

The week ahead @ Saint James

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

Headteacher: Mrs Michelle Marsh

adminoffice@st-james-westend.hants.sch.uk

Deputy Headteacher: Mrs Rebecca Gardiner

Tel: 023 80 900995



Friday 26th September

Issue 158

Thurs 2 nd Oct	Fri 3 rd Oct	Mon 6 th Oct	Thurs 9 th Oct	Thurs 16 th Oct	Fri 24 th Oct
Nasal flu vaccinations	Non-uniform day for allergy awareness	School photos – individual portraits	INSET day – no children in school	Harvest festival at church – Years 5 & 6	SJSA non-uniform day and school disco
					Last day of the half-term

A message from the Senior Leadership team

Remarkably fresh-faced, after their action-packed residential visit last week, we have seen our Year 6 children back in school and focussed on their learning. We have enjoyed hearing them recount some of their favourite memories from last week, which we're sure will stay with them for years to come. You can get a little insight into some of the fun they had, in this newsletter.

We have also seen our first sports tournament of this academic year. Perhaps surprisingly, it wasn't a football or netball tournament being competed in by some of our older pupils but the lesser-known sport of dodgeball being played by a team of Year 3 and 4 pupils. As is so often the case, the children were excellent ambassadors of Saint James Primary School.

Collective Worship



FAIRTRADE FORTNIGHT

22 September to
5 October 2025



This week's theme:
Fairtrade fortnight

This week's story:

Fairness
Proverbs 2:8-11

Climbing, canoes and campfires: just some of the highlights of Year 6's residential trip to Liddington PGL

Parents with children in younger year groups could be forgiven for thinking that it was only the second full week of term and already our Year 6 children were unashamedly flaunting our uniform policy and expectations. As the children arrived at school last Monday morning, it was apparent to all who saw that no child was wearing anything resembling uniform and that their bags were significantly larger than anything that would comfortably fit in a locker! So, were the children en masse showing blatant defiance of school expectations, or was there a genuine reason for their different attire? Of course there was. It was the first day of the Year 6 residential!

Although the centre's good reviews and reputation, as well as an extensive pre-visit by Year 6 staff, all pointed to it being a fabulous week away, this was the first year of Saint James visiting PGL in Liddington, Wiltshire. However, the previous three cohorts enjoyed visits to the PGL site in Little Canada on the Isle of Wight so the omens were good!

We would suggest there is a sweet spot, when travelling to a residential. Too long a journey and it's a waste of the day, whereas if the journey is too short the children don't feel like they've actually gone away. For this residential visit, we think we got it just right! The 70-mile trip down the A34 and M4 was completed by lunchtime, ready for the children to enjoy their first activities that afternoon.

With each activity group experiencing the activities in a different order, the rumours of what to expect soon spread as the week progressed. Although there may have been some diversity in opinions when it came to reflecting upon the difficulty and level of apprehension engendered by each activity there was one unanimous and overwhelming response to everything experienced – it was great fun! It would be impossible to recount every child's individual response to each activity, for that you'd need ask them personally. However, we thought we'd give you a summary of some of the highlights, so you can appreciate why the residential trip is always such a highlight for our children. Some of the activities the children (and staff!) enjoyed were:

*Vertical challenge – a climbing wall with a difference where they had to negotiate a swinging ladder, wooden rungs, a cargo net and finally two rotating tyres to reach the top. Indeed, both words in the activity's title were thoroughly appropriate!

*Sensory trail – with their sense of sight impaired by a pair of blacked-out goggles, the children negotiated their way over, under and around a series of obstacles by feel and through listening carefully to the instructions of the blind-folded team member in front who had already traversed the obstacle. This already tricky challenge only increased in difficulty due to the unwelcome and unnerving feeling of crawling on all fours through a muddy puddle! The sense of team-building and working together was certainly shown in abundance on this activity. As for any level of apprehension? I'm not sure many of us would want to be face-to-face with a muddy puddle!

Continued overleaf



*Zip wire – from the top of a tower of steps and secured by a harness, the children took a leap of faith, as they stepped off the wooden platform and begun their swift descent! They then needed to keep their wits about them as they undid their figure of eight carabiner, released a lever that was not dissimilar in appearance to a penguin's beak, and lowered themselves back to terra firma.

