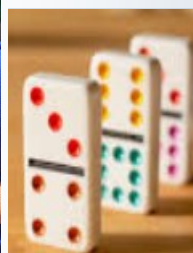




Our Tuesday lunch play times have become even more exciting, playing board games with people from Universal Board Games!



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

Girls:

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

Boys:

Grey Trousers
White Polo Shirt
School Jumper &
Black Shoes

On PE Days:

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

Uniform Stockist:
Directschoolwear.co.uk

The sun is shining, and we love playtime at St John of Jerusalem School!!



MINDFULNESS AND WELLBEING FOR CHILDREN

Why Teach Mindfulness to children?

Mindfulness, whether it is for adults or for children, is the exercise of awareness and attention.

When it comes to teaching this to children, the lessons need to be simplified to make them easy, enjoyable and understandable.

Lessons about stress management and self-awareness really do help everyone, regardless of age. Starting the lessons at a young age will help children manage their stress levels with ease.

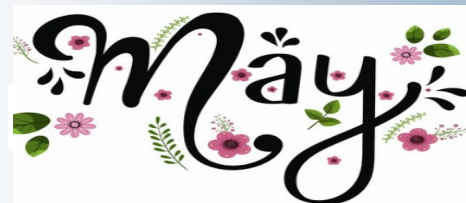
According to Annaka Harris, an author of mindfulness content and books for kids; "for children, mindfulness can offer relief from whatever difficulties they might be encountering in life. It also gives them the beauty of being in the present moment".



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

Year 1—98.89%

Year 6—100%



Fun Facts About May
Did you know....

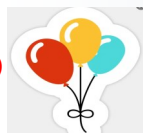
*Animals, like bears
wake up in Spring
time after a long
winter sleep called
Hibernation.*



Year 2—Adrian

Year 3—Eyosiyas

Year 5—Rhome & Kairo



Certificates of Achievement

EYFS	Elias & Esrom
Year 1	Kasey & Noah K & Dylan
Year 2	Ege & Alvin
Year 3 & 4	Anthony & Nduchi
Year 5	Askim & Imanii
Year 6	Chinedum & Emilee

***Stay & Play
Sessions***

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

Spring Term - PE Timetable

Mondays —No PE Children must wear full school uniform
(see front page)

Tuesdays—Year 1 & Year 2 & Year 5

Wednesday—No PE Children must wear full school uniform
(see front page)

Thursday—Year 3, Year 4, Year 6 & EYFS

Friday—No PE Children must wear full school uniform
(see front page)



Dates for your diary

Monday, 13th May 2024

Year 6—SATS Week

Monday, 20th May 2024

Year 6—Residential Trip Week

Tuesday, 14th May 2024

Lunch Time Board Games

Wednesday, 15th May 2024

Year 2—Victoria & Albert Museum visit

MENTAL HEALTH AWARENESS WEEK

13-19 MAY 2024

The Theme for Mental Health Awareness Week 2024 is “Movement: Moving more for our mental health”.

Going for a walk, dancing to your favourite music, or even chair exercises while watching television—it all counts!!

Lunch Menu for week beginning 13th May 2024

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<u>Vegetarian Day</u> Veggie Hot Dog in a Bun With Ketchup and Fried Onions	Fish Pie Mac and Cheese	BBQ Chicken Wings	Creamy Shepherd's Pie (Lamb)	Crusted Chicken Nuggets
Vegetarian Dish	Couscous with Roasted Vegetables	Roasted Vegetable, Tomato Pasta	Crispy Baked Vegetarian Empanada	Jacket Potato with Cheese or Baked Beans	Homemade Vegetable Burger
Starch	With Main Meal	With Main Meal	Homemade Herby Roast Potatoes	With Main Meal	Hand Cut Chunky Chips
Vegetable	Braised Apple and Red Cabbage	Broccoli and Peas	Corn on the Cob	Roast Carrots and Beans	Peas or Baked Beans
Dessert	Winter Apple Tray Bake	Fresh Fruit Salad	Yoghurt or Fresh Fruits	Banana Bread or Fresh Fruit	Fresh Fruit Platter
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

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