



Friday 14th October 2022 Summer Term Issue 6

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 2 children late all week was

Reception

Islington Schools Football Tournament

On Monday, boys from Year 3/4 participated in the Islington Primary School Football Tournament.

The boys played four matches, winning three and drawing 1. St Johns topped their group, qualifying for the Final stages today. The Finals were very tough with some very talented players. St Johns did extremely well, with some players experiencing school competitions for the first time. We won our first game and lost two, which unfortunately knocked us out. We took lots of positives from the event and are extremely proud of all involved in both days.



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/1FAIpQLSe+MXzfgt+zjOPQKh16yrqJWTVIZIZhUAKSS_9XH+k-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 injection in the office.

Nurses have booked to visit our school on Thursday 17th November 2022.

Individual and sibling photos at school on Tuesday 1st November



FOSJ QUIZ NIGHT



On Wednesday 19th OCTOBER
at 7:30pm at
St. John's Highbury Vale

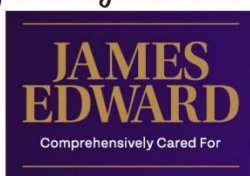
It's a fun evening to get together with
other parents and raising money for
the school.

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



Any questions or volunteers please email :fosj@suite.stjhv.islington.sch.uk

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

Check video HERE  https://youtu.be/_ANR_KLpof8



Happiness Project – Week 6 – Healthy Body

Research has shown that a healthy body leads to a healthy mind. It is also very important in development and growth. Try to incorporate healthy choices into the daily routines, but still have plenty of fun, as well as giving yourself time to relax and wind-down.

- **Having a Healthy Balanced Diet**

Eating healthier foods has been shown to help boost moods and improve memory.

- **Being Active**

Make time to exercise every day. Exercise is great for your brain, not just your body.

- **Get into good hygiene habits.**

That means you should wash properly and wear clean clothes.

- **Get plenty of sleep.**

Getting enough sleep is a very important part of the natural development. Research has shown that sleep is just as important as a healthy diet and exercise for avoiding childhood obesity. Children who don't get enough sleep tend to crave sugary and starchy foods for energy during the day, which they wouldn't if they had slept more.

- **Visit the doctor if you are ill.**

If you have a healthy diet, and do plenty of physical activity, you will be giving yourself the best chance of staying healthy and avoiding illnesses.



Families for Life

feeling good and living well



Free healthy lifestyle programmes and sessions to families in Islington

Families for life is a healthy lifestyle programme to support families with children aged 2 – 11 years to be active and have a healthy lifestyle. The programme supports parents to gain the skills and knowledge they need to help their children (and wider family) live active, healthy lives.

[Please check for more information, free cooking courses and recipes HERE](#)



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 0JF

Or emailed to us at: londonchildrensflowersociety@outlook.com



The closing date for all entries is **4th 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 looking at how to keep our bodies healthy - our teeth in particular. We learned how to make sure we clean our teeth properly; we had a go at brushing a large set of teeth and also took a toothbrush and toothpaste home.



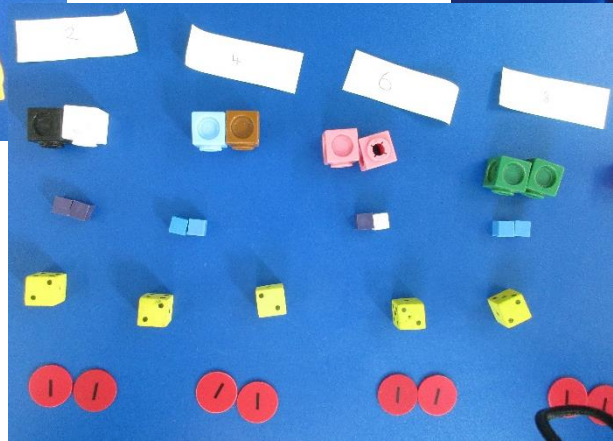
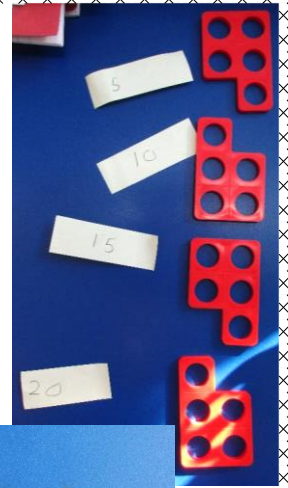
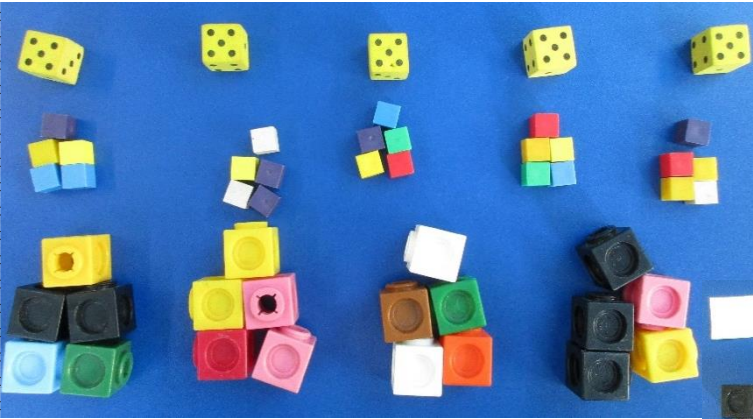
Year 1

