



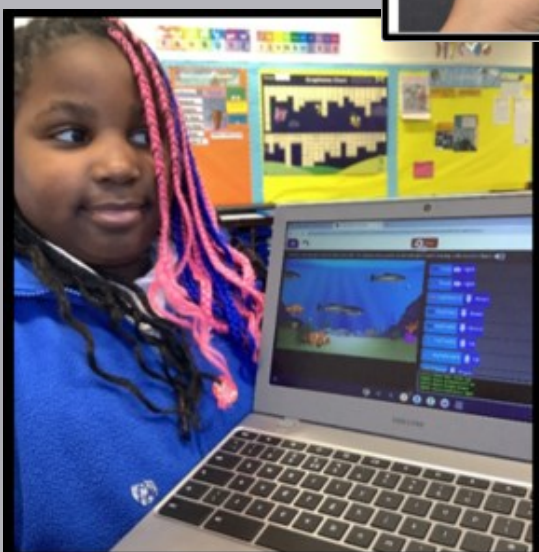
Year 3

In Year 3, we have been enjoying our computing lessons.
First, we began exploring Google slides by writing our names in different fonts and different colour text boxes.

In addition, we created a presentation on Google slides about our favourite food!

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We have been using Purple Mash to programme objects to move!
Some of us are experts at this!

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!



Mindfulness for Children: Tips & Exercises

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



The Mindful Jar

A mindful jar works in a couple of ways. First, it will help your child to understand what happens when strong emotion starts to take hold of them. Second, it can help them find calm when they are feeling stressed, upset, or overwhelmed.

Here's how:

Start with a jar and fill it almost to the top with water. Into the water, add a few big dollops of glitter glue. Pop on the lid and give the jar a shake. Here are some words you can use: *'Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how it whirls around and makes it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset—because you're not thinking clearly. Don't worry, this is normal and it happens in all of us, even grownups! Watch what happens when you put the jar down and let it sit still for a few moments. See how the glitter starts to settle and the water becomes clear? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer.'*

The beautiful part of this exercise is that while they are learning about their emotional selves, they are also engaging in an act of mindfulness as they watch the glitter fall to the bottom of the jar.



Weekly Class
Attendance Award
Well done to...

Year 1—100% - Year 2—100%
Year 5—100% - Year 6—100%

May

Did you know..
Most swans belong to
King Charles Third.



Baby swans are called
Cygnets. They are born
in Spring time and they
are very large at birth!

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	Ege & Whole Class
Year 3	Kylar & Sienna
Year 4	Daniel & Rhome
Year 5	Modou, Martha, Emilee, Kaleem & Souleymanne
Year 6	Nefechi & 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

Happy
birthday

There are no birthdays this week.



May Events Dates for your Diary

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

Friday 26th May

Last day of Half Term

Our School Values

Love of God

Love of Learning

Love of One Another



Lunch Menu for week beginning 22nd 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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