



Thursday 27th February 2020

Spring Term Issue 19

NEWSLETTER

St John's Highbury Vale C. of E. Primary School

School Website: www.st.jhv.islington.sch.uk

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Welcome Back

We hope you all had a wonderful half term break and are ready for a fun-filled six weeks until Easter. We have lots to look forward to including World Book Day, KSI Cinema night, KS2 Disco, International day, the Easter service and of course the Easter bonnet parade. We are also looking forward to seeing what great learning opportunities the teachers have in store over the next few weeks.



The class with the best attendance last week at 98.7% was ...

Year 3



The class with the best punctuality last week and with 0 children late all week was ...

Year 4 & 6

Healthy Packed Lunches

As you are aware, we are really pushing this year to have everything in place to gain back a Healthy Schools Award. We have worked hard this year so far on changing our Cake Sales to Snack Sales, with some very inventive ideas. Birthdays are now celebrated with fruit, popcorn and other less sugary treats. The last thing we have to work on are lunches. Caterlink, (our school lunch provider) are doing their part to reduce the amount of meat, sugar and salt used. We also need to consider packed lunches, and what the children are bringing in from home. To help with some more creative ideas for healthy packed lunches please visit this NHS website...

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Children's Mental Health

We are pleased at how well the Meaningful Minds self-referral sessions have taken off in school. Children are referring for genuine reasons, in which Gladys is fully equipped to deal with. One thing to be aware of this term, particularly for parents of children in Year 2 and 6, is that there will be an increased mention of the SATs test, which happen in May. This is to prepare the children and get them ready both mentally and academically to tackle the papers. The children, in both year groups, will be practicing SATs style questions and understanding what they will need to do to be successful in the tests.

Year 6 will also be finding out their secondary school places within the next week, and again this is another area in which your child may need some additional support.

Lost Property

On Monday morning and Monday evening next week, we will put out in the sheltered section of the playground, all of the lost property that has accumulated over the past seven weeks. Please have a good look through all of the clothing and take anything that belongs to your child.

How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



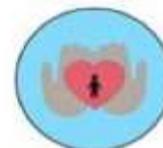
Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries

