



Science Week

Look at what we've been learning during science week at
St John of Jerusalem School!



Inside this newsletter

Birthdays.....	Pg3
Certificate of Achievement.....	Pg3
Attendance Awards.....	Pg3
Fun Facts	Pg3
PE Times.....	Pg3
Lunch Menus	Pg4

School Uniform

Stockist:

Direct School Wear is the uniform stockist for our school. Orders must be placed online, for uniform to be delivered to your home.

Directschoolwear.co.uk

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!



Mindfulness for Children: Tips & Exercises

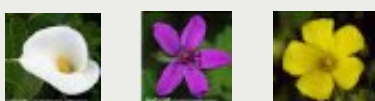
MINDFULNESS FOR CHILDREN WORKS BEST IF IT'S KEPT TO ABOUT FIVE MINUTES. LESS.



Safari.

Not just any safari! The idea is to guide your child towards switching on their senses, turning down their thoughts, and being fully engaged in the present moment.

Take them outside and explain to them that they are on a safari, looking for any animal that crawls, flies or walks. Let them know that they have to be quiet and alert, with their hearing, feeling and seeing super-senses switched on so they can discover tiny wild beasts that the world may or may not have seen before!



Mindful Smelling.

Take a bunch of delicious smelling things from around the home—candles, fresh herbs, flowers, fruit, vanilla, cinnamon, grass and invite your child to breathe in the smell and to feel what happens in their body as they do that. ('The cinnamon reminds me of Christmas', or maybe 'The lavender makes me feel sleepy')

We have so much fun playing with our friends in the playground!



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

Year 2—95.45%

Year 3—98.15%

June

Fun Facts about Goats!

Did you know....

Goats are extremely intelligent and curious and they are often not given credit for being the smart and loving creatures they actually are!

Goats can even be taught their name and come when they are called!



Certificates of Achievement

Year 1 & 2 Dekarai & Skyla
Year 3 Abigail & Whole Class
Year 4 Matthew & Whole Class
Year 5 Harry & Whole Class
Year 6 Tobiloba & Kymani

Happy Birthday

Year 1— Mariam
Year 3— Nduchi
Year 4— Moses
Year 5— Hebron

**Stay & Play
Sessions**

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

**HAPPY
Father's
DAY**

***A big thank you to all
our fathers,
grandfathers,
step fathers,
foster fathers and
god fathers!***



Our School Values

Love of God

Love of Learning

Love of One Another



Lunch Menu for week beginning 19th June 2023

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

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