

# The week ahead @ Saint James

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

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Friday 30<sup>th</sup> January

Issue 173

Mon 9 <sup>th</sup> Feb	Thurs 12 <sup>th</sup> Feb	Fri 13 <sup>th</sup> Feb	Mon 23 <sup>rd</sup> Feb	Tues 24 <sup>th</sup> Feb	Wed 25 <sup>th</sup> Feb
‘Be yourself’ non-uniform day for Mental Health week	Last day of the half-term for children	INSET Day (no children in school)	First day back after half-term break	Year 1 Phonics Screening test – information evening	Ash Wednesday Service in school (children and staff)

## A message from the Senior Leadership team

Even with the incessant rain we've experienced this week, we've still managed to squeeze in the boys' next round football match in the Hampshire cup, as you'll read from the report in this newsletter, we're rather glad we did.

On Thursday we enjoyed our second successful film night in the past three weeks. We would like to extend a huge ‘thank you’ to all of the members of the SJS team and staff who gave their time to support both of these events.

After the inspirational Science shows we enjoyed a few weeks ago, we've seen some exciting Science learning taking place this week. In particular, Year 4 have enjoyed investigating a physical model of the digestive system with the food entering at one end and emerging as something very different at the other end!

## Collective Worship



HOLOCAUST  
MEMORIAL  
DAY 27/1

This week's theme:  
**Remembering the Holocaust**

This week's story:  
**Slaves in Egypt / Moses**

## The results of the recent learning in Year 4? A load of excrement!

What does the human body have in common with the capacity of a large bottle of Coca Cola, the volume of a medium tub of ice cream and the total volume of air and fuel mixture that the engine of a medium-sized, petrol-driven hatchback can displace during one complete cycle?

Remarkably, it's the amount of saliva it produces in one day! 1.5 litres!

With facts like that, it was perhaps unsurprising that the children in Year 4 were fascinated by the Science day they enjoyed on Thursday – the digestive system presents some amazing facts alongside just the right level of yuck-factor to have them captivated and disgusted!

Whilst it would be still interesting to research the wonders of the human body via a textbook, exploring the digestive system practically would surely be a more memorable and enjoyable learning experience?

Beginning with the mouth the children observed as scissors, representing the incisors, ripped up the food, before a potato masher plunged down onto the ripped up pieces (which by now had been mixed with drink as well). This did the job of the molars; grinding the food down into smaller pieces and continuing the process of ingestion with saliva then starting the next part of chemical digestion in the mouth.

As the Year 4 teachers wielded a wooden spoon, it soon became apparent that this common kitchen utensil was taking the role of the tongue. The second stage of digestion was replicated with the ‘tongue’ manipulating the food into the ‘oesophagus’ (an upside down plastic bottle with the bottom cut off). With no digestive function (the oesophagus is simply the tube that enables food to travel from the mouth to the stomach) teachers manipulated the ‘food’ through the narrow opening at the bottom (the oesophageal sphincter) into the clear plastic bag representing the stomach. Once all the food had left the ‘oesophagus’, the stomach began the next phase of digestion.

The acids in the stomach were aided in the breaking down of food by class teachers replicating the movements of the stomach by rhythmic turning and squeezing. Then the sloshy, liquified food, was released into the small intestine (represented by tights) where the liver and pancreas would secrete their digestive juices. An element of suspending disbelief was required from the children for the next stage; a more realistic representation would have been a 24ft long pair of tights, but even Mr Adams wouldn't wear a pair that long (if he were to even wear tights)!



Continued overleaf

Passing through the hosiery intestines, all of the 'good stuff' seeped out of the digestive tract and into the blood stream, whilst muscles continued to rhythmically squeeze the digestive content down the entire tract until it reached the large intestine. Although it was a seamless transition from one intestine to another, the children observed the functions of each were different. Whereas the purpose of the small intestine is to absorb nutrients, the large intestine absorbs extra water to dry out the faeces. Improvising by using paper towels to dry the tights, the Year 4 teachers patted down the filled party hose to dry out the faeces thus creating pleasingly solid excretions. The faeces had now arrived at the end of its journey: the rectum and anus. Once an 'anus' had been cut in the tights, the faeces was squeezed through and into the makeshift 'toilet': unabsorbed material that the body didn't need.

Although there were many key pieces of information to recall from this remarkable journey, we're confident the tangible nature of the learning will make it very memorable. Although the learning journey may have culminated with faeces and an undesirable byproduct, we're convinced that the children's enjoyment was anything but.

## Bumper crowd watch Saint James boys cruise to victory

It has been a long, long wait for our boy's football team to play in their latest competitive football fixture. Tuesday's game had actually been postponed on two separate occasions. However, the weather finally relented and a change in venue (to our MUGA) allowed the game to be played. Tuesday's opponents were North Baddesley Primary School, who won their previous fixture 4-0. Proudly representing our school for this fixture were; Henry, Max, Harry, Lucas, Taylor, Connor, Jordan, Ben, Charlie and Jude.

