

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 4th April

Issue 142

Tues 22 nd Apr	Thurs 24 th Apr		Fri 2 nd May	Mon 5 th May	Mon 12 th May	Fri 16 th May
First day back after Easter break	Year 5 & 6 Easter Service at the church	Delicious Desserts Day – special menu	SJSA – ‘Break the Rules’ Day	Bank holiday (no school)	Beginning of Year 6 SATs week	Provisional Sports Day KS2 am KS1 pm

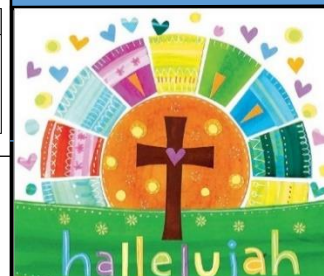
A message from the Senior Leadership team

We’ve finally reached the end of another busy term and what a term it’s been! With plenty of academic and sporting success, enriching educational visits, motivational learning ‘hooks’ and behaviour to be truly proud of, it’s been a terrific start to 2025.

With the Summer term shaping up to be another full one, with many engaging opportunities for learning and exciting events to look forward to, we’re sure that all the children (and staff!) need a good rest to prepare themselves for the term ahead.

Please have a peaceful and relaxing Easter break and enjoy some quality time with your families. Remember there are a number of Easter services and activities that can be enjoyed at St James church over the Easter period.

Collective Worship



This week’s theme:
Looking to Easter

This week’s bible story:
The Last Supper
Matthew 26:17-30

Year 4 loved participating in their Anglo-Saxon themed performance - they all played their part

The world’s most popular search engine will tell you that a theatre production, from start to finish, usually takes between four and six months to be ready to perform. However, with amateur actors this can be significantly longer. So, what would that be with a cast of ninety Year 4 pupils? Google was confused by this search, but we imagine you would probably think a timescale of less than 6 months would be impressive.

Not for our hard-working Year 4 pupils! Tasked with producing, rehearsing and acting an hour-long performance based on the Anglo Saxons and Vikings, the children accomplished this challenging feat in just one school day! Most of Chekhov’s plays are written in 4 acts, along with Oscar Wilde’s ‘The Importance of Being Earnest’ and ‘Lady Windermere’s fan’. With the expert guidance of Ben Lindsey-Clark, from Treehouse Theatre Company, Year 4 have now performed a play comparable to those notable works!

However, although the aforementioned plays are recognised, worldwide, as works of the highest calibre they certainly don’t cover the vast array of topics that our Year 4 children managed to cram into their performance; Anglo-Saxon laws and justice, Viking raids and invasions, settlement, Anglo-Saxon resistance by Alfred the Great and Althelstan, Saxon organisation to fight the Vikings, including formation of burghs, the fyrd and introduction of Danegeld, The Danelaw, The story of Aethelred the Unready, The Viking Kings (including Canute and Harthacanute), The story of Edward the Confessor, Harold Godwinson defeating the Vikings at The Battle of Stamford Bridge, 1066, the Battle of Hastings the end of the Viking Age, were all covered in the hour long extravaganza!

With military-precision timing and engaging and authoritative coaching, Ben directed the 8 and 9-year-old actors superbly, guiding them through each scene and preparing them expertly for their afternoon performance. We were truly amazed at how all the children contributed to the eventual performance, adopting roles reflective of their confidence. With everyone accepting ownership for their scene of the play, it was a pleasure to see how engaged the children were, whilst shouldering the shared responsibility. It also gave the opportunity to see some of our children in a very different light, as they showed remarkable assurance and talent, giving animated and enthusiastic performances.

As well as a thoroughly enjoyable day becoming accomplished actors, the children also diversified their skills into becoming competent historians. How very impressive!



Getting Brain Fit

The Balance of life

This week we are going to explore what happens when our 5C needs are met well. Not just for the moment but over and over again for a long period of time; weeks, months and even years. We will also explore what happens when our 5C needs are not met very well over a long period of time (please look back to the newsletter from 7th March, if you're unsure of what our 5C needs are).

As we found out, when we discussed 'Brain Best and Brain Stress', when our 5C needs are met well, special chemicals are released into our system and it makes us feel great.

When your needs are met well each day it means you can start the day feeling great. When it happens day after day, it starts to build up these feel-good chemicals inside; the more they build-up the better you feel. It also means you'll feel stronger to manage any challenges that come your way; you'll become more resilient. This is what we aspire to, for all children at Saint James Primary School.

This build-up of feel-good chemicals helps us to walk into situations feeling positive, believing we will be liked and things will go well. In the Empowerment Approach we call this being 'yellow-lensed'.

