

ST. JAMES' (C OF E) JUNIOR SCHOOL

Every Child, Every Chance, Every Day.



WEEKLY NEWSLETTER

FRIDAY 1ST MAY 2026

93 SINGING...

Over the past few weeks, children in 3R have been thoroughly enjoying an extra enrichment opportunity where they have been learning songs from Matilda the Musical. Their hard work culminated this Thursday when they took to the stage at Derby Theatre as part of the Singing Dream Festival. The children were absolutely fantastic, performing with confidence, enthusiasm, and huge smiles throughout. They had a wonderful experience and represented the school brilliantly. A huge thank you goes to all the parents and carers who came along to support and watch the performance – your encouragement made the occasion even more special.

TRI GOLF...

On Wednesday, a group of Year 5 children took part in a Tri-Golf festival, where they had the chance to try out a new and exciting sport. The children thoroughly enjoyed the experience, taking part in a range of fun activities that helped them develop their skills and confidence in a different sporting environment. It was fantastic to see them exploring something new with such enthusiasm, while also showing excellent behaviour throughout the event. They represented the school brilliantly and had a great time doing so.

BANK HOLIDAY MONDAY...

A reminder that school will be closed on Monday 4th May for Bank Holiday. The school will re-open on Tuesday 5th May.

YEAR 6 SATS...

Our Year 6 children will begin their SATs on Monday 11th May. We want to encourage all pupils to approach the week with calmness and confidence, remembering that they have already worked incredibly hard in preparation. A good night's sleep each evening will make a real difference, helping everyone to feel focused and ready for the day ahead. We are also pleased to offer a free Breakfast Club from 8am each morning, providing a calm and positive start to the day. Most importantly, we want every child to simply do their best and show what they can do—we are very proud of each and every one of them and the effort they have put in throughout the year.

Golden Book AWARDS

Our theme for the Golden Book this week has been 'Someone who never gives up'

The children in the Golden Book this week are:

3R	Ruby Rose
3W	Lucy
3/4MS	Milad
4A	Sewa
4B	Myles
5F	Anastazia
5H	Hayleigh
5/6F8	Pelan
6K	Al
6O	Laura

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!

Buy Milk

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

NOS National Online Safety
#WakeUpWednesday