

# ST JOSEPH'S CE JUNIOR SCHOOL NEWSLETTER

8th November 2023 - 5

## MESSAGE FROM MRS KOISTON



Dear Parents and Carers,

Writing our newsletter is a real pleasure - it is lovely to have an opportunity to reflect on the past couple of weeks and to consider all we have done.

Sports competitions have just started again. There are a range of tournaments that we take part in. This week has seen Year 3 and 4 children compete in football at the University of Chichester and next week Year 5 and 6 girls will take part.

Pupils in Year 5 have been training to be wellbeing ambassadors to support our pupils with their mental health. Well done to all involved and thank you to Miss Tash for organising this.

Year 6 have started booster sessions to support their mathematics - thank you to Mr Gayle, Ms Rogers and Mr Lehmann for running these after school. Please do make sure your children attend if they have been invited.

You will have seen that the old infant school car park is now closed - please do remember to park with consideration.

Thank you to everyone who came to our parent consultation evenings this week. It was great to be able to share with you how your child is doing. Please do contact your child's teacher if you were unable to attend.

Kind regards,

Mrs Koiston

## School Uniform Reminder

Grey trousers, pinafore  
dresses or skirts  
White collared shirt  
School tie  
Grey with gold band school  
jumper or cardigan  
Grey or white socks  
Black shoes (not trainers)  
Gold/yellow or grey  
headband



## Do you need support?

For children who are not FSM eligible but who's families need urgent support with food here in West Sussex there is a Community Hub operating.

The Community Hub can be contacted on 0330 222 7980 and is open 09:00 – 17:00 seven days a week. Further information can be found via the West Sussex County Council website.





## REMEMBRANCE DAY

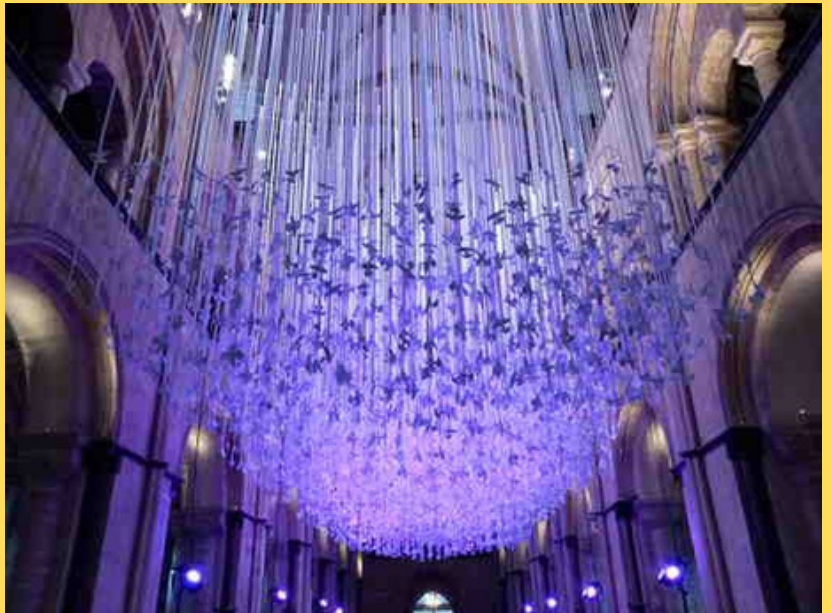
This week we commemorated those who made the ultimate sacrifice for their country in the line of duty. Father Paul and Zena came in and explained why and how we remember.



## PEACE DOVES

All of our classes went to visit the cathedral this week to see the peace doves work of art by Peter Walker. Our pupils helped co-create this by writing messages of peace that are part of the installation.







## V2 RADIO

Ms Rogers organised for V2 radio - our local radio station to come in and record St Bernadette pupils for their popular 'Beat it!' music game - listen next week to hear them on air!



As you are aware the ordering system for school meals including free school meal children has changed. All children that have a hot meal including free school meal children have to have a meal ordered via Parentpay. If you do not order your child a hot meal by the cut off day of each Thursday at midday and they normally have a hot meal, the school will order them a jacket potato. If you require any assistance, please contact the school office immediately.

Please note you are able to order in advance rather than weekly.

## HOT MEALS INFORMATION

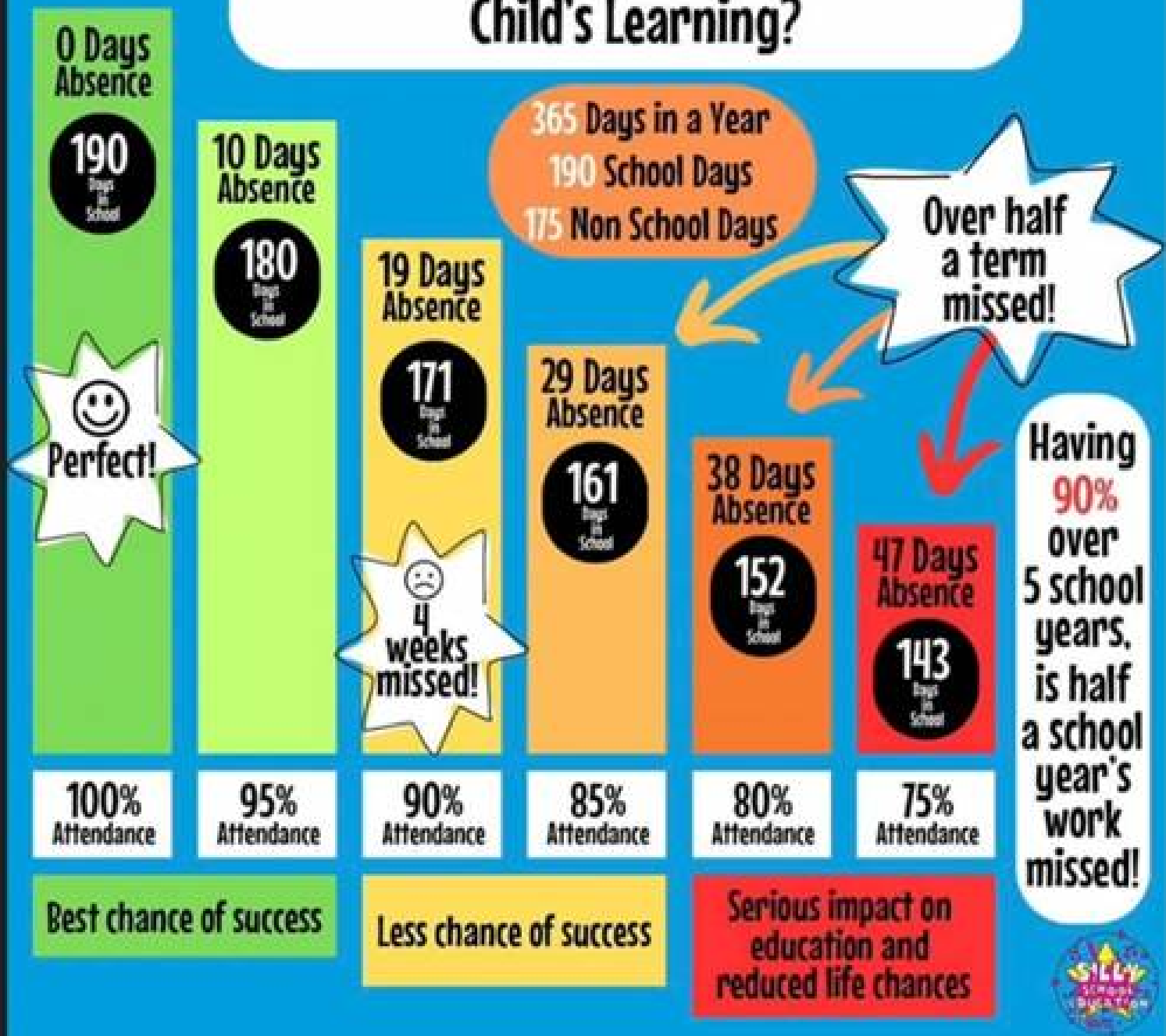
## REGULAR ATTENDANCE MEANS PUNCTUAL ATTENDANCE

Please remember in September:

- Gates open at 8.25am
- Classroom doors open at 8.30am
- Gates close at 8.45am

School attendance is important because the law requires it. As a parent you are legally responsible for making sure your child gets a full-time education. This means registering your child at school and making sure they attend regularly.

# How Does School Attendance Affect a Child's Learning?



St Francis - 93.3%

St Martin - 93.4%

St Teresa - 97.5%

St Bernadette - 93.3%

St Paul - 85.7%

St Richard - 95.2%

St Cecilia - 95.4%

Well done St Cecilia!





