

# ST. JAMES' (C OF E) JUNIOR SCHOOL

Every Child, Every Chance, Every Day.



## WEEKLY NEWSLETTER

FRIDAY 20TH MARCH 2026

### EID MUBARAK...

I would like to wish a very happy Eid Mubarak to all of our children, families and staff who are celebrating today. May this special time bring joy, peace and happiness to you and your loved ones.

### YEAR 6 SATS MEETING FOR PARENTS

Thank you to all Year 6 parents and carers who attended the SATs information meeting on Wednesday. It was a valuable opportunity to share key information about the upcoming tests and how best to support your child in the weeks leading up to them. We hope you found this insight helpful and reassuring. We appreciate the thoughtful questions raised and the continued support you provide to your children. As we approach the test period, we are confident that, by working together, we can help all pupils feel prepared and confident.

### BOOK FAIR...

We are thrilled to share that the Book Fair will be in school next week. It will be open after school every day, giving children and families the opportunity to browse and purchase a wide range of exciting books together.

### YEAR 3 TRIP...

Year 3 are looking forward to their upcoming trip to Creswell Crags next Wednesday. This will be a fantastic opportunity to bring their learning to life through an engaging and memorable experience. Please ensure that children come dressed in sensible footwear and bring a coat, as much of the day will be spent outdoors. They will also need a packed lunch and a drink for the day.

### YEAR 5 EASTER PERFORMANCE...

Year 5 are excited to be hosting our Easter Performance next Thursday at 9:15am at Ozzy Rd Church. Parents and carers are very welcome to join us for this special occasion, and we look forward to sharing the children's hard work and celebrations with you.

### EID CELEBRATION...

We are delighted to be hosting our Eid Celebration in school next Thursday afternoon at 2:30pm. Parents and carers are very welcome to attend and join us as we celebrate together. We look forward to sharing this special occasion with our school community.

### SCHOOL CLOSES...

A reminder school closes for Easter on Friday 27<sup>th</sup> March. School re-open to pupils on Monday 13<sup>th</sup> April.



This week's theme for the Golden Book is 'Someone who has tried hard with their handwriting.'

This week's winners are:

3R	Tiwa
3W	Abdul
3/4MS	Silvester
4A	Eriomo
4B	Jeremy
5F	Iqra
5H	Testimony
5/6FB	Michelle
6K	Ashfia
6Q	Oto

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



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of *Engage Support*, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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#WakeUpWednesday