



YEAR 5

In Year 5, we have been observing the life cycle of butterflies. For four weeks, we looked after the tiny caterpillars and watched them grow.

We were amazed to see them go through the pupa (Chrysalis) stage, and to see the metamorphosis of the final stage to becoming beautiful butterflies!

It was so lovely when we released the butterflies into their natural habitat!

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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.

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!



Mental Health and Well Being Page

How Much is Too Much Screen Time?

Wellbeing is all about achieving balance and ensuring that we cover our **BACES**:

B is for body (exercise, healthy eating, relaxing)

A is for achievement (small achievements count!)

C is for connecting (friends, family, and community)

E is for enjoyment (make time for things you enjoy)

S is for stepping back and relaxing (e.g. mindfulness)

The pandemic has changed how we spend our time, so we might have to get creative in ensuring that our **BACES** are covered.

Helpful Ways to Use Screen Time

If your child is spending a bit more time on screen than usual at the moment, think about how to encourage them to use screen time in a positive way. It might be possible for them to use screen time to cover some of their **BACES**.

Connections and creativity

Virtual sleepovers, virtual pen pals or virtual scavenger hunts with friends.

Relaxation and exercise

Apps: SmilingMind; HeadSpace; Breath, Think, Do with Sesame; Three Good Things: A Happiness Journal.

GoNoodle: 100s of free movement and mindfulness videos and games that require movement to play.

Pursue hobbies and build skills

Write stories, create a recipe book, start a newspaper, design a mood board, try a new language.



Parents and Carers

You are warmly invited to a coffee morning

Wednesday, 26th April 2023 - 9.30am- 10.30am



St John of Jerusalem CE Primary School.

*A visitor from the organisation '**AFRUC**A' will be here to give a motivational talk on parenting in the UK, and to answer any questions you may have.*

We look forward to seeing you!



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

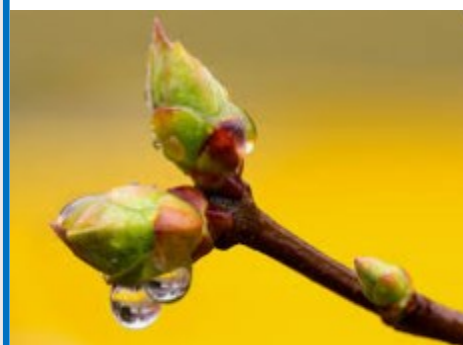
Year 5—98.67%

Year 6—98.46%

April

Fun Facts about April

Did you know that April gets its name from the Latin word 'Aperio' which means 'to open' or bud, because plants really begin to grow in April.



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	Elsie & Mason
Year 3	Kaleb & Ayla
Year 4	Yasemin & Rayan
Year 5	Kaleem & Whole Class
Year 6	Kymani & Eunice

***Stay & Play
Sessions***

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



Nursery—Maya

Happy Birthday

April Events & Dates for your Diary

Year 2—Science Trip to Soanes Centre
Tuesday, 25th April

Parents/Carers Coffee Morning
Wednesday, 26th April

Our School Values

Love of God

Love of Learning

Love of One Another



Lunch Menu for week beginning 24th April 2023

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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