

# The week ahead @ Saint James

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

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Friday 25<sup>th</sup> April

Issue 143

Fri 2 <sup>nd</sup> May	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
SJSA – ‘Break the Rules’ Day	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

Welcome back! We hope you all had a peaceful and relaxing Easter break and were able to enjoy some precious family time. It is great to see all the children back at school after their holiday, ready to enjoy another action-packed and exciting term.

It may have only been our first week back in school, but Year 5 have already experienced the awe and wonder of space through the ‘Wonderdome’ mobile planetarium, Year 4 have spent a day learning about rivers with the Wessex Rivers Trust and have had their first swimming lesson of the year and we have all enjoyed an Easter service, either at St James church or in school. With Sports Day, ‘Break the rules’ day and Key Stage 2 SATs week happening within the next couple of weeks, the shortest half-term of the year looks like it’s going to be a busy one!

## Water the children doing? They’re sprinkling the congregation during the Easter service!

At Saint James Primary school, we are very fortunate to have such close ties with St James church with one of the many benefits being the opportunity to participate and enjoy inspirational and engaging church services at key points in the year.

This Easter was no exception, as the Year 5 and 6 children enjoyed and participated in a lovely service led by Reverend Vicky. This year’s service was based on the Easter Vigil, a service that is steeped in tradition and has been celebrated in churches for hundreds of years. In line with tradition, the children began the service with the church cloaked in darkness.

After our Year 5 children shared pertinent readings from the Old Testament, Reverend Vicky introduced us to the Paschal candle. A large, white candle that is lit during the Easter season and at other special occasions, the Paschal candle symbolises the light of Christ and his resurrection, representing hope and new life.

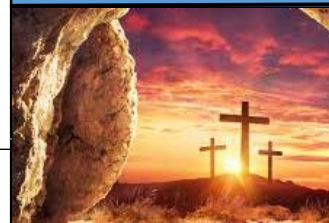
Lighting the candle to bathe the church in light (aided by the switching on of the electric lighting!) provided symbolism of Christ’s resurrection and the consequent joyous celebrations that this brings to all Christians. Reverend Vicky then processed around the church with a select group of children who were chosen to accept this light with their own candles.

In addition to the sharing of light, from the candle flame, all the children were also in receipt of another of the five natural elements: water. Some of our Year 6 children were chosen to sprinkle the congregation (including the adults!) with water, using a sprig of rosemary. At Easter, when we celebrate new life and the washing away of our sins, this provided powerful imagery for the children (as well as delight for those who were given the opportunity to sprinkle water over their teachers and peers!) Reverend Vicky described how water on the beach can run over stones, wearing away the rough edges to create smooth pebbles, a bit like how turning to God can wear away our rough edges to shape us as people.

With the size of our school now very close to 600 children, it is not possible to fit all of our pupils into St James church for a service. Therefore, we are in the extremely fortunate position of being able to offer a duplicate service in school, led by Reverend Linda. The children in years 1 to 4 enjoyed an equally enjoyable service, with similar content, in school and we are pleased to report that the staff and children did not miss out on an enthusiastic sprinkling of water to symbolise new life!

With this service likely to be the Year 6 children’s final service at the church, as members of Saint James Primary School, it was definitely a fitting and memorable finale.

## Collective Worship



This week’s theme:  
**Resurrection and hope**

This week’s bible story:  
**The resurrection**  
**John 20.1-18**



## Our Year 4 children show they're not out-of-their-depth, when it comes to learning about rivers!

Perhaps concerned about how they would cope with a day of Maths, English and Guided Reading, after two weeks off for Easter, many of the children in Year 4 received a pleasant surprise when they returned to school on Tuesday.

As a 'hook' to their topic on Rivers, the children were treated to a day that immersed them in their learning, led by Holly and Jen from Wessex Rivers Trust. In an exciting day of hands-on learning, the children learned about the journey of a river, from source to sea, had the opportunity to investigate first-hand some of the creatures that live in our rivers and discovered the importance of water conservation.

Whilst considering the River Itchen, our most local river, the children learned how it rises from its source, to the south of New Alresford, and flows 26 miles to meet Southampton Water below the Itchen Bridge. They were amazed to discover that the Itchen is a 'chalk stream', which is a very special type of waterway, and that there are only around 210 chalk streams in the world, with 160 of them to be found in England!

With the expert guidance of Holly, one of our river educators for the day, the children constructed their own scale model of the Itchen across the classroom floor. To the relief of our site team, Wessex Rivers Trust places a significant emphasis on water conservation, so the course and meanders of the river were created with flowing blue fabric and not by flooding the classroom!

