

The week ahead @ Saint James

"Be strong and courageous and do it!" 1 Chronicles 28:20

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Friday 14th March

Issue 139

Wed 19 th Mar	Friday 21 st Mar	Wed 2 nd Apr	Fri 4 th Apr		Tues 22 nd Apr	Thurs 24 th Apr	Fri 2 nd May
Inclusivity & Diversity Parent Forum 1.30pm	Comic Relief non-uniform day	Easter lunch	Non-uniform day for Mountbatten hospice	Last day of Spring term	First day back after Easter break	Year 5 & 6 Easter Service at the church	SJSA – 'Break the Rules' Day

Collective Worship



This week's theme:

Global Neighbours

This week's bible story:

Justice and fairness

Amos 5: 24

A message from the Senior Leadership team

What a busy week it has been! After our annual inspection from a HIAS school improvement partner on Tuesday, two days of Parents' Consultation appointments followed. It was great to see so many of you across the two nights. It was one of the strongest turnouts ever with over 540, out of a possible 588, appointments made. We hope you found your meeting useful and informative.

Thursday's Parents' Evening was immediately followed by a Governors' meeting, where we had the opportunity to welcome new governor, Emma Lofthouse. Thank you to all the candidates who put themselves forward for the role. It is encouraging that so many people were motivated to have active involvement in the governance of our school.

An Inspector Calls

An Inspector Calls, the well-known play by J.B. Priestley, sees an inspector turning up unannounced to the house of a family so lacking in self-awareness they are oblivious to their flaws and unable to see the detrimental impact they've had on the lives of another. Thankfully this is a complete antithesis to the judgements made by a *real* inspector when they visited Saint James Primary School this week.

Tim Walters, an experienced school improvement partner for Hampshire, visited our school on Tuesday this week to complete an annual inspection. We were thrilled that he was able to see the excellent learning attitudes and behaviour across all the classrooms as our polite and articulate children were proud advocates of our school.

After observing lessons, speaking to staff and children and scrutinising data, we are pleased that Mr Walters was able to make judgements of the school, and our current priorities, in line with those already held by us. We are very proud of the hard-work put in by governors, staff and pupils to ensure this visit was so successful.

Comic Relief Day 2025

Next Friday, 21st March, will be the anniversary of Comic Relief Day; celebrating 40 years of filling the shelves of baby banks and community food centres, funding vital services like health workers, creating local youth safe-spaces, ensuring safe passage for people escaping danger and so many other worthwhile causes.

In school we will be recognising this occasion by enjoying a non-uniform day. There is no expectation for children to wear a specific costume or colour but just to enjoy the day in clothing they feel comfortable in.

If you would like to donate to Comic Relief Day and support the work of so many worthwhile charities in the UK and across the globe, please follow the link below:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=18464>



A Saint James family LEGO of a construction toy, to make a kind donation to our school

We would like to extend a big 'thank you' to the family of Margot, in Year R, and Luca, in Year 4, for kindly donating an enormous bag of Lego to the children of Saint James Primary School. Before being distributed to classrooms, many of the pupils visiting the office have looked longingly at it, itching to let their creative imaginations run wild with the bricks. We will soon be sharing this kind donation among the classrooms, so that all children can enjoy being creative architects and builders during wet lunchtimes.



Getting Brain Fit



In our 'Getting Brain Fit' section last week, we told you about our 5C needs and how it is important for us that we feel **Comfortable**, **Connected**, **Capable**, in **Control** and to **Count**. When our 5C needs are met well, it actually changes our bodies inside. Special chemicals are released.

When we feel capable, a chemical called **Dopamine** is released – it feels great and makes us want to do that thing again. Dopamine is also released when we feel a sense of control over what is happening to us. When we are certain about what to expect and can make decisions about the things that affect us, our Dopamine levels will be high.

Oxytocin is released when we feel good connections with others; this happens when we feel liked and cared for and believe that people are on our side.

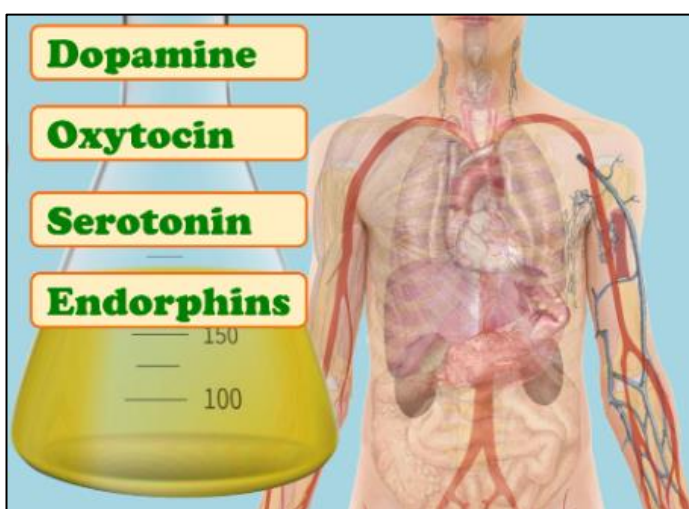
When we feel that we count, **Serotonin** is released. This happens when we feel that we matter and are as important as other people.

Endorphins, the body's natural pain killer, are released when we exercise. They are also released when we laugh, or when we sing and dance.

Our children have noticed that a word is spelled when we look at the first letter of each of these feel-good chemicals. When we put the letters together we form the word '**DOSE**'. If you hear your child talking about how to get their daily 'DOSE', you now know that they're referring to fulfilling their need for feel-good chemicals.

We can get our DOSE in helpful or unhelpful ways

	Helpful	Unhelpful
Dopamine	<ul style="list-style-type: none"> Starting a new interest / club Knowing what you want to get good at Planning a goal (make it specific) e.g. to be able to get to a certain grade in karate or do a specific number of keepie-uppies 	<ul style="list-style-type: none"> Trying to win in a way that isn't great for others Taking other people's stuff Forcing others to do what you want Doing things that are unsafe or risky but give a sense of power, control and success
Oxytocin	<ul style="list-style-type: none"> Finding ways to make new connections e.g. joining a sports, music or interest club Inviting someone you like to do something you enjoy Keeping in touch with old friends Volunteering in the community 	<ul style="list-style-type: none"> Being in a 'gang' that gets involved in things that aren't good for others Joining in with teasing or bullying against someone else Mucking around with friends in a way that isn't good for others e.g. joking around in class
Serotonin	<ul style="list-style-type: none"> Entering a competition Auditioning for a part Asking for a special job within the home / school/club Helping at a club for younger children Volunteering in the community 	<ul style="list-style-type: none"> Trying to win against someone in a way which makes them feel bad Boasting about being better than others Putting others down Leading and influencing others to do antisocial acts Anything which helps a person feel like the top dog
Endorphins	<ul style="list-style-type: none"> Joining a sports or dance club Aerobic activities e.g. a vigorous run Joining a drumming group or band Watching some comedy Getting involved in outdoor adventurous activities e.g. indoor rock climbing 	<ul style="list-style-type: none"> Doing things that are fun but unsafe or risky e.g. trespassing to take part in unsupervised parkour Exercising so much it causes damage to the body Self-harm Getting involved in activities which are exciting but illegal or antisocial



D	O	S	E
I feel capable & in control	I feel connected	I feel I count and matter	I feel great in my body!
Dopamine	Oxytocin	Serotonin	Endorphins
The motivator. Flows when we succeed AND keeps us coming back for more. It's the feeling 'Yes! I did it!' or 'I got it!'	The trust drug. Flows with a smile, hug or massage - when we feel loved, supported & connected to others. It's the calming drug.	The happy hormone. Flows when we feel important and of value – when we feel we matter, are needed and count.	The pain reliever. Flows when we exercise hard or laugh uncontrollably. Meditation works too. 'The runner's high'.

Please be kind – You can be a rainbow in someone else's cloud

'In a world where you can be anything, be kind', is a famous quote attributed to Caroline Flack, when reflecting on the unkind comments being made about her by other adults with no personal knowledge of her or her circumstances. It is also a statement that dovetails with our Christian values of Love, Respect and Courage and exemplifies the importance of ensuring that love, respect and kindness are extended to all members of our school community: pupils, staff and parents.

In previous newsletters, we have certainly made reference to promoting these values in interactions including pupils and staff. However, we are becoming increasingly aware that parents are not always modelling kindness towards other parents.

Over recent weeks, we have been made aware of behaviour displayed by parents towards other parents that we would not expect or accept from children at Saint James Primary School. This includes derogatory or unkind comments made either directly or in earshot and intimidating gestures and looks. It also includes interactions on the playground or on the school run to and from school.

Please remember that we are never fully aware of others' personal circumstances and that our behaviour is a model to our children. Please extend love, respect and kindness to all members of our Saint James 'family'.

Easter Holiday provision

If you are struggling for fun activities and provision for your children over the Easter holidays, there are a number of providers offering exciting activities (along with food) for your children to enjoy.

Please follow the link below to the Hampshire FISH website (Families Information and Services Hub) which will direct you to the local providers for this Easter Break. There are a variety running within the Eastleigh Borough across the 2 weeks. All these providers will be offering funded places for children eligible for free school meals, including the provision of food.