*Giant swing – If, in Year 6, you think that the children are beyond gaining any excitement from a swing, you'd be forgiven. However, when that swing is winched many metres into the air by a willing group of children pulling in perfect coordination on a rope, the excitement level undoubtedly increases. Dangling, suspended from a harness, the children then controlled a rip-cord which released them to swing like a pendulum, level with the nearby treetops.

*Canoeing -We imagine that most of our children were outside of their comfort zone for most of the week. Indeed, most of us probably would have been unless we were a bird or a fish, as most of the week was spent either on the water or high up in the air! During their exploits canoeing, most of the children were thankfully able to stay on the water rather than in it, as they mastered paddling and steering their two-man vessel.

*Raft building- Whereas the children knew that, during canoeing, any impromptu dunking in the lake was due to their developing skills and not how water-tight their boat was, raft building posed a different challenge. Down at the water's edge, the children were challenged to design and build a lake-worthy raft. Selecting from a variety of resources, including large plastic barrels, ropes and poles, the children worked as teams to create their own vessel. Whilst we would like to report that the children are now equipped with the skills to escape a desert island, providing they are stranded with the right equipment, we would still suggest it would be a safer option for many of them to wait for help to come to them!

Alongside the daily carousel of group activities, the children came together as a year group to enjoy the evening's activities. This culminated with a win/win for staff and children on the final evening. Whilst the children partied to the latest tunes by their favourite artists, staff enjoyed an hour and a half of precious silence. How could this be, when the children were still under close supervision? Because it was a silent disco! Donning their own personal headphones, the children had music transmitted to their own headsets, so they could adjust the volume and their level of exposure to the music.

Earlier in the week, another popular evening activity was the campfire. Children gathered together, along with other schools on site, to toast marshmallows and join in with humorous and engaging campfire songs. Thoroughly enjoying their experience, at the time many of the children would happily have enjoyed another fire on subsequent nights. However, the reality of that wish became less appealing when the fire alarm rudely woke them from their slumber on Tuesday night! Thankfully, it was a false alarm and the alarm was triggered accidentally.

We can confidently assure you that the alarm was not triggered by children from Saint James - it was another school on site. In their enthusiasm for hygiene, they triggered the centre's alarm system by the steam from taking hot showers and an overzealous use of aerosol deodorants! Some of our parents may have despaired if, when they looked in their child's bag upon their return, they still had multiple pairs of clean underwear and unopened bars of soap. However, they can take comfort in one thought. Their child wasn't responsible for setting off the fire alarm!

Residential trips would not be possible without the dedication and enthusiasm of the staff involved. We would like to say an enormous 'thank you' to all of the staff who gave up their time with their own families to make this trip such a success and to all of the Year 6 children who showed exceptional behaviour throughout the visit. However, a special mention needs to be given to Mr Magrane, Miss Howell and Mr Thompson whose superb organisation made the whole trip possible.



Nasal flu vaccinations

On Thursday 2nd October 2025, we will be visited by the NHS immunisation service to administer the nasal flu vaccination to children in all year groups. If you wish your child to receive the vaccine, please submit their details on the electronic form.

The form, along with information about the vaccine, can be accessed via the link below:

School Code: **SH116331**

Session date: **Thursday 2nd October 2025**

Year Group: **Year R – 6**

Link to website: [Annual Nasal Flu Vaccination Programme - Hampshire - Parents: Health for Kids](#)

Access to the form will close two working days prior to the session.

Alternatively, if you decide you do not wish your child to receive the vaccine, please submit the form to record your decision. This will enable us to update your child's immunisation record. If you have already completed the form, there is no need to do anything more. Please only complete one form per child.



Superb sportsmanship: our Saint James superstars are Dodgeball diplomats

Some of you may only be familiar with the sport of Dodgeball from the 2004 film named after the sport. However, that comedy film, that follows the fortunes of a group of unlikely misfits who enter a dodgeball tournament in Las Vegas, could not be further from the truth! The finally-honed group of players who represented Saint James could never be described as 'misfits' and, rather unfortunately, the venue was much less glamorous than La Vegas!

Competing against other local schools, our team of Year 3 and 4 children showed exceptional sportsmanship and were excellent ambassadors of Saint James. They happily offered one of their players to another school, when they couldn't field enough players, and were honest when they were struck out by the opposing team. Cheering each other on and shaking hands at the end of every match, they could have set an example to many professional sports teams. They even managed to listen attentively to all instructions when they were conveyed across the breadth of a hockey pitch!

Cynics might believe that, when sports reports begin with significant reference to the sportsmanship exhibited, it is to gloss over the sporting performance. However, nothing could be further from the truth for our impressive Year 3/4 team. Although we weren't supposed to be counting, the competitive edge of Miss Howell got the better of her and she reliably informed us that the team won 90% of their games! Very impressive!

We would like to extend a big thank you to Miss Howell and Mr Whitlock who accompanied our team to the tournament and supported them throughout.



Contacting your child's class teacher

Whilst a class teacher or HLTA will always be present during drop-off and collection times, it is not always the right or appropriate time to relay all messages. A quick message that isn't of a confidential nature (e.g. 'My child has misplaced their cardigan, can they please have a look for it?') is absolutely fine, but messages which require a prolonged conversation or are of a confidential or sensitive nature should be addressed through an email, phone call or arranged meeting. The email addresses of all class teachers are included on the email you received with the 'Pyramid for queries and concerns'.



Prayer group for Saint James families

I was recently asked if we could form an informal prayer group for parents, grandparents, carers and friends of St James school. This is a lovely idea, and I would like to invite anyone who wishes to come, to get together on the 1st Thursday of each month at 2:45pm in the small front hall, starting from Thursday 2nd October. Absolutely no experience is needed, just a chance to be still as we offer prayer for all who make up the St James' school 'family' and the things we care about. God bless, Rev Linda

Apologies and a retraction

Last week we shared with you an article about the enriching experiences some of our classes experienced during their work on class countries. Whilst describing the session that the children enjoyed with Mrs Amonya, we incorrectly stated that she was raised in Sudan. Mrs Amonya is actually from Uganda, although she lived in Kenya for her entire childhood and many years after that. In addition, although her name would be determined by the name of her child it, she would be referred to as 'Mama Paul' and not 'Mrs Paul'. We would like to apologise for this inaccuracy and take this opportunity to thank Mama Paul again for enriching the learning of the children in Kenya class.

Anaphylaxis awareness and a non-uniform day

Did you know?

8% of children in the UK live with a food allergy (interestingly 8% of our school is equivalent to one and a half classes of children).

20% of severe allergic reactions to food happen whilst a child is at school.

32% of children surveyed reported having been bullied due to food allergy at least once.

Anaphylaxis (pronounced ana-fil-ax-is) is a serious whole-body allergic reaction. It can occur when someone is exposed to something they are allergic to (known as an allergen). Reactions usually begin within minutes and rapidly progress but can occur up to 2-3 hours later. Anaphylaxis is potentially life-threatening, and always requires an immediate emergency response.

Because we have a number of children (and staff) in our school who have significant food allergies, we have decided to hold an allergy awareness day, to raise the profile across the school. To assist us in delivering this message, we have invited Tracey Dunn from Anaphylaxis UK into school to help the children understand about allergies and how these affect the person who has them. During the visit the children will learn about allergies through an assembly which addresses specifically:

Signs and symptoms of an allergic reaction

What an autoinjector looks like and how to use one

Emotional impact of living with an allergy

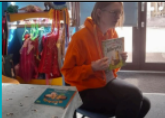
What they can do to help keep their peers safe

Taking a whole school approach to reducing the risk of severe allergic reactions is key for the safety and well-being of all children regardless of whether they have an allergy. Witnessing an allergic reaction is worrying and potentially traumatic for all children. Children with allergies just want to be the same as everyone else and it is very simple actions that can be taken to ensure that they are included as best as possible.

In addition to the visit, we will also be holding a non-uniform day on the same day to raise funds for Anaphylaxis UK. Please donate directly <https://www.anaphylaxis.org.uk/get-involved/make-a-donation/> and include the name of your child and Saint James Primary school in the box for comments so that the charity can track where the donations have come from.

