



St John's Highbury Vale C of E Primary School

Conewood Street, London N5 1DL

Tel: 020 7226 4906

E-mail: admin@stjhv.islington.sch.uk

Interim Head of School: Mrs Alice Shaw

Interim Executive Head: Mrs Tonnie Read

Friday 5th February 2021

Dear Parents & Carers,

Thank you to all the children who joined us at our whole school celebration assembly on Monday morning. What a truly fabulous way to begin the week! It was such a pleasure to see so many of the children, albeit via zoom, it almost felt as though we were all back under one roof again. I especially liked the fact that so many of you chose to wear your school uniform; it made the occasion even more special. I look forward to seeing you all again on **Monday at 9:15am**. The details are below for your convenience, it is the same login as before:

St John's Highbury Vale is inviting you to a scheduled Zoom meeting.

Topic: STJHV Celebration Assembly

Join Zoom Meeting

<https://zoom.us/j/93931196106?pwd=V0ZKL2RFYTZ6RGJSZ2R0anp1U21ZQT09>

Meeting ID: 939 3119 6106

Passcode: 181763

Well-Being & Mental Health

This week was Children's Mental Health Week. As a family, you may want to discuss the five recommended ways to support well-being; *Connect, Be Active, Be Aware (Mindfulness), Keep Learning & Help Others*.

Connect – with people around you, your family, friends or neighbours. Building these relationships will support and strengthen you every day.

Be Active – keep your mind and body active; step outside your home, go for a walk or run, play some sport, ride a bike or do some gardening. Exercise makes you feel good and helps to clear your mind.

Be Aware (Mindfulness) – take notice of what you are feeling and be aware of sights, smells and sounds around you. Focusing on the 'here and now' can help you feel calm and reduce stress.

Keep Learning – Try something new, rediscover an old interest, fix a bike, learn to play an instrument or cook something new. Learning new things will make you more confident and it's fun.

Help Others – Do something nice for someone. Look out as well as in – seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.





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Additional Family Project

This week's additional family project is not only a wonderful way to end Children's Mental Health week, but also a way to honour Captain Sir Tom Moore, who sadly passed away earlier this week. We are inviting you, as a family, to complete a Centenary Challenge. You could do 100 press ups or star jumps, 100 laps of your garden or the local park, 100 minutes of dance, bake 100 cup cakes or cookies. I am sure you can think of even more great ideas. All we ask is that you send us some evidence of your challenges to include in our weekly newsletter.

Remember, the point of the additional family project is to combat the number of hours we are all spending at our computer screens.

Parent's Evening

Thank you to those parents and carers who attended parent's evening this week. We hope the information you received was both supportive and informative. If you have any further questions, please remember that you can contact your child's class teacher via **Class Dojo** and/or arrange another meeting.

Key Dates

The next **Headteacher's Update Meeting** will be held on **Tuesday 23rd February at 9:30am** via zoom. This meeting will focus on Online Safety as well as giving you an update on what is happening at St. John's and hopefully a date for school return.

Thursday 4th March is World Book Day and as St. John's celebrates this day so well, we thought it would be a shame to miss it regardless of whether we are at school or not. So, we would like the children to dress up as either their favourite character from a book or a favourite word. Children will be asked to talk about their characters and or words and if you send in your photographs, we will include them in the weekly newsletter. Covid-19 will not spoil our dress up days!!





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And Finally...

We have been living with this pandemic and all the uncertainty it has brought for almost a year. For all the sadness it has brought, we remain as one, a solid community that is here for each other. Reach out to friend, relative or even a stranger this weekend and let them know that you are here for them.

I leave you this weekend with hope. Hope is really important in helping us to keep on going. Captain Tom's most famous saying brought hope to the whole nation back in April last year.

“For all those finding it difficult, the sun will shine on you again and the clouds will go away: tomorrow will be a good day!”

Yours Faithfully,

Mrs Tonnie Read

Executive Headteacher