[Family Information and Services Hub | Service Listings](#)

A wildflower bouquet to brighten your day

The children in the 'Quiet Space' club, along with Reverend Linda, have produced a bouquet of flowers, each one individual but equally beautiful. The entire bouquet represents our school as a whole, each one of us is unique and, when altogether, we combine to make something truly special.

Inclusion and Diversity Parents' Forum

It is our belief that the Saint James 'family' is better, richer, and more effective when all children and families feel fully included. By learning and growing together in school, children with varied abilities, interests, and backgrounds will experience diversity as normality.

True inclusion is about making sure members of society who feel marginalised (e.g. due to their race, religion, skin colour, gender, sexual orientation or disability) are not simply told they are included; they feel like they genuinely are. It is not enough to just recognise differences; we need to appreciate, value, respect and celebrate the diversity in our school community. In celebrating these differences across the whole school, we reduce the potential for prejudice through education and understanding.

At Saint James Primary School, we want all of our families to experience the feeling of belonging. When our children feel like they belong they are better able to contribute and enrich our school community; offering perspectives which are informed by different experiences and backgrounds. We want to encourage an ethos where children feel they can have open conversations, be inquisitive and open-minded. In respectfully finding out more about another's cultures, traditions, beliefs and normality; it will lead to a more genuine understanding and appreciation for each student's individual differences.

So, how can we ensure we are even better at doing this? We would like to launch an 'Inclusivity and Diversity Parent Forum'. This will enable open and honest discussion about how we can be more inclusive and prevent discrimination against any group.

We would like to send you an open invitation to join us for the first meeting of this forum which will be held on **Wednesday 19th March at 1.30pm**.

We look forward to welcoming you to this event.



Mental healthcare for parents

The challenges of being a parent are hard; often a selfless juggling act where your own well-being comes well down the list of priorities. If, after supporting your own child, you feel you need support with your own mental health and well-being, there is a useful, free resource available. To access a recorded session that focuses on parental mental health, please use the following link:

[Parental support for mental health](#)



Small messages – Big impact

Water bottles

The benefits of keeping hydrated throughout the day are well recognised and we always encourage children to bring a water bottle with them to school. However, we are becoming increasingly aware of the current trend for large Stanley-cup-style bottles with a capacity of over 1 litre, as well as bottles that do not have a sports-style cap. In classes of nearly 30 children, this makes the storage of bottles difficult, and where lids do not have a sports-style cap, leakages and spillages are becoming too frequent. Please ensure that your child has a water bottle that is neither excessively bulky and has a sports-style cap (similar to that found on a cyclist's water bottle).

Shoelaces

One of the questions frequently asked on Parents' Evening is what can be done to support your child at home. In addition to any suggestions to support their academic progress, can we please ask that you support your child with learning to tie their shoelaces. Since children have been wearing their P.E kit to school, on days when they have a P.E or Games session, there has been less of a requirement to change footwear during the school day. This coupled with many children's shoes being fastened with Velcro has masked the issue. However, we are becoming increasingly aware that some of our older children are unable to tie shoelaces, a potential problem as they enter secondary school. With the requirement for children to change for P.E at school, and less shoes being available with Velcro fastening as the children get older, we believe it is prudent for children to be proficient at tying their laces by the end of Key Stage 2.



♪ WE'LL MEET AGAIN ♪

Please join West End Parish Council as we mark and celebrate the 80th Anniversary of the end of the Second World War

Order of events

- Raising of the flag and speech from Councillor Rick MacDonald at The Parish Centre at 9am
- Lamp light of peace and VE Day Flag crafts in The Hatch Cafe from 7.30pm to 8.30pm
- Hot & Cold drinks from The Hatch Cafe team outside The Parish Centre from 7.30pm to 8.45pm
- Fish & Chips deal available from Best Fry between 7.30pm to 8.45pm
- Speeches from members of the Airforce, Army and Navy from 9pm
- Tribute Reading and Beacon Lighting at 9.30pm



DISCOVER THE AMAZING



SCIENCE AND ENGINEERING DAY

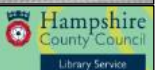
Saturday 15th March 2025

Highfield Campus and
Boldrewood Innovation Campus,
Southampton



Book your **FREE** tickets
www.sotsef.co.uk

f X Instagram #SOTSEF



Animal Encounters

Saturday 15 March

at Chandler's Ford Library

Come and meet some friendly animals (and their handler!)

10:15am - 10:30am	Snakes
10:30am - 10:45am	Lizards
10:45am - 11:00am	Invertebrates and Tortoises
11:00am - 11:15am	Snakes
11:15am - 11:30pm	Lizards
11:30pm - 11:45pm	Invertebrates and Tortoises

Please speak to a member of staff for further information or to book

