

# Our Daily Mile

We took part in TCS Mini London Marathon in Schools 2023.  
We ran 'Our Daily Mile' around our school.

We all wrote why  
we enjoy doing  
the daily mile run!



## 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](https://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.**

## 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.



### Afterschool Family Books & Arts and Crafts Club

THURSDAYS  
3:30PM - 5PM

1 Alpine Grove, E9 7XS



To find out more, contact  
[verona.pullar@vchackney.org](mailto:verona.pullar@vchackney.org)  
or 07305086347



### CONVERSATIONAL ENGLISH PRACTICE GROUP

Starting FRIDAY 14th April 2023  
12:30pm-2 pm

1 Alpine Grove, E9 7XS



Alpine Grove is offering a relaxing and comfortable space for anyone who wants to practice and build their confidence speaking English with others.

(This is not a ESOL Class )

Contact Verona:  
Tel: 07305086347 or  
email: [verona.pullar@vchackney.org](mailto:verona.pullar@vchackney.org)



**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 6**

**Thursdays**

**Reception, Nursery, Year 1 & 2**

**Fridays**

*Please 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**

**May**

*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**



**Happy Birthday**

**Year 4—Kairo & Rhome**

**Year 6—Nefechi**

### May Events Dates for your Diary

**Tuesday, 9th—12th May**

**Year 6 SATS Week**

**Wednesday, 17th May**

**Big Breakfast—Parents Invited**

**Monday, 22nd to 26th May**

**Year 5 Trip to Madrid**

**Monday 29th May to Friday, 2nd June**

**Half Term Break**

## Our School Values

*Love of God*

*Love of Learning*

*Love of One Another*



## Lunch Menu for week beginning 8th May 2023

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<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
<b>Vegetarian Dish</b>	With Main Meal	Vegetarian Sausage	Vegetable & Quorn Stir-Fry	Seasonal Winter Vegetable Pie	Homemade Vegetarian Sausage Roll/Samosas
<b>Starch</b>	Homemade Irish Soda Bread	Creamy Mashed Potatoes	Steamed Seasoned Rice	Roast Potatoes Slices with Rosemary	Oven Baked Wedges
<b>Vegetable</b>	Steamed Mixed Vegetables	Peas & Carrots	Steamed Broccoli and Cauliflower	Steamed Cabbage and Carrots	Baked Beans or Peas
<b>Dessert</b>	Fresh Fruit Platter or Yoghurt	Goosey Chocolate Brownie or Fresh Fruit Selection	Yoghurt or Fresh Fruit Selection	Apple Crumble with Custard or Fresh Fruit	Fresh Fruit Platter or Yoghurt
<b>Drink</b>	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

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

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