



Stillness Junior School Newsletter May 2022



OUR
BEST
AT
ALL
TIMES

Value of the Month: Friendship

Certificate of Excellence 2022

We are delighted to have been awarded a Certificate of Excellence 2022 by SchoolGuide.co.uk. SchoolGuide have informed us that our 5-Star Certificate of Excellence is the result of our continued dedication to academic excellence.



Easter Eggs

A big thank you to everyone who sent in an Easter Egg for Lewisham Foodbank. All the eggs were delivered on the 1 April 2022 so they could be distributed to local families in time for Easter.

Thank you.



UNICEF: Article 34: (sexual exploitation)

Governments must protect children from sexual abuse and exploitation.

STILLNESS NEWSLETTER

If you wish to contribute to the newsletter, the deadline to submit your articles for the next publication is the penultimate week of every month



Summer Uniform

We are now in summer term and as the weather warms up we all want to wear light clothing to keep us cool.

Can parents/carers please ensure that the children's skirts are **knee** length. Children should **not** be wearing knee high "pop" socks and no open toed sandals. Children can wear the school summer dress, available in blue or yellow and grey shorts.

It is important that your child continues to bring a bottle of water to school and as the weather continues to improve they are wearing a sun hat and sun cream/sun block.

Thank you.

Stillness Junior School Open Morning

After the success of last year, we will again be holding an Open Day for parents of children currently in Y2 on Saturday, 21 May 2022.

The tours will take place throughout the day, starting at 8:30 am. We are able to accommodate 10 parents in each slot. If you would like a place on a tour please book your free ticket via Eventbrite on <https://www.eventbrite.co.uk/o/stillness-junior-school-33161068885>. Bookings will close on Wednesday, 18 May 2022.

Spanish Language Day

Last week we celebrated Spanish Language Day as a school. The children learned about the origins of the Spanish language and how it relates to other languages. They also practised a song about all of the Spanish speaking countries in the world. Children are also now enjoying their weekly Duolingo practice on their Chromebook days. They can login to this via their school google accounts should they wish to practise further from home.

Miss L West – MFL Coordinator



OUR BEST AT ALL TIMES

Ways to Wellbeing – From A to Z

Welcome to our alphabet of wellbeing. Each month we will introduce a word for each letter (hopefully!)

What is wellbeing?

Wellbeing is quite a broad word, but in simple terms, it is a state of being happy, healthy, and satisfied with life.

What influences wellbeing?

Basically every aspect of your life influences your wellbeing. Researchers investigating happiness have found the following factors enhance an individual's wellbeing:-

- an enjoyable and fulfilling career
- adequate money
- regular exercise
- a balanced diet
- sufficient sleep
- an intimate relationship with a partner
- a network of close friends
- a sense of belonging
- the ability to adapt to change
- a safe physical environment
- a sense of purpose and meaning and
- all of the above factors are interrelated

It can be tricky to consciously start to better look after your mental and physical wellbeing, but to get you started, we have created an A to Z of suggestions.

This week “M” “N” and “O”

“M” – Make a start: Those goals and things you want to do – start them! If your goal is a big one, try chopping it into smaller goals and making it more achievable.

“N” – Say NO: Do not be afraid to say no and make time for yourself. You cannot please everyone, and by saying yes all the time, you are at risk of burning out and building up resentment.

“O” – Organisation: Even if you just start with a box, or a cupboard, organisation can give you something to focus on and a sense of accomplishment.

Headteacher's Award



Hannah (Turner Class) for writing a story setting full of suspense with atmospheric vocabulary

Edith (Hadid Class) for such caring behaviour with a classmate

Orla (Hadid Class) for excellent answers in science

Leon (Hadid Class) for always being ready for learning

Jezeah (Hadid Class) for improving his attitude towards his learning in English and independently formulating sentences using ellipses

Mo (Turner Class) for writing an interesting and suspenseful opening to a story

Elly (Rothko Class) for her fantastic reasoning and response in guided reading. Her writer's voice is really showing!

Ann (Turner Class) for working really hard in maths to ensure she always get onto challenges in maths, for keeping her presentation neat and tidy and for always actively participating in class.

Alma (Turner Class) for using challenging vocabulary whilst writing a thrilling suspense story

Dennis (Rothko Class) for making mathematical connections when tackling complex reasoning questions

Elora (Hadid Class) for having a positive attitude towards her learning in all subjects.

Bromley High School

Open Morning – Junior and Senior Schools
Tuesday, 10 May 2022
Register online www.bromleyhigh.gdst.net

Y6 Taster Days (2022 11+ entry)
Thursday, 15 September, 10.55am to 3pm
Friday, 14 October, 10.55am to 3pm
Register online www.bromleyhigh.gdst.net

Dogs on School Site

Can we please remind parents and carers that dogs should not be brought onto the school site or tied up inside the school railings. Dogs may however be carried.

The health and safety of the children is our utmost concern. As we have young children on site, please remember that many younger children can be scared and intimidated by dogs and not always know how to react to them.

We feel it is important that the school site is a safe place for all children and would welcome your cooperation with this matter.





Channel 4 – The Dog Academy

Good Morning

I hope you're well and don't mind me getting in touch.

I work for a TV company called Five Mile Films; we make the Channel 4 series The Dog House. We are currently making a brand-new prime time series for Channel 4 called The Dog Academy which is all about misbehaving dogs and their owners.

We're looking to hear from people who might be struggling with their dog's behaviour and need help to overcome their dog's issues. From small quirks to life impacting behaviour, we've assembled a team of the very best trainers in Britain to help owners transform their dogs once and for all.

The series will be filmed later this year, but we'd love to start hearing from people now. At the moment, we're trying to spread the word and encourage people to apply.

I've attached a flyer with details on how to apply and I wondered whether this is something that you could share with your colleagues and possibly the parents/guardians of your students or anyone who might be interested and need help with their dog's behaviour.

Please let me know if you have any questions.

Best wishes,

Junior Casting Researcher

Do you have a problematic pooch?
Are you struggling with your dog's behaviour?
Would you like help to overcome your dog's issues?

A brand new prime time Channel 4 series is looking for misbehaving dogs and their owners.

From small quirks to life impacting behaviour, we've assembled a team of the very best trainers in Britain to help you transform your dog once and for all.

To apply, please email: dogacademy@fivemilefilms.co.uk

From the makers of Channel 4's *The Dog House*

FIVE MILE FILMS

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The Daily Mile Competition

The Daily Mile Competition is up and running again and to start us off Rothko, last times winners, went to Blythe Hill during school, for a picnic and games with their parents and carers for their celebratory victory. The competition, which is now between Y3, Y4, Y5 and Y6, lasts a term, aims to encourage children to complete as many laps as possible so that they can achieve at least 1 mile of exercise a day which is great for their health. This 4 day a week challenge entails a child a day being picked to give their score which adds to their classes total score. The class in each competition with the most votes will then get their celebratory picnic later on in the year.

With Rothko Class kick starting this off it has been a great way to encourage other classes to strive to do the best they can and beat their score daily with the hope of winning victory.

Miss A Curtis – Y5 Class Teacher/PE Coordinator



Well done Hadid!

Hadid Class have been swimming for the last 9 days at Forest Hill Baths where some have learnt to swim for the first time and others have developed their technique. A big thank you to all our parent volunteers for your help.

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Instagram



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Thank you to everyone who has visited our Instagram site; we now have 390 followers!

Our Instagram continues to go from strength to strength. We have had a large number of follow requests; however, to ensure we keep the account private and only accessible by the Stillness Community, we would be grateful if you would email the main office with your request on admin@stillnessjs.lewisham.sch.uk. We are also receiving requests from children that will not be accepted as this platform is only for children over the age of 13.

Please keep popping in to have a look at what is going on in and around our wonderful school.

All “likes” welcomed!



School Streets

The Lewisham School Street Programme “School Streets” is now in effect. Fines will be issued for those who enter Brockley Rise from the junction with Stillness Road, without an exemption permit from **Monday to Friday** between the set times of **8.30am to 9.30am** and **2.45pm to 3.45pm**. Please be aware that local residents are able to access during these hours so children should continue to observe road safety. Thank you.

Attendance

Our Local Authority Attendance Officer is Charmaine Holder who will be monitoring our pupils’ attendance.

SAFEGUARDING

Working together to safeguard children.

Stillness Junior School is committed to safeguarding and promoting the welfare of children and expects all staff and parents/carers to share this commitment.

Safeguarding is a term which is broader than ‘child protection’ and relates to the action taken to promote the welfare of children and protect them from harm. Safeguarding is everyone’s responsibility.

We are fully committed to ensuring that consistent, effective safeguarding procedures are in place to support families, children and staff at school.

Safeguarding Leads:

Mrs M Nichol - Headteacher

Mrs Z Renner-Thomas – Interim Deputy Headteacher

Mrs P Brown – Inclusion Lead

Dinner Money

The cost of a school dinner is £2.30 per day.

The dinner money from **6 June 2022 to 19 July 2022** will be **£73.60**.

Can parents and carers please make every effort to pay in advance.

To improve the service we provide, Stillness Junior School is a cashless school and does not accept cheques or cash as payment.

This can be done online using a very secure website called ParentPay. You all have your individual ID and Password to access this facility.

Please note: if you wish to change your child from packed lunch to school dinners or vice versa please inform the school office in writing to avoid being charged. Children can only change this option at half term break.

Please Note: Dinner accounts that are more than one week overdue or in arrears will result in your child having to bring in a packed lunch or going home for their lunch.

Stillness Junior School Website

We are pleased to inform parents/carers that we work extremely hard to ensure that our website is up to date. Please take a minute to have a look and catch up with the latest news and holiday dates. Stillness Junior School is also on Instagram.

If you do not wish photographs of your child/ren to be posted on this website, on Instagram, in the school newsletter or in articles that may be published in the press, please notify the school office in writing.

May Diary Dates

5.5.22 – Rothko Class trip to Creekside Centre, Deptford
9.5.22 – Turner and Hadid Class trip to Creekside Centre, Deptford

10.5.22 – Y4 trip to Devonshire Nature Reserve

11.5.22 – Y4 Trip to Devonshire Nature Reserve

13.5.22 – Y6 trip to Chessington

20.5.22 – Y4 trip to Science Museum

26.5.22 – Class and Graduation Photographs

29.5.22 – Start of Half Term Week

6.6.22 – Children return to school

OUR BEST AT ALL TIMES