After labelling the upper, middle and lower courses of the River Itchen, the children placed features along the rivers course that they might expect to find there. From the many animals, birds and fish that make the river their home, to the houses and businesses that rely on the river for their productivity and outstanding views, the children created an authentic recreation of our local river. Thankfully, it wasn't to scale – otters that are eight times larger than houses would be pretty scary!

With the rivers team visiting our school, you might reasonably consider that this would limit the opportunity for a hands-on experience with some of the smaller wildlife that calls the river its home. However, that was no obstacle to our learning for the day, as the wildlife came to us! Jen, a member of the rivers team, had visited the river the night before and had filled an enormous cool-box full of small plants and creatures. The children then had the opportunity to study and classify the aquatic life they found; from freshwater shrimps to leeches. Using a digital microscope the tiny creatures looked like extra-terrestrial beings when projected onto the interactive whiteboard!

When studying rivers, it would be remiss not to consider the environmental impact on our rivers by humans, as well as recognising the importance of water conservation. As citizens of the future, our children will need to protect our waterways and conserve the water they use, more effectively than previous generations.

This could not have been illustrated more clearly than through the activity they completed, when they considered their water usage in one day. Armed with a clear 500ml bottle filled with rainwater, the children dispensed multiple teaspoons of water into a central bucket if they exhibited wasteful behaviour. Leave the tap running for the duration of brushing their teeth? That's three teaspoons into the bucket. Don't use leftover washing up water to help your plants grow? Further teaspoons need to be decanted into the bucket. Although one teaspoon of water doesn't appear much on its own, each class managed to fill a significant volume of the bucket over the course of the activity! Alarming, the children discovered that the average person, in the United Kingdom, uses 150 litres of water each day!

The children in Year 4 had a thoroughly enjoyable day learning about rivers, from the knowledgeable Wessex Rivers Trust team and would like to extend a huge thank you to Holly and Jen for such an engaging and enriching day. They certainly won't be out of their depth now, when it comes to completing their topic on Rivers this half term!

So, how do you follow up on a day immersed in learning about Britain's waterways? By having your first swimming lesson at Saint James, of course! With an exciting start to the week, the children in Year 4 enjoyed the first of their weekly trips to Wildern pool, to master that body of water through competent and efficient front and back crawl!



## The learning in Year 5 is out of this world!

If you were told that the hall was being occupied by an object to support the Year 5 children with their learning about space, a glimpse inside might make you think that the object was some kind of alien spacecraft, judging by its un-worldly appearance. A large, windowless dome-like shape with no obvious sign of entry sat stationary in the middle of the hall, with a mass big enough to swallow an entire class within its cavernous interior. Only the monotonous sound of electric fans could be heard emitting from this unfamiliar sight, as the children gingerly entered the room and gazed upon the mass in front of them.

So, had Saint James school received a visitation from a delegation of mysterious alien beings? Was a highly-advanced spacecraft sitting stationary in the middle of the hall, running its fans to cool it down after journeying from another world? No. It was the Wonderdome, a mobile, inflatable planetarium, invited in to teach the Year 5 children about our galaxy and the wider universe!

With special visual and audio equipment, which projected onto the inside of the planetarium, the children enjoyed a 360-degree experience which was totally immersive.

If you look at the BBC's 'The Big Read poll', a survey of the top 200 ranked novels in the United Kingdom, the book in fourth place, polling above novels such as 'To kill a mockingbird', 'Wuthering heights' and 'Jane Eyre' was 'The Hitchhiker's Guide to the Galaxy' by Douglas Adams. Undoubtedly a popular and well-loved book, this 'guide' would certainly not be needed by our Year 5 pupils. During their time in the Wonderdome, the children enjoyed an interactive tour of our Solar System, with a pit-stop at every planet and some of the moons that orbit them. They even survived, unscathed, from a trip through the asteroid belt!

Year 5 would like to thank, Matt, their Wonder Dome presenter for sharing such an engaging show.



## Getting Brain Fit – Physical and Sensory needs

In previous newsletters we have introduced you to our 5C brain needs. We explained how our brain is in charge of keeping us safe and happy. When it thinks we are not safe and happy, it puts all its energy into keeping us safe and alive – we call this our 'danger brain'.

When our brain thinks we are safe and happy, it does not need to use its energy on helping us stay alive. It can put energy into learning and playing. When this happens we can give our full attention to tasks we are doing – it is easier to learn and have fun. We can also focus on making sure that other people feel good too.