We have included a fact sheet about anaphylaxis below, however if you would like further information it can be found via the following link: www.anaphylaxis.org.uk

**KEY STAGE 2 :
ALLERGY & ANAPHYLAXIS**



**AllergyWise®**
Training by anaphylaxis UK

Anaphylaxis = ABC SYMPTOMS

A **Airways** : Swelling in the throat, tongue or upper airways (tightening of the throat, hoarse voice, difficulty swallowing)

B **Breathing** : Persistent cough, sudden onset wheezing, breathing difficulty, noisy breathing

C **Circulation** : Dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness



Never move a person with anaphylaxis and lie them down

Allergy signs and symptoms

S Swelling of lips, face or eyes

T Tummy pain or vomiting

I Itchy or tingling feeling in the mouth

R Rash (known as hives) anywhere on the body



Top 14 Food Allergens







Remember allergies are not visible and people can have more than one allergy

This amount would cause a reaction in 1 out of 100 people with an allergy



This amount would cause a reaction in 10 out of 100 people with an allergy



This is a normal amount an adult would eat in one portion



This amount would cause a reaction in 5 out of 100 people with an allergy



This amount would cause a reaction in 50 out of 100 people with an allergy



Be Kind  

Be Curious : ask questions



Adrenaline auto-injectors

Anaphylaxis (ana-fil-ax-is) :
A serious, life threatening allergic reaction that is a medical emergency.

Histamine :
A chemical in the body.

Allergen :
A substance that can cause an allergic reaction e.g. food, venom, latex.

Adrenaline auto-injector :
A single use device containing adrenaline, available on prescription.

Always wash hands with soap and water

SJSA The PTA for Saint James School

AUTUMN DISCO
Thursday 16th October

Year R: 2.00pm-2.45pm
Year 1 & 2: 2.45pm-3.45pm
Year 3 & 4: 4.00pm-5.00pm
Year 5 & 6: 5.15pm-6.15pm

£4.50
Includes water or squash, and a snack!
(NO high heels or phones allowed)



To book and pay for your child's place please visit
<https://sjsa.sumupstore.com/product/disco-16th-october>
or scan the QR code above.

Please ensure to enter your child's name and class in the 'Your Message to Merchant' and include any dietary requirements or Night Owls arrangements.

Thursday 16th October will also be a non uniform day.

YR/Y1 & Y2

Make Today A Try Day

When: 2 October

What: Build a Burger Day for Lunch

It's fun to find new favourite food...if you don't try you won't know if you're missing out on your new favourite dish!

Who dares to try our delicious Build a Burger (& you get to add some of your favourite sauces...mayo, BBQ, ketchup) will receive a rainbow pencil to take home!



It's a free gift for just having the courage to try!

October 2025

HAMPSHIRE PARENT CARER NETWORK
enabling voices to be heard

Get Togethers

2nd October, 10-12pm: Fleet Get Together- Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -

8th October, 10-12pm : Basingstoke Get Together - The Viabes Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ ****SENDIASS ATTENDING to offer 1:1 support****

14th October, 10-12pm: Havant Get Together - Horizon Havant, Civic Centre Road, Havant, Hampshire, PO9 2AY

21st October, 10-12pm: Eastleigh Get Together - St Francis Hall, Nightingale Avenue SO50 9JH

22nd October, 8-9pm: online Evening Get Together - - Meeting ID: 890 6612 2644 Passcode: GT

- Connect with other parent carers
- Relax over a cuppa in a friendly, non-judgemental space
- Share experiences & local issues
- Give feedback on services supporting your children & young people

This month Hampshire SENDIASS will be attending the **Basingstoke** session. They will be available to offer 1:1 time to discuss your personal journey and will offer in the moment guidance to help your young person 0-25.

Hampshire SENDIASS

For more information please contact: participation@hpcn.org.uk

NEW

NHS
Hampshire and Isle of Wight Healthcare
NHS Foundation Trust

School Nurse Clinic

Who are we?
School Nurses are public health professionals who work with parents, children, and young people to support health and wellbeing needs.

