

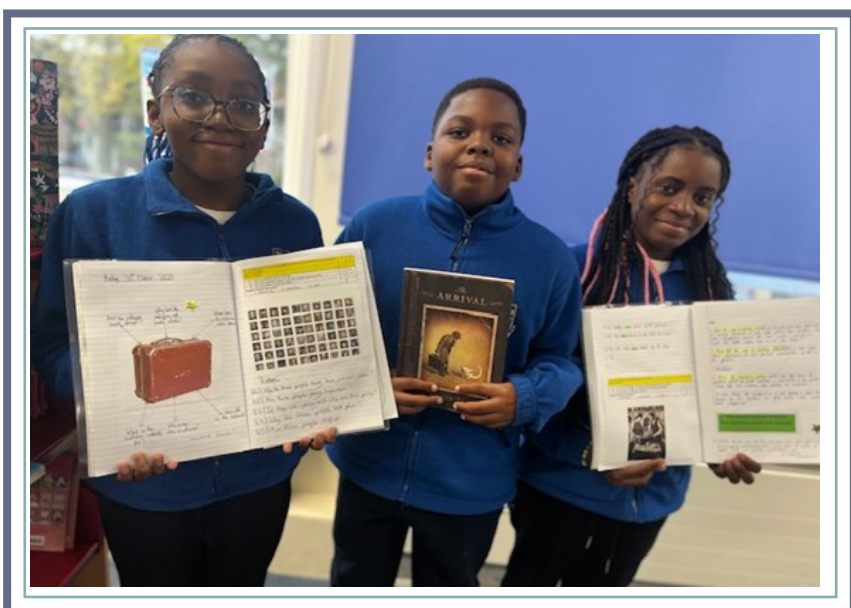
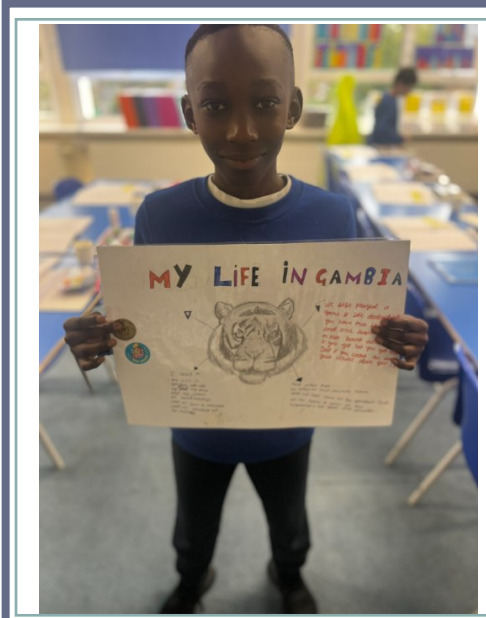


# YEAR 6

Welcome back to the second half of our Autumn Term! It may be getting darker outside, but Year 6 are full of light! Here is a snippet of our learning this week.

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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](http://Directschoolwear.co.uk)

**Twitter**  
 Our twitter page can be accessed via the **X (Twitter) APP**. We are working hard to make it accessible via our website again. We will inform you as soon as it is available.



## Mindfulness for Children: Tips & Exercises

Mindfulness for children generally works best if it's kept to about five minutes or less. Being 'still' can be hard sometime (for all of us). If your children are fidgety at first, just keep practicing in short bursts until they become more used to it! Afterwards, do something fun with them—give them your full attention with a little chat about what they did, read a story, have a cuddle—whatever works for them, so they associate it with special, fun time.

### **Mindful Breathing:**

Get your children into a comfy position and ask them to close their eyes. Next, ask how their breath feels as they breathe in, and breathe out. If they put their hand on their belly, they'll be able to feel the rise and the fall of their breath. Do this about five times. Breathe in five times and breathe out five times. After five breaths, guide them to any thought 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 five breaths—five in, five out—and do this as many times as feels right.



### **Thought Clouds:**

This is a slightly different take on the above exercise. 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 thoughts are forming as little clouds above your head. Imagine the cloud floating away as you breathe out. Keep breathing slow, strong breaths and let your thoughts come, and then go'.



# November

## Fun Facts About Dogs

*Did you know that a dog's nose prints are unique, just like a human's fingerprints!*



*Puppies should have a wet nose to help them smell things better!*

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

**Year 1— 98.89%**  
**Year 3— 100.00%**

## Autumn Term - PE Timetable

**Mondays** —Early Years, Year 3, Year 4

**Tuesdays**—Year 1 & Year 2

**Wednesday**—No PE

**Thursday**—Year 5 & Year 6

**Friday**—Year 3, Year 4, Year 5 & Year 6

Please ensure your child comes to school in their full school PE Kit.

## Certificates of Achievement

<b>Year 1</b>	<b>Kasey &amp; Noah</b>
<b>Year 2</b>	<b>Chioma &amp; Ege</b>
<b>Year 3 &amp; 4</b>	<b>Reiyel &amp; Serife</b>
<b>Year 5</b>	<b>P'Sharn &amp; Aisha</b>
<b>Year 6</b>	<b>Modou &amp; Kaleem</b>

## *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.**



## Dates for your diary

Thursday, 9th November  
Harvest Festival in SJOJ Church

Friday, 10th November  
Remembrance Day

Monday, 13th to Friday, 17th November  
Anti—Bullying Week

Tuesday, 14th November  
Year 1—Science Trip to Soanes Centre

Friday, 17th November  
Children In Need Day

## Our School Values

*Love of God*

*Love of Learning*

*Love of one another*



## Lunch Menu for week beginning 6th November 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	Gooey 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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