

St James' Church of England Junior School



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Website: www.st-james-junior.co.uk
Executive Headteacher: Mr Simon Millington



Newsletter

9 February 2024

Our Value for the year is **Respect** Our Value for this term is **Integrity**

Congratulations to our:

Values Cup Winners



Good Work Winners



Congratulations to 5A (Mrs Bingham-Morrison/Mr Hutchinson) who won the weekly attendance award this week with 93.5% and 6A who won the termly award with 94.6%
Well done!

Important Dates & Holidays

Take a look at the school calendar and term dates for 2023-24 and 2024-25 [here](#).

Friday 9 February 3.20 pm End of Term 3

February Half-Term – Monday 12 February to Friday 16 February

Monday 19 February Start of Term 4

Wednesday 20 March Parents' Evening (2.30-7.30 pm)

Friday 22 March 1.30 pm End of Term 4

Easter Holidays – Monday 25 March to Friday 5 April

Monday 8 April Start of Term 5

School Hours

8.15 am	Breakfast Club
8.30 am	School playground is staffed – children can be left after 8.30 am
8.50 am	Pupils come into school
9.00 am	First session
3.20 pm	End of school day

Pupils should be in school by 8.50 am. All children who are late need to be brought into school by a parent to sign them in. If children arrive in school later than 10.30 am we may not be able to order them a hot lunch so they should bring in a packed lunch.

Breakfast Club is available from 8.15-8.45 am. **Children are expected to be punctual, but they should not arrive in school before 8.15 am when the gates open.**

REMINDER: School meals are £2.54 and should be paid in advance, in cash or via Parentpay. Please make sure your parentpay accounts are up-to-date. Parentpay logins are available from the office.

Medication in school

If your child has to take medication in school a parent needs to bring the medication into school and fill out a form.

Attendance Award winner for Term 3



Congratulations to Ahmed in Year 3 for winning this term's attendance award.

PUNCTUALITY
MATTERS

IN ONE SCHOOL YEAR

5 MINUTES

late each day

= **3** days off
in total



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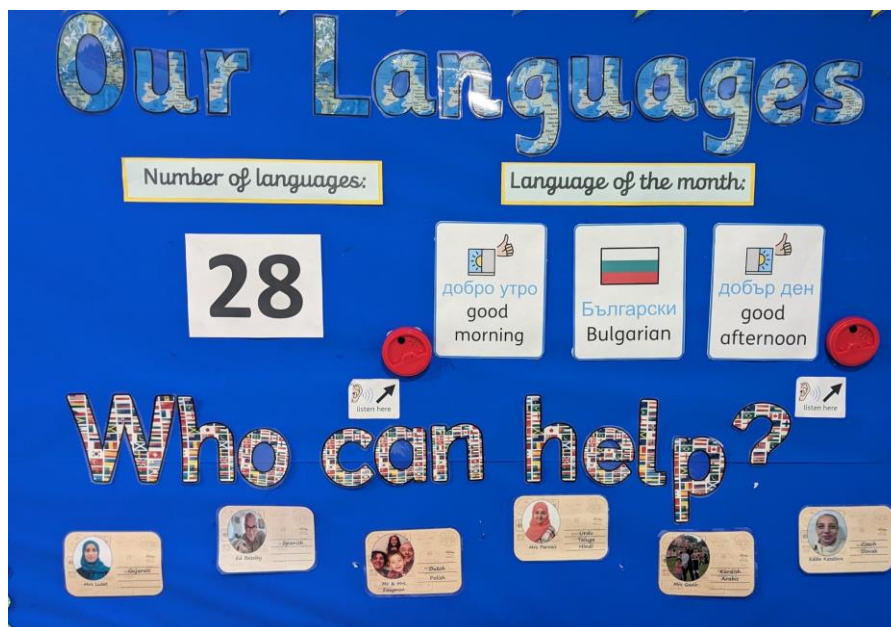
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in total



Language of the Month

The children and staff enjoyed learning Urdu last month.

This February, the Language of the Month is Bulgarian! Why not ask your child what they have learnt?



Is your child's snack healthy?

It could be:

Fresh fruit ● Dried fruit ● Vegetables ● Crackers ● Bread sticks ● Low fat cereal bars ● a drink (eg water, sugar-free squash or fruit juice)

It shouldn't be:

Doughnuts or Cakes ● Crisps ● Chips ● chocolate bars ● fast food ● fizzy or high sugar drinks

Is your child's lunchbox healthy?

It could be:

One portion of fruit or vegetables ● A source of protein (eg meat, fish, lentils, beans) ● Some starchy food (eg wholemeal/seeded bread sandwiches/rolls, pasta, crackers, wraps) ● Dairy food (eg cheese or yoghurt) ● a drink (eg water, sugar-free squash or fruit juice)

It shouldn't be:

Doughnuts or Cakes ● Crisps ● Chips ● chocolate bars ● fast food ● fizzy or high sugar drinks

*If you send fresh fruit (kiwi fruit or oranges etc.) please wherever possible peel and prepare it for your child. We are a **NO NUT** school due to allergies, please do not send any nuts into school in your child's lunchbox.*



Get some help here: <https://www.nhs.uk/change4life-beta/healthier-lunchboxes>

Boys' 7-a-side Football v Willow Primary School

Yesterday, saw the start of the Boys Cup competition with St James playing what turned out to be a very strong and organised side from Willow Primary.

The game kicked off at quite a pace with both teams passing the ball well and having shots on goal. However, it was St James' that took the lead with a well worked move down the left-hand side of the pitch leaving Harvey to slot the ball into the back of the net. A second St James goal followed quite quickly thanks to a solid shot from Mamadu. This brought us up to half time.

In the second Willow came back at St James' vigorously with wave after wave of attacks with them displaying good passing and many powerful shots at goal. But our defensive got stuck with some excellent blocks and clearances and it must be said that Ayman made some fantastic saves; which included saving a penalty! Willow did get a goal back making the final score 2 - 1.

Well done boys this was by far your best game Mr Matthews and Mr Millington are very proud of you!!



FAIR SHARES COMMUNITY ALLOTMENT PROJECT AT CITY FARM

NATURE ARTS & CRAFTS

WEDNESDAY 14TH FEBRUARY
10.30AM - 2.30PM

Visit our allotment and enjoy
some arts and crafts!

Make bean snails, butterflies and owls with clay and
use paint and leaves to make some prints.
Wear clothing you don't mind getting messy!

Children need to be accompanied by an adult.



FREE TO ATTEND,
NO BOOKING REQUIRED.



 @FAIRSHARES

 @FAIR_SHARES

NHS Advice

In the winter months we often see lots of bugs and viruses circulating and it can be hard to know what the right thing is to do if your child falls ill. With that in mind, the NHS in Gloucestershire has developed this summary for parents and carers of children to help them know when health advice might be needed and what action to take. It's important to mention that there are lots of viruses that cause sore throats, colds and coughs at this time of year. Most are mild, should resolve without medical intervention and can be managed at home with self-care.

Below is some advice about the signs and symptoms to look out for, when you should be fine to keep your child at home with a bit of self-care (which could include some advice from the community pharmacy) and when it's time to ask for advice or help from another NHS service.

Prevention

Good hand and respiratory hygiene are important for stopping the spread of many bugs. By teaching your child how to wash their hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, they will be able to reduce the risk of picking up or spreading infections.

If you think your child has a common viral infection (e.g. coughs, colds, flu)

For viral infections, there are a few things you can do to look after your child at home without needing to seek medical advice. If you need it, a community pharmacy is a great first port of call for advice (no appointment required) and they can signpost on to other NHS services if needed.

Here are some self-care pointers:

- You may want to give your child paracetamol (e.g. calpol) and/or ibuprofen. This not only helps with fever but also reduces pain.
- Give your child plenty of drinks e.g. water or squash. If you are breastfeeding then continue to do so. Give babies smaller but more frequent feeds to keep them hydrated.
- Do not worry about food if your child does not feel like eating for a while, but encourage them to drink more fluids.
- Children with a fever should not be over or underdressed. If your child is shivering or sweating a lot, change the amount of clothes they are wearing.
- Physical methods of cooling your child such as fanning them, cold bathing and tepid sponging can cause discomfort and are not advised.
- Check on your child regularly, including during the night, especially if your child is under 6 months old as they are at higher risk of serious infection.
- Keep your child away from nursery or school whilst they have a fever.

When to get further advice or help

Contact [NHS 111](#) or your GP if:

- you suspect your child has measles so they can be assessed for treatment (see section below)
- your child has a fever for more than 5 days and doesn't seem to be getting any better
- your child is drinking much less than normal · your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38°C, or is between 3 and 6 months and has a temperature of 39°C or higher
- your child is drowsy (much more sleepy than normal) or irritable (unable to settle them with cuddles, toys, TV or snacks – especially if they remain drowsy or irritable despite any fever coming down)

Call 999 if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's [skin, tongue or lips are blue](#)
- your child is floppy and will not wake up or stay awake.

An increase in measles infections

There's been a lot of media coverage about a measles outbreak in the West Midlands, where children under the age of ten have fallen ill. We know this is concerning and want to reassure parents that measles is still relatively rare. However, it can spread quickly, and although it is mild in most cases it can make some children and adults very poorly. In rare cases people with measles will need hospital treatment. One of the reasons we are seeing more cases of measles across the country is due to far fewer children having both doses of the vaccination against measles, mumps and rubella (MMR).

We know the pandemic and other factors mean some children have not been able to have both doses. We want to remind parents and carers that it is never too late to protect you and your child with the vaccine. You can find out more about how to check your child's vaccination status and arrange catch up doses [here](#).

How do you know if its Measles?

Early signs of measles can include a runny nose, fever or cough, but these are common to lots of winter bugs. It's very unlikely to be measles if your child has had both doses of the MMR vaccine or had measles before. If not fully vaccinated, measles is still very rare. In cases of measles, children will develop a rash within a few days of starting to feel poorly. Some people may also get small spots in their mouth.

If your child develops a rash contact your GP surgery or get advice from NHS 111. Your GP may suggest talking over the phone, because measles can spread easily. After consultation with your GP, there are things you can do to help ease the symptoms and reduce the risk of spreading the infection. It can help to follow the self-care advice above, but also use cotton wool soaked in warm water to gently remove any crusts from your child's eyes.

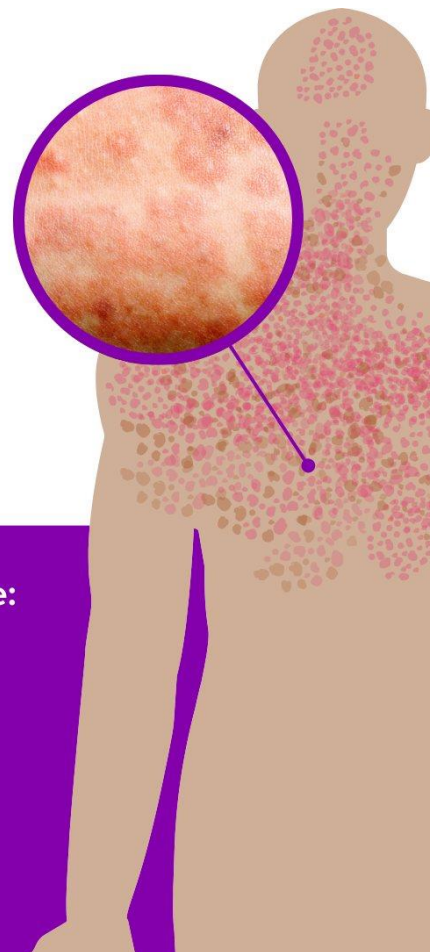
Measles

Measles usually starts with cold-like symptoms, followed by a rash a few days later.

Ask for an urgent GP appointment or get help from NHS 111 if you think you or your child may have measles.

Symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes



Important - Stay off nursery, school or work for at least 4 days from when the measles rash first appears. Also try to avoid close contact with babies and anyone who is pregnant or has a weakened immune system.



Craft, Coffee and Chat



- Enjoy a cup of coffee with other parents.
- Discover low-cost art materials at the Scrap Store.
- Have a go at making something!



Who: For all Hatherley and St James' parents.

When: Wednesday 28th February at 9am.

Where: Meet Mrs Jones and Miss Kirby at 9am by the St James' main gate to walk over to the Gloucestershire Resource Centre together.

GLOUCESTER CATHEDRAL
Adult Education in Gloucestershire

FREE FIRST AID TRAINING FOR FAMILIES

FRIDAY 5TH APRIL 2024, 10.30 -2PM
GLOUCESTER CATHEDRAL

Join our qualified first aid instructor to learn how to help your family in an emergency.

LEARN HOW TO:

- Help a choking child ✓
- Perform CPR on a child ✓
- Dress wounds ✓

This course will cover how to provide first aid to children aged 4-10 years. Come alone, or bring the whole family!

BOOK ONLINE:
[HTTPS://GLOUCESTERCATHEDRAL.ARTSVP.COM/D64A14](https://gloucestercathedral.artsvp.com/D64A14)

OR

✉ LESLEY.ANDREW@GLOUCESTERSHIRE.GOV.UK

The Library

Costume Swap

5 February - 19 February

DONATE a costume to any library (thank you!)

19 February - 7 March

SWAP an old costume for a new one!

- Accessories, whole and part costumes accepted
- Donations will be accepted throughout the swap
- Discover swaps across all county libraries
- Both adult and child costumes welcome
- You can still take a costume home if you don't have one to swap



Supported using public funding by
ARTS COUNCIL ENGLAND



WORLD
BOOK DAY

7 March 2024

The Library

World Book Day Costume Swap

5 February - 19 February

DONATE a costume to any library

19 February - 7 March

SWAP an old costume for a new one!



