

# The week ahead @ Saint James

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

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Friday 2<sup>nd</sup> May

Issue 144

Mon 5 <sup>th</sup> May	Mon 12 <sup>th</sup> May	Thur 15 <sup>th</sup> May	Fri 16 <sup>th</sup> May	Wed 21 <sup>st</sup> My	Fri 23 <sup>rd</sup> May
Bank holiday (no school)	Beginning of Year 6 SATs testing	Last day of Year 6 SATs testing	Provisional Sports Day KS2 am KS1 pm	Year 6 educational visit	Last day of the half term

## A message from the Senior Leadership team

We have been enjoying the beautiful weather this week and were particularly jealous of our Year 4 children who had the opportunity to enjoy a session in the swimming pool, at Wildern, on Tuesday! Over the past few weeks, it has been a joy observing our annually returning Blue tits, busily building their nest and eventually laying their eggs. This week, we've watched in eager anticipation as the eggs have successfully hatched. To round the week off, our children (and staff!) have enjoyed a fun day of respectfully breaking the rules.

Hopefully the nice weather will continue, and you can enjoy the Bank holiday weekend in glorious sunshine.

## Break the Rules Day

What a way to start the bank holiday weekend; a day of respectful rule breaking!

*Squash in your water bottle? That's okay with us!*

*Flamboyant non-uniform or wearing pyjamas to school? Go right ahead.*

*Hair that looks like you've been dragged through a hedge backwards? It looks fine to me!*

*Nails painted pillar box red? My, that does look pretty!*

These were some of the possible responses and reactions to a day of overt rule breaking at Saint James Primary School. So, do we need to put a call into the authorities to tell them that the children have gone wild and the staff just don't care? No, it's okay – the day was fully planned and an opportunity to raise money for the SJSA. With stipulation of the rules that could be broken (to ensure there was nothing that was detrimental to learning, behaviour or in opposition to our Christian values) we would like to take this opportunity to praise all of the children for how sensibly they conducted themselves on this highly unusual day, whilst still managing to have fun with their blatant rule breaking.

Hopefully the children all had a fantastic and memorable day remembering that we return to normality as we come back to school on Tuesday, next week.

Let's just hope any hair dye is non-permanent and any tattoos truly are temporary!



## Collective Worship



This week's theme:

**Happiness**

This week's bible story:

**Build each other up**

**1 Thessalonians 5.11**

## Egg-citing Blue Tit news! New arrivals that are going 'cheep'



As you may be aware from previous years, we have a bird box in the Spiritual Garden that is annually occupied by a pair of nesting Blue tits. A couple of years ago, we had a live feed to the box, so we were able to watch a Blue tit alternative to 'Big Brother' but unfortunately, this year, we do not have the ability to live stream. The children are still able to enjoy visiting the ICT suite to see our Blue tit family on the tv screen.

This year our female Blue tit chose the Easter holidays as an opportune time to lay her eggs, with this Wednesday seeing them hatch. We are now able to watch the healthy chicks keeping their parents busy by demanding food (an experience that is probably familiar to many of us)! The baby blue tits are usually in the nest for around three weeks before they fledge.

Although we are not able to view our own Blue tits via a live stream, if you are interested in watching a plethora of different birds nesting, please use the following link;  
[Live Cameras | WildlifeKate](#)

## We care about Young carers

It is impossible to know, when so many members of our school community start the day with cheery smiles on their face and buoyantly leave at the end of the day, what their lived experience is outside of the school day. Whilst we know many of our children live a care-free childhood, with little burdens or responsibilities, we also know this is not the reality for every child. Unavoidably, some of our children, like 120,000 to 1 million others across the UK, are acting as young carers for family members. Some estimates suggest that as many as one in five schoolchildren across the country act as young carers.

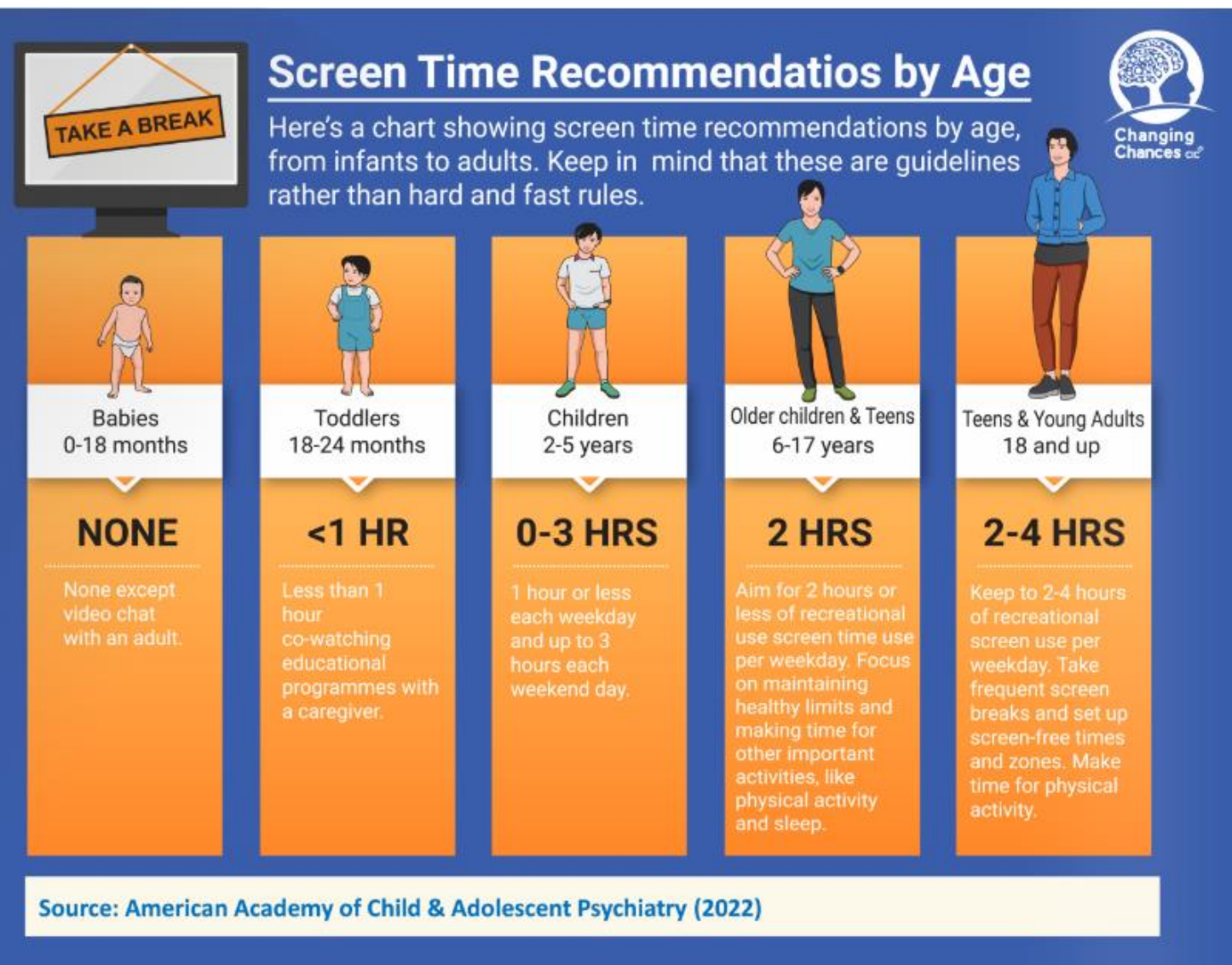
This Tuesday, Leah Burton from Eastleigh Young Carers visited Saint James Primary School to talk about the work that they do to support children performing this role. Speaking to the children in Collective Worship, Leah explained that a young carer is anyone, under the age of 18, whose life is affected by caring for a relative. The relative may have a physical or learning disability, a long-term illness, a terminal condition, mental illness, or difficulties with drug or alcohol use. Throughout her presentation, Leah shared that support can range from emotional support, physical help, administering medication and assistance with personal care.

