



St Michael's CE Junior School

Newsletter – Issue 8 12.01.2024

MESSAGE FROM MRS JONES

I hope that you all had a lovely Christmas holiday. We had some great events just before we broke up in December; the lantern carol service was lovely with the children from each year group leading the singing of carols and some Year 6 children reading bible passages and a poem. Thank you to everyone who came to this and those who took part. Thank you also to the PTFA who organised prizes for the raffle and sold tickets at the event.

The children also went to the church for a 'Christmas Experience', they learnt about the Christmas story from members of the congregation and Vicar Alwyn in an interactive way.

REMINDERS

SCHOOL UNIFORM

We have sent out a letter with information about the school uniform supplier, please ensure you have seen the letter. Please look out for a further update soon.

YEAR 3 SURVEY

Thank you to the parents who completed the transition survey. The responses were very positive, which was lovely to see. We have already looked at where we can make improvements next year, based on the answers to the survey.

WATCHES

We have seen a lot of new watches coming into school after Christmas. If your child has an expensive watch or a watch with a camera or recording device or one that makes calls and sends texts, please can you ensure that they do not bring them into school. Children are not allowed to have phones with them during the school day (in line with Government policy) so children should not have watches that perform similar functions. Expensive watches could get broken or lost in school so it is better if they are kept for use at home.

MOBILE FREE ZONE

Please be aware that our school building, including reception, is a mobile free zone. Please can any calls be taken outside on the playground, rather than in the school building.

SMOKE / VAPE FREE ZONE

Our school is a smoke and vape free zone.

Smoking / vaping of any kind, (tobacco or electronic cigarettes) is not permitted anywhere on the premises or grounds (including the field, playground and car park), nor in any of the entrances to these (including all school gateways), at any time, by any person, regardless of their status or their business with our school.

BIRTHDAY CAKE / SWEETS

We do not allow children to give out sweets or cake on their birthday. This is because of food allergies, religious reasons and to promote healthy eating. Thank you for your understanding.

SCOOTERS / BIKES

Scooters and bikes are not allowed to be used or ridden on site. If your child is bringing a scooter or bike into school, please can they be put straight into the bike shed on the playground.

DOGS

Please note that dogs are not allowed on our site.



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CHILDREN'S ACHIEVEMENTS

Oliver F in Fleming did his first Gymfinity Ninja Knights competition before Christmas and achieved Gold in the two events he took part in - the obstacle course and the vault. Well done Oliver!

Congratulations to Darcey W in Rosen who has achieved distinction in her Grade 1 Modern exam and merit in her Grade 1 Tap exam!

If your child takes part in activities outside school which merit a mention in our newsletter, e.g. sporting or musical achievements, please let the School Office know, and we shall ensure it is included in the next newsletter.

adminoffice@st-michaels-jun.hants.sch.uk

FUNDRAISING

RAGS TO RICHES COLLECTION - MONDAY 26TH FEBRUARY 2024

We have signed up again to the Rags2Riches recycling scheme, to raise money for the school and to help others around the world benefit from our good quality unwanted clothes and shoes. Donated clothes and accessories are sent to Europe, Africa and even further away to be sold at market stalls as affordable items for those in real need of clothing.

Clean and reusable items that can be donated include any adults, children's and babies clothing such as jackets, jumpers, hoodies, trousers, skirts, scarves, gloves, belts, handbags, paired shoes and other footwear. Please help us to help others and raise much needed funds for our school. Our last collection in November raised £119.15 for the school so thank you for your continuing support.

PLEASE BRING BAGS FOR THE RAGS 2 RICHES COLLECTION TO THE SCHOOL BY MONDAY 26TH FEBRUARY 2024.

RUSHMOOR LOTTERY - PLEASE SUPPORT OUR SCHOOL!

A reminder that our school is one of the good causes supported by The Rushmoor Community Lottery.

This is a weekly lottery that raises money for good causes in Rushmoor. Tickets cost just £1 per week and each ticket has a 1 in 50 chance to win a prize each week, with the top prize being £25,000! From every £1 ticket you buy, 50p will go to us, with another 10p to the other causes who are within the lottery.

Please do consider supporting our school by buying tickets and promoting the Lottery.

You can purchase tickets by visiting: <https://www.rushmoorlottery.co.uk/support/st-michaels-cofe-junior-school>

Thank you and good luck!

CONTACT US

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YEAR 3

Year 3 Sandwich Making: Thursday 18th January 2024

Year 3 will be designing and making their own sandwiches in school on Thursday 18th January 2024. As a school, we are aware of dietary requirements, allergies and life style choices of certain children. If your child has any specific dietary requirements that the school are not aware of, please let us know.

Year 3 Parent Event: Sewing - Thursday 8th February 2024 1.30-3.00pm

Year 3 parents are invited to take part in a sewing event, to sew a money container with their child on Thursday 8th February. Parents will work alongside their child to cut the material, stitch it together and create a finished product.

This event will take place in the hall from 1.30-3.00pm, which will allow those to collect younger siblings from the infant school. Other parents can wait on the playground until 3.20pm so that the children can be dismissed from classes in the usual way.

Year 3 Butser Ancient Farm Trip: Monday 4th March 2024 All day

Year 3 will be visiting Butser Ancient Farm as part of this term's work on The Roman Empire. The children will be taking part in various activities including archaeological excavation, Roman maths, Flint wall building and Villa tour.

The trip will take place on Monday 4th March, leaving school at 9.00am, travelling by coach and returning to school by 3.20pm. The children will need to be in school for registration by 8.40am to enable a prompt departure. The children are required to wear their school uniform and a waterproof coat, and will need a packed lunch and water bottle (in a small named bag that the child can carry). The school can provide a packed lunch at a cost of £3.00.

In order for this trip to go ahead a voluntary contribution of £22.00 is requested to contribute towards the cost of travel and the activities provided by Butser Ancient Farm. Payment is required no later than Friday 9th February 2024.

We do require parent helpers on this trip - please let the School Office know if you are available to lead a group on this day.

YEAR 4

Year 4 Beowulf & the Anglo Saxons Workshop: Thursday 1st February 2024

Year 4 we will be having a theatre workshop in school as part of their topic, Vikings, run by Freshwater Theatre. During the workshop, the theatre group will use drama activities such as roleplay and tableaux to explore the story of Beowulf and its cultural context of Anglo-Saxon times. Each child will get a part in bringing the tale to life and exploring what life was like in Anglo-Saxon times.

The workshop will take place in school on Thursday 1st February 2024, with each class taking part in a workshop during the day. In order for the workshop to go ahead, a voluntary contribution of £4.50 per child is requested to contribute towards the cost of the company coming in and delivering this unique experience. Payment is required no later than Friday 19th January 2024

Year 4 Viking Day: Thursday 14th March 2024

Year 4 will be having a Viking Day at school on Thursday 14th March. Children are encouraged to dress up as Vikings for the day. Different activities will be planned throughout the day, including craft. Please could children bring any of the following items into school on the morning of Thursday 14th March:

- large pieces of cardboard for shield making
- plastic bottles for long ships
- donations of wool for weaving

Year 4 Parent Event: Viking Day - Thursday 14th March 2024 1.30-3.00pm

Parents are invited to come and join their children during the afternoon of Viking Day. Dressing up for parents is optional!

This event will take place in the hall from 1.30-3.00pm, which will allow those to collect younger siblings from the infant school. Other parents can wait on the playground until 3.20pm so that the children can be dismissed from classes in the usual way.



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YEAR 5

Year 5 Fire Safety Visit: Thursday 18th January 2024

Year 5 will be visited by the Fire & Rescue Service Education team on Thursday 18th January 2024. Each class will take part in an hour long workshop during the day, and will learn about how they can keep safe and make good choices.

Year 5 Parent & Child Event: Astrology - Monday 22nd January 2024 5.00pm

Year 5 parents / carers are invited to take part in an Astrology evening with their child on Monday 22nd January 2024. This event will take place on the school playground and in the hall from 5.00pm. If the weather is not suitable for stargazing, an alternative date will be given nearer to the time.

Year 5 Ancient Greek Theatre Workshop: Thursday 25th January 2024

As part of their History learning, Year 5 will be taking part in an interactive Ancient Greek Theatre Workshop in school on Thursday 25th January 2024. The cost of this workshop will be £6.40 per child. Please could all payments for the workshop be made via Scopy or cash to the School Office by Friday 19th January December 2024.

Year 5 Parent Event: Pizza Making - Tuesday 19th March 2024 1.30-3.00pm

As part of their Design & Technology learning, Year 5 parents / carers are invited to join their child in a pizza making afternoon on Tuesday 19th March 2024.