In Year 1 this week, we have been doing drama in English by re-enacting parts of our class text and drawing portraits of our friends.



Year 2

This week, Year 2 have been counting in 2s and 5s. We used manipulatives to help and to demonstrate the count.



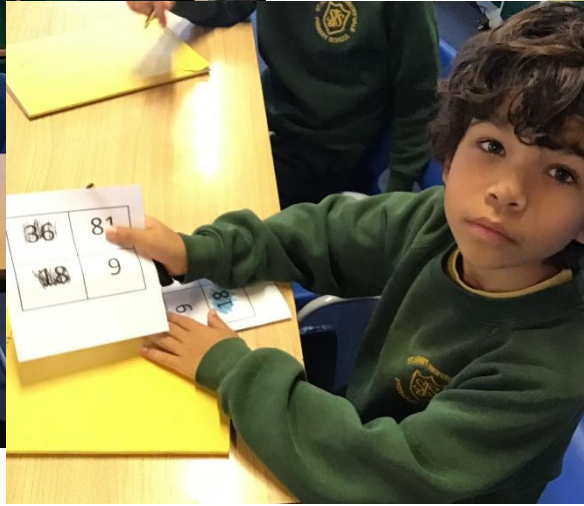
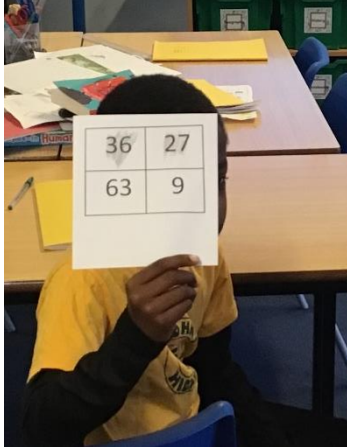
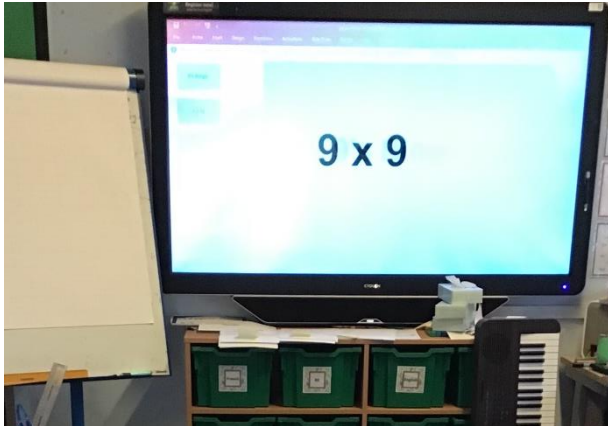
Year 3

This week, year 3 have been continuing their learning about the Bible's big story in RE. We looked at Incarnation and The Gospels. We acted out the parables that are in the Bible and talked about why they are so important as well as what their message was. It was fun using our drama skills and working together to put our pieces together!



Year 4

In Year 4, we have been practicing our times tables by playing multiplication bingo.