When our 5C needs are not met so well, something quite different happens. Stress chemicals, such as cortisol, are released into our system. This is not a bad thing when it happens occasionally and when someone helps us to feel good again quite quickly. Stress chemicals are not a bad thing in small amounts; they help us to keep going and do things that may feel hard at the start but help us achieve well – we call this 'growth stress' (which we shared in last week's newsletter). As long as we have enough feel-good chemicals in our system, a small amount of stress chemicals can be a good thing.

For example, imagine you play tennis and last week you were in a tournament and won lots of matches. It is now the final and you're waiting to go onto the court. You feel really nervous. You know the person you are playing is a great tennis player. You start to worry. You start to feel incapable. Then your coach comes along and reminds you how well you have played throughout the tournament. Feel good chemicals are released back into your system again. You still feel nervous, but you know that these stress chemicals are giving you the energy for the match. This is 'growth stress' and is helping you to face this challenge. You are now 'green-lensed'. A little bit of stress is not a bad thing – so long as our needs are met most of the time and our system is topped up with enough feel-good chemicals to start with.

It is quite different when our 5C needs are not met well, day after day. For example, imagine your needs have not been met well for a long time. The stress chemicals have built up in your body and have become too high. The more they have built up, the worse you feel. It is harder to remember things, to focus and to be flexible. The stress chemicals are so high there is not room for anymore. You become more vulnerable and it is harder for you to stay calm when things go wrong or difficulties come your way. You are less resilient and can react badly to very small things. This build-up of stress chemicals over time mean you can walk into situations feeling negative, feeling that things probably won't go very well. In the Empowerment Approach we call this being 'blue-lensed'. You need friends to help you empty some of those stress chemicals and fill your balance with feel-good chemicals. In school, and for children at Saint James Primary School, this will could be teachers, support staff, lunchtime supervisors or friends.

There are some people who are lucky – their needs are met well most of the time. Their balance of feel-good chemicals helps them to feel great and start each day feeling positive and 'yellow-lensed'. When challenges come their way, it makes it easier for them to cope. The balance of feel-good chemicals means that their brain can work at its best. Their brain can remember, be flexible, concentrate and problem solve easily.

There are other people who aren't so lucky. Too often their needs are not met well. They do not have enough feel-good chemicals. They may start the day feeling upset, anxious or even a bit irritable. It isn't their fault. It is because there isn't enough of the feel-good chemicals in their system to give them resilience. When challenges come their way it can be really difficult for them to cope. Their brain can not work at its best so it is much harder for them to remember, to be flexible, to concentrate and to problem solve. When challenges come their way, they may find it hard to keep going. They may feel stuck and helpless. If the stress chemicals become too high they may overflow. They may then become upset and frustrated easily. At Saint James we are becoming more able to spot when this applies to one of our children. However, in helping children to recognise this in themselves, we are empowering them to manage and self-regulate, seeking help when it is needed.