The session will be held in the school hall and will take place from 1.30-3.00pm, which will allow those to collect younger siblings from the infant school. Other parents can wait on the playground until 3.20pm so that the children can be dismissed from classes in the usual way.

As a school, we are aware of dietary requirements, allergies and life style choices of certain children. If your child has any specific dietary requirements that the school are not aware of, please let us know.

YEAR 6

Year 6 Parent Meeting: SATS Information Evening

Thank you to all the parents that attended the SATS Parent Meeting. An email has been sent out to all parents / carers with the SATS PowerPoint presentation from the information session



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NSPCC's *Speak out. Stay safe.* programme

We are pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe.* Programme** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed, alongside NSPCC volunteer led face to face workshops for children in Years 5 and 6. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy. If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

Childline – under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)
www.childline.org.uk/kids (7-11)

Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.

We hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please do contact Mrs Bundy if you have any further questions.



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stormbreak

We have recently introduced Stormbreak sessions in school. Your child may have mentioned these already. Stormbreak is a registered charity founded by Dr. Martin Yelling. Stormbreak aims to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

The aims of a Stormbreak session are that children will:

- Build resilience, overcome adversity and learn to face stress and pressure
- Develop effective self-care to cope with anxieties and worries
- Develop optimism, focus, persistence and perseverance
- Improve confidence, self-esteem, self image and self-worth
-

Stormbreak have produced 'stormbreak@home', a free of charge online library for families, to support emotional wellbeing through taking part in movement activities together. This video shows you how to set up a child Stormbreak account for home: <https://www.youtube.com/watch?v=5X4eSQto1hw>

How to stormbreak with your children

Whilst doing **stormbreak@home** we encourage you to:

1. **Be open and talk! It's ok to talk things over.** Be open to talking about mental health, notice how your children are feeling and be responsive to what they may be worried or concerned about. Acknowledge that it is normal to have worries or concerns and that it helps to be able to voice this and talk about it.
2. **Have fun first! It's ok to not get it right.** Enjoy opportunities through stormbreak to engage in the movements themselves rather than worry about how well they are moving, it's more the process then the end result.
3. **Relax and join in!** Focus on allowing the stormbreaks to be open for everyone and accessible so that it is about joining together, connectedness, fun and strengthening our mental health.
4. **Feel good!** Recognise how we can feel good about ourselves through movement, how it can energise and regulate us and this builds our sense of self worth.
5. **Notice our words and body language.** Be aware how our body language and the words we say impact on our children. They are perceptive and will thrive when they feel reassured, encouraged and understood.
6. **Listen and validate!** Children's thoughts and feelings are real to them so we need to acknowledge and hear before those feelings can shift and change or strengthen.
7. **Be playful!** Enjoy fun moments and be playful in tone and action so that we connect and alleviate stress and anxieties.



Our stormbreak mental health concepts:

Within stormbreak we focus on core mental health concepts as we believe these strengthen, support and build our current, as well as, long term mental health. These are:



Resilience: How we develop inner strength and courage and the ability to keep trying and 'bounce back' from difficult situations.



Self-worth: How we feel about ourselves inside, knowing we are important and that we matter.



Relationships: The connections we have with the people around us that help us to feel special and safe.



Hope and Optimism: Helps us to see that things can change and that we can believe in our potential now and in the future.



Self-care: How we look after our mental and physical health, notice our feelings and how we make choices about ways to take care of ourselves.



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SCHOOL INFORMATION

PANCAKE PUDDING - FRIDAY 9TH FEBRUARY 2024

There will be a pancake pudding option with a variety of toppings available on Friday 9th February 2024.

FOOTBALL KITS

Due to the cold and wet weather, please could all parents ensure that if their child takes part in a lunchtime football training club, they MUST bring a football kit and football boots to school with them. They will not be allowed to take part in football training if they do not have a kit to change into.

