



FRIDAY NEWS

15TH
DECEMBER
2023

The official newsletter of St James CE Primary School



STARS OF THE WEEK

- Class 1 - All of Class 1
- Class 2 - All of Class 2
- Class 3 - Lucas R
- Class 4 - Minal H
- Class 5 - Eesa W
- Class 6 - Evan V
- Class 7 - Shahaine J
- Class 8 - Karem BH
- Class 9 - Summer Leigh J
- Class 10 - Yara S
- Class 11 - Hadassah A

CHRISTMAS HOLIDAYS

A huge well done to all classes involved in Christmas performances this week.

Throughout the week, our youngest pupils performed their nativities for parents and families and did remarkably well in learning and remembering all their lines and songs.

On Friday, our lower key stage 2 classes put on a festive carol concert to get us all in the Christmas spirit.

Thank you to all of our parents and families for being great audiences and showing your continued support.

GOLD SCROLL

Hunter R, Dua A,
Lexi F, Yara S,
Robyn G, Lincoln B,
Lilly-May H, Cole G,
Rogan J, Praya H,
Brajan S, Markela N,
Lacey G, Dominic G,
Raimundo N, Miley A,
Chido G, Ellyson T,
Giovanni I, Bobby-Raye B,
Harrison I

CHRISTIAN VALUE

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

BIBLE QUOTE OF THE WEEK

They must turn from evil and do good; they must seek peace and pursue it. Peter 3:11

TRUST WINNERS!

Congratulations to our year 3 & 4 pupils and their teachers for winning the trust-wide timestable competition. Last week, they competed non a Times Table Rock Star competition against Bishop Bridgeman and St Max. St James won with the highest points after a week of battling.



"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)



STAFFING UPDATES

Sadly, this term, we say goodbye to several staff members.

Miss Young leaves us at the end of the term. She has been an integral part of the Early Years team and she will be greatly missed by all at St James. We wish her the best of luck as she starts a new adventure outside of the area.

Mrs McEntee, one of our Pastoral Care Officers, will also be leaving at the end of the term. Mrs McEntee has not been with us long but she has made a positive impact on the children and families she has worked with.

After a short time with us, Miss Z Ali will be leaving us. She will be taking up a new teaching post in January and we wish her well for the future.

A huge congratulations goes to Mrs Patel, who will be leaving our trust to become a headteacher in January. Many of you will remember Mrs Patel as our previous deputy headteacher and SENDCo. In recent years, she has worked closely with our school whilst working for the trust and we wish her lots of luck in her new adventure.

REMINDERS

School closes for the Christmas break on Thursday 21st December at 3:15 pm. We will re-open in the new year on Monday 8th January at 8:40 am.

Week beginning 8th January - Children's Mental Health Week

Wednesday 17th January - Class 8 Assembly

ATTENDANCE

OUR TARGET IS 96%

Whole School	93.8%
Class 1	92.2%
Class 2	91.6%
Class 3	97.4%
Class 4	94.0%
Class 5	89.4%
Class 6	95.3%
Class 7	92.4%
Class 8	92.1%
Class 9	97.2%
Class 10	94.2%
Class 11	93.8%

Green: 100% - 95%

Yellow: 94.9% - 90%

Red: Below 90%



@stjamesfarnworth



Christmas Events

Christmas Panto

Tuesday 19th December

*Children will enjoy an in-school performance of
Dick Whittington*

Christmas Parties

EYFS & Classes 3, 4 & 5 - Monday 18th December

Classes 6, 7 & 8 - Tuesday 19th December

Classes 9, 10 & 11 - Wednesday 20th December



12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



#WakeUpWednesday

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



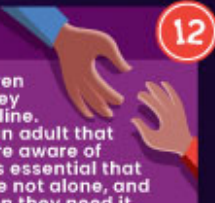
11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/health/nd/10/47906> | <https://www.children.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>