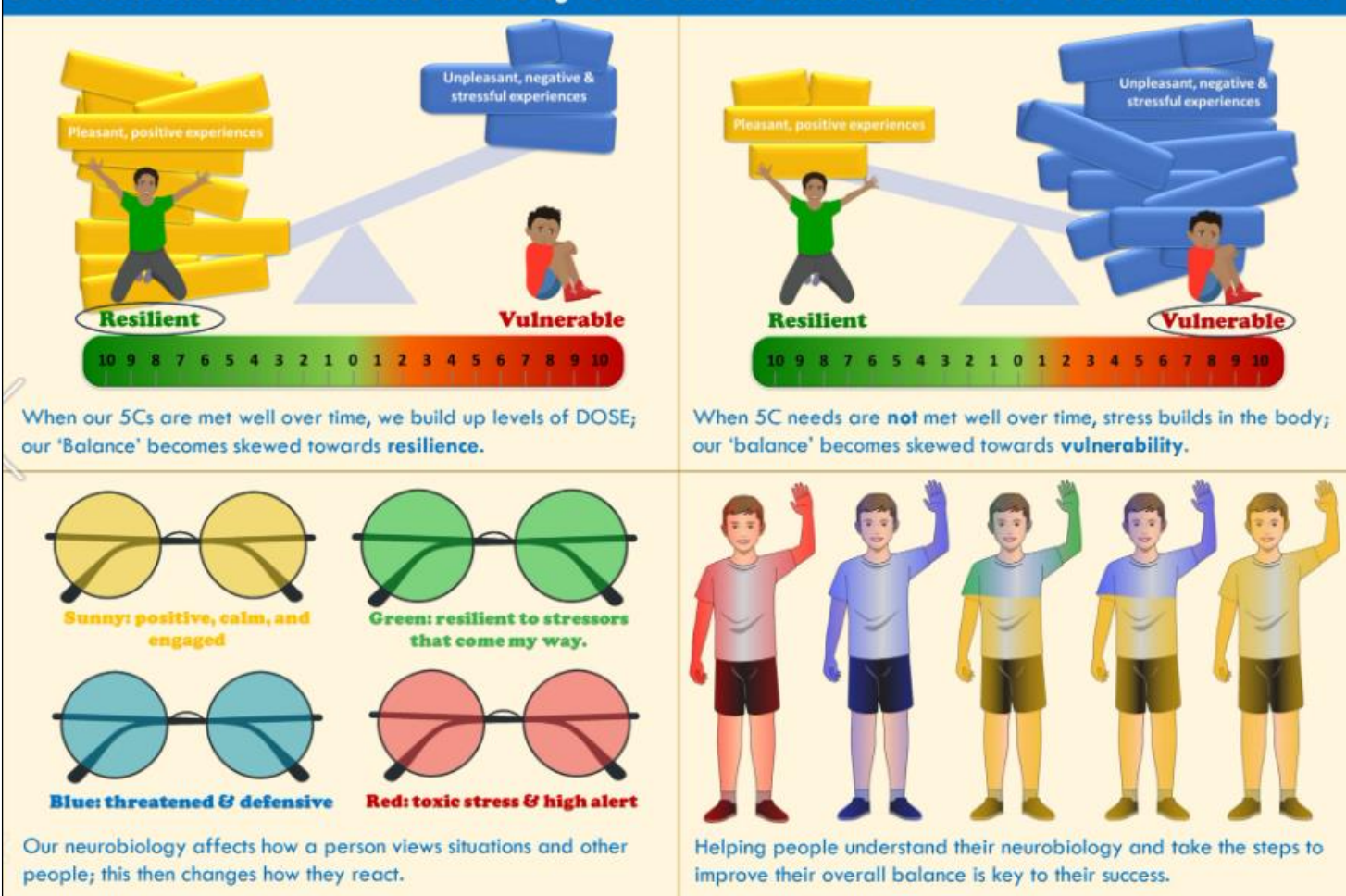
We teach that, even if they are one of the unlucky ones, it doesn't have to stay that way for ever. We cannot change the past but we can do things to change our balance now and in the future. We can do things to lower the stress chemicals in our body, so they are not too high, so there is just enough to help us grow. We can learn to add a balance of feel-good chemicals, however this may be too difficult to do on our own. We may need to ask an adult we trust to help us make a plan.

You could discuss with your child; what actions could you do today to help your 'lenses' switch to yellow ones?



Continued overleaf

Neurochemicals build in the body over time: Balance of Life & Coloured Lenses



Thank you, Mrs Trayhorn

When we think back to 2020, there were a few significant events that we can remember that had a lasting impact on the children of Saint James School. Whereas the one that most people remember had some negative consequences, there was at least one change that had a positive and lasting effect. After seeing her own children pass successfully through Saint James, Mrs Trayhorn thought it was finally time that she followed in the footsteps of Travis, Tyler, Tegan and Tia and joined our school.

When children returned to school, after the pandemic, the work of a Learning Support Assistant had never been more vital, plugging learning gaps and supporting children with their return to education. Mrs Trayhorn played an instrumental role in helping children with this and has continued to ably support children, most recently in Year 2 and 3, with their learning needs. In addition to supporting children in the year groups she's worked in, Mrs Trayhorn has been a prominent figure for all children across the school in her role as a lead lunchtime supervisor.

Now, after five successful and enjoyable years, Mrs Trayhorn is leaving us to pursue her passion of working with children with a wide range of complex learning needs in a dedicated setting. Thank you for all your hard work Mrs Trayhorn, you will be missed!

Easter at St James' Church

Good Friday Children's Activity Morning

Come and join us on 18th April from 9.15 – 11.30am for a morning of storytelling, craft activities and more based on Holy Week. Then at 11.30am, we will have a service in church to which all our adults are invited to attend and share in the Easter story. After the service there will be an opportunity to share hot cross buns and drinks. If you are under four, please bring your adult with you!

It is important to book your place contact Jan on 0751 9759269 or at stjameswe.childrenswork@gmail.com

We look forward to seeing you there!



St James' Church West End
Come and see for yourself



Palm Sunday – 13th April

9.30am Sung Eucharist with Blessing of Palms and Palm Procession
11am Church Alive All Age Palm Sunday service
6.30pm Sung Evensong

Wednesday 16th April

10.30am Eucharist

Maundy Thursday – 17th April

7.30pm Eucharist of the Last Supper followed by a watch until 9pm

Good Friday – 18th April

10am Children's Activity Morning
11.30am Children's Good Friday Worship
2pm Liturgy of Good Friday

Holy Saturday – 19th April

8pm Easter Vigil with Baptisms and Confirmation

Easter Day – 20th April

9.30am Sung Eucharist for all ages followed by Easter Egg hunt
11am Church Alive Celebration Eucharist for all ages with Easter Egg hunt.

