### Head Teacher: Mrs Asarena Simon

Friday 5th May 2023 Volume 253



# We took part in <u>TCS Mini London Marathon in Schools 2023</u>. We ran 'Our Daily Mile' around our school.

We all wrote why

we enjoy doing

the daily mile run!

















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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!

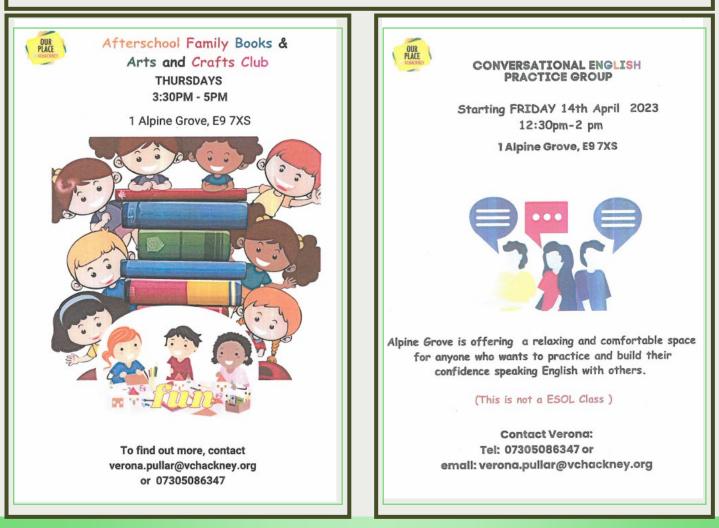


# **Mindfulness for Children: Tips & Exercises**

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

# 1. Mindful Breathing.

Get your kiddos into a comfy position and ask them to close their eyes. Next, ask how their breath feels as they draw it into themselves, and then as it leaves. If they put a hand on their belly, they'll be able to feel the rise and the fall of their breath. Do this about five times – five inhales, five exhales. After five breaths, guide them to any thoughts and feelings they might be aware of, then invite them to let go of those thoughts and feelings. Ask them to imagine that the thoughts and feelings are bubbles, floating away, as they return to their breathing. Repeat the five breaths – five in, five out – and do this as many times as feels right.



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



Weekly Class Attendance Award Well done to...

Year 1—95.63% Year 6—100%



**Summer Term - PE Timetable** 

Year 3, Year 4, Year 5 & Year 6ThursdaysReception, Nursery, Year 1 & 2FridaysPlease 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 Emmanuel & Dakarai
- Year 3 Eric & Serife
- Year 4 Destiny & Casey
- Year 5 Harry & Emilee
- Year 6 The Whole of Year 6





Fun Facts about Animals....

Most baby animals are born in Spring because the weather is mild, days are longer and food is plentiful.



This gives them a much better chance of survival.

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



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# Lunch Menu for week beginning 8th May 2023

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<u>Vegetarian Day</u> 50/50 Pasta with Homemade Vegetable Tomato Sauce and Cheese	Chicken Sausage	Soy and Honey Vegetable Chicken Stir Fry	Minced Beef Pie	Cod or Salmon Fish Fingers
Vegetarian Dish	With Main Meal	Vegetarian Sausage	Vegetable & Quorn Stir-Fry	Seasonal Winter Vegetable Pie	Homemade Vegetarian Sausage Roll/Samosas
Starch	Homemade Irish Soda Bread	Creamy Mashed Potatoes	Steamed Seasoned Rice	Roast Potatoes Slices with Rosemary	Oven Baked Wedges
Vegetable	Steamed Mixed Vegetables	Peas & Carrots	Steamed Broccoli and Cauliflower	Steamed Cabbage and Carrots	Baked Beans or Peas
Dessert	Fresh Fruit Platter or Yoghurt	Gooey Chocolate Brownie or Fresh Fruit Selection	Yoghurt or Fresh Fruit Selection	Apple Crumble with Custard or Fresh Fruit	Fresh Fruit Platter or Yoghurt
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

### St John of Jerusalem C of E Primary School

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