



NEWSLETTER Term 2: 20th December 2024

<https://sjm.academy>

Telephone: 01323 730255

Email: office@sjm.academy

Upcoming Whole School Dates

December Friday 20th :
Christmas Church Service (PM) & Last day of term 2

January Monday 6th : First day of term 3

Whole School Reminder:

NO NUTS are to be
brought in to school. Thank you.



Dear Parents and Carers,

It has been a fun-filled, and festive week and while we are all in need of a rest, I am most pleased that the children and have had a great week!

The **Pantomime, Christmas Fayre, Christmas Sing for Reception, and Nativity play for Year 1 and Year 2** and our amazing **Christmas service** hosted by St John's church have been some of the main events in the last few weeks.

I am very grateful to everyone who has supported us in making these events happen. It is such a real team effort, and I want to say a special **THANK YOU** to the team at St John's Meads... Your care and commitment to what we do is remarkable and we are very all very fortunate to have you. There are so many that support what we do and we are grateful to you all: Parents, carers and grandparents, The Transition Board, The Friends, Parent volunteers, or friends at St John's church - Rev Giles, Rev June and Kim, the staff from our cleaning company - Bishops, the staff from the catering company - Relish, Lorna Watson from St Paul's, Emma Massey and Nigel Jewell from St Catherine's College and the leadership team at DCAT. **Thank you for your support and service.**

I wanted to share this very special message we received from the Grandparents of two of the children who attend St John's Meads.

*"We wanted to express our appreciation of the pleasure we experienced seeing the happiness and joy of the children and the caring attitude of the staff. We were particularly pleased with the opening and closing prayers which reassured us about the importance placed on the spiritual wellbeing of the students at the school.
We are very aware of the difficulties affecting teachers at present and hope you will be encouraged to keep up your good work."*

Finally - I want to wish you all a merry Christmas. We hope that this holiday is all you want it to be and that the time with those you love, making precious memories is truly special. This is going to be a strange Christmas for me - without my dear Mum. However, I aim to approach it in exactly the way she would want me to- with a heart filled with gratitude, counting all my many blessings. This includes the love, kindness and support I feel at St John's Meads every day. Thank you for your kind words, cards and gifts, I feel blessed to be a part of such a special place.



Mrs Byrno

"For it is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child Himself." **Charles Dickens, A Christmas Carol**



Attendance

A big well done to all the St Johns community with our whole school attendance currently **95.5%**. It has been lovely to see all the children coming into school and enjoying their learning alongside the Christmas celebrations!

Keep an eye out as we will be running new attendance initiatives in the new year!

Just a quick reminder that if your child is ill, please **call the office to leave a message on the absence line or notify us through Arbor for every day of their absence.**

Mental Health

A huge well done to all our children at St Johns who have been using the newly introduced strategies to help with their emotional wellbeing and mental health.

The feedback from the '**problem solving octopus**' and '**5 finger breathing**' has been overwhelmingly positive. We have also now introduced '**facing your fears**' ladder, to support children with identifying strategies to overcome their fears and worries.

We are also in the lucky position to have the East Sussex mental health team, **Me and My Mind** coming into school and offering parent workshops in the new year. There was a survey sent to see when would be best for the workshops to run, the survey is open until January 10th. **Our work on mental health at St Johns is ongoing and ever growing so look out for further updates in the new year.**

Exciting School Competition: Design Our Vision and Values Poster!

We are thrilled to announce a creative competition for all students at St. John's! As you know, the children have recently helped shape our new school vision and values, and now it's time to bring them to life.

We're inviting all students to design an image (or images) that they feel best represent our new vision and values. The winning designs will feature on our brand-new vision and values posters!

Key Details: Submission Deadline: Friday, 24th January

How to Submit: Entries can be emailed or handed in to the school office.

We can't wait to see your creativity in action! Let's make this an inspiring display of our shared vision and values. **Good luck to all participants!**

Support for Families:

At St Johns we recognise the ongoing financial challenges faced by many families due to the cost-of-living crisis. Support is available, and you can find more information on the following resources:

[Cost of living support | East Sussex County Council](#)

[Household Support Fund - extra help for those most in need | East Sussex County Council](#)

[Money help and advice | East Sussex County Council](#)

[Cost of living information in other languages | East Sussex County Council](#)

[Help with the rising costs of living - Lewes and Eastbourne Councils \(lewes-eastbourne.gov.uk\)](#)

Despite the financial pressures many are experiencing, we hope you find joy and peace during the festive season.



