

# **NEWSLETTER 33**

17th June 2022



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

### Message from the Headteacher

Dear Parents/Carers,

I hope you've all enjoyed the wonderful sunny weather this week! The sunshine has certainly lifted everyone's spirits in school, getting us excited for our busy week next week. With plenty more sunny days ahead (we hope!) please may I remind you to send your child to school in a named sun-hat and wearing suncream.

Last Friday we sent out the WAT Relationships Education Policy to all families. Relationships education is taught within our PSHE curriculum. Our Trust wide curriculum has been implemented this academic year and provides a carefully mapped out and sequenced plan of learning, that is age appropriate. If you have any comments or questions relating to the Relationships Education Policy please send this through the google form on the letter. Your feedback is greatly appreciated.

Today children have brought home Sports Day Programmes. The front cover will indicate which country your child is representing and what plain colour t-shirt they can wear to represent their team. If you do not have a plain t-shirt in the colour indicated, please do not worry. Children can wear their normal white PE top. Sports Day will commence at 1:30pm. As explained in the programme, you are welcome to follow your child as they compete, but we do ask if you could please remain **outside** the circle. There will be some seating available for you if required.

As well as Sports Day next Wednesday, we also have our Summer on Fair on Friday! The Summer Fair is from 5:00 - 7:00pm and has a number of fun family activities such as; beat the goalie (featuring Mr Lees-Smith), face painting, carnival games, food and much much more. Please see the end of this newsletter for further information about the Summer Fair. We look forward to seeing you all there. Next Thursday the 23 June, there will be a non-school uniform day to support the Summer Fair. Please read below on how you can help!

I hope you have a wonderful weekend enjoying some more sunshine!

Best wishes.

Miss A Dufek Headteacher

#### Non-School Uniform Day - Thursday 23rd June

There will be a non-school uniform day next Thursday 23 June 2022 to support the Summer Fair.

#### "Fill a Jam Jar"

The Friends will be running a "Jam Jar" stall and empty jam jars will be available for collection in the playground after school today. The Friends would be grateful if you could fill with any child-friendly items [sweets/small toys/etc] and return these next Thursday on the non-uniform day.

#### Tombola

Friends would also be grateful to receive any items for the Tombola stall - bottles/unwanted gift items/toiletries

#### Raffle Tickets

Please could you return counterfoils, payment and any unsold raffle tickets. If anyone would like any more tickets, these are available in the school office.

#### Farewell to Mr Gillham

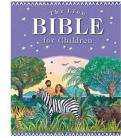
This week Mr Gillham led his final worship at St John's First School. He is reducing his workload to spend quality time with his family. Mr Gillham first came to St. John's in 1987 and has visited every term since. He shared with us that he has kept a record book of every visit made over the 35 years.

Mr Gillham gave us a beautiful gift. A Bible (pictured on the right) with the following message inside:

Presented to St John's CE First School

In appreciation of the welcome and support given in School Assemblies over the many years.

We have loved our 'Mr Gillham Worships' over the years and hope he enjoys spending more time with his family.



#### Wellbeing

Just as we look after our physical health, it's important to look after our mental health. The Anna Freud National Centre for Children and Families is promoting good self-care for the summer holidays. Although this might seem ages away, time flies and it is good to plan ahead! There are also some great ideas to try perhaps at the weekend.

The Anna Freud Centre says that "self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised."

Some of the suggested self-care activities include:

- music and dance
- mindfulness
- art



The Self Care Plan was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.

https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-primary/

Some of the ideas you might like to try at home are:

1. Draw a picture of something that makes you laugh or smile.



- 2. Try to juggle with three pieces of fruit.
- 3. Spend a day wearing your favourite colour.
- 4. Write a thank you note to someone who has been kind to you or helped you.
- 5. Decorate eggs to look like your favourite animal.
- 6. Learn how to say hello in ten languages.
- 7. Write a short story for your favourite cartoon character.
- 8. Recreate a scene from your favourite film to share with friends.
- 9. Try to make animal shadow puppets with your hands.
- 10. Find five things in your home that are blue.
- 11. Create jewellery out of pasta.
- 12. Ask someone to hide five items around the house and then give yourself five minutes to find them all.
- 13. Create a hope box of things and items which make you smile.
- 14. Become a superhero. What would your superpowers be? What would your outfit look like?

You can try these activities whenever you're feeling down or bored!

#### Half Term Value

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



'My peace I give you.' - John 14.27

#### 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

#### June

Wednesday 22nd June - Sports Day 1:30pm

Thursday 23rd June - Non-school uniform to support Friend's Summer Fair collections

Friday 24th June - Summer Fair

Monday 27th June - Midday Music Box Concert Year 2 + Year 3

Tuesday 28th June - Elmer Club

Wednesday 29th June - Elmer Club



#### July

Friday 1st July - Transfer Day

Tuesday 5th July - Elmer Club

Wednesday 6th July - Elmer Club

Thursday 7th July - Vision and Values Day

Wednesday 13th July - Year 2 trip to Scaplen's Court

Thursday 14th + Friday 15th July - Year 4 Leeson House Trip

Thursday 21st July - Last day of term + Year 4 Leavers Service

# St Johns CE First School Friends Association



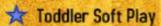
# SUMMER

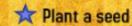


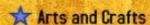
FRIDAY 24TH JUNE 2022 5PM - 7PM

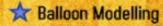
BEAT THE GOALIE SKITTLES BOOK STALL
HOOK A DUCK ICE-CREAMS BOUNCY CASTLE
GLITTER TATTOOS FACE PAINTING RAFFLE
PLANTS WELLY THROWING ADOPT A TEDDY
DONUTS & COOKIES TOMBOLA SWEETS
HOT DOGS REFRESHMENTS AND MORE.....

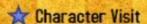
## FREE ACTIVITIES INCLUDE











Come and Join us
St Johns CE First School
St Johns Hill
Wimborne
BH21 1BX



















