

ST. JAMES' (C OF E) JUNIOR SCHOOL

Every Child, Every Chance, Every Day.



WEEKLY NEWSLETTER

FRIDAY 23RD JANUARY 2026

VR WORKSHOPS...

On Wednesday 28th January, children in

Year 3 and Year 6 will be taking part in an exciting

Virtual Reality (VR) workshop as part of their learning.

Using VR headsets, Year 3 pupils will be exploring volcanoes, helping to bring their geography learning to life, while Year 6 pupils will be travelling to the polar regions to deepen their understanding of these extreme environments. This immersive experience will support and enrich the children's curriculum learning in a memorable and engaging way.

PLANETARIUM...

We are pleased to share that a planetarium will be visiting school to provide an exciting and immersive science experience for our pupils. On Wednesday 11th February, Year 5 children will take part in a session focused on space and our solar system, supporting their science learning in a memorable and engaging way. Following this, on Thursday 12th February, Year 6 children will attend a planetarium session linked to their science topic on light and shadows, helping to deepen their understanding through interactive and visual learning.

PARENTS EVENING...

Parents' Evening will take place on Wednesday 11th February. Appointments with your child's teacher can be booked via Arbor. If you experience any difficulties making a booking, please contact the School Office, who will be happy to help. If you require a translator for your appointment, please let us know in advance so we can make the necessary arrangements.

DISCO...

Our school disco will take place on Thursday 12th February, straight after school. The cost is £3, which includes a drink and a snack. Tickets must be purchased in advance, and numbers are limited, so please be quick to avoid disappointment. The disco will finish at 4:15pm, and all children must be collected by an adult. 🎵🕺🎉

READING SESSIONS...

A reminder that the Year Group Reads with parents are happening again this half-term. These sessions are a lovely opportunity to come along, spend time with your child and enjoy listening to a story together. The sessions will take place at 2:50pm on the following dates:
Year 4 – TODAY!

Year 5 – Friday 30th January;

and Year 6 – Friday 6th February.

We hope as many parents and carers as possible will be able to join us.



This week's theme for the Golden Book is
'Someone who always uses kind words.'

This week's winners are:

3R	Amir
3W	Fatima
3/4MS	Hajra
4A	Amira
4B	Naya
5F	Hibah
5H	Sebastian
5/6FB	Sara
6K	Ife
6Q	Oto & Maryam

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



Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

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.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday