



St. John's CE Primary School

Spring term Newsletter



Greetings from St. John's

We hope that you are all keeping well. We understand that this has been a very challenging time for many families and we want to say a huge thank you for your patience, hard work and cooperation over the term so far.

We very much look forward to all being together again in the future.

Worship:

We are working through this half term's theme of 'Respect'. A huge thank you to Rev Steve and Michael for their videos.

What have we been up to?

Peak Wildlife Park Virtual Visit

What happens when you can't visit Peak Wildlife Park? Well, they come to you! Years 1, 3 and 4 have had their own personal session with Yaz, the meerkat keeper and the meerkats themselves.



Each class got to see the meerkats in their habitat whilst Yaz provided lots of interesting facts. Did you know that meerkats don't like going out in the rain. The session concluded with a very interesting question and answer session.

What did our pupils think: "I really enjoyed it." Max.

"They were awesome! I liked how small they were." Mila. A huge thank you to Peak Wildlife Park for their time.

Tasty Treats for Early Years:



Pupils in our Reception and Nursery have been on an international taste testing experience! Their taste buds have been tantalised from India to Italy!



Home School Heroes 😊

We have loved catching up with our 'Home School Heroes' during our regular Zoom calls. Keep up the great work and we will see you all soon hopefully.

Meet the Staff:

Hello to you all. The current lockdown restrictions have certainly limited my opportunities to be able to introduce myself to you all. My name is David Wood, and in my role as Executive Headteacher I will be supporting Mrs Stone and the school team to ensure a smooth transition in to the QEGSMAT Trust family of schools, but also to add capacity to the leadership team during these challenging times. Please continue to communicate with your child's Class teacher and Mrs Stone as Head of School as you have been doing. I will be spending 2 days a week in school and I am very much looking forward to getting to know the children, you as parents and the rest of the school community.

Take Care.

Mr Wood

Children's Mental Health Week

This week is Children's Mental Health Week. Keeping our minds healthy is super important, especially during lockdown when things can be difficult. We know that St. John's pupils already have lots of strategies and ideas for keeping their well-being on top form and this week is the perfect time to practice them!

There will be an activity every day to keep us feeling good: getting our hearts pumping, getting out in the fresh air, having a bit of relaxation and a good old laugh!

Did you know that laughing results in the release of the hormone HGH which boosts your immune system and helps you fight germs!

Virtual Three Peaks Challenge

We will be taking part in the Three Peaks Challenge over the week and walking 26 miles. We'd love you to join in with us. Click [here](#) for the link to take part. Alternatively, you could go for a walk with someone or do a workout at home.

The St. John's Joke Contest

There's nothing better than laughing to make you feel good. So, get researching and asking people and enter the best joke you can find in to our 'St. John's Joke Contest'. Here's a couple to start you off:

What did the fisherman say to the magician? *Pick a cod, any cod.*

Why do bicycles fall over? *Because they're 'two 'tyred'.*

What do you call a bear with no ears? A 'b'.

Email your best joke to your class teacher and they will forward the best ones to me.

Monday: 'Spread Kindness' day.

Draw a picture or make a list of all the things you can do for other people to be kind. Try and do something every day to be kind to someone.

For more information about the 'Spread Kindness Challenge' and

for other challenges, please see the [Premier League Primary Stars](#) site.



Tuesday: Class Choice

Your class teacher will share today's well-being activities.

Wednesday: 'Dress to Express Yourself'

Today's focus is 'self-expression'. Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance. Self-expression is a great way to relieve yourself of stress and free your mind. Self-expression can help you to reflect on your life, actions, decisions, relationships, beliefs, and thoughts — rather than keep them buried deep down.

So, for today if you'd like to join in, 'dress to express yourself'!

Thursday: 'Relax and Unwind'

Today is 'relax and unwind' day. You could try some meditation, do some yoga perhaps, or just close your eyes in a quiet space and practice your deep breathing. There are lots of ideas [here](#) to inspire you, or on the [BBC cbeebies](#) site.

Friday: 'North Staffs Mind Poster Competition' (Don't forget to send in your best joke!)

NS Mind would like to invite you to design a poster for Mental Health. This could include what you do to help your mental health, positive affirmations, top tips on how to look after yours or others mental health. You can design the poster using any materials you like. If you would like to take part, send pictures of your photos to your class teacher and they will enter them for you. The pictures will be put together to make a video that will be posted on our social media channels to celebrate the achievements of all the students and schools involved and to share their suggestions for positive mental health. Please do not put your name on the poster if you'd prefer to remain anonymous.

A final thought...poem from a parent:

I'm really good with paper, and pencil or a pen.
I know my times tables, at least from two to ten,
But give me a computer - I don't have a clue.
My son knows more, and he's only two!
My daughter's much more able, at 9 she knows it all!
Home schooling is a piece of cake as she can zoom a call.
She gets to see her classroom and then unmutes her mike.
If she asks me questions, I tell her I'm on strike.
I just don't know the answers, I've really not a clue.
I'm sure I'm not alone in this, please tell me what to do!
And so I grin and bear it while trying to keep cool.
Can't wait for this to be over, and send them back to school!

You really are doing a great job – even if it doesn't feel like it at times! If there's anything we can help with, please get in touch – you're not alone.

Keep safe. Keep strong. Keep smiling!
Very best wishes. Mrs Stone and the St. John's team

Helplines

SHOUT - text 'Shout' to 85258 for 24/7 crisis text support

childline - under 19s can call 0800 1111 for free support

Education Support - school staff can call 08000 562 561
or text 07909 341229 for 24/7 help and advice

YoungMinds Parents Helpline - Call 0808 802 5544 for
free Mon-Fri from 9.30am to 4pm