This week's Festivities

School Choir

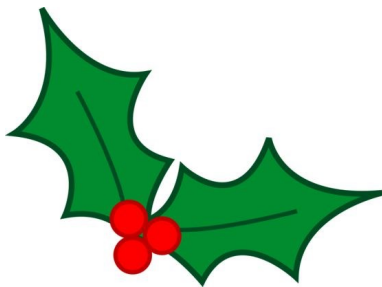


Mrs White took the choir to bring festive cheer to the residents of the Tweed Care Home and Elstree Court Care Home.

They sang beautifully and chatted to the residents about what they liked about school and what they might get in their stockings for Christmas.

They learned that the residents would only get an apple and an orange in their stockings when they were children! A lovely time was had by all and lots of joining in with the singing.

Well done choir!



Reception Sing and Yr1&2 Nativity

All the children put on a superb performance which was enjoyed by all their families.

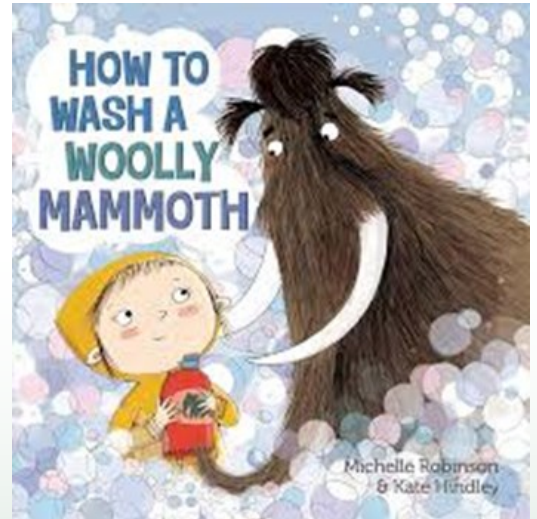
A wonderful festive week.



Highlights from Year 3

In English the Year 3 class have been using the story 'How to wash a woolly mammoth' as a stimulus for their writing. They have been developing their vocabulary and punctuation as well as using devices such as: modal verbs, rhetorical questions and adjectives in 2s and 3s.

They then moved on to writing a clear set of instruction on how to wash an animal of their choice using the same skills.



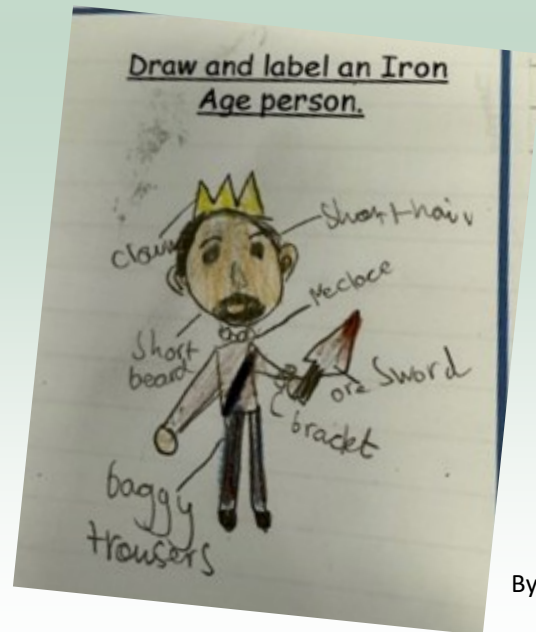
In Religious Education the children are learning about Judaism.



They have been developing their understanding of Yom Kippur- which is known as the holiest day of the Jewish year. Jews traditionally ask for forgiveness for their wrongdoings from God and from fellow human beings. The children were asked to write about their own experiences of 'saying sorry' and time was spent discussing and reflecting on forgiveness.

The Iron age has been an interesting topic in History for the children and they been learning about what life would have been like then.

They have been working hard to make notes, track the changes that took place from the bronze age to the iron age. They are also developing their skills at presenting their learning visually.



By Mahan Amiri



In art, the children enjoyed using different materials in their weaving.





WISHING YOU A MERRY CHRISTMAS AND A PEACEFUL TIME FILLED WITH LOVE AND JOY WITH ALL THAT YOU LOVE, SHEVLYN BYROO



Praying you all have a fun filled but also restful Christmas break.

