



ST JAMES' NEWSLETTER

Head Teacher: Rose Boland-Bourne
Tower Hamlets Road
Forest Gate E7 9DA
Tel: 0208 534 4030
www.st-james.newham.sch.uk

Friday, 9th February 2024

Headteacher's Message

Dear Parents/Carers,

It was so lovely to see so many of you at parents evening on Tuesday and Thursday of this week. A big thank you to our year 6 helpers during parents evening— Nur, Sarah, Darius, Kalanie, Taseen, Thashan, Junior & Sayerr.

Your child has been given a home learning project to complete over the half term break.

All projects are due on Monday, 19th February.

We look forward to seeing all the amazing projects.

It is half term next week, please plan to spend some quality time with your child — a visit to the library together, baking/cooking a special meal, playing a board game or a visit to the park. Whatever you do, make it enjoyable and provide bonding time for you both.

Rose Boland-Bourne

Headteacher



Pupils return to school
Monday, 19th February

World Book Day
Thursday, 7th March
(Dress up as your favourite book character)

Year 5 London Fire Brigade workshop
Friday, 1st March

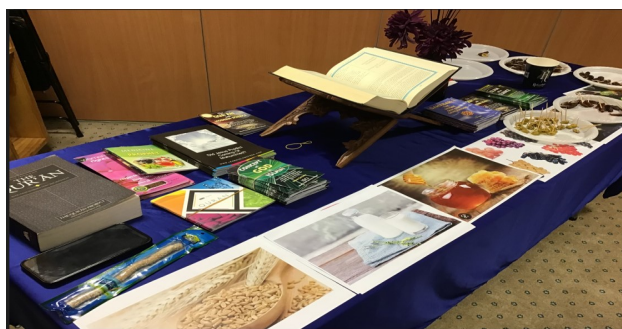
Year 5 Bread Making
Tuesday, 12th March

Year 4 Visited the science Museum

This week Year 4 visited the Science Museum. The children thoroughly enjoyed and discovered interesting facts about the scientific world. They explored including space, medicine, and engineering.



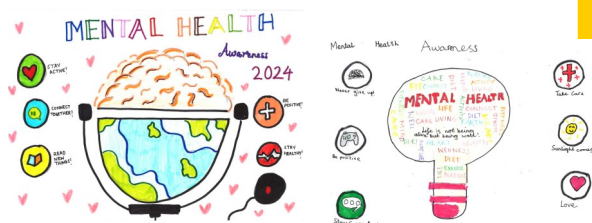
Year 5 Educational visit to the Mosque



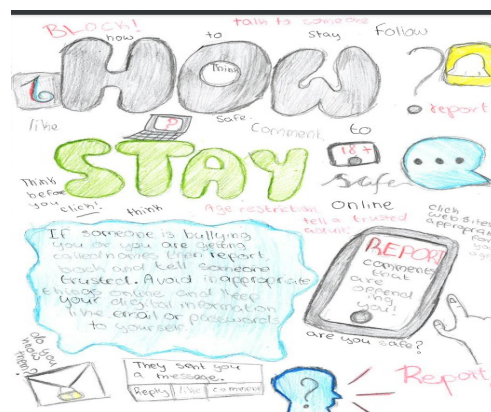
As Mind (mental health charity) states: Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations. Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes, especially if they could have a big impact on your life. For example, it is normal to feel anxious if we have an exam, a job interview, are moving house or even having a doctor's appointment. Anxiety is not necessarily a bad thing. It can feel as if society is starting to 'demonise' emotions such as anxiety, telling us that we shouldn't feel it and all anxiety is bad, which can lead to a reduction in people's ability to cope with normal emotions. It's important to develop coping strategies that work for us. **A good way to help build resilience is to focus on what is in our control and work on identifying, and not dwelling on, things that are not in our control.** Developing distraction techniques can also help with reducing anxiety, focusing on being in the moment, getting out in to nature, practising gratitude, doing more of the things we enjoy, exercise and practising mindfulness can all help. However, it is important to be aware of when anxiety has become a bigger problem. **Anxiety can become a mental health problem if anxiety limits your ability to live your life as fully as you want to, for example, your feelings of anxiety are very strong or last a long time or your worries are very distressing or are hard to control.** You can find more about anxiety from Mind <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>



In class, children learnt about what makes them unique and special. Children learnt why it is important to express themselves and look after their mental health and wellbeing. We discussed why we should feel proud of who we are. Simply sharing something we are proud of can help us celebrate ourselves and each other. It does not have to be a big thing.... It only matters that it is important to you.



On Tuesday, we celebrated Safer Internet Day with thousands of people across the UK working together to champion youth voice and engage in conversations about how we can all work together to make the internet a great and safe place. The purpose of the day is to inspire change, make a difference, and navigate change online. Although there is a dedicated day to highlight the safety messages, in school, every day is a Safer Internet Day!





This weeks TTRockstar champions are:

Upper school

Lower school

1st Mustafa

2nd Thashan

3rd Malachi

1st Nabil

2nd Jagnoor

3rd Tayba

This weeks Bug club champions are:

Hashim

David

Wafi

Nadia

Maneha

Ire

Araf

Arianna

Panth

Well done! Keep up the hard work.

Violet

Poppy

Daisy

Sunflower

Ivy

Lily

Iris

Ivy

Clover



Bug Club

Whole school
Attendance 95.9%

Clover 97.2%

Daisy 96.2%

Sunflower 96.1%

MOMENTS
MATTER,
ATTENDANCE
COUNTS.

Coughs, Colds and Sore Throats

It's fine to send your child to school with a minor cough, common cold or sore throat. But if they have a fever, keep them off school until the fever goes. Encourage your child to throw away used tissues and to wash their hands regularly.

Happy Birthday messages

This week we would like to wish a
Very Happy Birthday to:

Zoe-Hallel
Oliwatemilorun
Fatima KK
Alice
Yaqub U

Daisy
Poppy
Sunflower
Lily
Sunflower

Achievement Award

Mashoor	Ivy
Zunairah	Ivy
Sreegouri	Sunflower
David	Sunflower
Inaaya	Lily
Amelia	Lily
Tanae	Iris
Abdalla	Iris
Joshua	Daisy
Jordan	Daisy
Ali	Poppy
Khadijah	Poppy
Caydon	Clover
Jannat	Clover
Taseen	Violet
Adita	Violet

Reading Award

Keelan	Ivy
Abigail	Sunflower
Kevin G	Iris
Ire	Lily
Wafi	Daisy
Idris	Poppy
Rashane	Clover
Jaclin	Violet

Maths Award

Dauda	Ivy
Ismail	Sunflower
Darius	Iris
Safa	Lily
Nicolle	Daisy
Ebrahim	Poppy
Ruwayda	Clover
Nino	Violet

Pen Licence

Stella	Lily
--------	------

