

## Message from the Headteacher

Dear Parents/Carers,

Another week has flown by at St John's First!

On Wednesday evening we held our New Parents Evening. It was lovely to hold this event in person enabling parents to see our wonderful school. We are very excited to welcome our new intake into St John's in September.

Yesterday, we had our Vision and Values Day! Working with Cpt Kev, the children reflected on the story of the Unforgiving Servant. They considered different emotions throughout the story and made a forgiveness box. In school, we created our Values Garden mosaic tree. All the children and staff selected a piece of green tile (representing leaf) that we felt represented ourselves to add to the tree. We thought carefully about where to place our piece on the tree and reflected on our own journey of understanding the values and the branches that our own lives may take. A huge thank you to the extremely talented Mrs Evans for all the time and effort she has put into bringing this to life.



Today our Snow Leopards are attending and taking part in the Year 4 Minster Leavers Service where they will be taking part in a number of workshops prior to the service. I look forward to attending the service this afternoon.

Next week, a number of classes are involved in different trips and activities. On Tuesday 12th July our Elephants are going on their Willow Walk trip and Wednesday 13th July Dolphins are going to Scaplen's Court. Our Snow Leopards are heading on their residential to Leeson House on Thursday 14th and Friday 15th July, which we will ensure is memorable.

Hope you all have a wonderful weekend enjoying the sunshine!

Best wishes,



**Miss A Dufek**  
Headteacher

## Wellbeing

Young Minds Young Minds are a UK charity fighting for children and young people's mental health. Their aim is to "to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what."

Young Minds have produced an A-Z mental health guide which is really helpful:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>

They have also produced a parent and carers guide to looking after yourself, some top tips include:

- Be honest about your feelings - you don't have to be perfect. We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened, They will learn from you that it's okay to make mistakes and that it doesn't make you a bad person.
- Be clear about what is and isn't acceptable - and tell them why. Children need to know what is okay and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.

Looking after yourself:

- Ask for help if you need it
- Don't struggle alone
- Take time for yourself
- Don't blame yourself
- Speak to your GP if you are struggling to cope



<https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/>

## 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

### July

Tuesday 12th July - Reception Class Willow Walk Trip

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

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

Monday 18th July - Reception class Bug Fest

Thursday 21st July - Last day of term

- Year 4 Leavers Service at 1:45pm

