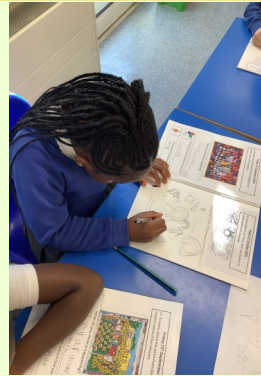
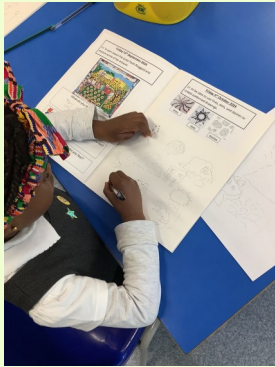


YEAR ONE CLASS

It has been another busy and productive week in the Year 1 Class!

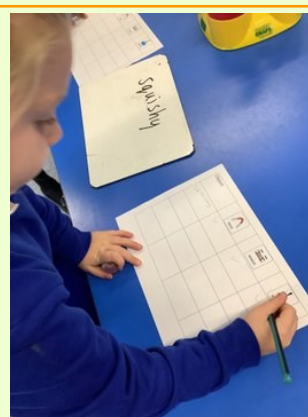
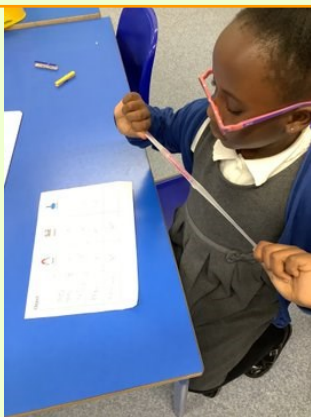


We were learning about the life of Mary Seacole in our History and how to Perform Poems in our Literacy. We also showed our creativity in our Art lesson.



Science -Investigating Materials

We were bending, stretching and squashing materials to see if we can change the shape



What a fabulous week we have had!

All children must wear their full school uniform at all times:

Girls:

- Grey Skirt/Trousers
- Grey/Black Tights
- White Polo Shirt
- School Jumper or Cardigan
- Black Shoes
- School Rucksack

Boys:

- Grey Trousers
- White Polo Shirt
- School Jumper & Black Shoes
- School Rucksack

On PE Days:

- Black/Navy Jogging Bottoms or Shorts
- White T-Shirt
- School Jumper
- Black trainers

**NO LEGGINGS
NO LOGOS ON
JOGGING BOTTOMS**

Directschoolwear.co.uk

After School Clubs

Mondays

**EYFS to Year 2 -Phonics Drama
Years 3 to 6—Science Inventors**

Tuesdays

**EYFS to Year 2 Life Skills
Years 3 to 6—Homework**

Wednesday

All Year Groups -Arts and Crafts

Years 3 to 6—Steel Pans

Thursdays

**EYFS to Year 6 - Music
Year 5 and 6 - Drama**

Friday

Whole School 6 -Multi- Sports

Trips and Other Events

Steel Pan Lessons

Learning to play Steel Pans takes focus and concentration



Wednesday Arts and Crafts Club



Playtimes are always fun!



Nursery and Reception are learning all about Ghana



RECEPTION 2025 APPLICATIONS

The online Applications for Reception 2025 are now open
Apply by 15th January 2025

www.edmissions.org.uk

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



Year 3— 98.4%
Year 1 – 98.8%



Year 1—Tillie
Year 3—Ava-Marie
Year 6—Natalie



**Stay & Play
Sessions**

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

Certificates of Achievement

- Year 1** **Elias and Acacia**
- Year 2** **Atarah and J'Sharl**
- Year 3** **Emmanuel and Harmony**
- Year 4/5** **Ivane, Emmanuel and Serife**
- Year 6** **Prince'Sharn and Odessa**



RECIPE FOR A GREAT CONVERSATION

Regular conversations about mental health are a very important way to look after ourselves and talk about things affecting our lives.

Mental health conversations may be even more important if your child is:

- acting out of character
- feeling worried
- changing their eating or sleeping habits
- having problems at school
- feeling angry
- battling with any other mental health challenges.

INGREDIENTS

So here are some ingredients of a good mental health conversation that may be useful for your family.

1. Comfortable space
2. Conversation starters
3. A listening ear
4. Open questions
5. A role model

INSTRUCTIONS

STEP 1
Find a space where your child feels comfortable. E.g. the dinner table, on the walk to school, on the sofa or anywhere they feel safe.

STEP 2
Now it is time to start the conversation. You might want to try these questions:

- What was the best and worst bit of your day?
- What do you want to talk about?
- Is there anything that you need from me?
E.g. Space, time to talk, time to do something fun...

STEP 3
Prepare to listen by removing distractions, limiting interruptions and giving your full attention to your child. Tip: Try not to jump to trying to help, take time to listen and really understand what your child is going through.

STEP 4
Use questions that start with 'why', 'how' and 'what' to allow your child to explain their thoughts and feelings in detail. E.g. What was the biggest problem you had today?

STEP 5
Remember, conversations about mental health can be difficult for both the parent and child. It is important to be a role model by taking care of yourself, too.

Dates for your Diary

Friday 18th October

3:30pm- Multi- Cultural Evening

28th Oct — 1st Nov

Half Term Break

Tuesday 5 & 6 November

Years 1 to 6 Hackney Museum

Trip

Thursday 7th November

Harvest Festival

Monday 18th November

Flu Vaccination

Tuesday 26th November

Panto- Dick Whittington and his Cat

Wednesday 4th December

Parent Teacher Meetings

BLACK HISTORY MONTH

MULTI-CULTURAL CELEBRATION LUNCH MENU

Friday 18th October 2024

Honey Turmeric chicken wings

Spicy vegetable Samosas

Steamed vegetables Rice

Saltfish Fritters

Fried Dumpling

Corn on Cob

Salad

Tomato salsa

Cornbread

Selection of Fruits

DRESS UP IN CLOTHES FROM YOUR CULTURE

Lunch Menu for week beginning 14th October 2024

St John of Jerusalem Menu 2024-25

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Mac and cheese (Mk,G,)	Soy and honey vegetable chicken stir fry (G, sb)	Shepherd pie (G, Mk)	Curry chicken	Cod or Salmon fish fingers. (G,F)
Vegetarian dish	Roasted vegetable tomato pasta (G)	Vegetable and Quorn stir fry (E)	Lentil pasta in sauce with cheese (Mk,G,)	Potato, peas and chickpeas curry	Vegetarian. Nugget (G,E)
Starch	With main Meal	Steamed rice	With main Meal	Steamed rice with peas	Mash potato
Vegetables	Green beans	Corn on cob	carrot and sliced green beans	Broccoli and Cauliflower	Peas
Dessert	Seasonal Fruit Salad	Squash cake(G,E,MK)	Yoghurt /fruits (MK)	Marble cake and custard (G,E,MK)	Fresh fruit platter
Drink	Water/ Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Allergen symbols: Cereals containing gluten (G), Milk (Mk), Eggs (E), Fish (F), peanuts (P), Soya beans (Sb), Nut (N), Celery (Ce), Mustard (Mu), Sesame (Se), Lupin (L), Molluscs (Mo), Crustaceans (Cr), Sulphite (Su)

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