The game began at a ferocious tempo which was maintained for most of the game. It became clear very quickly that both of the teams had considerable quality on the pitch, and that the game would potentially be a tricky one for the boys in blue. There was little space to play into, but when the opportunities presented themselves, Saint James managed to put together some brilliant sequences of passing football. It was a lofted through ball the broke the deadlock - a gently played ball which was prodded home clinically by Connor. 1-0.

At 1-0, the first members of our crowd began to filter towards the MUGA. Although no class stayed to watch the entirety of the game (there is learning to be done after all!) there was a total of 120 spectators across the course of the game.

The game returned to its metronomic back and forth, with both teams trying to figure each other out. North Baddesley opted for a long ball and high pressing approach, whereas Saint James were happy to soak up pressure and wait for counter attacking opportunities. Eventually, this approach from Saint James paid off, and a quick interchange of passes saw Taylor released on the right-hand side, he fired a shot powerfully towards goal which took a small but devastating deflection and rolled into the back of net. 2-0.

As the half was drawing to a close, Saint James again found themselves on a clinical break, this time down the left-hand side. Jude took the ball confidently in his stride and fired at goal, making the score 3-0. The halftime whistle blew and our team were happy with their performance so far. A quick tactical discussion about the intricacies of goal kicks was had, and the second half began.

Saint James knew that they were one or two goals way from sealing a result and started the second half brightly. Max was quick to pounce in front of goal and rifled a ball firmly into the top left corner to the delight of his watching classmates! 4-0.

The high tempo from North Baddesley started to subside as the game carried on, and Saint James found themselves with more and more chances in front of goal. Unfortunately, the goalkeeper had an outstanding game and if it weren't for some magnificent saves, we may well have been out of sight! As it was, Baddesley found themselves with a corner kick on the left-hand side of the pitch. The ball was whipped in quickly and it took a huge deflection off the back of a Saint James man and whizzed into the back of the net. 4-1.

Saint James continued resolutely in their approach and continued to carve out opportunities for themselves. Eventually, a lovely piece of place from the midfield saw Jude released down the left wing. He crossed an early ball to Jordan who controlled and finished strongly. The goalkeeper yet again made a brilliant effort to stop the ball, and it only narrowly crossed the line. But a goal is a goal as they say, and Saint James were now 5-1 up.

North Baddesley responded in somewhat chaotic fashion. They seemed to be playing with 4 strikers at this point and a raucous melee ensued in the box. Charlie and Henry both made brilliant blocks, strong tackles and last-ditch efforts to stop goals all game long, but this time they could do nothing to prevent the ball dropping kindly at the feet of the striker who smashed the ball home. 5-2.

With thirty seconds left on the clock, Saint James found enough time to get one more goal. It wasn't pretty, but the ball did drop kindly at the feet of Jordan. He could not have kicked the ball harder if he tried - and sent a rocket into the top of the net. 6-2 and game over. That is now an impressive 27 goals scored and just 6 conceded in three games, for our boys.

Saint James boys now move into the Quarter Finals of the Hampshire cup where they will face Cherbourg Primary School, desperate to catch up to the lofty heights that the girl's team have already set this season (already semi-finalists!). Thank you to all the spectators who watched so respectfully, and to Mr Whitlock who helped set the pitch up for the match today. With a record that every manager in the Premier League would be proud of; wins in every games played this season, we can only imagine that Mr Walsh would be credited with multiple, consecutive 'manager of the month' awards. However, in the Premier League, this award is usually the precursor to a loss so, because we fancy winning our quarter-final too, we are going to hold off bestowing this award on him!



## Don't let them eat cake!

We're not sure what age it is when birthdays become less exciting and the reality of getting older is no longer something to revel in! Although we acknowledge that not all of us enjoy becoming a year older, there are certain things that are universally enjoyed when it's time for a birthday. We can't imagine many people can resist birthday presents and cake.

Whilst we know that in years past, to celebrate their birthday, children enjoyed being able to bring cake or sweets into school to share with their classmates. Unfortunately, for the last few years, this has not been possible due to potential allergies. As we are an Allergy Aware School, can we kindly ask that children don't ever bring any food into school to share with their classmates. There are a number of children in school whose reaction to a range of allergens could lead to them experiencing anaphylaxis and endangering their life.

However, when it is time to celebrate your child's birthday, please do let their class teacher know and we're sure they can arrange for a class rendition of 'Happy Birthday' to be duly sung!

## Perpetual Parking Problems

There are some striking similarities between January editions of the newsletter over the past few years. There is usually reference to the dark mornings and unpleasant weather, as well as messages about inconsiderate parking. Over the past few weeks, we have found ourselves arriving at school and going home in the dark and this week we have seen so much rain there has been localised flooding to a biblical level. Whereas Noah had little choice over leaving his ark parked on the mountains of Ararat when the floods subsided, thankfully our parents and members of our wider Saint James family have more choice of where to park their own vehicles at the end of the school day! Please remember, you are able to park at our two park-and-stride locations of Little Gems pre-school/ Moorgreen recreation ground and the Southampton Arms.

We would like to offer a gentle reminder not to block the driveways of local residents, not to park on junctions and not to limit access for other drivers and pedestrians. Can we please also remind you that parking in Barrowfields Close, as well as the access road to the garages opposite the school, is for residents only. We have been informed that enforcement officers will be on patrol in the roads surrounding the school over the next few months so please ensure you are parked considerately, legally and not blocking dropped kerbs or driveways.

## 'Be yourself Day' – Children's Mental Health week 2025



Children's Mental Health Week takes place every February. It was started in 2015 to give a voice to all children and young people and to raise awareness of children and young people's mental health. This year, Children's Mental Health Week 2026 will take place from 9-15 February 2026. We will be acknowledging the beginning of this week, with a 'Be yourself day' on 9th February. The children will be able to wear their own choice of clothes on this day, to recognise their individuality. There will be no cost for this non-uniform day and it is simply the opportunity for children to express their uniqueness in their choice of clothing.

**We politely request that children's clothing is still suitable and appropriate for school, as well as the weather at this time of year.**

## Eastleigh Area Schools Orchestra Open Evening

Date: Monday 9 February 2026

Venue: Thornden Hall, Thornden School, Chandler's Ford

EAWOT from 4:30-5:10

(Wind Band Trainers, woodwind, brass, percussion)

EASTO from 5:30-6:30

(String Orchestra, violins and cellos )



OPEN Sign up Today



## SOCCER SCHOOLS

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### HEDGE END

INSET DAY FOOTBALL COURSES AGES 5-13  
FEBRUARY 13TH // 9:00AM - 15:00PM  
WILDERN LEISURE CENTRE



An all-in-one childcare solution this half-term

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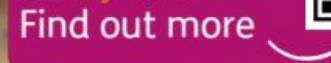


01489 785228

Half Day - £15

Full Day - £33

Find out more



All new sessions for 2026

Hampshire Child and Adolescent Mental Health Services

## EMBRACING AUTISM

Tickets £20  
Tea and coffee included

A day that focuses on skills and strategies, for parents, carers and professionals supporting a child with Autism.

Topics include:

- Supporting your autistic child to thrive - adapting to meet the needs of the autistic young person and practical strategies.
- Support for SEN in education & what to do if it's not working.
- Supporting Young People to Make Sense of their Experiences - empowering young people and putting them at the centre of their experience - Jess Garner from The Grove Practice is our guest speaker.



Discretionary tickets available to families on request.

4 February 2026 9 July 2026

The Pallant Centre,  
Havant, Hampshire  
PO9 1BE

17 November 2026

Junction Church,  
2 Romsey Road,  
Eastleigh, SO50 9FE  
Andover Community Church  
Charlton Road, Andover  
SP10 3JH



For more information scan the QR code or visit:  
<https://hampshirecamhs.nhs.uk/events/>

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Do you want to accelerate your career in Playwork?

From holiday, breakfast and after school clubs to HAF provision- if the answer is yes- come and join our Skills Bootcamps

Starting: Monday 9th February 2026- 6th March 2026.

This course runs for 3 weeks Monday- Friday.

(There will be no sessions 16<sup>th</sup> February- 20<sup>th</sup> February due to Half Term)

Venue: Leonardo Hotel, Charlotte Place, Southampton, SO14 0TB

For more information or to book onto the Skills Bootcamps please contact Itchen College on 02380 435636 or email [courses@itchen.ac.uk](mailto:courses@itchen.ac.uk)

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## Hampshire SENDIASS Online Workshops

- Free impartial advice relating to SEND for 0-25 years.
- Confidential sessions not recorded.
- Peer support, talking to others experiencing a similar journey.
- A dedicated session with an experienced support worker

2  
FEB

Responding to a draft  
EHCP

13:00

If you are in that critical  
time frame having  
received your draft

4  
FEB

12:00

Considering an EHC Plan?

Independent and  
impartial information to  
guide you through the  
process

10  
FEB

Alternative Provision  
What constitutes as a  
suitable education in  
relation to section 19 of  
the education act

17:30

11  
FEB

12:00

Ordinarily Available  
Provision and SEN Support

Looking at support  
available for those who do  
not have an EHCP

17  
FEB

Responding to a draft  
EHCP

11:00

18  
FEB

13:00

Appeals to SEND Tribunal

A step-by-step guide  
through the appeals  
process

[www.hampshiresendiass.co.uk/workshops](http://www.hampshiresendiass.co.uk/workshops)