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# RED NOSE DAY

## at St John of Jerusalem School



*And Happy St Patrick's Day!*

[Year 3 Class Assembly](#)  
[Tuesday 21st March at 10.00am](#)

[Year 1 & 2 Class Assembly](#)  
[Wednesday, 22nd March at 10.00am](#)

[School Twitter Page](#)  
Please check our school twitter feed, to stay up-to-date with all our school events and activities!  
Invite your friends and family to follow us on Twitter too!



# MENTAL HEALTH AND WELL BEING PAGE

## BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

### Make a worry box



Create the box: any box will work there is no need to buy something new

Encourage your child to decorate the box as they would like.

Talk about it: explain to your child that this is a special place where they can put away their worries each night and let your child choose a place in the room where the box will be kept safe each night (not in their room as this is their safe place)

You could both write some worries down to start with to model this and then fold the paper and put them into the box.

Try to spend five minutes each night before bedtime where your child can discuss their worries.

### What are typical childhood worries?

Younger children - fear of the dark, monsters, animals, ghosts, witches, losing their loved ones.

Older children - these worries increase as children notice the world around them e.g. worrying about natural disasters, being more exposed to the news, rejection, danger and social situations.

Other family and community experiences may also be a huge worry for them.

### Where to begin?

We're all different and will respond to things in different ways - let them know that whatever they're feeling is completely okay. It is crucial to give children positive experiences of telling us how they feel so that they are encouraged to do this more often.

It can be helpful to think about a time when you felt upset and when you spoke to someone - what helped? What didn't help?

Let children know that what they're feeling makes sense - try to avoid saying things like "don't be silly" or "there's nothing to be worried about"

Don't feel like you need to fix things or have all the answers - lots of things that are happening right now aren't easy to fix, so instead listen and be available. Let them know that they can come to you with questions, ideas, thoughts and feelings. Give extra cuddles or read an extra story. Let them know that you are there if they need you.



**Weekly Class  
Attendance Award  
Well done to...**



**Year 2—92.73%  
Year 3—94.00%**

# March

*Fun Facts about Hedgehogs*

**Now that Spring has arrived, look out for butterflies! See how many different colours and patterns they have.**



## Spring Term - PE Timetable



**Year 3, Year 4, Year 5 & Year 6**

**Thursdays**

**Reception, Nursery, Year 1 & 2**

**Fridays**

*Please ensure your child comes to school dressed in their full school PE kit.*

*This must be a white t-shirt & dark bottoms and school uniform jumper*



## Certificates of Achievement

- Year 1 & 2** Sofia & Emmanuel
- Year 3** Sienna & Savannah
- Year 4** Destiny & Avery
- Year 5** Modou & Hebron
- Year 6** Nefechi & Whole Class

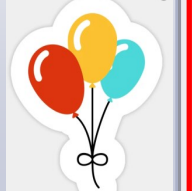
## *Stay & Play Sessions*

Every Wednesday, we welcome ALL 2-3 year olds to join our Stay & Play session from 9:30 — 10:30 am



**Year 4—Mariam**

**Year 4—Aisha**



### March Events & Dates for your Diary.

**Parent's Evening -  
Tuesday, 28th March**

**Easter Service -  
Thursday, 30th March**

**Last day of Term -  
Friday, 31st March—Finish at 1.30pm**

**First Day Back to School  
Tuesday, 18th April**

## JUNIOR FUN SESSION

Join us for a session of games and fun in our pool!

**Saturday 25<sup>th</sup> March**

**Small Pool**

**12pm-3pm**

**1 hour sessions @ £3.80 per child.**



## Lunch Menu for week beginning 20th March 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Vegetarian Day</b> Veggie Hot Dog in a Bun With Ketchup and Fried Onions	Tuna and Tomato Pasta Bake	BBQ Chicken Wings	Shepherd's Pie (Lamb)	Oven Baked Battered Fish Fillet
<b>Vegetarian Dish</b>		Roasted Pepper, Tomato and Basil Pasta	Crispy Baked Vegetarian Empanada	Vegetarian, Vegetable and Lentil Shepherds' Pie	Spanish Omelette or Vegetable Samosa
<b>Starchy Dish</b>	Pasta Salad with Diced Peppers and Sweet Corn	With Main Meal	Roasted Baby Potatoes	With Main Meal	Chunky Chips
<b>Vegetable</b>	Winter Coleslaw	Corn on The Cob	Broccoli & Peas	Green Beans & Carrots	Peas Baked Beans
<b>Salad</b>	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
<b>Dessert</b>	Short bread Biscuits	Fruit Salad	Red Velvet Cake (Chocolate and Beetroot) with Chocolate Sauce	Fresh Fruit Patter	Apple Flapjacks
<b>Fruit</b>	Selection of Fruit or Yoghurt	Yoghurt	Fruit Selection	Yoghurt	Fruit Selection
<b>Drink</b>	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

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