

## Newsletter

### 9.3.18

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### This week at St James'...

This is going to be a bit of a bumper issue of the newsletter this week, because we missed last week's. I'm so sorry we had to close the school last Friday, although I know many of you appreciated the snow day. I am always very reluctant to close the school as I know it can cause some families huge difficulties, but I felt I really didn't have any choice. I walked to school last Friday, and whilst the main roads looked ok, Main Road was really quite slushy, and compacted snow was starting to cover the pavements, which would have made things a bit tricky. Further to that, some staff were not going to make it in to school, and although we might have coped during the morning, in the afternoon we would not have had enough staff to supervise children safely. Taking all things into account, I felt that the safest option was to just admit defeat and close the school.

Back to school on Monday, and there was very little sign of any snow at all, and it all felt a little bit strange! On Monday, Tom Perry, Mr Leach and I interviewed for our new teacher to join us in September, when we become a full primary school. I am delighted that we were able to make an appointment of a really great teacher, who we're very pleased will be joining us. I will be able to let you know more details once all the formalities have been completed. Recruitment is really tricky in teaching at the moment, as there is a real shortage across the country, so we are absolutely delighted that we have been able to make a strong appointment so early in the year.

All children were treated to a judo taster session on Tuesday, which was really great and enjoyed by all. The children will have come home with a leaflet about a new club opening up at the Pavillion. Our Years 3 & 4 children enjoyed their multi-skills competition at Biddenham yesterday, yet again displaying exemplary efforts, behaviours, attitudes and skills! Well done!

Today, Year 5 have travelled up to Leicester to the Space centre as part of their topic, and Reception will be presenting their learning to parents later on today. We are aware that Year 1 missed their assembly last Friday, and will be looking to see if there is any space in the calendar to re-schedule.

Mid Year reports are coming home today, and these will form the basis of our meetings with you next week—do make sure your child hands this to you! There's some great learning going on across all classes!

Wishing you all a happy and peaceful weekend, with special good wishes to all our lovely mums, grans, aunties and wonderful women—in a week of International Women's Day and Mothering Sunday, I hope you are all truly appreciated this weekend!

Maria Soulsby

### Congratulations!



Ms Soulsby's Rainbow Moment last week was awarded to Oliver H; I was privileged to teach Canaries earlier this week, and I was really impressed by Oliver's determination and resilience in his learning, showing a really great attitude and enjoying the success. Well done, Oliver, keep working hard!

### New Dates

**Thurs, 15th March**      **Girls Football Tournament (Y5)**

**Fri, 23rd March**      **Girls Football Tournament (Y5)**

**Mon, 26th March**      **Robins Spring Walk**

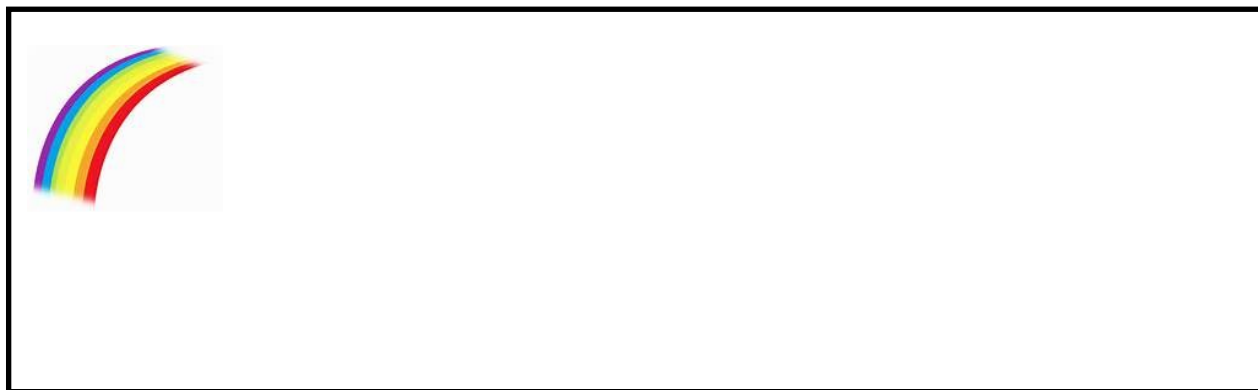
### Coming Up

Tues & Weds	Parent/Teacher Consultation Meetings
Thurs	Girls Football Tournament (Y5)
Tues 20th	Y4 Music Play Day
Weds 21st	KS1 Multi-Sport @ St Gregory's
	Sing On concert Y2 & 3
Thurs 23rd	Sport Relief

## Rainbow Moment

My child ..... has shown the Rainbow Promise in the following way at home:

Signed .....



### Admissions Policy 2019

Further to their recent consultation, the Governing Body have determined their admissions policy for the 2019-2020 academic year. This will be available on the website in due course.

### The Daily Mile

Has your child mentioned this? Following a great suggestion from one of our parents, we have introduced the Daily Mile. This is an initiative which started in Scotland, the idea being that children run a mile every day in a bid to boost fitness and well-being, as well as develop confidence, concentration and even improve academic progress.

Every afternoon, all children will put on their trainers and will run or walk a mile. This will take no more than 15 minutes, depending on age, development, fitness levels. Then, they go back into class and carry on with lessons. Schools which have introduced this have seen great improvements and benefits, and thus far, our children seem to be really enjoying it!

More information can be found here: <https://thedailymile.co.uk/>

The Daily Mile has been formally recommended for all schools by the Scottish Government, who are due to roll out the scheme across Scotland.

It has also been formally recommended to primaries in the UK Government's Childhood Obesity Strategy. Visit our website to find out more!

“It's fantastic to see initiatives like The Daily Mile be established, showing real leadership from the education sector to improve children's fitness levels and their cognitive behaviour, and make a real difference to schools, teachers, parents and young people's lives.”

Tanni Grey-Thompson

“Every child, no matter their circumstances, age or ability, can succeed at the Daily Mile.”

Thomas Downes, Education Scotland

“I love it. It's really nice to get some fresh air and to be social with other classes. I feel much fitter and healthy now I'm doing a mile a day.”

Janey, P6 Pupil at Tingwall Primary School

“These teachers have not only helped to make these kids fit today, they have bought them another seventy years of better health.”

Maureen Biscognano, CEO, Institute for Healthcare Improvement



### **IS YOUR SCHOOL GOING THE EXTRA MILE?**

Today's children are caught up in a physical activity crisis, compromising their health and wellbeing both now and for the future.

Experts agree that something must be done to change lifestyles – and The Daily Mile is a simple, free and effective answer.

The Daily Mile is a free, fully inclusive, outdoor initiative that encourages primary school children to walk, jog or run a mile each day in school. It's a simple scheme that supports classroom learning and improves the children's confidence, concentration and behaviour. Most importantly, they love it!

The Daily Mile takes 15 minutes desk-to-desk end, in that time, most will average a mile. It's no fuss, fun, and has a huge impact all day and far beyond.

#### **WHY THE DAILY MILE?**

- It makes fitness fun and social!
- Children of all abilities, including SEN, can take part.
- The weather is a benefit, not a barrier!
- Tracks/paths can be looped around almost any playing space.
- It's quick – kids just go! No need to stretch or change clothes.
- The children own their Daily Mile and become more aware of, and responsible for, their own health and fitness.\*



\* For more, see [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

Facebook: [facebook.com/thedailymile.uk](https://facebook.com/thedailymile.uk) | Twitter: [@\\_thedailymile](https://twitter.com/_thedailymile) | Email: [elaine@thedailymile.co.uk](mailto:elaine@thedailymile.co.uk)



Twitter users.....Follow St James': [@StJamesHead](https://twitter.com/StJamesHead)

## Welcome to St James'

Next week, we welcome Liam Renzi to the St James' team. Liam is completing his teacher training this year, and will be working mainly in Peacocks Class with Mr Leach for the rest of this year. We look forward to working with Liam, and being part of his learning journey!



Would you like to have the chance of winning up to £20.00 every month??????

### How does it work :

- All you need to do is pay £2 for 12 months for one number. £24 paid up front, cash or cheque payable to St. James School PSA. You can purchase more than one ticket (£24 each). Please complete the form below and return to school, with payment.
- A number will then be allocated to you, for the entire year. You will receive a letter confirming your number.
- A draw for 1st, 2nd and 3rd prize will be made by Ms Soulsby, during celebration assembly, on the 1st Friday of each month. During the school holidays, draws will be made during the last week of term.
- The winners each month, will be informed by phone or email and will be able to collect a cheque from the office.
- The names of the winners may be publicised in the school newsletter

<b>1st prize</b>	<b>£20</b>
<b>2nd prize</b>	<b>£15</b>
<b>3rd prize</b>	<b>£10</b>

All proceeds will go to St James' PSA.

The PSA help fund school trips, resources and events at St. James' School. Please support us, you are in with a chance of winning and will be helping your child at the same time!

Any questions, please contact Alison Singh 07967 332234  
[alison.singh@stjamesvaschool.co.uk](mailto:alison.singh@stjamesvaschool.co.uk)

### SJ50 CLUB ENTRY FORM

I would like .....tickets at £24 each (12 months) and enclose £..... (cheques payable to St. James' School PSA or cash please)

Your name.....

Your child's name..... Year.....

Email address ..... Tel no.....

Signature ..... Date.....

If you do not agree to your name being mentioned as a winner in the school newsletter, please tick here.....

Existing members....it's  
now time to renew.

Please renew by 1st April

Thank you for your contin-  
ued support!



## Childrens Concert

Join us for music to show off the different sections  
of the orchestra, featuring:

**A Selection of music from FROZEN**  
**Thunderbirds (March) - Barry Gray**

**Saturday 24th March 2018**  
**3:30pm**  
All Saints Church  
Queens Park, Bedford

Tickets: £6 / £4 child/concessions / Under 5's free  
Family ticket (2 adults, up to 3 children) - £15

Available on the door or email [chair@bcco.org.uk](mailto:chair@bcco.org.uk)



Bedford Borough Council

[www.bcco.org.uk](http://www.bcco.org.uk)

## Queen's Park Youth Cricket

### All welcome to the 2018 season!

### Ready, steady, go!

The new season starts with  
Registration on **Saturday 10th**  
**March** at Biddenham Upper  
School Sports Hall. The cost  
for the whole season is a  
single payment of **£10 per**  
**player - Under 10 years old**  
**and £15 over 10**, to cover  
training. Match fees are **£1**  
**per match**.



### Volunteers Needed!

**Calling all Parents and**  
**Carers - your children need**  
**your support!**

Come along and watch your  
children play, or volunteer  
for a couple of hours to help  
with supervision and  
coaching.



### Club Welfare Officer

Our Club Welfare Officers  
are Jonathan Ogilvie and  
Abid Hussain they will be  
looking after the welfare of  
players and coaches. Please  
contact them with any  
questions or concerns on  
07889969607/  
07792156795 or email  
[Jonathan@](mailto:Jonathan@faithinqueenspark.org.uk)  
[faithinqueenspark.org.uk](http://faithinqueenspark.org.uk)



@QPYCC

## From the Governing Body

### Converting to Primary:

We're delighted to say that construction work on the new classrooms should start in April. At the time of writing, the final contracts are about to be signed off. The area – to the right hand side of the playing field closest to Nodders' Way – will, of course, be fenced off. There will still be plenty of space for the children to play safely on the field. The work should be completed by the end of the summer term to give the school plenty of time to make the new building ready for the children in September.

### Uniform Change for September 2018:

Thank you so much to all of you who took part in the consultation on changing the colour of the school uniform. There was a great response and we have acted on many of your recommendations.

We are following your advice and so we will not introduce hoodies and we will drop the requirement for ties. We will press ahead and change the colour of the school cardigans/jumpers, girls' summer dresses, PE bags and book bags from red to royal blue from September 2018. ***Children with red book bags and PE bags in good condition can, of course, continue to use these until they wear out.***

The change of colour will mark our final conversion to primary school status. The branded versions of the uniform will be available for sale through approved suppliers, which will be confirmed in due course.

The leading retailers and supermarkets all stock non-branded school uniform in royal blue at competitive prices. We look forward to St James's starting the new academic year as a primary school with this smart new look.



### Didi Rugby is coming to Biddenham....

Free taster session on Sunday 8th April at Biddenham School 9am-11am and then Saturday mornings from 14th April 9-11am.

Led by Ben Gulliver (who used to lead rugby training for St James')

<http://www.didirugby.com/find-a-didi-rugby-class-in-bedford.php>

Bedford Corn Exchange Presents:  
**The Wizard of Oz**  
Monday 9<sup>th</sup> April, 3.00pm & 6.00pm

A spectacular professional Easter Pantomime  
Come and meet Dorothy as she goes on a magical adventure to the Land of Oz.  
Follow Dorothy as she tries to find her way home. Along the way she makes new friends with the Scarecrow who longs for a brain, the Tin Man who really wants a heart and the very cowardly Lion who is desperate to be brave and have some courage. It's not going to be easy for Dorothy to find her way home with the Wicked Witch of the West keeping a close eye on her! Will the Great and Powerful Oz be able to help? Find out by joining us at Easter!

This Spectacular Easter Pantomime adaptation of L. Frank Baum's classic story is packed with good jokes, quality song and dance routines, spectacular scenery and plenty more for all the family!

**Perfect Easter holiday entertainment!**



Book at [www.bedfordcornexchange.co.uk](http://www.bedfordcornexchange.co.uk) or call 01234 718044  
Tickets from £14. Family ticket and group discount available.

**EASTER** **APEX**  
you're always there!

**Multi-Activity Holiday Camp at**  
**Wootton Lower School**  
Bedford Road, Wootton, MK43 9JT  
Tuesday & Wednesday - 10th & 11th April

Book online now at: [www.apex360.co.uk](http://www.apex360.co.uk)

Join us during the Easter Holidays for an action-packed, fun-filled four days of sports & team games, inflatables, battlezone and much more...

- Camp is for Reception to Year 6/7 children
- Prices from £20 per day (1:30am - 3:00pm)
- 10% sibling discount (child 2 onwards)
- Optional extended hours (from 08:30am - 4:00 @£3/hr)

**Early Bird Discounts!!**  
(applied automatically at checkout)

Phone: 01442 810242 Email: [admin@apex360.co.uk](mailto:admin@apex360.co.uk)  
Unit 22 Maylands Business Centre, Redburn Road, Hemel Hempstead, HP2 7BA



# HAPPY EASTER

On Wednesday 28<sup>th</sup> March 2018, we will be holding our Easter Service at St James Church lead by Year 2. We will be leaving school at 1:30pm to walk to the church for the service to start at 2pm and would appreciate any help from parents/carers who would like to volunteer to walk to the church with us - a 'Sign Up' sheet is in every class.

Many thanks for your support in advance and we hope to see you all at the Easter Service.

## HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



**LOVE**  
Be there for your child and show care and love



**EXERCISE**  
Encourage play, exercise and sport



**BEHAVIOUR**  
Keep an eye out for any changes in behaviour



**SUPPORT**  
Regularly support, encourage and praise your child



**REST TIME**  
Help your child to manage stress by building in some rest time



**BE PROUD**  
Tell your child that you are proud of them



**PATIENCE**  
Be patient. Don't pressure your child



**HELP**  
Don't be afraid to seek help from professionals



**FEELING**  
Get to know how your child is feeling



**EDUCATE**  
Educate yourself about mental health problems



**PROBLEM SOLVING**  
Help your child to effectively problem solve



**LISTEN**  
Make sure you take time to listen to what your child has to say



**COPING**  
Help your child to learn some simple coping skills such as relaxation



**SYMPTOMS**  
Be aware of signs and symptoms



**CONVERSATION**  
Encourage your child to engage in conversation



**ENVIRONMENT**  
Provide a positive environment for your child where they can thrive

### Dawn Until Dusk News

Upcoming theme nights at Afterschool club. Please ask a member of staff for details and check out our posters displayed outside the school hall.

Science - W/B 12th March

Easter Egg Hunt - W/B 26th March

Last term children were treated to a street dance class courtesy of Chiara Steed! They had a great time learning some street dance choreography and moves. A massive thank you to Chiara from us all at DUD.

This term the children have drawn self portraits for a competition which are being judged at the DUD Office and entrants have been received from our 22 clubs, fingers crossed that a prize or maybe two come to St James'

Pop in and say hi, if you would like any information please see either Cathy or Sharon, we would love to show you around.

## WhatsApp Groups

Over the past few weeks, we've been made aware of a number of (mainly older) children making use of Whatsapp to chat with one another out of school. Whilst we recognise that school has no jurisdiction of behaviour of children outside of school, some of the chats have led to problems which have had an impact on school life. It is always our recommendation that children at primary school do not have access to any social media, which includes Whatsapp, as they do not yet have the maturity to handle the problems and difficulties social media can present.

To help all parents understand Whatsapp, we have downloaded the following guide from [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk). Interestingly, it states that WhatsApps minimum age of use is 16 years old. One of our concerns is that some children are sharing phone numbers with others, without the permission of the phone number's owner—this must not happen, as sharing personal data without permission is not legal. <https://www.thinkuknow.co.uk/globalassets/whatsappguide-for-parents.pdf>

### WhatsApp – Guide for Parents and Carers



#### What is it?

WhatsApp is a mobile messaging app which allows users to exchange messages using existing phone contacts without having to pay text message fees. WhatsApp Messenger is available on most mobile devices including iPhone, BlackBerry, Android, Windows Phone and Nokia. WhatsApp users can create groups and send each other unlimited images, video and audio messages.

#### How much does it cost?

For all phone types, WhatsApp is free to download and try for the first year. Afterwards, you have the option of extending your subscription for **£0.69** per year.

WhatsApp uses an Internet connection using 4G or Wi-Fi to send and receive messages to your contacts. As long as the user hasn't exceeded the data limit or is connected to a free Wi-Fi network, messaging over WhatsApp should not cost extra.

#### Does WhatsApp have any age restrictions?

As part of its Terms of Service, WhatsApp's **minimum age of use is 16 years old**. By using WhatsApp, a user agrees to provide certain personal information such as their mobile phone number, billing and mobile device information.

If WhatsApp learns that identifiable information of a child under 16 has been collected on the WhatsApp Site or WhatsApp Service, then WhatsApp may deactivate the account.

#### Should I be concerned about WhatsApp as a parent/carer?

WhatsApp is a great way for young people to socialise with their friends.



#### How do privacy settings work on WhatsApp?

WhatsApp's default privacy setting allows any other WhatsApp user to view your profile photo, status and when you were last using the app.

You can specify that your child's WhatsApp account (when they were last online, profile photo, status) can be seen by:

**Everyone** - all WhatsApp users.

**My Contacts** - the contacts from their address book only. This is the recommended option for most users.

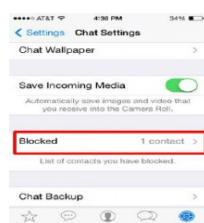
**Nobody**

Talk to your child about their privacy settings and ask them to adjust to 'my contacts' if they have them set to 'everyone' by following the steps below:

Privacy settings are accessed here:

**WhatsApp > Settings > Account > Privacy**

#### How do I report a user to WhatsApp?

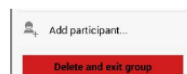


Children can only talk to existing contacts on their phone, although this may feel safer, it's still important to remember that some content shared may not be appropriate for children, or they have contacts (strangers) in their phone who they have never met face to face.

Likewise, as with all social media, caution is advised over your child's digital footprint, particularly the content (photos, videos and messages) they choose to share via WhatsApp. Once shared, it can be copied, re shared and posted anywhere online.

#### Group chats on WhatsApp

WhatsApp also contains a group chat function. The feature lets users chat with up to 100 people in one conversation stream. Each group is set up by one contact who becomes the group admin – they're the only user who can add or remove participants and change/add new group admins.



Group conversations usually take place between friends. But sometimes, users can be added to a group where they don't know everyone else. Even if fellow users in the group aren't contacts, they will still be able to see messages your child posts in the group, and your child will be able to see theirs. Likewise, if they're added to a group with someone they've blocked, the blocked person will be able to contact them there.

Therefore, it's possible they could see or be contacted by someone they don't know and could be vulnerable to content posted by this person.

#### Group chats - advice

Although a user cannot control who adds them to a group chat, **they can always control their own participation within it** – they can leave whenever they want to.

It's a good idea to advise your child that if they are in a group chat with someone they don't know and are uncomfortable with, they should exit the group and speak to you about it.



There is no direct way to report a user, or specific abuse, other than to block them from sending you further messages. To do this, tap:

**Settings > Account > Privacy > Blocked Contacts**

WhatsApp messages sent by a blocked contact will not show up on your child's phone and will never be delivered to them. The 'last seen' status information and profile picture will no longer be visible to blocked contacts.

To permanently delete a contact in WhatsApp, you will need to delete them from your phone's list of contacts.

If you have any concerns about grooming, sexual abuse or exploitation on WhatsApp or on any online app or site, Report to CEOP (the National Crime Agency's Child Exploitation and Online Protection Command) at [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre).

#### How do I disable a WhatsApp account?

Go to:

**Settings > Account > Delete My Account**

This will remove all account information from the service including deleting all message history, and removing the user from all WhatsApp group.