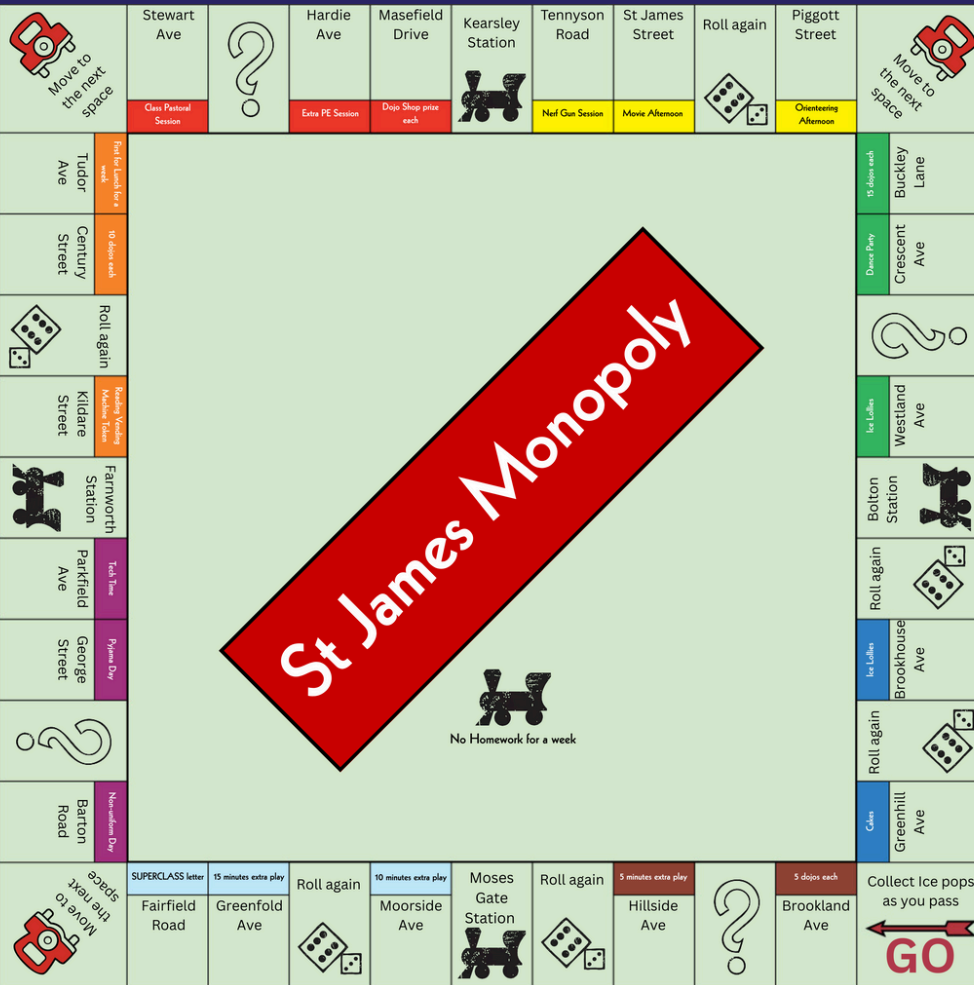




FRIDAY NEWS

12TH
SEPTEMBER
2025

The official newsletter of St James CE Primary School



ST JAMES MONOPOLY

This week we are excited to launch our brand-new attendance initiative: St James Monopoly!

Each week, every child with 100% attendance (excluding medical appointments) will earn a raffle ticket for their class. The more children who achieve this, the more raffle tickets their class will have – and the better their chance of winning!

At our Friday Celebration Worship, we will draw the winning class. That class will then roll the dice and move their token around the St James Monopoly board, unlocking a prize along the way.

Each space on the board has been named after a local street, with a special prize linked to it – from extra playtimes, superclass cards, and film afternoons to even bigger rewards as the game goes on!

It's a fun twist on the old saying: **"You've got to be in it to win it!"**

STARS OF THE WEEK

Nursery -

Class 1 - Mehmal M

Class 2 - Jaxon R

Class 3 - Eliza H

Class 4 - Hibatullah S

Class 5 - Gideon M

Class 6 - Ibrahim S

Class 7 - Lucas R

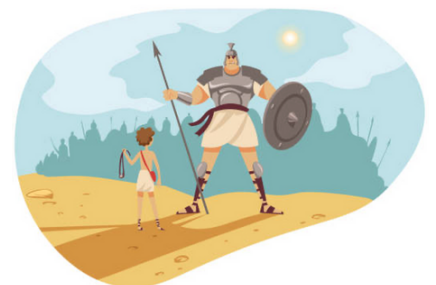
Class 8 - David W

Class 9 - Andy S

Class 10 - Joshua D

Class 11 - Casey H

Class 12 - Joan I



VISION AWARD

Class 1 - Ebony H

Class 2 - Oliver H

Class 3 - Humayl M

Class 4 - Jason L

Class 5 - Jon Y

Class 6 - Ayokunmi O

Class 7 - Jasmine U

Class 8 - Jacob W

Class 9 - Willow C

Class 10 - Tallulah-Rose L

Class 11 - Madison R

Class 12 - Lydia SB

"With God, there is no limit to what you can do. There is no obstacle you can't overcome. Through Him all things are possible."
(Matthew 19:26)

Reminders

MEET THE TEACHER

Looking ahead, our 'Meet the Teacher' events will take place during the week beginning Monday, 15th September.

Monday 15th @ 9am - Classes 6, 7 & 8

Monday 15th @ 2:30pm - Classes 9, 10, 11 & 12

Tuesday 16th @ 9am - Classes 3, 4 & 5

Tuesday 16th @ 2:30pm - Classes 6, 7 & 8

Wednesday 17th @ 9am - Classes 9, 10, 11 & 12

Wednesday 17th @ 2:30pm - Classes 3, 4 & 5

You only need to attend one. Sign up texts have been sent out.



CLASS DOJO

Thank you to all the parents/carers who have signed up to Class Dojo. It is an excellent way for you and your child's class teacher to communicate. Also, the online calendar gives lots of reminders of upcoming events in school.

If you haven't signed up yet, please see your child's class teacher for your personal sign up code.

Please do not sign up for Class Dojo Plus. The version we use should be FREE.



Don't forget to record your child's reading on Learning with Parents! Children who read 2 or more times a week will have a chance of winning tokens for the reading vending machine.

School Census



CENSUS DAY

School census day is Thursday, 2nd October.

It is essential that your child attends school on this day.

The government uses the number of 'bums on seats' rather than children on roll to determine how much money is allocated to schools.

These funds are vital to us in continuing to provide the very best for our pupils.

SWIMMING

Next week, Year 4 & 6 continue their lessons.



Gold Scroll

Eli G

Anthony H

David W

Eesa W

Markela N

Isaac Wi

William H

Ella B

Bobbi-Raye B

Jasmine U

Lexa L

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

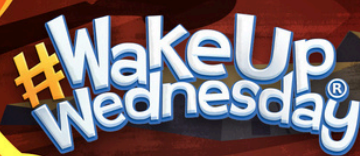
10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College®

What Parents & Educators Need to Know about CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

WHAT ARE THE RISKS?

UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

Advice for Parents & Educators

CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.

MONITOR DIGITAL BEHAVIOUR

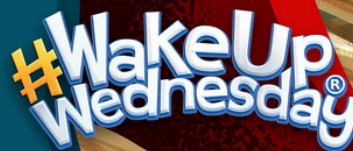
Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.

Meet Our Expert

Brendan O'Keeffe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/conspiracy-theories>



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