

# **NEWSLETTER 17**

28 January 2022



'Let us love one another, for love comes from God' 1 John 4:7

# Message from the Headteacher

Dear Parents/Carers,

During worship this week, we have been discussing how our Christian value of Forgiveness and our half term value of Community help us make a positive difference to our community. Children have been discussing what the result would be in a community if people failed to forgive? They have decided that forgiveness can help make things better, with one child saying 'Without forgiveness, there would be no community.'

This week our Snow Leopards made a lovely link to our value of community in their HeartSmart lesson. They decided to write letters to 'unsung heroes' in our St John's community to thank them for being such SuperStars.

Next week, each class will take part in a Life Education visit. The fun, interactive and age-appropriate workshops help children to understand the importance of physical and emotional health; they learn vital life-skills that are also known to promote academic achievement. In Early Years and Key Stage 1, children learn about keeping their bodies healthy, managing feelings, being a good friend and the safe use of medicines. In Key Stage 2, children explore emotional needs, choices that can affect health and wellbeing, qualities of friendship and how to cope with the influence of friends and peer pressure. We look forward to these visits next Thursday and Friday.

On Monday 7th February it is Place2be Children's Mental Health Week and we will be supporting the charity. The theme is 'Growing Together' and we will be taking time during the week to think about those who support and help us. On Friday 11th February we will be having a non-school uniform day. We invite children and staff to 'Dress to Express' which could be through favourite colours, favourite sports kits, fancy dress, party clothes...whatever your child wants to wear as an expression of themselves. Be as creative as you like - whatever makes you happy!



Have a wonderful weekend,



Miss A Dufek Headteacher



#### Friends of St John's

We are beginning to plan events for this academic year in the hope that there will not be any restrictions and we would very much welcome new ideas and members to create a new team. If you haven't already, please could you complete the short Google Form indicating your ideas, interest and support for our Friends' of St John's Association (PTA).

Click here to access the form.

## Wellbeing

#### Give vourself permission



It is very easy, as a parent or carer, to prioritise the needs of your family and others ahead of your own wellbeing. But taking time for yourself is not selfish. Everybody needs space to unwind and relax, and giving yourself permission to take some time to recharge your batteries means that you will hopefully have more energy and patience to meet the needs of your family. Start by trying to give yourself 10 minutes each day where you can just sit down, have a cup of tea and take a breather.

#### For more ideas please visit:

https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/

#### Half Term Value

Throughout this half term we will be reading and listening to Bible stories that illustrate community.



'Live in harmony with one another.' - Romans 12.16

# What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, you should organise for your child to have a PCR test via the NHS online portal or by calling 119.

#### Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

## Safeguarding and Online Safety

If you have any serious concerns about a child, particularly if you think they may be suffering or at risk of suffering harm, please share this information promptly with the Designated Safeguarding Lead Team. If you have a concern about a child outside of school hours please contact the following Local Authority out of hours services:

Dorset ChAD - 01305 228866

Bournemouth, Christchurch and Poole (BCP) - 01202 738256



We are an Operation Encompass school. To find out more, please follow the link here

# Dates for your diary February

Thursday 3rd February - Life Education visit

Friday 4th February - Life Education visit

Friday 11th February - Non-school Uniform - 'Dress to Express'

Friday 18th February - Last Day

Monday 21st - Friday 25th February - Half term

#### March

Monday 14th March - Parent Consultation meetings

Wednesday 16th March - Parent Consultation meetings

