




KSJ Fortnightly Flyer

Dear Parents/Carers,

Well half term has finally arrived! It has been an incredibly long half term with 8 weeks, but the children have been phenomenal. The quality of learning and progress has been impressive, which you will hopefully agree when you come for parents' evening after half term. Have a lovely half-term break. See you on 5th November xx 

Our Christian Distinctiveness

Next half term our Christian values are Hope and Reverence.

What Is Reverence?

- Reverence is not defined by externals
 - Reverence is a response to God's greatness, His power, His holiness and His mercy – to all He is
 - Reverence is a deliberate caution in how we approach God, an attitude of modesty, bashfulness toward God
 - Reverence is also a fearful attitude toward God based on godliness, our desire to obey God in all things
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PE and Sports Focus

Well done to our pupils who attended the Playleader training this week with Mandy – our PE support worker from FAVSP.

The training was welcomed with positivity and enthusiasm. Pippa, Thomas, Soph, Kelsey, Alice, Amina and Grace will now support our younger pupils and middays setting up games and activities at break and lunchtimes.

Parents' Evenings

Booking slots will go live on Monday 4th November for the following nights.

KS2 (Barn Owl and Falcons) –
Wednesday 13th November

KS1 (Wrens) – Wednesday 20th
November



After school football

Joel's afterschool football is coming back. After a very successful initial session last week, it will return after half term. It will be provided through his Footballer Player Development Company. School will cover the cost of these sessions at the current time. Pupils in Year 2 and above are invited to attend.

Key dates for your diary

4th November – INSET day

5th November – children return to school

13th November – KS2 Parents Evening

20th November – Wrens Parent's Evening

22nd November – Wreath Making Evening

26th November – School Photos with Tempest and Advent event at St John's Church – pupils only

4th December – Panto; Camelot is coming to KSJ

6th December – Christmas Journey – Year 2

10th December – Nasal Flu Vaccinations

16th December – Christingle 1.45pm

11th December evening, 12th December afternoon – Christmas Performance – Silent Night

18th December – Christmas Jumper Day and Christmas lunch

19th December – 1.15pm finish for Christmas Holidays

Website Updates

Over the next few weeks there will be some behind the scenes work to redesign and create a new school website. We will be looking to create a simpler design that is easily accessible with all the relevant information and forms available at the click of a button.



Cake Sale

Thank you to everyone for contributing and purchasing a cake to celebrate Mrs Cowell's 50th Birthday. We have raised money for The Stroke Association also. We have begun plans for developing a peace and reflection garden in memory of Mrs Cowell, hoping to complete the project before the weather turns wintery.

Parent Guide to Stress - 6 strategies to try – reducing stress for you and your child.

1 A 90 second hug

Set your timer! A hug releases oxytocin, which works to help reverse the effect of the stress hormones. You can even hug yourself. Try it and see if you can feel the relaxation flooding in.



2 Count backwards

Counting forwards is pretty automatic for most of us but counting backwards means we have to interrupt whatever else our brain is doing at the time. Depending on age, you could count backwards from as many as 100 or from as few as 10.

3 Give to others

Giving to others is powerful, especially in person so you see their face and make eye contact. "The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi. Scientists believe that altruistic behaviour releases endorphins in the brain - the 'helper's high'. This can be something small like holding a door open or giving someone a compliment.



4 Courage first

Adults can help to create environments that promote psychological safety in the way they approach things in their own lives. Admitting there are things you find hard but continuing to try anyway. Also modelling enjoying some things you're not very good at without focusing on improving - just having fun.

5 Teach later



It can be easy to see our role as parents/carers to always teach children right from wrong. However, responding with compassion first when someone admits a mistake means they are more likely to come to us when they make a mistake in the future. Learning can happen later.

6 Words matter

Sometimes parents and teachers don't intend to put pressure on children but the language we use does that without us realising. Simply choosing words that give an element of flexibility, we can lower the stakes. Using words and phrases like 'explore', 'experiment' and 'give it a go' makes a task seem like something that is worthwhile for the sake of the task itself, rather than just for a positive outcome. When stress is lower, people learn better as well.

Attendance

As we continue to strive for attendance rates of 95%+ the following rates of attendance show the current picture...

Whole school = 93.6%

Year 2 = 78.03%

Year 3 = 94.7%

Year 4 = 96.9%

Year 5 = 96.2%

Year 6 = 97.8%

Persistence Absence = 6.3% (significantly better than last academic year)

