



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

Acting Head teacher: Ms Khan

18th September, 2026

Dear Parents and Carers,

I hope you had a wonderful week. The children have been busy talking about the number of roles they could apply for in school, and we are looking forward to our traditional house captain speeches on Monday. If you are a Y6 parent and your child is standing for house captain and you would like to come and see them present their speech to the school, please be in school for 2.45pm on Monday.

Screen time

As a Rights Respecting Schools community, we're committed to helping children make informed choices about their own wellbeing, and that includes how they use technology.

As part of our enhanced curriculum approach to technology, we are dedicating time this term to exploring screen time and digital wellbeing. Building on the assembly the children experienced this week, we'll be teaching them about how screens affect sleep, concentration and social time—and crucially, how to use technology intentionally rather than by habit. This links directly to our UNICEF Rights Respecting Schools work, where we support children in making informed choices about their own wellbeing. Your support at home, through conversations and practical choices, will reinforce this learning.

This week in our collective meeting, we explored screen time and its impact on sleep and focus. The children worked through a 'Switch Off' assembly that looked at how bright screens trick our brains into staying awake, and they took on a silence challenge to notice how they feel when they step away from devices.

We know that many children accumulate 5–6 hours of screen time daily (across school, home, and leisure), and screens used before bed can seriously disrupt sleep. At school, we're working on building awareness and healthy habits.

We'd love your partnership at home. If you're willing, try this challenge with your child tonight: switch off ALL devices 30–60 minutes before bed. Notice together how they feel, how they sleep, and what they do instead. Many families find this simple shift makes a real difference: better sleep, calmer mornings, and more time for the things that matter.

The government has recently published free guidance for parents on screen time and young children—you can find it here: [New advice for parents on screen time for young children](#)—which reinforces these same principles and offers practical, non-judgmental tips for families.

Class Reps

If you are a class rep, I just want to say a huge thank you! You are an absolute legend, and FOSJ simply could not function without your support.





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As a small token of my appreciation, I would love to invite all class reps to lunch at our school. Please let me know when it would be convenient for you. You are very welcome to come together as a group, or individually whenever you have the availability.

Kidz Club and Breakfast Club

Please be reminded that if you would like your child to attend Kidz Club, please book before 2pm on the day required, and for Breakfast Club, please book by 2pm the day before. This is for safeguarding reasons as well as to ensure we have the right amount of adults to support and supervise the children, and enough food for everyone. Please also ensure that you select the correct time needed for Kidz Club - from 3.30pm if needed directly after school, or from 4.30pm if needed after After School Club - please also select the correct finish time if your child needs to be taken by Kidz Club staff to another club. Selecting the correct time slots helps us to ensure the children are where they are supposed to be at the correct time. Please ensure that children attending after school clubs only, are collected promptly at 4.30pm. This helps us to facilitate the smooth transition of children attending Kidz Club after ASCs.

Reception Parents

If you feel your child is ready and happy to attend Breakfast Club and Kidz Club, you are very welcome to book wraparound care for next week.

We understand how important wraparound care is for families, particularly for working parents, and we are always happy to support you in making arrangements that work for your family.

At the same time, we want to make sure that every child feels happy, secure and ready before starting an extended day. If you are unsure whether your child is ready to manage a longer day, please speak to Miss Bullen, who will be happy to discuss this with you.

If you need any help with bookings or have any questions, please speak to the office team.

Our priority is to make sure that every child has a positive and enjoyable experience at school, while supporting families with their childcare needs.

Entering Classrooms in the morning

We've had a few parents visiting classrooms in the morning and after school without prior appointment. To support our teachers and maintain classroom routines, please do not go directly to the classroom. If you need to speak with staff, please email the office or catch them in the playground.





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Cold Lunches Reminder

Please be reminded that due to an LDBS event being held in school on **Tuesday 22nd September and Thursday 1st October** we will be serving cold lunches to all pupils. The school will provide these, and they will be nutritious and satisfying. However, if you would prefer to provide a packed lunch for your child on either or both of these days, you are welcome to do so. This is entirely optional.

Holiday club

Due to the success of our STJHV Summer Club, we have decided to run a holiday club for 4 days (Tuesday - Friday) in the October half term. Further details to follow next week.

Admin

We have had reports from parents and carers that school emails have recently been going into their junk mail. To prevent this, please ensure that you add us to your safe senders list.

The new School Gateway system is finally fully functional. You should now be able to make bookings and payments under your child's **current year group**. Please let the office know if you have any queries or issues.

Harvest donation

I recently sent out a letter detailing the items needed for our harvest donations to the three churches. If you are able to send in any of these items to school, we would be most grateful.

I hope you have a lovely weekend. As always, thank you for everything you do for the school and the support you provide for me. There are a number of you who always check in with me to see how I am, and I hope you know how much I appreciate you asking me.

With thanks,
Ms Khan

Key Dates for next week

Friday 25th September - Y2 Coffee Morning - 9am