For our brains to feel safe and happy, we need to feel safe and comfortable in our body. We call these our physical or body needs.

Body needs include necessities such as food, water and sleep. Our body also needs to be at the right temperature – not too hot or too cold as well as having plenty of exercise and screen-free time. All of these things help our body to feel comfortable.

We also have sensory needs, such as the sound and light levels feeling okay for our body, the clothes on our skin feeling comfortable and the ability to move around, so our body feels okay. When we are comfortable our body can focus on other things like learning and playing.

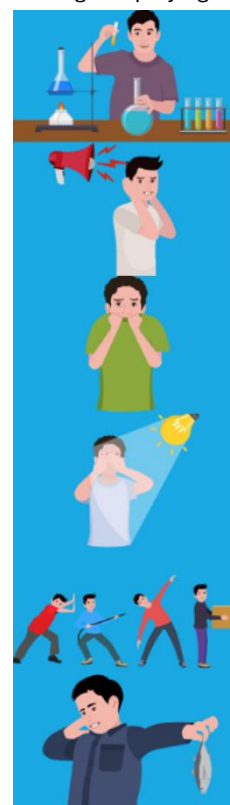
We can summarise our physical needs as:

- I have had enough water to keep my brain and body feeling good.
- I have had enough healthy food to keep my brain and body feeling good.
- The temperature is about right to keep my brain and body feeling good.
- I have had enough sleep to keep my body and brain feeling healthy and energised.
- I am free from physical pain. My body feels comfortable.
- I am keeping my brain and body fit. I feel physically fit and have enough energy to join in.

We can also summarise our sensory needs as:

- The sound levels are okay for me. It is not too loud or too quiet for me.
- The light levels are okay for me. It is not too bright or too dim for me.
- The amount of movement is okay for me. I do not have to keep still or move too much.
- Things on my skin feel okay. There is nothing bothering my skin.
- The smells are okay for me. I do not find them too overwhelming or harsh.
- The task I am doing is interesting to me. It feels useful enough to keep me focussed.

We will be reminding the children of the importance of ensuring all these needs are met well and how we might achieve this.



Saint James School Association (SJSA)

# Break the Rules Day

Friday  
2nd  
May

FOR 1 DAY ONLY, YOU CAN  
BREAK THESE SCHOOLS RULES

- Wear school uniform
- No squash in water bottles
- No nail varnish
- No crazy hair
- No temporary tattoos
- No make-up or face paint
- No football kits

Please give cash  
to your child's  
teacher on the day



50p  
PER RULE  
YOU BREAK



Although it may seem a daunting prospect, whenever we have held our 'Break the Rules Day' it has been a fun, enjoyable and remarkably anxiety-free day for staff as well as pupils! Indeed, the biggest disruptive force on this day is still Storm Eunice, which forced school closures and therefore cancellation of the first ever scheduled event! However, on the rescheduled date, the children managed to exhibit their rebellious side in a far more controlled and less disruptive manner.

As previously, we will be presenting the children with a pre-determined set of rules which, for one day only, they are able to ignore. These include: choosing not to wear uniform, styling their hair in outrageous ways and filling their water bottles with squash rather than water. A full set of rules that can be broken for the day can be seen on the adjacent poster.

'Break the Rules Day' will be held this year on Friday 2nd May. We look forward to it being a fun day where children can enjoy being rebellious in a calm environment where all children feel safe and secure. Regardless of whichever rule they choose to break, there is an over-riding expectation that our Christian values of Love, Respect and Courage are still upheld by everyone. We're sure it will, yet again, be an extremely enjoyable day.



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

## MIDWEEK TOP MARKS FOOTBALL COACHING SESSIONS | YEAR 1 TO YEAR 7

LIMITED SPACES AVAILABLE  
TUESDAYS 5-6PM

TERM TIME ONLY

WILDERN SCHOOL

HEDGE END

£10 PER SESSION/BLOCK BOOKING

Boys and Girls Welcome!

Our midweek training session is fun and challenging, we focus on teaching the technical aspects of the game and challenge the players decision making in skill based practices.

Group sizes are small to provide lots of opportunities to practice and improve players confidence on and off the ball.

COACH ANDY

OVER 15 YEARS EXPERIENCE WORKING  
IN SOUTHAMPTON FC ACADEMY

ELITE LEVEL COACH

UEFA A LICENCE QUALIFIED

EXPERIENCE IN WORKING WITH VARIOUS  
AGE GROUPS AND WITH DIFFERENT  
PLAYING FORMATS

## 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](#)

