

Friday 7th October 2022 Summer Term Issue 5

# NEWSLETTER

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

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

Follow us on Twitter @STJHV



The class with the best attendance at 98.1% was

Year 3



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



## Islington Schools Football Tournament

On Monday morning, girls from Year 5/6 had the opportunity to participate in the Islington Schools Football Tournament.

The girls worked extremely hard and improved with every game. We look forward to the start of the School Football League.

We are always looking for volunteers to help out with trips. We would love the children to attend as many sporting opportunities as possible but we can't do this without volunteers. If you would be interested in coming along please email

sport@st jhv.islington.sch.uk



#### Free flu vaccine to all children Reception — Year 6

The Vaccination center are asking parents to complete this additional questionnaire

https://docs.google.com/forms/d/e/IFAlpQLSeHMXzfgtHzfOPGKh I6yrqIJWTVIZIZhUAKSS\_9XHHk-J5wWQ/viewform?usp=sf\_link together with E-CONSENT

https://london.schoolvaccination.uk/flu/2022/islington to give consent, or to decline it.

You can find the paper copy for nasal flu vaccine or flu vaccine in jection in the office.

Nurses have booked to visit our school on Thursday 17th November

#### Equality and Diversity at St John's

This survey focuses on questions around diversity and equality at St John's.

We are asking parents to complete the following survey.

https://docs.google.com/forms/d/e/l FAlpQLSeHnylXcPqS9V4LGP4b2Nfy 5EDz8--

lquTwCza8SEt9PDW3Qg/viewform ?usp=sf\_link



# Friends of St John's

# AGM

What: Financial report, election of new trustees, budget and spending priority for the school, how to get involved

When: Tuesday 11th October 2022 from 09am to 0930am

Where: Main Hall of the School

OPEN TO ALL, HAVE YOUR SAY! ELECT YOUR FOSJ COMMITTEE

If you have any questions or suggestions please email us: fosj@gsuite.stjhv.islington.sch.uk

# **FOSJ QUIZ NIGHT**



It's a fun evening to get together with other parents and raising money for the school.

And it can also get pretty competitive!

## £2 minimum donation including pizza

Fully stocked donation bar: prosecco, lager etc. all donations towards the school

Kindly supported by local Estate Agents



# Friends of St John's needs You for the role of 'Chair'



# Happiness Project — Week 5 — Emotions

Emotions help us to communicate with others, this can be when we feel sad and need some help. They also can help us to act quickly in important situations.

Recognising your emotions and learning to manage them is one of the most important skills you can have.

#### All Feelings are OK, All Behaviours are NOT

Understanding your emotions helps to self-regulate yourself better, navigate your way through tough situations and handle in a calmer, purposeful way.

## Taking control of your life

It does not mean you control everything that happens. It means that you understand what you can control, what you can't control and focus on what you can do by confidently moving forward with your own goals and

EMOTIONS AREN'T "GOOD" OR "BAD" S EXAMPLES 2 STRESS They are SIGNAL "I need to slow down. to us... our body bringing our attention to SAD Something -> Maybe lelling you know that "It's okay. I need love 4 to Something is 'off-kilter' look for joy t or out of balance. ASK YOURSELF: **ANYIOUS** WHAT IS THIS FEELING TRYING TO TELL ME?"

priorities, while embracing change as an inevitable part of life.

'If you find you are here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally. If you want to take responsibility for your life, you must choose one of those three options, and you must choose now.' *Eckhart Tolle* 

Special task: At home, share your most embarrassing story to show that we all have been there, it happens to all of us. Share how you felt and what you have done then, what would you do now.







# **DESIGN OUR CHRISTMAS CARD 2022**

We are excited to announce the launch of our 'Christmas Card Competition' where we invite London School children to design the Society's Christmas card for 2022.

Our Christmas card is sent out to all donor's and supporters of the London Children's Flower Society, including all our Volunteers.

This competition is open to all London School children to enter. Designs should be A5 sized and any medium can be used such as paint, pencils & crayons. We are looking for a colourful, bright design with a Christmas theme and represents the joy of gardening.

All entries should be either be posted to our head office:

The London Children's Flower Society 61a High Street Orpington Kent BR6 OJF



Or emailed to us at: <a href="mailed-to-us-at:londonchildrensflowersociety@outlook.com">londonchildrensflowersociety@outlook.com</a>

The closing date for all entries is 4<sup>th</sup> November 2022

Please ensure all entries include details of the Child's Name, Age and School.

The top **three** entries will receive a prize. So please encourage all your pupils to participate and Good Luck!

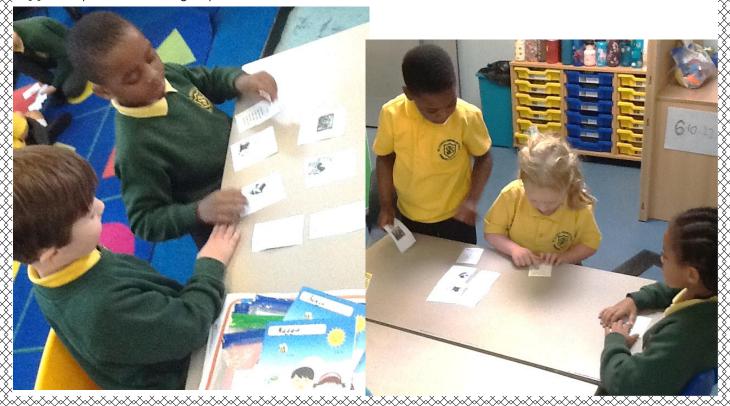
Kind Regards Emma-Jane McGrath Director

### Reception

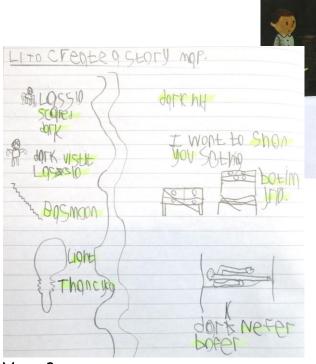
This week we have been doing lots of counting in maths. With Yvette, the children used their matchsticks and 



 $\mathring{\mathbb{X}}$  In Year I we have been looking at the poem 'Beware!' by James Carter and played a matching game for different poems in small groups.



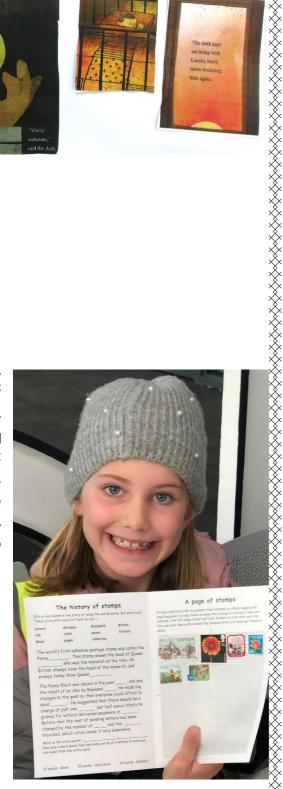
# Year 2 This week in Year 2, we have been sequencing events and drawing story maps for our class text: The Dark.



#### Year 3

Last week, Year 3 had an opportunity to go to the StampEx exhibition at the Business Design Centre. We learnt all about the history of stamps and why they are so important. We were able to complete some fun activities like designing a card using stamps and creating symmetrical pictures. We then looked around the exhibition and got to see some rare and special stamps and came home with a goodie bag each full of different and interesting stamps. It was so interesting learning about these stamps and we had such a wonderful time looking around at all of the different artwork. We would also like to say thank you to the parents that came with us to help!



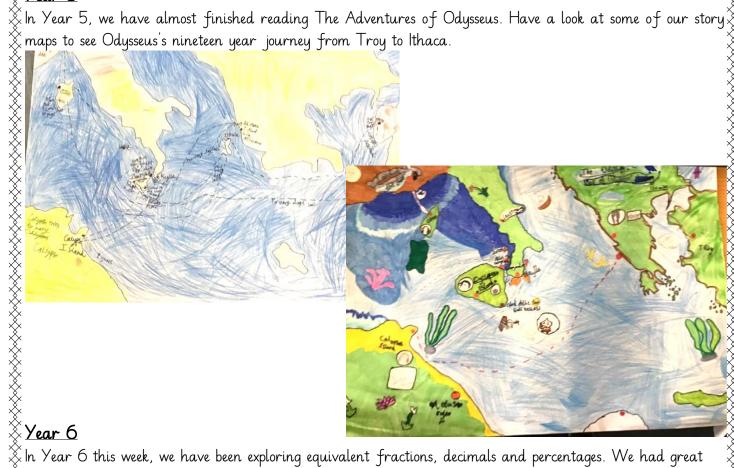




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#### Year 5

 $\lessapprox$  In Year 5, we have almost finished reading The Adventures of Odysseus. Have a look at some of our story



 $\lessapprox$  In Year 6 this week, we have been exploring equivalent fractions, decimals and percentages. We had great fun playing a whole class fractions loop card game!

