



Spring Term 2023.

Friday 10<sup>th</sup> March 2023

# St James' CE Primary School

## Newsletter Issue 23

### Our Vision is:

Within our community we strive to develop **deep roots**, **strong growth** and **freedom to flourish** as a unique and whole child of God.



Deep Roots



Strong Growth



Freedom to Flourish

Our vision is linked to Matthew 13 - The Parable of the Sower - '... but the seed falling on good soil refers to someone who hears the word and understands it. ....produces a crop, yielding a hundred, sixty or thirty times what was sown.'

### Our Values are Kindness and Respect:

Responsibility : Autumn 1

Spring 1: Perseverance

Summer 1: Courage

Friendship : Autumn 2

**Spring 2 : Trust**

Summer 2: Positivity

### A message from Mrs Everard

What a lovely but rather chilly and wet week it has been! This week in worship the children performed their class poems that they learnt as part of 'Book Week' - it was so lovely to see the value of courage shine out in their performances, these videos will be posted on the class website pages. We also continued our work on 'Trust' and we had a visit from 'pathways' who shared the story of Jesus on Palm Sunday and his arrival in Jerusalem and how the crowd played an important role in the events that week before Easter.



They also discussed how Jesus showed trust in his disciples and in what was happening to him. Some children from Years 4, 5 & 6 supported them in retelling the story. Year 4 gave their thanks for the worship and Oliver and David - said they enjoyed the actions that helped to tell the story.



This week we continued to look at John 14:1 and how this supports us to have faith in our decisions and actions and that God can guide us and be the voice that helps us make decisions. Our prayer this week was thankful for our ability to communicate:

*Dear Heavenly Father,*

*Thank you for the joy of words, rhyme and rhythm and our ability to read and understand. Help us always be thankful for our voices and our abilities to work together as a class and a community. We thank you for the joy and courage that helps us perform. Help others have the same courage and confidence to speak up and use words in a positive way.*

*Amen*

Wishing you a peaceful weekend, God Bless  
Mrs Everard and all the staff



# Celebration Worship



This week our superstars are:

Reception Class	Year 1	Year 2	Year 3
<b>Ashley &amp; Benjamin</b>	<b>Nariyah &amp; Ester</b>	<b>Ezer &amp; Tony</b>	<b>Jasmine &amp; Rex</b>
<b>Ashley &amp; Benjamin:</b> for always showing respect and kindness to everyone in reception class. They are continuously learning because they always listen so well.	<b>Nariyah:</b> for always being a helpful and kind friend to everyone and always trying her best! <b>Ester:</b> for showing commitment to her learning and engaging more in whole class teaching.	<b>Ezer:</b> for always taking responsibility for his behaviour and showing kindness and respect in his actions and words <b>Tony:</b> for always demonstrating respect and kindness to his class.	<b>Jasmine &amp; Rex:</b> for showing perseverance in all their work and producing work to be proud of!
Year 4		Year 5	Year 6
<b>Isaiah &amp; Peaceabelle</b>	<b>Safiya &amp; Isabella</b>	<b>Rhema- Zoe &amp; Laurdy</b>	
<b>Isaiah:</b> for demonstrating good listening skills in PE and for taking responsibility for his pen licence. <b>Peaceabelle:</b> for taking responsibility during her learning and wanting to succeed.	<b>Safiya:</b> fantastic research skills on Ancient Greece. <b>Isabella:</b> taking responsibility for her learning and always persevering when something is tricky!	<b>Rhema- Zoe &amp; Laurdy:</b> for always showing respect, kindness and responsibility to the class and the school community - they are great ambassadors of the school!	
We are so proud of you for your success in class - Congratulations!			



 Well done!



## Diary Dates

**Dates for your Diary****RE Week****Week Beginning 27<sup>th</sup> March 2023**

Further details to follow

**Thursday 30<sup>th</sup> March**Holy Week Service at St James' Church  
9.10am**Friday 31<sup>st</sup> March 2023**School finishes at 1.30pm -  
Easter Holidays**Monday 17<sup>th</sup> April 2023**

INSET DAY - NO SCHOOL

**Back to School**Tuesday 18<sup>th</sup> April 2023  
at 8.40am**Monday 1<sup>st</sup> May**

BANK HOLIDAY - NO SCHOOL

**Monday 8<sup>th</sup> May**

BANK HOLIDAY - NO SCHOOL

**Diary Dates****Mon 13<sup>th</sup> March**Yr2 and Yr3 - Song sack project in  
school - singing workshopYr5 learning how to play Ukuleles in  
school as part of their music  
curriculum**Tag rugby tournament at Raglan - if  
your child is attending they will have  
received a letter.****Tues 14<sup>th</sup> March****Boys Football League at Lea Valley**  
*If your child is attending they will have  
received***Wed 15<sup>th</sup> March***NEU Strike action - School Closed***Thurs 16<sup>th</sup> March***NEU Strike action - School Closed***Fri 17<sup>th</sup> March****NO Boys Football or Netball**

# ATTENDANCE

## EVERY DAY COUNTS!

**Our winning class this week is: Year 5**

YR	Yr1	Yr2	Yr3	Yr4	Yr5	Yr6
84%	95%	87%	92%	94%	98%	97%

Attendance at school is  
essential to your child's  
progress and their  
enjoyment of learning, the  
opportunity to build those



#schooleveryday

friendships, work as a team and be confident in their learning.

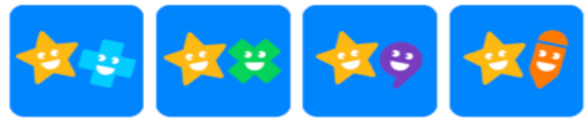
This all helps them flourish and grow as our vision. states - **We MUST improve and  
get more classes in the green zone!**

# Attend Today, Achieve Tomorrow





**Congratulations to:**  
**David- Year 4**  
**Jowell - Year 3**  
On achieving his Pen  
Licence in class!



**This week's winners are**  
**Yr1**

**Timestable Doodlers!**  
**Yr6**



### Weekly winners

**1<sup>st</sup> Place: Thomas Edison**

**2<sup>nd</sup> Place: Ronaldo**

**3<sup>rd</sup> Place: Attenborough**

**4<sup>th</sup> Place: Fergal Sharkey**



If you would like to donate an item to the school, please use the link below which will take you to the amazon wish list. If you find something you would like to purchase, just add it to your basket and follow the same process as if you were ordering something for yourself. The items will be delivered directly to the school. If you want to support the local shops rather than ordering online, feel free to buy similar items there.  
With thanks

<https://amzn.eu/d2KKPfk>



We have already had some deliveries from our Amazon Wish List! Thank you so much for helping us as a school and for providing things for the children in what is a challenging time. we are so grateful!

Thanks to: George Robo's family Yr1, Eliya Lampety Yr4, Ayla-Rae & Mum Yr6, Ella Tona and Mr Bunyan for purchasing some items from the wish list!



## Information and advice

A vibrant, colorful poster for HAF Enfield Easter 2023. The background is light blue with large, stylized flowers in various colors (yellow, pink, purple, blue). The title 'HAF Enfield Easter 2023' is prominently displayed in large, bold, multi-colored letters. A circular badge in the top right corner indicates the dates: '3rd - 6th April and 11th - 14th April'. A central text block states: 'FREE\* places available in Enfield's Holiday Activities and Food (HAF) programme this Easter, visit https://hafenfield.co.uk/ to book today or email haf@enfield.gov.uk for more information'. Below this, a smaller note says: '\*Free for those in receipt of benefits related free school meals'. The poster features several circular inset images: a boy painting, a group of children playing soccer, and children eating. At the bottom, there are six colored boxes with dashed borders, each containing a text label: 'Arts & Crafts' (green), 'Get Active' (pink), 'Free nutritious meals' (blue), 'Cooking' (orange), 'Day Trips' (yellow), and 'Plus much much more!' (purple).

**HAF Enfield Easter 2023**

**3rd - 6th April and 11th - 14th April**

**FREE\*** places available in Enfield's Holiday Activities and Food (HAF) programme this Easter, visit <https://hafenfield.co.uk/> to book today or email [haf@enfield.gov.uk](mailto:haf@enfield.gov.uk) for more information

\*Free for those in receipt of benefits related free school meals

**Ages 4-16**

**Arts & Crafts**

**Get Active**

**Free nutritious meals**

**Cooking**

**Day Trips**

**Plus much much more!**

Funded by



Department  
for Education

<https://hafenfield.co.uk/>  
[www.enfield.gov.uk](http://www.enfield.gov.uk)



# SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

## POSITIVE IMPACTS

### EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

### SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

### A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

## NEGATIVE IMPACTS

### SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

### HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

### ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

### CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



# *Easter* **RAFFLE** **WIN A EASTER EGG**

**20p a ticket buy as many as you like**

**(tickets will be on sale after school  
from Tuesday 14th March)**

**Draw will take place on  
FRIDAY 31ST MARCH**

**GOOD LUCK FROM THE  
FRIENDS OF ST JAMES !!**