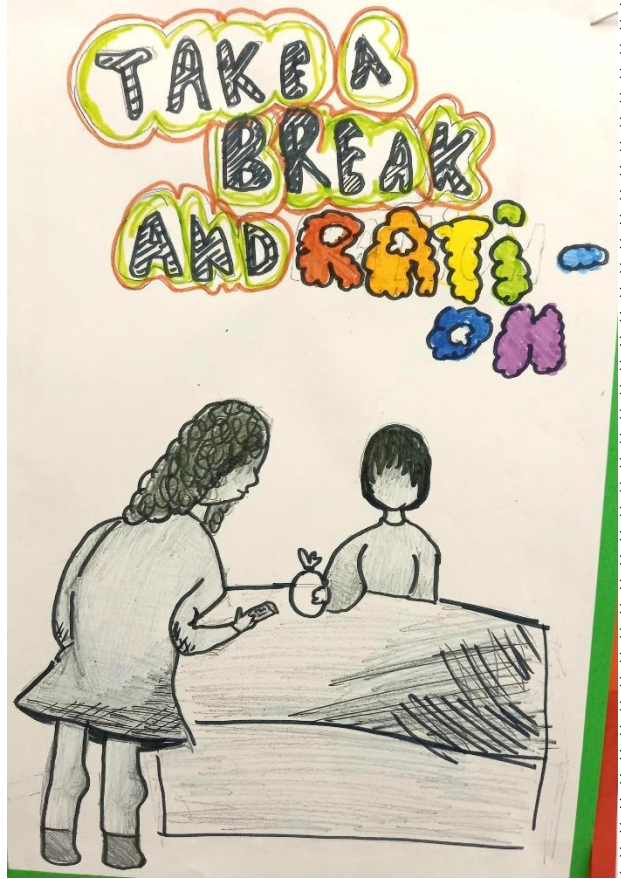
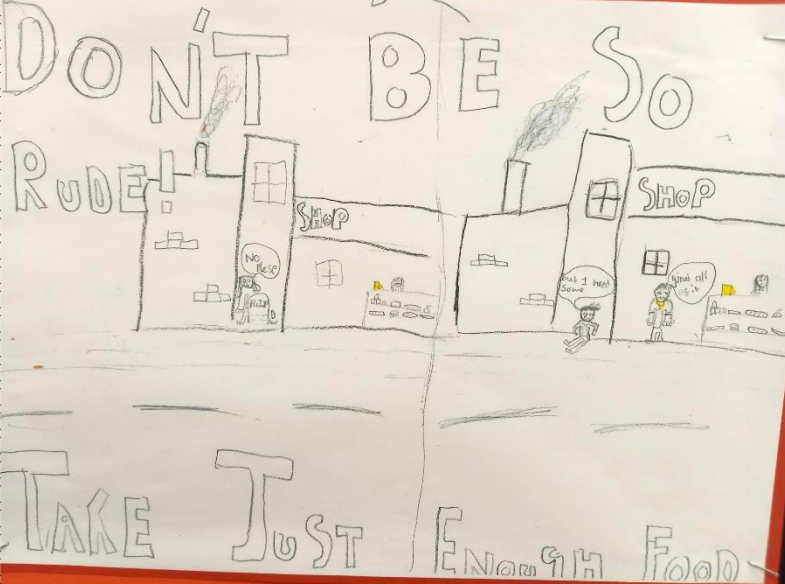
Year 5

This week in PSHE, Year 5 were set the challenge to work in groups to build the tallest tower possible. We realised that success is not a destination, it's a journey. The doing (in this case working as a group) is often more important than the outcome.



Year 6

This week we have been studying World War 2. We created propaganda posters about rationing, evacuees and 'make do and mend'. We imagined what it would be like to be a woman in WW2, receiving our own letters of employment for the Woman's land army and munition factories!



CHRIST CHURCH
HIGHBURY

YOUTH CLUB JR

Contact Lydia@christchurchhighbury.com
for more information.

EVERY OTHER FRIDAY,
5:30PM-6:30PM.
SCHOOL YEARS 4-6.

CHRIST CHURCH COMMUNITY
CENTRE.



YOUTH CLUB JR is on every other
Friday at the Christ church
Highbury community centre from
5:30pm-6:30pm.

This is for those in year 4, 5 and
6. Year 7s are also welcome!
Please contact Lydia for the
dates.

Come and enjoy games, sport,
stories, craft and more!

In order for this to run we need to
grow our volunteer team, so if
you think you will be able to give
an hour of your time on Friday
afternoon please contact
Lydia@christchurchhighbury.com