough opportunity, and a large percentage of children leave school unable to swim and perform safe self-rescue in water situations. School is now in a position to provide lessons for this life-saving skill for all classes in key stage 2.

SWIMMING FAQS



Will my children need a swimming cap?

Yes – all children are required to wear a swimming cap. These will be provided by school but children can wear their own if they want to.

Can they wear goggles?

No, unless they are instructed to by the swimming instructor.

Do I have to pay for swimming lessons?

Swimming lessons during the school day are paid for by the school. There is no cost to parents for these lessons.

Parents are only required to pay if they would like additional lessons that are available before and after school. These are optional.

Who will be teaching my child?

Children will be taught in small groups of up to 12. They will be taught by a trained swimming instructor and a lifeguard.

They have had lots of experience teaching children of all abilities, including non-swimmers, how to swim. All swimming aides, such as armbands, will be provided.

SWIMMING FAQS

What will they need?

- A plastic bag for wet towels and clothes
- A full swimming costume for girls/swimming trucks or swimming shorts above the knee for boys
- A swimming cap (see above)
- A towel

All jewellery must be removed and not covered.

SWIMMING FAQS