Head Teacher: Mrs Asarena Simon

Friday 28th April 2023 Volume 252





Inside this newsletter

.Pg3
.Pg3
Pg3
.Pg3
.Pg3
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. Directschoowear.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!



Mental Health and Well Being Page

Find ways to relax

Encourage your child to do regular physical exercise. For example, star jumps, running in the garden, skipping or playing a game such as football or dodgeball.

Slow deep breathing

- 1. Take a slow deep breath
- 2. Hold it for 5 seconds
- 3. Very slowly breath out

Relaxing your body

Sit or lie somewhere quiet and comfortable.

- 1. Stretch out your arms and make a fist, then relax.
- 2. Push your legs out, wiggle your toes, then relax.
- Shut your eyes tight and pull a scrunched up face, and then relax.

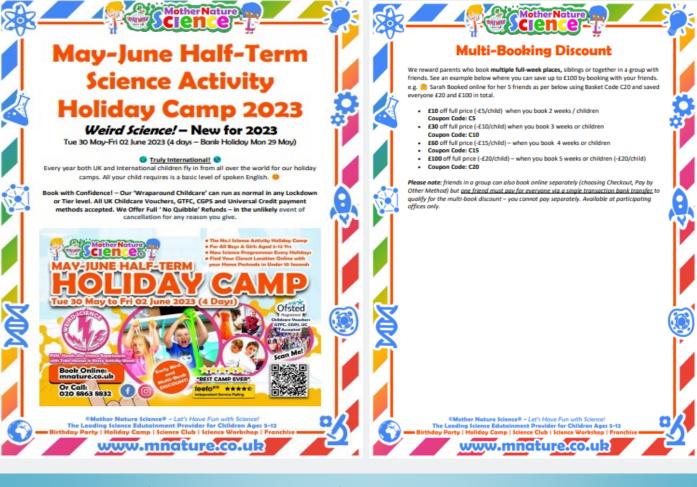
Think of calming images - Imagine somewhere you feel safe and happy, such as a beach or a park. Imagine the sun on your face and the wind in your hair.

Relax by reading a book, watching TV, listening to music, gardening, going for a walk, taking a bubble bath, colouring, drawing or stroking a pet.

Use your senses - When you're out for a walk, use your five senses to relax – notice what you can see, hear, feel, smell and taste.

Mindfulness - You can find mindfulness activities on these free apps: SmilingMind; HeadSpace; Breath, Think, Do with Sesame; Three Good Things: A Happiness Journal.

When your child finds a relaxing activity that works, encourage them to teach it to the whole family, this will boost their confidence!



All information about our school can be found on www.st-johnjerusalem.hackney.sch.uk





Lunch Menu for week beginning 1st May 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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