SCHOOL CLUBS: JANUARY - MARCH 2024

	EXTERNAL PROVIDER: BEFORE SCHOOL CLUBS	SCHOOL RUN CLUBS: LUNCH CLUBS & AFTER SCHOOL CLUBS				EXTERNAL PROVIDER: AFTER SCHOOL CLUBS
MONDAY	MSPORT ACTIVE ACTIVE8:00AM Multi-Sports All Years 8.00-8.35am www.msportactive.co.uk	MINDFUL COLOURING All Years 12.30-1.00pm Mrs Down	SCHOOL NEWSPAPER CLUB All Years 12.30-1.00pm Mrs Johnston	UKULELE CLUB Years 3/4 3.30-4.20pm Mr Wilson	DRAMA CLUB All Years 3.30-4.20pm Miss Bourne & Mrs Jones	MSPORT ACTIVE Girl's Football Club All Years 3.20-4.20pm www.msportactive.co.uk
TUESDAY	LONDON TKD Taekwondo All Years 8.00-8.40am www.london-tkd.co.uk/programmes/school-clubs	READING CLUB Years 3/4 12.30-1.00pm Mrs Skelly-Regis		CHOIR All Years 3.30-4.20pm Miss Lucken		MSPORT ACTIVE Football Club Boys & Girls Y5/6 3.20-4.20pm www.msportactive.co.uk
WEDNESDAY	JUDO FOR SCHOOLS Judo All Years 8.00-8.40am JFS.SMJ@gmail.com	OUTDOOR CLUB All Years 12.30-1.00pm Miss McCabe				MSPORT ACTIVE Football Club Boys & Girls Y3/4 3.20-4.20pm www.msportactive.co.uk
THURSDAY	MSPORT ACTIVE ACTIVE8:00AM Multi-Sports All Years 8.00-8.35am www.msportactive.co.uk		CRICKET CLUB Year 4 3.30-4.20pm starts 22.02.2023 Mr Edwards	ART CLUB Year 5/6 3.30-4.20pm Mrs Porter	DANCE CLUB All Years 3.30-4.20pm Miss Bourne	
FRIDAY						HOLLY KING PERFORMING ARTS ACADEMY After School Club 3.20-4.30pm Junior/Inter Performers 7-14 Years 4.30-6.30pm hkpaacademy.co.uk holliv@hkpaacademy.co.uk



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UPCOMING EVENTS

FAMILY FUN QUIZ EVENING - THURSDAY 25TH JANUARY 2024

Following on from the success of the Family Bingo evening in November, we are holding a free Family Fun Quiz Evening on Thursday 25th January 2024 from 6.00-7.00pm in the school hall.

Please can people arrive from 5.50pm, ready for a prompt start at 6.00pm. Teams for the quiz can be any size up to 8 people per team, and organised on the evening.

All parents / carers and children are invited to attend, but children must be accompanied by an adult. Cold soft drinks and snacks will be provided. There will also be a raffle, tickets can be purchased on the night. Everyone is welcome – we look forward to seeing you there!

DIARY DATES 2024

All diary dates for future events are now available on our school website – this will be updated regularly as and when events are added/updated.

18 th January	Year 3 Sandwich Designing & Making	In school	All day
	Year 5 Fire Safety Workshop	In school	All day
22 nd January	Year 5 Parent Event: Astrology	Playground	5.00pm
25 th January	Year 5 Ancient Greek Theatre Workshop	In school	All day
	Family Fun Quiz Evening	Hall	6.00-7.00pm
31 st January	Asthma Friendly Coffee Morning	Meeting Room	9.00-10.00am
1 st February	Year 4 Viking Workshop	In school	All day
8 th February	Parent Coffee Morning	Meeting Room	8.45-9.15am
	Year 3 Parent Event: Sewing	Hall	1.30-3.00pm
9 th February	Pancake Themed Lunch Menu		
12 th - 16 th February	HALF TERM		
20 th February	Snuggle Up with a Reading Book Event	Hall	3.30-4.00pm
26 th Feb - 1 st March	No school run clubs taking place this week		
27 th February	Parents Evening	Hall	3.40-7.00pm
29 th February	Parents Evening	Hall	3.40-6.00pm
4 th March	Year 3 Butser Ancient Farm Trip	Off site	All day
7 th March	Parent Coffee Morning	Meeting Room	8.45-9.15am
14 th March	Year 4 Viking Day	In school	All day
	Year 4 Parent Event: Viking Day	Hall	1.30-3.00pm
18 th - 20 th March	Year 4 Runways End Activity Day (1 class per day)	Off site	Extended day
19 th March	Year 5 Parent Event: Pizza Making	Hall	1.30-3.00pm
25 th March	Year 6 Grittleton Residential - Parent Information Session	Hall	3.30-4.30pm
25 th - 28 th March	No external clubs and school run clubs taking place this week		