Understandably, these additional pressures can, although not in every case, be detrimental to children's learning and experiences in school. Therefore, we have asked Mrs Appleyard to look closely at ensuring we maximise the opportunity for positive educational outcomes for all young carers in our school. It is important that we recognise young carers receive the same opportunities as other pupils and are able to reach their full potential. Our intention has always been to create a school culture at Saint James which accommodates for, and understands, the needs of all of its pupils. This obviously includes improving young carers wellbeing, ensuring they are better prepared for independent lives.

If you feel that your child is currently operating as a young carer, please either contact Mrs Appleyard via email; [t.appleyard@st-james-westend.hants.sch.uk](mailto:t.appleyard@st-james-westend.hants.sch.uk) or use the following link to find out more: [Eastleigh Young Carers](#).

## Getting Brain Fit – Physical and Sensory needs

Last week we told you about our physical and sensory needs and how important it is to us that these are met. When the children discussed this, during Collective Worship this week, many were alarmed at the daily recommendations for screen time! Before we share the importance of good connections, next week, we thought we would share with you the information we discussed with the children (some of them might be reluctant to do so, themselves!) It might provide some useful evidence for challenging conversations at home! (please note that the recommended timings are a maximum and that there are suggested differences between the weekend and weekdays).







# COFFEE MORNING

WEDNESDAY  
11TH JUNE

9am - 10am

Join us in the modular building



Join us for tea / coffee and have the opportunity to meet other parents. This coffee morning will focus on supporting challenging behaviour.

**Nikki Shergold** from the Primary Behaviour Service will be coming in to talk about supporting **challenging behaviour** - there will be an opportunity to ask Nikki questions

If you're interested in coming along drop Kerri an email at  
[family.support@st-james-westend.hants.sch.uk](mailto:family.support@st-james-westend.hants.sch.uk)



# VE DAY<sup>®</sup>

80<sup>TH</sup> ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

8 MAY 2025

## 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



Hampshire Child and Adolescent  
Mental Health Services

# HOW TO COPE WHEN YOUR CHILD CANT

A one-day event focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

The sessions will include looking at emotional regulation. When distress and emotional responses make situations challenging, how can we think clearly & avoid becoming overwhelmed.

### The afternoon will focus on How to Feel Better as a Parent in Burnout

Exploring what burnout is, what contributes to it, the signs and avoiding repeating cycle. An immersive workshop including self-care and nervous system regulation practices you can try. Led by Courtney Freedman-Thompson - coach and wellbeing practitioner with lived experience.

For more information and to book a place go to:  
<https://hampshirecamhs.nhs.uk/events/>

Some events have a small charge to allow us to cover costs; some discretionary free tickets are available

Thursday, 8 May 2025 9.30am - 3.15pm

St Peter's Catholic Church Conference Centre,  
Jewry St, Winchester SO23 8RY

Tickets £25  
Tea, coffee and lunch included

# WALK to SCHOOL WEEK 2025

Your school is supporting  
'Walk to School Week'  
Monday 19 May - Friday 23 May

### How can I help?

- Walk with your child and discuss potential hazards such as driveways, junctions, parked cars and bends
- Work out together the safest route even if this involves a slightly longer journey
- Let your child suggest places to cross and discuss their choice
- Practice the green cross code on your way to and from school - reminding them to stop, look, listen and think

### I don't have time to walk!

- Park the car some way from the school gates and walk the last part of the journey
- Try to find time to walk with them once during the week
- Your child will qualify for a certificate if either option is taken

### What are the advantages of walking?

- The chance to teach important road safety skills
- The chance to learn about the local environment
- A chance for a chat about the day
- Less congestion at the school gate
- A healthier way to start the day

Designed by  
Amilla and Amelia  
from All Saints  
Junior School



Hampshire  
County Council



THINK



# OUT OF THIS WORLD



**15th May**

## **Mini Planet Meatballs**

with out of this World tomato  
sauce & pasta

## **Veggie Big Bang Bangers and Cosmic Mash**

And

**Rocket Lolly**

