



Inside this newsletter

BirthdaysPg3				
Certificate of AchievementPg				
Attendance AwardsPg				
Fun FactsPg3				
PE TimesPg3				
Lunch MenusPg4				

All children must wear their full school uniform at all times:

Girls:

Grey Skirt/Trousers
Grey/Black Tights
White Polo Shirt
School Jumper or
Cardigan
Black Shoes
School Rucksack

Boys:

Grey Trousers
White Polo Shirt
School Jumper &
Black Shoes
School Rucksack

On PE Days:

Black/Navy Jogging
Bottoms or Shorts—
NO LEGGINGS
White T-Shirt
School Jumper
Black trainers
NO LOGOS ON
JOGGING BOTTOMS

Uniform Stockist:



Healthy eating is a great way to help boost your immune system and stay fit and healthy!

Foods that are high in fibre, like bread, pasta and brown rice help with digestion.

Meat, fish, beans and eggs are great sources of protein. Protein helps build muscles and can increase energy levels.

Eating a variety of fresh fruits provides lots of essential vitamins and minerals that the body needs. Fruits can help you to maintain a healthy weight and fight off some illnesses.

It is very important to drink plenty of water and milk to stay hydrated, especially in warm weather. Milk also provides important nutrients like calcium which is good for your bones.

Our school cook spoke to
the children about healthy
eating and what makes a
balanced diet.
The children were given
the opportunity to try
different healthy foods
that had been prepared in

different ways.

















Weekly Class

Attendance Award

Well done to...

Reception—100% Year 3—100%







Year 1—Kai Year 2—Miriam Year 5—La Manne & Moses Year 6-Hebron





Certificates of Achievement

Joan & Sha'rya **EYFS**

Year 1 **Dylan & Hazel**

Prince & Whole Class Year 2

Year 3 & 4 Monae, Amara, kaleb,

Rares, Savannah, Trevell,

Andrew, Emmanuel,

Olivia, Abigail & Nduchi

Year 5 **Moses & Whole Class**

Darasimi & Alex Year 6





Fun Facts About Birds Did you know....

The female deer is called a doe. June is when the doe gives birth, the weather is warner in June, so there is a better chance of survival.



The mother deer stays with her young fawn for up to two years!

Stay & Play Sessions

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



Dates for your diary Monday 17th to Friday, 21st June 2024

Science Week

Wednesday, 19th June 2024

Thank the Teacher Day

Tuesday, 25th June 2024

Nursery & Reception Class Assembly

Wednesday, 26th June 2024

Hackney Music Festival KS2 (Choir)

Friday, 28th June 2024

Hackney Music Festival—EYFS

Why is it important to promote children's mental health and wellbeing?

Good mental health helps children develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults. Things that can help keep children and young people mentally well include: being in good physical health, eating a balanced diet, getting regular exercise and plenty of sleep!



Lunch Menu for week beginning 17th June 2024

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<u>Vegetarian Day</u> Margharita Pizza on Wholemeal Base	Grilled Chicken Thigh	Cheesy Beef Pasta Bake	Mild Chicken Curry	Oven Baked Breaded Fish Fillet with Ketchup
Vegetarian Dish	With Main Meal	Grilled Jerk Quorn Slices	Lentil and Vegetable Tomato Pasta	Vegetable and Chickpea Curry	Vegetarian Sausages with Ketchup
Starch	Oven Baked Potato Wedges	Jollof Rice	French Bread	Steamed Rice	French Fries
Vegetable	Corn on the Cob	Beans and Peas	Carrot and Sliced Green Beans	Steamed Broccoli	Garden Peas
Dessert	Dorset Apple Tray Bake	Fresh Fruit Salad or Yoghurt	Rice Pudding with Fruit Compote	Short Bread Biscuit	Fresh Fruit Platter
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

St John of Jerusalem C of E Primary School

Kingshold Road, Hackney, E9 7JF

Phone: 020 8985 0730

E-mail: admin@st-johnjerusalem.hackney.sch.uk

Website: www.st-johnjerusalem.hackney.sch.uk

