

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



Headteacher: Miss C Reece

Newsletter — Friday 7th February 2025

Dear Parents,

This month, we invite you to join us for the next Action for Happiness calendar, 'Friendly February'. This calendar reminds us that 'life is happier when we make time to connect with the people around us'. This month, we are encouraged to find ways to give our relationships a warm-hearted boost. A copy of this calendar can be found on the next page of our newsletter.



Children's Mental Health Week

This week is 'Children's Mental Health Week' - an annual event organised by Place 2 Be, a children's mental health charity. This week, Place 2 Be is focusing on helping young people explore the theme 'Know Yourself, Grow Yourself,' empowering them to better understand their emotions and build resilience. This week, each class has engaged in a special activity - dedicated to this cause.

In support of Children's Mental Health Week, we have been focusing on the following Bible verse in our worship time together this week: 'Encourage one another and build each other up' (1 Thessalonians 5:11).

The art work, displayed at the top of our newsletter and designed by Emily Kelly (our Art Learning Support Assistant), also reminds us that God is with us, even through the stormy times of life.

Year 4 Residential Visit

Our Year 4 children had an amazing 'life in all fullness' residential adventure at Stubbington Study Centre last week. They spent two nights away from home, fully immersed in their Anglo Saxon project and other creative activities! On their arrival, the children spent the afternoon at the beach - creating rock pools and sandcastles. As part of their residential visit, they dug artefacts, made clay pots, built dens and designed shields! A wonderful example of our Values of Celebration, Collaboration and Responsibility.

Next week, the children are leading an assembly about their adventure - to their parents and our Year 3 children.



Safer Internet Day

Next week, Tuesday 11 February, marks 'Safer Internet Day' with celebrations and learning based around the theme 'Too good to be true? Protecting yourself and others from scams online'. We invite you to mark this day at home and to carry on the conversations about online safety.



Music Collaboration with Salesian College

This week, we welcomed the music band from Salesian College to participate in a musical project with our school choir. Both groups performed to one another, and together, inspiring each other with their musical talents.



Cross Country Club

Congratulations to all our children, who participated in the Hampshire county cross country event this week - we are very proud of you. The children faced a tough course but they were recognised for their skill and determination.

Wishing you a lovely weekend,

Miss Reece and the Team

Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

FRIDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

SATURDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



ACTION FOR HAPPINESS

Happier · Kinder · Together