



Friday 19th May 2023 Summer Term Issue 29

NEWSLETTER

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

School Website: www.stjhv.islington.sch.uk

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The class with the best attendance
at 97.3% was

Y3 & Y6



The class with the best punctuality and
with 1 children late all week was

Y1, Y3, Y5, Y6

Gymnastic tournament

This week, children from Years 3 and 4 travelled to The Sobell Centre to participate in the Year 3/4 Gymnastic Tournament. It was a busy day with lots of schools participating. The children had to memorise routines in both body management and floor, as well as explore the vault! The children were amazing and worked extremely hard to perform. Overall, St Johns came 2nd place with an average score of 26.09 out of 30. Also a huge well done to Imogen from Year 4



taking 3rd place in the individual awards section, with an impressive 28.0 out of 30. Go team St Johns HV!

Dates for this term

- 22nd May – Year 5 RSE Resources Session in the Main Hall at 9am
- 23rd May – Year 1 RSE Resources Session in the Main Hall at 9am
- 24th May – Year 3 RSE Resources Session in the Main Hall at 9am
- 25th May – Year 6 RSE Resources Session in the Main Hall at 9am
- 26th May – Year 5 – Open morning in the Maberly Hall at 9am
- 9th June – Year 3 – Open morning in the Maberly Hall at 9am
- 12th June – Secondary School Transition Meeting for Year 5 (Online event) at 5pm
- 16th June – Year 1 – Open morning in the Maberly Hall at 9am
- 23rd June – Year 6 – Open morning in the Maberly Hall at 9am
- 29th June – French Day
- 7th July – Year 2 – Open morning in the Maberly Hall at 9am
- 14th July – Reception Class – Open morning in the Maberly Hall at 9am
- 30th June – Sports Day
- 12th July – Year 6 End of Year Show Afternoon Performance
- 13th July – Year 6 End of Year Show Evening Performance
- 20th July – Year 6 Leavers Service

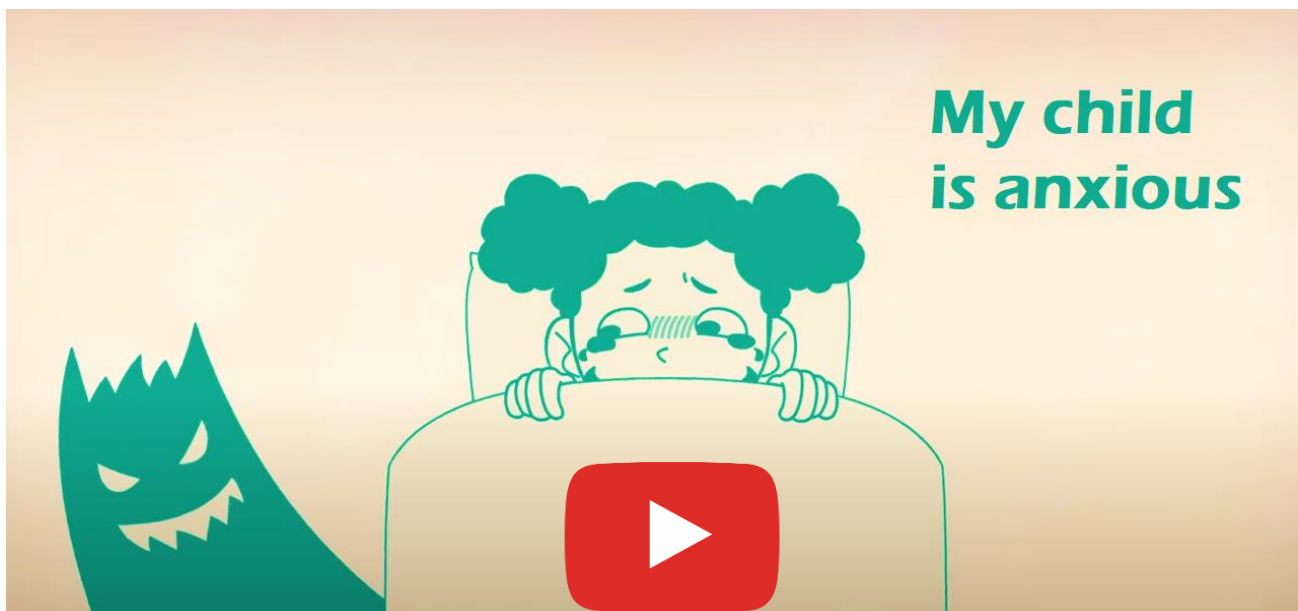
Growing together – gardening and wellbeing project.

We have started a gardening project at St John's, where each class has their own raised bed to grow vegetables.

This project is about finding ways of how we can support and care about each other. Growing together is about understanding and accepting a process of change. Change happens every day and nature is the best of showing it to us. Gardening encourages children to take responsibility, teaches patience and respect to all living creatures and the cycle of life.

Children learn that plants depend on them to help them grow. Giving daily attention and looking after plants should give a sense of purpose and excitement. Seeing the plants thriving gives a sense of achievement. Positive experiences of solving small daily problems and coping with daily changes will help them to build resilience which helps not to give up.

We can't wait to see the results!



<https://youtu.be/JliUpoE9tAs>

If your child seems anxious – for instance, they're not their usual self – take time to understand what's going on. You'll then be in a better place to help them.

- Start by letting your child know you've noticed a change in their behaviour or mood.
- Encourage your child to tell you how they feel.
- Teach your child to calm anxious feelings by breathing slowly together, rocking gently, or listening to calming music. You could even try yoga!
- Or your child may feel better after doing something very active, like running or skipping, or going for a walk.
- There are other things you can do to you can help your child cope with situations that make them anxious.
- Look after yourself too.

Reception

We went down to the garden to check on our onion, spinach and radish plants. We looked at how much they have grown and talked how planting our own food and watching it grow makes us feel.



Year 1

Year 1 have been celebrating mental health week. We enjoyed some time in the sunshine planting beetroot and French beans. We enjoyed relaxing with some mindfulness art in the classroom, and spoke about things that makes us happy.



Year 2

Year 2 prepared our class planter by pulling out all of the weeds. We then planted our seeds and can't wait to see what grows!



Year 3

This week, Year 3 have planted our vegetables in the school garden. We planted peas and radishes together and are excited to watch them grow. We have also been looking after our sunflowers that we planted at the beginning of the term as well.



Year 4

In Year 4, we have been spending some time in the garden for mental health week. Gardening is therapeutic, and it helps us relax. We have planted strawberries.



Year 5

In Year 5, we planted lavender plants. First, we removed the weeds; then, we sowed the seeds and watered them. Last, we wrote words to label how we felt while gardening: calm and happy.



Year 6

This week, to continue our well-being / mental health week, we spent some time in groups planting seeds into our new plant boxes! Year 6 planted sage, carrots and lettuce.



Families, Food & Feelings Parenting Workshop

**Free online session for parents and carers of children
aged 5-17 who live in or attend school in Islington or
Camden.**

**25 May 2023
10:00-12:00
Online session**

**The friendly facilitators provide strategies and insight to
help parents feel confident in:**

- **Making mealtimes enjoyable**
- **Setting healthy boundaries**
- **Encouraging children to eat more fruit and vegetables**
- **Modelling healthy behaviours**
- **Understanding emotional eating**
- **Helping children to have a healthy relationship with food
and more...**

Please register for this session via the Eventbrite Link below:

**[https://www.eventbrite.co.uk/e/camden-and-islington-families-
food-and-feelings-workshop-session-tickets-626213309867](https://www.eventbrite.co.uk/e/camden-and-islington-families-food-and-feelings-workshop-session-tickets-626213309867)**

Email brandoncentre.healthyliving@nhs.net for more information

**[https://www.eventbrite.co.uk/e/camden-and-islington-families-food-and-feelings-workshop-session-tickets-
626213309867](https://www.eventbrite.co.uk/e/camden-and-islington-families-food-and-feelings-workshop-session-tickets-626213309867)**

Bright Futures Islington

Would you like to be a Parent Champion?

- Share information with Islington Parents about activities, childcare, healthy living, employment and more on Islington's services.
- To encourage families to access Islington services.
- Help shape and develop Bright futures and other Islington services.
- Build on own knowledge, experiences, and confidence.
- Meet local parents with children of similar ages

What's on offer ?

- Travel reimbursement
- On-going Parent champion support
- Further training opportunities
- 12 places available
- Refreshments throughout training

Please contact Bright futures Participation lead to register your interest:

Email: Hannah.brewer@islington.gov.uk

Contact number: 07974604096

Or contact your local Bright futures outreach team to request a referral.

Who are Bright Futures parent champions?

- Mums, Dads and Carers
- Have children aged 5-19 years (or 25 with SEND)
- Use Bright futures services
 - Able to volunteer 3-4 hours per week



ISLINGTON
For a more equal future