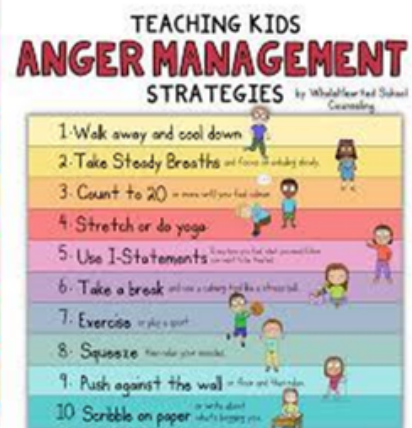
## Anxiety presents itself in many different ways...



www.thepathway2success.com Clipart by Kate Hadfield & Sarah Pezzullo

For kids and teens struggling with managing their anger, it's important to stress that anger isn't the issue. Anger is a normal emotion. The challenge is learning to manage that anger in healthy ways.

www.thepathway2success.com



## SOCIAL, EMOTIONAL AND MENTAL HEALTH SUPPORT AT ST JOSEPH'S CE JUNIOR SCHOOL

Did you know? At St Joseph's, we value wellbeing. There are a number of different ways that we can support pupil's if they are struggling. These include:

ELSA with Mrs Sheppard  
Play therapy with Anna or Tash  
CBI with Ali  
CGL therapy with Jasmine



## What Keeps Generalized Anxiety And Worry Going?

If you find uncertainty unpleasant, you might do more:

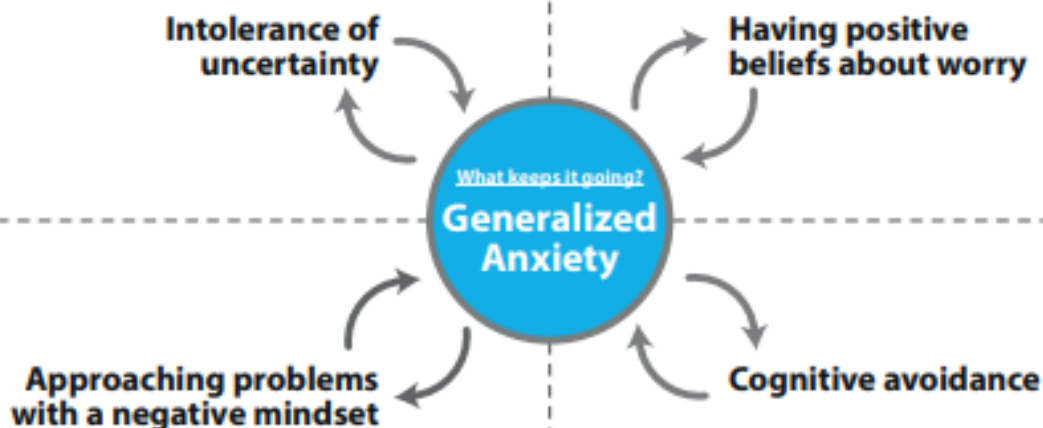
- Worrying, in an attempt to anticipate problems.
- Planning in advance how you might deal with difficulties.
- Checking and researching to find out as much as you can.

Strategies designed to help you to 'feel certain' such as worrying and planning can backfire: for every "what if ...?" question there are many uncertain answers, which leaves you feeling even less certain.

Positive beliefs about worry include:

- Worrying helps me to find solutions to problems.
- Worrying increases my motivation to get things done.
- Worrying in advance helps me cope if the bad event happens.
- Worrying can prevent bad things happening.
- Worrying shows I am responsible and caring.

Unsurprisingly, people who hold positive beliefs about worry tend to do more worrying.



People who worry often feel like they don't have the skills they need to solve problems.

If you don't think that you're capable of solving problems, you might try to avoid problematic situations. Avoidance can cause other difficulties, such as getting less practice at solving problems.

Anxiety doesn't feel good, and so you might try to avoid particular thoughts and feelings by:

- Suppressing worrisome thoughts.
  - Using distractions to interrupt worry.
  - Avoiding situations that cause worry.
- Avoidance strategies are physically and mentally tiring. Avoiding or suppressing your thoughts can actually result in experiencing even more of the things that you are trying to suppress.

