

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



Headteacher: Miss C Reece

Newsletter — Friday 6th September 2024

Dear Parents,

Welcome back to a new school year and a new chapter of *'life in all fullness'* adventures. We hope you had a lovely summer.

Self-Care September

This month, we invite you to join us for the next Action for Happiness calendar, *'Self-Care September'*. A copy of this calendar can be found on the next page of our newsletter - with 30 activities that encourage us to find ways to be kinder to ourselves and others.

Meet the Team

Over the next few weeks, we invite you to join us for our *'meet the team'* events, which include the opportunity to meet your child's new class teacher and to learn about the year ahead.

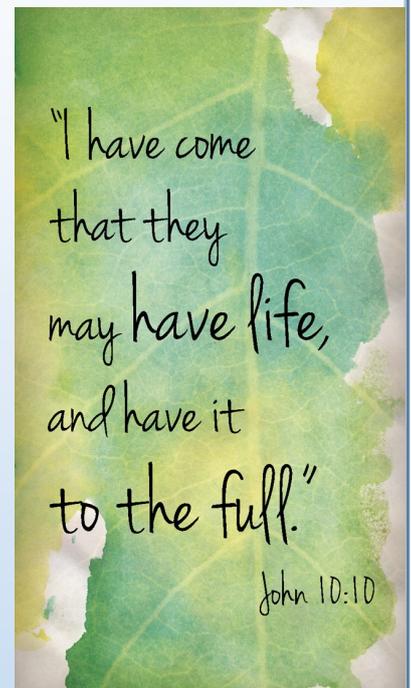
- ◆ Year 3: Monday 9 September at 6.00pm
- ◆ Year 4: Wednesday 11 September at 6.00pm
- ◆ Year 5: Thursday 26 September at 6.00pm
- ◆ Year 6: Thursday 19 September at 6.00pm

Class Pages

Introducing our new [class pages](#), which can be found under the children's tab on our school website. These pages feature a child friendly narrative of each year group curriculum. The class page also features information about the context behind your child's class name and website links for the school trips taking place this year.

Read Around the World

Our school librarian is pleased to launch our brand new reading challenge for this academic year! Every child is invited to *'read around the world'* as they engage with different plots, information and authors from all over the world. We look forward to this reading adventure!



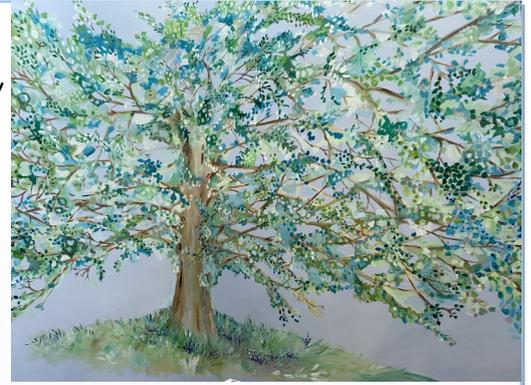
Curriculum Adventures

At the start of their junior school adventure, Year 3 are considering: *'how can I learn to live my best journey?'* Through this project, the children will engage with our Church school values and reflect on our local area through their picture book, Hike.

Year 4 are embarking on a geographical adventure, as they investigate: *how does climate change affect life in all its fullness?* While immersing themselves in the life and expedition of Ernest Shackleton, they will learn about the impact of climate change in Antarctica.

This half term, Year 5 are exploring the world's natural resources, as they ponder: *what makes someone an earth hero?* Through their artwork, geography and writing, the children will engage with a range of earth heroes, considering how they might learn from them.

Meanwhile in Year 6, the children are exploring: *what makes a warm welcome?* Through this project, they will learn about life across the UK, while engaging with a range of texts and scenarios to challenge their own sense of welcome. They are currently planning a special welcome assembly for our Year 3 children.



News and Events

Please refer to the [news and events page](#) of our school website, including our calendar and latest news page - which showcases life and learning in school.

Have a lovely weekend,

Miss Reece and the Team

Self-Care September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together