



# FRIDAY NEWS

31ST  
JANUARY  
2024

The official newsletter of St James CE Primary School



## STARS OF THE WEEK

Class 1 - Isaac C

Class 2 - Hunter R

Class 3 - Bettie-Ann R

Class 4 - Dominic H

Class 5 - Ember B

Class 6 - Muhammad K

Class 7 - Mia R

Class 8 - Ellie-Rose B

Class 9 - Madison R

Class 10 - Alicia L

Class 11 - Jessica N

Class 12 - Ahmed A



## BOCCIA TOURNAMENT

On Wednesday, some of our year 3s and 4s went to Cherry Tree Primary School to compete in a Boccia tournament. Boccia is a lot like bowls where the players has to roll the ball as close the pin as possible.

Our children played amazingly and came second in the whole competition against lots of other schools from Farnworth.

The children portrayed excellent sportsmanship and recieved lots of positive comments from teacher from other schools about their behaviour, respect and manners used towards other.

We are very proud of all the children that took part and especially pleased with their portrayal of our ST James Way: **Ready, Respectful, Safe.**

## GOLD SCROLL

Teddy C, Eva Rose S,  
Ayokunmi O, Burhan K,  
Dominic K, Brooke B,  
Teagan W, Oliver S,  
Michael Mc, Levi B,  
Hunter R, Talia K, Joshua D,  
Alan S, Jason L, Eliza H,  
Esmae G, Ruby Y, Willow M,  
Nawara M, Bella W, Tyler M,  
Sophia D, Charlie H, Jon Y

## CHRISTIAN VALUES

Our Christian value this half term is **Love.**

“There is no fear in love, but perfect love casts out fear”

**John 4:18**

# Things coming up in Spring

Week	W/C	Events
5	03/02/25	Children's Mental Health Week 7 <sup>th</sup> - Children to dress up as a future careers (free of charge)
6	10/02/24	11 <sup>th</sup> - Safer Internet Day 11 <sup>th</sup> - Class 10 Assembly @2:45 13 <sup>th</sup> - Little Saints Stay and Play @ 10:45am & 2:45pm 14 <sup>th</sup> - School closes for half-term

Week	W/C	Events
1	24/02/25	24 <sup>th</sup> - School re-opens 24 <sup>th</sup> - KS1 & 2 Stay and Learn (Dates TBC) Book Fair arrives at school
2	03/03/25	4 <sup>th</sup> & 5 <sup>th</sup> - Parent Consultations - Face to Face 6 <sup>th</sup> - World Book Day
3	10/03/25	
4	17/03/25	18 <sup>th</sup> - Class 9 Assembly @2:45
5	24/03/25	26 <sup>th</sup> - Reception Wiggle Stay and Learn 27 <sup>th</sup> - Little Saints Stay and Play 27 <sup>th</sup> - Class 3 Assembly @ 2:45 - Mothering Sunday 28 <sup>th</sup> - Nursery Stay and Play 28 <sup>th</sup> - Non-uniform chocolate egg donations
6	31/03/25	Experience Easter 3 <sup>rd</sup> - Class 7 Assembly @2:45 - Easter 4 <sup>th</sup> - Easter Bingo



# KNOW YOURSELF, GROW YOURSELF

This year, Children's Mental Health Week is focussing on Know Yourself, Grow Yourself.

We want Children's Mental Health Week 2025 to encourage children, young people and adults to embrace self-awareness and explore what it means to them. This will help them grow and develop resilience to cope with what life throws at them.

**Children can come to school dressed in a future career on Friday, 7th February (no charge).**  
For example, nurses, doctors, firefighters, etc.

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



## Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



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