



KING CHARLES 111 CORONATION CELEBRATION MAY 6TH 2023

To celebrate King Charles 111 coronation, we all dressed up in Red, White and Blue!



Look how we made a flag with our clothes!



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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!



HANDS



FACE



SPACE



FRESH AIR



Mindfulness for Children: Tips & Exercises

Mindfulness for children works best if it's kept to about five minutes or less.

Tip 2: Thought Clouds.

Following on from tip 1 in last week's edition of our school newsletter, when your mindful ones are into the rhythm of breathing in through the nose for three, and out through the mouth for three, ask them to try this: 'As you breathe in, imagine that your thought are forming as little clouds about your head. Imagine the cloud floating away as you breathe out. Keep breathing slow, strong breaths and let your thoughts come, and then go'

Tip 3: The Mind(ful) Body Connection.

How we hold our bodies has a powerful effect on how we feel and how other people see us. Different poses can actually change body chemistry. Nurture the awareness of the mind-body connection in your children by asking them to explore how they feel when they strike a pose.

Here are some good one to try, particularly if they're about to do something that could make them a little anxious. In a quiet space where they feel safe and private, encourage them to strike one of these power poses and explore with them what they feel—hopefully more confident!

- **Superman:** Stand with feet just wider than hip width apart. Clench fists, stretch both arms out, and fully lengthen the body. Expanding physical presence by stretching and opening up can increase feelings of power and pride (think of athletes who cross the finish line first and throw their arms into the air).
- **Wonder woman:** Stand up tall and strong with legs apart and hands on hips.

Tip 4: And while we're on superheroes....

Ask them to switch on their super 'Spidey-senses' to find out what they can taste, smell hear, see and feel in the moment.



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

**Year 1—97.50%
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	Abigail & Miriam
Year 3	Rares & Aniyah
Year 4	La Manne, Sara & Jason
Year 5	Sean & Mary
Year 6	The Whole of Year 6

May

Fun Facts about Animals...

Young sheep are called lambs. They can see behind themselves without having to turn their head.



Sheep are herbivores which means they eat vegetation, like grass.

***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 1—Adrian

Year 2—Eyosiyas

May Events Dates for your Diary

Wednesday, 17th May

Big Breakfast—Parents Invited

Monday, 22nd to 26th May

Year 5 Trip to Madrid

Tuesday, 23rd May

Year 1 & 2 Trip to Ragged School Museum

Wednesday, 24th May

Nursery and Reception Road Safety Workshop

Our School Values

Love of God

Love of Learning

Love of One Another



Lunch Menu for week beginning 15th May 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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