

## Falconhurst Farm Trip

We visited Falconhurst Farm to experience the range of jobs on a farm, and sample some of the food produced! We also went on a long country walk. We had a great day, full of fun activities!



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**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

#### Boys:

Grey Trousers  
White Polo Shirt  
School Jumper & Black Shoes

#### On PE Days:

Black/Navy Jogging Bottoms  
White T-Shirt  
School Jumper  
Black trainers  
**NO LOGOS ON JOGGING BOTTOMS**

**Uniform Stockist:**  
[Directschoolwear.co.uk](http://Directschoolwear.co.uk)





## Year 2—Science Trip

Year 2 visited the Soanes Centre for a Plant life Workshop.  
We learned so many interesting things about plants!



## MINDFULNESS AND WELLBEING FOR CHILDREN

### Mindful breathing:

Mindful breathing exercises might be difficult for young children to grasp, so to make it easier, enlist the help of a favourite teddy bear. Have your child lie down on their back. Place the teddy bear on their belly and ask them to gently place their hands over it.

Count to 3 and instruct your child to breathe in through their nose. As they inhale, tell them to focus on the feeling of the air inflating their belly. Count to 4 and have them breathe out through their mouth. The teddy on their belly will rise up as they breathe in and fall as they breathe out, providing a good visual representation of what is going on inside of their body.

Studies in America found that Mindful Breathing boosts brain function and energy levels. It also relaxed the mind and body, so teaching this exercise allows anxious children to calm themselves down quickly!



**Weekly Class  
Attendance Award**  
**Well done to...**  
**Reception—90.92%**  
**Year 2—94.71%**  
**Year 6—96.16%**

*May*

**Fun Facts About May**

**Did you know....**

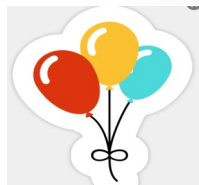
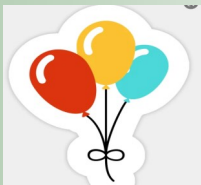
Since 1978, the first Monday in May is a Bank Holiday called May Day.



Throughout history, children dance around a Maypole, holding onto Colourful ribbons as part of the celebrations!



There are no Birthdays this week.



**Certificates of Achievement**

<b>EYFS</b>	<b>Delilah &amp; Maya</b>
<b>Year 1</b>	<b>Noah W &amp; Hermela</b>
<b>Year 2</b>	<b>Adrian &amp; Whole Class</b>
<b>Year 3 &amp; 4</b>	<b>Reiyel &amp; Year 4</b>
<b>Year 5</b>	<b>Mikayla &amp; Whole Class`</b>
<b>Year 6</b>	<b>Souleymane &amp; Mary</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

**Spring Term - PE Timetable**

**Mondays —No PE** Children must wear full school uniform  
(see front page)

**Tuesdays—Year 1 & Year 2 & Year 5**

**Wednesday—No PE** Children must wear full school uniform (see front page)

**Thursday—Year 3, Year 4, Year 6 & EYFS**

**Friday—No PE** Children must wear full school uniform  
(see front page)





### Dates for your diary

Monday, 6th May 2024

**Bank Holiday—School Closed**

Tuesday, 7th May 2024

**Lunch Time Big Board Games**

Monday, 13th May 2024

**Year 6—SATS Week**

Monday, 20th May 2024

**Year 6—Residential Trip Week**

Tuesday, 14th May 2024

**Lunch Time Board Games**

## **X—(Twitter)**

**Click on the black X in  
the top right hand  
Corner of the front page  
of our school  
Website, to see our  
X page!**



## **Lunch Menu for week beginning 6th May 2024**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<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
Vegetarian Dish	With Main Meal	Vegetarian Sausage	Vegetable & Quorn Stir-Fry	Seasonal Winter Vegetable Pie	Homemade Vegetarian Sausage Roll/Samosas
Starch	Homemade Irish Soda Bread	Creamy Mashed Potatoes	Steamed Seasoned Rice	Roast Potatoes Slices with Rosemary	Oven Baked Wedges
Vegetable	Steamed Mixed Vegetables	Peas & Carrots	Steamed Broccoli and Cauliflower	Steamed Cabbage and Carrots	Baked Beans or Peas
Dessert	Fresh Fruit Platter or Yoghurt	Goosey Chocolate Brownie or Fresh Fruit Selection	Yoghurt or Fresh Fruit Selection	Apple Crumble with Custard or Fresh Fruit	Fresh Fruit Platter or Yoghurt
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

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