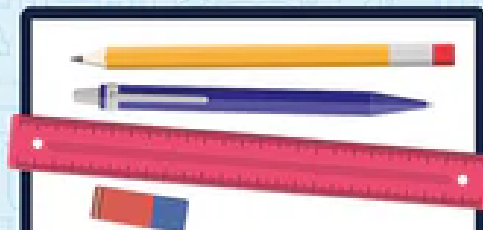


# READY, RESPECTFUL AND SAFE AT ST JOSEPH'S CE JUNIOR SCHOOL

## Be Ready to learn:



**Be on time**

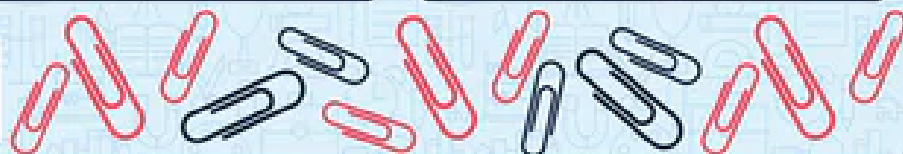


**Have all my  
equipment**



**Enter the  
classroom  
calmly**

## Be Respectful:



**Show wonderful walking in the corridors**

**Look after  
all school  
property**



**Stop and  
listen when  
an adult  
raises  
their hand**



**Show pride  
in my  
learning  
and  
presentation**



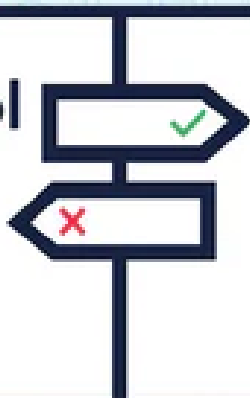
## Be Safe:



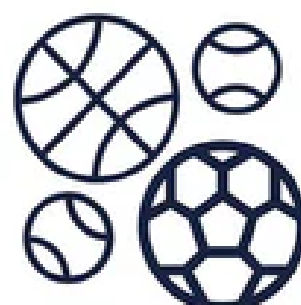
**Be polite to all others**



**Follow school  
rules for  
health  
and safety**



**Play safely  
at break  
and lunch  
times**







# STAR OF THE WEEK

St Teresa - Sophia D and Eliza

St Francis - Alex and Bruno

St Paul - Logan and Lily

St Cecilia - Charlie and Ryan

St Martin - Isla-Rose and Alisa

St Bernadette - Lola and Alfie

St Richard - Bailey and Freya

Our excellence awards are for children who are ready, respectful and safe every day. They are role models for our school and we are so proud of them.



# Dates List

w/c 13th November	Anti-Bullying Week
13th November	Odd Socks Day
17th November	Children in Need - Wear sporty clothes for a £1 donation
7th December	Christmas Jumper Day
8th December	St Cecilia Class singing carols at Wellington Grange care home
12th December	Christmas Service at St Paul's
13th December	Christmas Fair after school
14th December	Chartwells Christmas Lunch - Book by end of November
15th December	Last day of term
w/c 18th December	CHRISTMAS HOLIDAYS
w/c 25th December	CHRISTMAS HOLIDAYS

All dates are subject to change. More dates will be added as we go through the year. Please check the newsletter for the most up to date list.



2nd January	INSET Day
3rd January	First day of Spring term
8th February	Valentine's Disco
8th February	Year 4 Weald and Downland Trip
9th February	Learning plans sent to parents of children on the SEND register Mid-year report out to all parents
w/c 12th February	HALF TERM
19th February	INSET Day
20th February	First day back after half term
28th February	SATS meeting for parents - 5-6pm
27th March	Class Photos
28th March	Last day of Spring Term
w/c 1st April	EASTER HOLIDAYS
w/c 8th April	EASTER HOLIDAYS
15th April	First day of Summer Term
24th April	5-6pm - Y6 Residential Meeting for parents
24th May	Learning plans sent to parents of children on the SEND register
w/c 27th May	HALF TERM
3rd - 6th June	Year 6 Residential to Cobnor Activity Centre
28th June	Summer Fayre
3rd July	West Sussex Transition Day
9th July	Summer Disco
12th July	End of Year Reports out to parents
18th July	3.30 - 4.30 - Parents consultation - drop in and discuss report and visit new classroom
23rd July	Last day of summer term Y6 Prom