The Year 6 hook for their work on 'Letters from the lighthouse' was very enlightening!

Books can often transport us to incredible destinations, through time and to exotic places in the world. As part of their latest writing journey, our Year 6 children were transported to the Devon coast and to the height of World War 2, through the text *'Letters from the Lighthouse'*.

The children read about twelve-year-old Olive and her little brother Cliff who were evacuated to Devon, after months of enduring bombing raids in London. Immersing themselves in the text, they empathised with the young evacuees, especially when they discovered that the only person with two spare beds available was Mr Ephraim, the local lighthouse keeper. They soon learned he had more pressing concerns on his mind than the care of two evacuees from London – the proposed demolition of his beloved lighthouse.

Due to the council's concerns that this vital beacon of safety was actually a visible guide for the Luftwaffe, they proposed its destruction. As well as being the catalyst for a powerful mix of anger and sadness, in old Mr Ephraim, it sparked the emotions of many of the citizens in the small fictional seaside town of Budmouth, as well as our impassioned and invested Year 6 pupils.

To further enlighten the children about the plight of the lighthouse, an embittered old resident and former seaman, Mr Yodben, visited them to share his views.

In between his guffaws, and in a broad Devonshire accent, he regaled the children with his experiences of the lighthouse over the years and its importance to the local community. The children hurriedly and effectively took notes, knowing that the information would provide vital evidence for their writing. Forearmed with this evidence and incidental detail, they will then be able to write an effective and passionate persuasive letter to Mr Spratt, at the council, to campaign for the safety of the well-loved monument to maritime history.

Those children who are enthusiastic and competent when solving anagrams felt sure they had discovered the real identity of the mysterious Mr Yodben. However, surely his appearance and knowledge of the lighthouse's history were ample evidence that he was who he claimed?



Non uniform Day for Mountbatten Hospice

Thank you to everyone who supported our non-uniform day today, to raise funds for Mountbatten Hospice. We are so pleased that, after such a passionate and heart-felt plea from Erin and Belle in Year 6, there has been such a strong response. Even with our Year 2 pupils unable to wear non-uniform, due to enjoying their educational visit to SeaCity Museum, we have managed to raise an impressive £349, so far. As this total only included online donations made by 8.30am this morning, and we have also received a significant amount of cash donations, we know it will still rise further. Thank you for supporting this very worthwhile cause.



Mountbatten Hampshire

DELICIOUS DESSERTS

24th April

Fajita Fiesta Pizza

Or

**Veggie Mac & Cheese
Please, with a Side of Peas**

And

Old School Sprinkle Sponge

Jelly Jive

Brookie-O Cookie

DELICIOUS DESSERTS

Remember!

The main course fuels your fun,
So, save room for dessert -
When you're done!

Indulge in tales, let your
imagination soar!

Fuel your potential with poems
galore!

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](#)



HAF Easter 2025

Bookings are now open for
Hampshire's Holiday Activities
and Food schemes!

Children from Reception to Year 11 receiving
benefits-related free school meals can access
holiday schemes with healthy meals for free.

Scan the QR below to check if you're eligible,
find HAF schemes running near you, and
book your child(ren)'s place:



HAF Easter 2025

GCS Connect4Families

Fair Oak Infant School (SO50 7AN)
The Pavilion On The Park (SO50 9LH)



Globe Fit

Bursledon Infant School (SO31 8BZ)
St James Primary School (SO30 3EG)

JG Tennis

Boorley Green Community Centre (SO32 2RQ)



Personal Best Education

Norwood Primary School (SO50 5JL)
The Wildern School (SO30 4EJ)
Wyvern School (SO50 7AN)

Testlands Holiday Club

Hamble Sports Complex (SO31 4NE)



Please keep an eye on the FISH website as it will be
regularly updated with available HAF schemes.



HAF Easter 2025



360 Degree Sports

Places Leisure Eastleigh (SO50 9NL)



4Wards Multi-Activity

Wellstead School (SO30 2LE)

Active For All

Stoneham Park Academy (SO50 9SB)

ActiveMe 360

Barton Peveril College (SO50 5ZA)
Toynbee School (SO53 2PL)



Creative Kidz

Hamble Primary School (SO31 4ND)

Computer Xplorers

Nightingale Primary School (SO50 9JW)



Library Service

A★Tale of Us★

a brand new play for parents and their babies

Eastleigh Library

Wednesday 23 April, 2.30pm - 3.30pm

Each ticket is for one child and one adult

Pay what you decide

Join Ivy and her little one on a funny, frank and magical journey
through their first year of life together. Blending drama and multi-
sensory playtime in a relaxed and
beautifully designed environment,
this is a celebration of the wonder,
joys and challenges of becoming
a new parent.



@hantslibraries

Funded by the Household Support Fund

hants.gov.uk/library



PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, after 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.