

ST. JAMES' (C OF E) JUNIOR SCHOOL

Every Child, Every Chance, Every Day.



BIKEABILITY...

Children in Year 5 took part in some Bikeability training this week. They learnt how to ride safely on the road and how to check that their bike is safe to ride.

VE DAY...

On Thursday 8th May we're celebrating VE Day with a special school-wide picnic! Children are invited to wear non-uniform — and if they can, dress in red, white, and blue to join the fun! There will be no hot school meals this day, but children can either order a picnic lunch (normal payment applies) or bring their own packed lunch if they prefer.

YEAR 6 SATS...

Next week, our amazing Year 6 children will take their SATs tests. Please ensure that your child gets a good amount of sleep during the SATs week and we advise that all children attend our FREE Breakfast Club.

Monday 12 May 2025 - English grammar, punctuation and spelling papers 1 and 2

Tuesday 13 May 2025 - English reading

Wednesday 14 May 2025 - Mathematics papers 1 and 2

Thursday 15 May 2025 - Mathematics paper 3

YEAR 5 CLEETHORPES TRIPS...

On Wednesday 21st June, Year 5 will be visiting Cleethropes for part of their Geography topic. During the day, the children will get the opportunity to play on the beach! More details will be shared on Class Dojo in the near future.

SCHOOL CLOSURES...

A reminder that school closes on Friday 23rd May for half-term.

School will re-open on Monday 2nd June.

YEAR 6 LONDON TRIP...

On Wednesday 4th June, our Year 6's will be going to London's West End to see the musical 'Matilda.' More details will be shared on Class Dojo in the near future.

WEEKLY NEWSLETTER

FRIDAY 2ND MAY 2025



This week's theme for the Golden Book is 'Someone who treats others with respect'

This week's winners are:

| | |
|------|-------------|
| 3H | Peter |
| 3W | Inaaya |
| 3/4K | Raniya |
| 4A | Sebastian |
| 4B | Hana & Zoya |
| 5F | Tiaba |
| 5R | Debra |
| 5/6B | Janush |
| 6F | Hasnain |
| 6Q | Fatimah |

A huge well done to all this week's winners.



A MESSAGE TO YEAR 6...

Dear Year 6,

As you begin your SATs next week, we want to take a moment to remind you of something very important - something we hope you carry with you, not just through these tests, but long after they're over: These tests do not measure the things that make you truly special.

The people who will mark your papers don't know you like we do here at St. James' Junior School. They don't know how brilliantly your eyes light up when you share your ideas, or how kind you are to others when they need a friend. They don't know that some of you speak more than one language, that others love to draw, or have an incredible ear for music. They've never seen you on the sports field, or playing the ukulele, or heard about your dreams for the future.

They don't know your courage - how you've kept going through challenges, how you've supported one another, or how hard you've worked to be the best version of yourself.

We know all of that. Your families know all of that. And most importantly - YOU know all of that.

So yes, the SATs are important, and we want you to try your best. But remember: they do not define you. Your test scores will tell us something - but they will never tell us everything.

You are already a success. There are so many ways to be successful, and a test can only measure a small part of what makes you amazing.

So, as you prepare, remember to rest, to smile, and to believe in yourself.

We are proud of you - every single one of you - and we always will be.

#TeamStJames

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 the continuing impact of COVID-19 to the war in Ukraine, 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 have 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 is happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared, 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 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 screentime and content can be difficult at the best of times, 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 and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime 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.



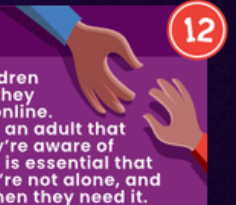
11 BUILD RESILIENCE

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.



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#WakeUpWednesday