WORLD
BOOK DAY
7 MARCH 2024



FREE* *subject to eligibility
ENGLISH CLASSES
BEGINNERS – ESOL Entry 3

for adults who speak some or no English

For **information**, come to

Adult Education in
Gloucestershire
4-6 Commercial Road
Gloucester,
GL1 2EA



Fridays
10:00 – 11:30 am

Bartongate Children's
Centre, next to Widden
Primary School,
Sinope Street,
Gloucester GL1 4AW



Fridays
08:45 – 09:30
07436 649 713

Online appointment via Zoom on Thursday evenings

tel: 07500 066231 or 0800 542 1655
email: learn@gloucestershire.gov.uk
<https://www.gloucestershire.gov.uk/aieg/courses/esol/>

Please bring your
passport or ID card



**English
Classes for
parents**

A free* ESOL course



- 🇬🇧 Learn English
- 🇬🇧 Help your children with their schoolwork
- 🇬🇧 Build your speaking and listening skills and much more.....

Fridays 9:15-11:15

Widden Primary School

You can book preschool childcare in advance. This is free* for eligible families

To find out more join Andrew in the studio at 8:45 or email faytucker@gloucestershire.gov.uk

*Free childcare is available to parents aged 19 years or older and who have a household income of less than £21,000 per annum, or who are on Universal Credit.

* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed/retired or earning below £20,319.00 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges; Have a learning difficulty or disability.



Library Membership - Joining and Renewing

Join the Library

If you live, work or study in Gloucestershire, or live in a county adjacent to Gloucestershire, you may join for free at any Library in the county. If you live in Gloucestershire you can join online - just click <https://gloucestershire.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/JOIN>. If you do not have a Gloucestershire address you will need to join in a library.

A library membership form is attached to the email to parents this week. Copies are also available in the office.

GLOUCESTER
CATHEDRAL

Monks, Manuscripts and Mayhem

Monday 12th February
11.00am-3.00pm

You're invited to come and learn more about the fascinating world of the monks who used to live here! There will be a number of fun activities on offer which are suitable for visitors of all ages, including:

- Designing your own illuminated letter
- Dressing up as a monk
- Peeking inside our medieval library
- Taking part in arts and crafts activities

All these activities are FREE to take part in, with no booking required – just turn up! All are welcome.

FEBRUARY 2024

**GLOUCESTER
ROCKS**

**THINGS TO DO
IN GLOUCESTER**

THE ULTIMATE GUIDE FOR FAMILIES TO FIND
THINGS TO DO IN THE LOCAL AREA

**FIND
HALF
TERM
FUN**

AT THE TOUCH
OF A BUTTON

EASY HALF TERM BUTTON

The Gloucester Rocks website is full of half term fun for all the family! There's so much happening we added a **Half Term** Button keeping everything in one handy place for you.

CLICK HERE

Our top picks are:
[Treasure Island\(ish\)](#)
[Nature In Art Trail](#)
[VRExperience Gaming](#)

**HOLIDAY CLUBS ALL IN ONE
PLACE**

We know how important holiday clubs are so we have gathered all of the local club running this half term to make things easy for you.

[Find the perfect club here](#)

FOLLOW US AND JOIN THE COMMUNITY!

Join hundreds of local parents following us on Social Media. Just search Gloucester Rocks and like our page!

www.gloucesterrocks.co.uk

**HOLIDAY CLUBS
AROUND GLOUCESTER**

Parents' Relationships Matter Gloucestershire Conference 2024 ▶▶



Sessions for Parents



Monday 26th February 2024 / 12.30pm / In-person at Kingsholm Stadium

Why our children want us to be happy, why it matters and what we can do to get there

Presented by Honor Rhodes from Tavistock Relationships (<https://qrco.de/bekSJ3>)



Tuesday 27th February 2024 / 1.00pm / Online via Zoom

'Me, You and Baby Too' - how to strengthen your relationship as you enter parenthood

Presented by OnePlusOne (<https://qrco.de/bekSJn>)



Wednesday 28th February 2024 / 1.00pm / Online via Zoom

We all count - The importance of dads in building resilient families

Presented by Dad Matters Gloucestershire (<https://qrco.de/bekSJv>)



Thursday 29th February 2024 / 1.00pm / Online via Zoom

What are they saying? How to have conversations about relationships with your children

Presented by Gloucestershire County Council and STREET (<https://qrco.de/bekSKF>)

Sessions are completely **FREE** and a great chance to learn new things and get tips from the experts. Don't miss out! Scan the QR codes or follow the links to "join the guestlist" and be a part of the movement. See you there!