Abi Robinson

Wishing you all a super fun time and a magical Christmas!

Love from Chloe Satchell, Chrissy Grout and Rowena Pillar x 😊

Wishing you all a very Happy Christmas,
Jo Brunson



Christmas card designed by Chloe, Year 6

Wishing you all a wonderful Christmas,
Rebecca Harris

Wishing you all an amazing Christmas filled with peace and happiness,
Katie Sanders

*Merry Christmas! Hope you have a magical time and looking forward to seeing you all again in the new year.
Love from Miss Dixon, Mrs Gallini and Mrs Neill.*

Wishing you all a wonderful Christmas, may your new year be blessed with love, hope and peace. Kelly Hitch

*Merry Christmas!
Have a wonderful, relaxing and joyful time.
Love from Mr Barber and Miss Vile x 🍷*

*Merry Christmas! We hope you all have a happy and healthy holiday. Well done for an amazing term and we can't wait to see you all in 2025!
Love from Mrs Foster, Mrs White, Mrs Capon and Mrs Miller xxx*


Recycle your Christmas tree for charity


If you live in **BN8, BN20, BN21, BN22, BN23, BN24, BN25, BN26, BN27, TN21, TN22** we can collect your real Christmas tree in return for a donation to St Wilfrid's Hospice.

As easy as 1, 2, tree...

1. Visit stwhospice.org/trees
2. Tell us your address and make a donation.
3. Leave your tree on the boundary of your property by 8am on 8th January. We will collect it by midnight on 11th January.



 stwhospice.org/trees

 **01323 434200**



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 Enterprise Mobility™  **EAST SUSSEX COLLEGE**



St Wilfrid's Hospice



New Winter Edition 2024 out now:

[Raring2go! Eastbourne](#)



If you have children who are interested in running / athletics at a local club and would like the opportunity to compete in U11 Sussex races...VISIT OUR WEBSITE

<https://eastbournroversac.co.uk/> OR CALL JENNY ON 07712 351724 FOR INFORMATION, OR TO BOOK A TASTER SESSION

CLASS+

Communication, Learning Autism Support Service

Fantastic and very knowledgeable advisors. I felt listened to and validated. Excellent advice really valuable.' This is a really valuable service that has been very helpful!



EDUCATION
EAST SUSSEX
TOGETHER FOR EXCELLENCE
AND INCLUSION

ABOUT US

CLASS+ works across East Sussex to support families/carers of autistic children and young people including those on the diagnosis pathway. We provide advice and support that enables families/carers to develop their knowledge & understanding of autism. We aim to help parents/carers develop their confidence around how to best to support their neurodiverse child whilst also building on their child's strengths, confidence, and self-esteem. The team is part of the wider CLASS service and focus on home based concerns. We are a Parent Carer referral service.

SCAN QR CODE TO SEE
WHAT WE OFFER



NB: Please note that CLASS+ is not a mental health advice point and practitioners do not hold the appropriate clinical expertise to directly address mental health needs. CLASS+ do however, provide Autism advice, give ideas for resources, share helpful approaches, and perhaps most importantly listen to the needs & experiences of parents/carers.

BOOK NOW ACTIVEEDUCATIONSUSSEX.CO.UK



FUN FOOTBALL CAMP

Hailsham Primary Academy
BN27 4FB

23rd December 2024
2nd & 3rd January 2025

Breakfast Club 07:45-08:45 £6.00

Main Day 08:45-15:15 £25.00

After Camp Club 15:15-16:15 £6.00

COME AND JOIN US FOR OUR FUN FOOTBALL HOLIDAY CAMP, WITH PLENTY OF FOOTBALL ACTIVITIES INCLUDING: FOOTBALL, TENNIS, FOOT GOLF, FOOTBALL ROUNDERS, SHOOTING DRILLS, TOURNAMENTS, SKILL ACTIVITIES, GOALKEEPING DRILLS, MATCHES, INDIVIDUAL CHALLENGES AND MANY MORE!



SCAN ME TO BOOK NOW!




CHRISTMAS MULTI ACTIVITY CAMP

Hailsham Primary Academy BN27 4FB

23rd December 2024, 2nd & 3rd January 2025

ACTIVITIES, TIMES AND PRICES

BREAKFAST CLUB - 07:45-08:45 - £6.00

MAIN DAY - 08:45-15:15 - £25.00

AFTER CAMP CLUB - 15:15-16:15 - £6.00

Come and join us for our Multi Activity Holiday Camp, with plenty of activities including: A Wide Selection of Sports, Fencing, Gymnastics, Dance, Painting, Festive Art and Craft Activities, Movies and many more!

All Children Welcome From Any School!



SCAN ME TO BOOK NOW!

ACTIVEEDUCATIONSUSSEX.CO.UK



Exclusive Offer with our School Partnership

Private Swimming Lessons for Eastbourne Parents!

Dear Parents,

Did you know that over 1 in 4 children leave primary school without the ability to swim?!

We believe every child should have the opportunity to learn this essential life skill, and we are thrilled to share an exclusive offer with you

We are offering Swimming Nature lessons at the following Eastbourne venue:

Bannatyne Health Club - Eastbourne
7 Edward Rd, Eastbourne BN23 8AS

Our award-winning Swimming Nature Method makes learning to swim a natural, relaxed and fun experience with recognisable results.

EXCLUSIVE OFFER:
Get 20% OFF early-bird bookings when you mention your child's school

FOR MORE DETAILS, CONTACT US:

info@swimmingnature.com 03445 04 05 06

We're here to help make swimming an accessible and enjoyable experience for all students.

www.swimmingnature.com

Willingdon HOLIDAY CLUBS

NEW YEARS EVE ADVENTURES
CHRISTMAS BREAK

Thursday 2nd January 9.30am - 2.30pm
Friday 3rd January - 9.30am - 2.30pm

Multisport
Basketball, Football, Benchball
Badminton, Table tennis, Just dance

Team Challenges
Taskmaster, STEAM, Photography
Logic Puzzles, Scavenger Hunt Team

Rates
£40 per day per child.
10% sibling discount
PP students attending year 7 or 8 at Willingdon Community school 50% discounted rate

Students welcome from Year groups 4-8 from all schools

CREATIVE
FUN
ACTIVE

All enquiries to holidayclubs@willingdonschool.org.uk



EASTBOURNE TRAMPOLINE

On Friday afternoons
Hillbrow Health and Wellbeing

Ages 4+
Fun first trampoline sessions



£6.00
per session



- ✓ DBS checked
- ✓ Safeguarding
- ✓ British Gymnastics Qualified

Register online: www.eastbournetrampoline.com
Email: admin@eastbournetrampoline.com

Does your child love to

SING?



Empowering Young Singers

- Festival Appearances
- Showcase opportunities
- Vocal Technique
- Stage Presence
- Qualified Coaches
- Supportive Network
- Group & Solo



* Eastbourne Branch *
* Opening January *

The Function Room, Fishermens Club, BN22 7AA

For more info;
radseaford@gmail.com
www.rhapsodyartistdevelopment.co.uk



WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
If you can't make the date ask for the link to the recording, available for 48 hours afterwards
Book online at facefamilyadvice.co.uk
go to the PARENT page

FREE - Decreasing Depression FREE - Anxiety Explained	25 NOV 20 JAN
What is ACT?	26 NOV, 21 JAN
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC, 2 JAN
Understanding Anger	16 DEC, 13 JAN
Facing Defiance	17 DEC, 14 JAN
Supporting Healthy Screen Use	19 DEC, 16 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN
Raising Self-Esteem	27 JAN
Supporting Healthy Sleep	28 JAN
Improving Family Communication	4 FEB
Introduction to OCD	18 FEB

facefamilyadvice.co.uk info@facefamilyadvice.co.uk



Winter 2024/2025

Newsletter

FREE
until
JAN 25



Understanding the Teenage Brain
Watch this recorded session in your own time, to learn why our teens think, feel and behave very differently from adults and how we can support them.

Thursday
5th Dec
19:00 - 21:00
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
17th Dec
19:00 - 21:00
£24



Facing Defiance
Effective interventions for handling defiant behaviour. ADHD, ODD and PDA relevant as well as regular challenging behaviour. Introduction to the FACE programme - Facing Defiance - 6 week course

Tuesday
7th Jan
19:00 - 21:00
£24



Anxiety-Based School Avoidance
Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Thursday
9 Jan
19:00 - 21:00
£24



AUTISM: Improving Communication
Looking at how small changes in how we communicate with children on the spectrum can lead to big improvements.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk