

# St Peter's Church of England (Aided) Junior School



Headteacher: Miss C Reece

## Newsletter — Friday 28th March 2025

Dear Parents,

As we approach a new month, we welcome you to join us for the next Action for Happiness calendar, 'Active April'. Through the daily challenges on offer, this calendar inspires us to 'find ways to get moving and stay active and healthy'. One of the actions encourages us to 'go out and do an errand for a loved one or a neighbour'. You can find a copy of this calendar on the next page of our newsletter.

### Sporting Achievements

As we feel encouraged to get more active in April, we can take great inspiration from these sporting achievements.

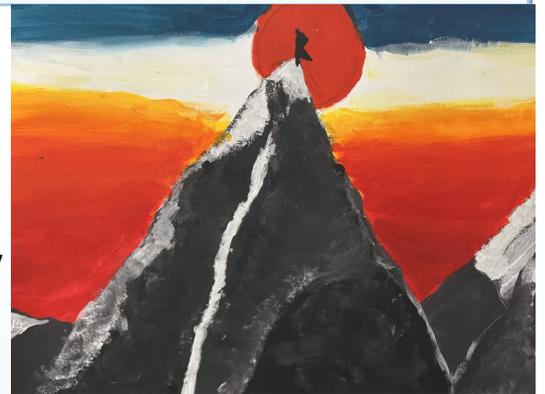
Congratulations to the children who participated in the Pullman's Shield 4x800m relay event. Our mixed team achieved 2nd place in the competition and our boys team achieved 4th place. If your child has an interest in running or would like to try something new, we encourage them to join our running club on a Tuesday after school. Thank you to Miss Moss and Miss Wilkinson for providing this valuable opportunity.

Congratulations also go to our girl's football team, who played in a local league match this week, drawing 2-2. The girls showed excellent teamwork and determination; a great example of our values of collaboration and service. Thank you to Miss Jennings and Mr Attrill for their leadership of our girl's football club.

### Easter Reflection

This week, in Art and RE, our children have been engaging with the Easter story - spending time to reflect creatively and respond through acts of service. They have taken inspiration from a picture book, 'The Garden, The Curtain and The Cross', which will feature in our Easter Service. As part of their activities, the children have created meaningful gifts, as part of an Easter basket, for elderly members in our Church community.

'St Peter's is a vibrant junior school where the deeply embedded Christian vision enables pupils and adults to thrive' (SIAMS Inspection report).



## Easter Poem

As we head towards the Easter holidays, we hope you find comfort from the words in this beautiful poem; Easter by Martin Wroe.

*On this day, we have seen it all.*

*Everything dies.*

*Life dies.*

*Death dies.*

*Everything is done.*

*Except love.*

*Only love is not done.*

*Only love will not die.*

*Everything is finished except love.*

*Love bears all things,*

*believes all things,*

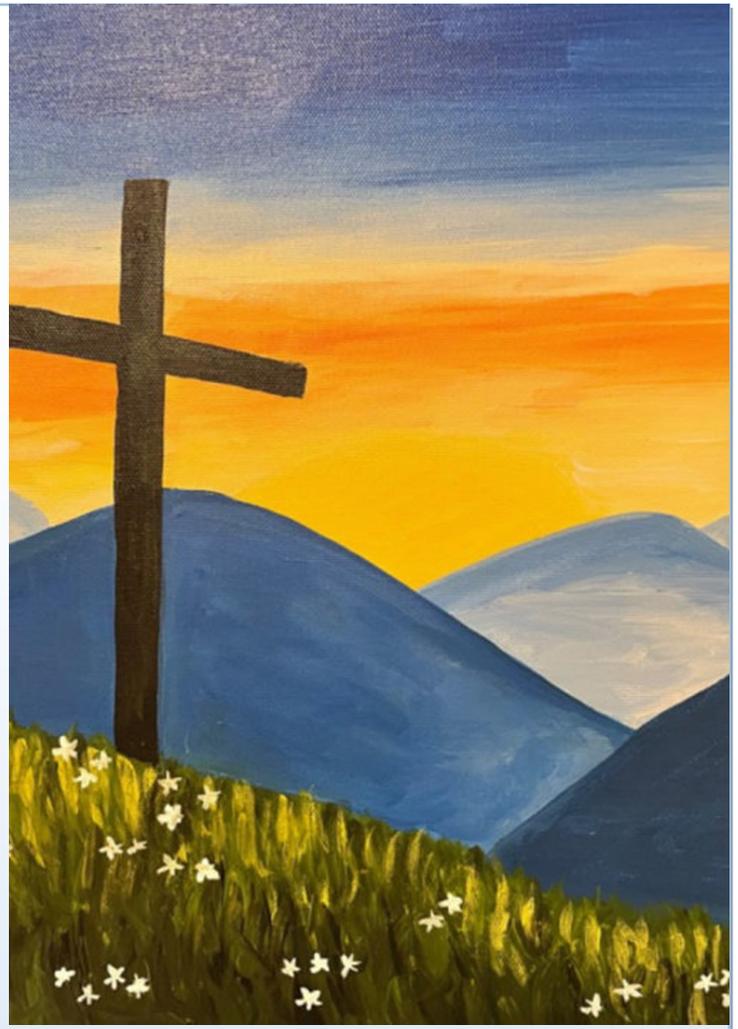
*hopes all things,*

*endures all things.*

*At some point everything will be done.*

*Except love.*

*Love is never done.*



## Active April 2025

### MONDAY



1 Commit to being more active this month, starting today

7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day



28 Meet a friend outside for a walk and a chat

### TUESDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

### WEDNESDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

### THURSDAY

3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Plant some seeds and encourage growth

24 Get active in nature. Feed the birds or go wildlife-spotting



### FRIDAY

4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try out a new exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself



### SATURDAY

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes



### SUNDAY

6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil