



FRIDAY NEWS

21ST JULY
2023

The official newsletter of St James CE Primary School



END OF YEAR REFLECTIONS

As we reach the end of another school year, I want to take a moment to reflect on our journey together. It has been a year filled with growth, learning and success.

To all of the students, I am immensely proud of each and every one of you. You have made amazing progress this year and achieved so much. It was a pleasure to read your reports and the positive things your teachers have said about you. And as we say goodbye to our year 6 pupils, I want to wish you all the best of luck as you move on to your secondary schools. You have grown in so many ways, and I have no doubt that you are prepared to embrace the challenges and opportunities that lie ahead.

I want to express my heartfelt gratitude to our teachers and staff members that have made all of our successes possible. Your passion, commitment and unwavering support play a crucial role in shaping our pupils' minds and helping them reach their full potential.

Parents and guardians, your partnership and involvement have been invaluable in supporting your child's learning and enriching their experiences in school.

Finally, I want to express my appreciation to everyone in our school community for their support, cooperation, and sense of togetherness. It is through our collective efforts that we create a vibrant and nurturing environment where our pupils can thrive.

Thank you all for being part of our incredible journey, and I wish you all a safe, joyful, and restful summer. The school will reopen for pupils on Wednesday 6th September at 8:40 am.

Mrs Belfield & Mr Booth

"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)

Thank You

GOODBYE AND GOOD LUCK

Today, we say a fond farewell to some of our lovely colleagues.

We wish Mrs Pickavance, Miss Worsley, Miss Aspinwall and Miss Bismillah all the very best in their new ventures. They will be sorely missed by all of us.

A huge thank you to staff who have been with us on long term supply who will be finishing with us today. Thank you to Mrs Waldon, Miss Karsi, Mrs Hafeji, Miss Sami, Mrs Chambers. A special thank you and goodbye to Miss Ashrafi who has supported school all year.

DINNER AND SNACK MONEY

Dinner money, snack money and breakfast have increased in price.

- Dinners for 2023/2024 -£12.35 per week.
- Snack money for 2023/2024 - £2.25 per week. This needs to be paid by the Friday before.
- Breakfast club 2023/2024 - £10.00 per week. This needs to be paid by the Friday before.

Parents have the option to pay for the half term, term or year.

CLASS LIST

Nursery - Mrs Finch
Class 1 - Mrs Whitton
Class 2 - Mrs Pilling
Class 3 - Miss Jama
Class 4 - Miss Armour
Class 5 - Mrs Parkinson
Class 6 - Miss Hilson
Class 7 - Miss Casserley
Class 8 - Mrs Thomas
Class 9 - Mrs Pandor
Class 10 - Miss Ali
Class 11 - Miss Craven

GOLD SCROLL

Oliver P, Ethan O,
Wajiha A, Lily-Mae L,
Bailey L, Brooke G,
Lilly Mc, Jacob J,
Lexi F, Dylan G,
Ebony H, Lincoln B,
Poppie-Lou R, Lydia D,
Lily Rose F, Taro P,
Oscar B

BIBLE QUOTE OF THE WEEK

*God has something great in your future.
Isaiah 43:19*

Don't forget that you can find lots of information on our website:
www.st-james-farnworth.bolton.sch.uk or follow us on



@stjamesfarn



@stjamesfarnworth

ST JAMES WINNERS

Achievement

Nursery - Freddie D

Reception - Christophe N

Year 1 - Isaac W

Year 2 - Gracie-Ella B

Year 3 - Thomas P

Year 4 - Bobby H

Year 5 - Lacey G

Year 6 - Emily B

Attitude

Nursery - George W

Reception - Arabella H

Year 1 - Alexander R

Year 2 - Annabelle M

Year 3 - Max F

Year 4 - David M

Year 5 - Chido G

Year 6 - Abel W

Heart of Gold - Hunter R & Ruby L

Head Boy - Raimundo N

Head Girl - Miley A

Deputy Head Boy - Chido G

Deputy Head Girl - Dominic G

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>