What will be doing?
We are trialling a bookable school nurse clinic once per half term for your school. This will give you the chance to meet face-to-face with a team member to discuss any concerns you may have about your child.

sleep
toileting
healthy lifestyles
emotional wellbeing

Call the Eastleigh School Nurse team on 02382 318752 to book your appointment.

Hampshire Healthy Families | **Health for Kids!** | ChatHealth | Instagram | TikTok | Facebook

Administration job at St James church

St James Church have informed us that they are looking to recruit a part-time parish administrator and wondered if the position might be of interest to members of our wider Saint James family. We are providing a synopsis of the role below, if you are interested and would like to find out more, please contact Reverend Vicky whose contact details are below.



Job Description - Church Administration and Support

Role profile:

- *Support the vicar, churchwardens, ministry team and church officers
- *Respond to queries, emails and post.
- *Draft the weekly church email to forward to the vicar for approval, prior to distribution.
- *Schedule weekly service role reminder emails.
- *Support the ministry team in preparing and printing service materials.
- *Print prepared Church Alive materials as requested.
- *Preparing and printing monthly notice sheet
- *Administration for occasional offices (baptism, weddings, funerals, ashes internments, banns)
- *Support Church Treasurer with finance administration
- *Provide administrative support for Stay and Play.
- *Liaise with Data Protection officer re GDPR forms
- *Print, maintain and update Church literature and materials.
- *Order stock for church purposes
- *Day to day management and maintenance of photocopier

Other such tasks as may be reasonably requested

Church and Hall Diary and Bookings:

- *Keep the Church and Hall diary up to date
- *Oversee the administration of Church and Hall bookings; including booking dates, arranging opening and closing/keys, dealing with booking form records and liaising with Finance Team.
- *Raise awareness/publicity to increase Hall bookings in liaison with Church Hall Committee

Publicity and Communication:

- *Responsibility for the church website and *ACHurchNearYou* making sure it is kept up to date and all relevant services are advertised clearly.
- *Ensuring all noticeboards are kept up to date with relevant information and displayed in an attractive and creative manner.
- *Print and display posters for church services, prepare posters if needed.

Person Specification:

The successful candidate will:

- *Be a person of integrity with a high standard of written and oral communication skills and show attention to detail
- *Be a team player, possessing excellent interpersonal skills. This person will demonstrate patience, enthusiasm and understanding.
- *Demonstrate the ability to handle sensitive and confidential information with discretion and in accordance with GDPR and safeguarding legislation, whilst being a good co-ordinator and communicator.
- *Be a reliable administrative support, prepared to work with the vicar's direction, exercising judgement within agreed boundaries, with a flexible approach to the unpredictability of church life.
- *Possess the ability to work independently and prioritise workload with a focused and pro-active approach.
- *Be an experienced administrator, the candidate will demonstrate excellent IT and word processing skills; confident in the use of Microsoft office products and have the willingness and enthusiasm to use and develop other office systems appropriate to the needs of St James' Church.
- *Be able to maintain out website content and be creative in marketing and promoting church activities through social media, together with producing flyers and posters for noticeboards, events and services.
- *Be sympathetic to the mission and ethos of St James' Church

Essential:

- * Pass qualification in English Grade C or above or equivalent
- *Previous administrative experience including Microsoft and Word processing
- *Good communication skills
- *Demonstrate independent working
- *Demonstrate confidentiality
- *Willingness to learn

Desirable:

- *Website and social media experience
- *Marketing and promotion experience
- * Advanced IT skills

We are offering:

- *training and support on the job
- *flexible working subject to agreement

The contract:

- *Part-time post of 9 hours a week over 3 days with scope for flexibility
- *Subject to a probationary period of 3 months.
- *Responsible to the Church Council, represented by the vicar
- *Holidays: 28 days a year pro-rata including statutory holidays.
- *Salary of £12.50 per hour
- *Office space including use of a laptop is provided. (opportunity to work from home for some of the hours)
- *Includes an induction and annual review.

The appointment is subject to an enhanced DBS check. We operate a safer recruitment policy.

For an informal chat or more information please contact the vicar, Reverend Vicky Maunders at stjameswe.vicar@gmail.com or 07762 673350.

Application deadline – 12 noon on Friday 10th October