



# Stillness Junior School Newsletter November 2023



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## National Child Measurement Programme (NCMP)

Across England, over 99% (17,000) of eligible schools take part in the National Child Measurement Programme (NCMP) each year. This provides valuable information which is used to plan for and invest in key services to ensure all children have the opportunity to be healthy.

We wanted to share a couple of the resources available to you:

**NHS Food Scanner app:** an app to help pupils explore what is in their food and drink and swap unhealthy foods that are high unsaturated fat, sugar and salt, to healthier choices. The app is free to download:

<https://campaignresources.phe.gov.uk/schools/resources/food-scanner-app>

**Creating a culture and ethos of healthy eating:** supporting pupils to gain knowledge of how to keep themselves healthy and making informed choices about healthy eating and fitness:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/creating-a-culture-and-ethos-of-healthy-eating>

**The Eatwell Guide:** a tool which defines government recommendations on eating healthily and achieving a balanced diet:

<https://www.gov.uk/government/publications/the-eatwell-guide>. The **Eatwell Guide** image and **Eatwell Guide booklet** are included in the list of resources.

## Parking

Can we please remind everyone to respect local residents when dropping off in the morning and at the end of the school day. Please do not block over drive ways preventing residents leaving for work. Thank you for your support.

**UNICEF: Article 3:** (protection of rights)  
Governments must do all they can to fulfil the rights of every child.

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## 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

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## Hire our Facilities

We are delighted to offer our facilities for hire during the School holidays and outside normal school hours (5.30pm - 10pm) and facilities within the school, including the sports hall.

Our lettings are open 7 days a week with closures only during bank holidays and extended opening hours during school holidays.

We also have a school mini bus available for hire that can seat up to 17 passengers.

If you are interested in the above, please contact

Kim Kennedy on [kim@stillnessjs.lewisham.sch.uk](mailto:kim@stillnessjs.lewisham.sch.uk).

## Race for Kids

Congratulations to Alice (Grierson Class) who took part in the Race for the Kids charity 5k in Hyde Park on Saturday, 7<sup>th</sup> October, in aid of Great Ormond Street. Alice ran it in 32 minutes and raised over £100. A fantastic achievement Alice for a fantastic Charity – well done.





## Les Miserables

Congratulations to Daisy (Montague Class) who has been playing the role of Little Cossette in Les Miserables since January. She has had a fantastic time and will continue until 21 October 2023.



Well done Daisy – what an achievement.

## Shelter Charity

Congratulations to Milo and Jasper from Y6 and Joel in Y3 who have raised £200 for Shelter charity. After learning about homelessness in PSHE, Milo and Jasper sold items from home they no longer used, put in their savings and asked for donations to raise money. Joel also raised money through a sale.

A brilliant achievement – well done!



## Headteacher Awards

**Daisy (Montague Class)** for her role as Little Cossette in Les Miserables

**Emma (Grierson Parent)** for your excellent knowledge at The British Museum about the Greeks

**Alisdair (Grierson Parent)** for your excellent role keeping the children safe on the trip. You were an excellent Lollypop man!

**Mark (Grierson Parent)** for assisting us on the class trip to The British Museum



**Petra (Grierson Parent)** for assisting us on the class trip to The British Museum

**Bea (Gabriel Parent)** for assisting us on the class trip to The British Museum

**Wendy (Gabriel Parent)** for assisting us on the class trip to The British Museum

**Salma (Gabriel Parent)** for assisting us on the class trip to The British Museum

**Leo (Bexhill Class)** for a fantastic start to Y6

**Chidu (Bexhill Class)** for a fantastic start to Y6

**Zion (Bexhill Class)** for really settling down to his work this week and trying hard

**Arinze (Bexhill Class)** for being so kind and caring and all round pleasure to teach!

**Orla (Netherby Class)** for giving at 100% in all her learning, especially the way her work is always beautifully presented. It was a joy to see!

**Zack (Brightling Class)** for being a really positive influence on his peers

**Leonidas (Gladiator Class)** for showing great readiness to learn every day

**Alice (Grierson Class)** who ran 5K and raised £100.00 for Great Ormond Street

**Alice (Grierson Class)** who ran 5K and raised £100.00 for Great Ormond Street

**Tess (Montague Class)** for writing an exciting and emotional flashback.

**Lucien (Montague Class)** for being helpful, kind and a pleasure to have in the classroom

**Tristan (Montague Class)** for having a wonderful attitude towards his studies. He is always engaged and participating across the curriculum.

**Isabelle (Montague Class)** for being an engaged and conscientious learner. Your confidence is growing and we like it!

**Miss Taylor** for being so accommodating at such notice!

**Frieda (Brightling Class)** for always showing such kindness and consideration towards her classmates.

**Edith (Gladiator Class)** for taking such a consistently considerate and calm approach to her daily tasks and learning.

**Zach (Bexhill Class)** for always putting in 100% effort to his learning

**Ajare (Bexhill Class)** for working so hard on his writing this week

**Rowena (Bexhill Class)** for always putting in 100% effort to her learning

**David (Bexhill Class)** for always putting in 100% effort to his learning

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## Y5 Trip to The British Museum

On Wednesday, 27th September all of Y5 set off to the British Museum, as part of their Gods & Mortals topic. The museum was a great opportunity for the children to see lots of artefacts up close and speak to some people that worked in the museum to learn more. As we explored each room, we used our workbooks to hunt for artefacts to learn more. The weather was also so nice we got to sit outside for our lunch! Thank you to all the parent volunteers who came and supported us.



*"The British Museum was amazing. We saw lots of statues which showed us lots of different Gods & people" - Griff*

*"I liked exploring the pottery which had lots of Greek gods, goddesses and mythical creatures" - Nina*

Dear Mitzi

*Thank you so much for your kind gift of £307 on 30/06/2023 to UNICEF UK's Syria and Türkiye earthquake appeal. Your vital support enables UNICEF to reach children and families in Syria and Türkiye affected by the devastating earthquakes.*

*UNICEF is especially concerned for the safety and well-being of children who have lost their homes, those who are sleeping rough, and those who have been separated from their families. In Syria, we are mobilising supplies and services to support the urgent needs of children and families. In Türkiye, UNICEF has mobilised critically lacking emergency supplies and ensured evacuation to safe spaces for children in affected areas.*

*We receive no funding from the UN budget. So, it is thanks to supporters, like you, that we can reach children and families in Syria and Türkiye affected by the earthquakes with the life-saving, essential support that they need. Thank you for helping us to be there.*

*If you would like to learn more about what your support is achieving, please visit our [website](#) or contact our Supporter Care Team by email [supportercare@unicef.org.uk](mailto:supportercare@unicef.org.uk) or by phone on 0300 330 5580.*

*Thank you, once again, for your vital support.*

Best wishes,

Pamela  
Supporter Care Advisor



### Pre-Loved School Uniform Exchange

We know the cost-of-living crisis is affecting all households across the UK so we have in stock a selection of branded and unbranded pre-loved school uniform from Y3 to Y6. We cannot guarantee we will have the size you require as we rely on donations, however you are free to pop in and see what we have.

We will happily take in any of your unwanted pre-loved uniform to add to the pile for other parents to enjoy. We hope this uniform exchange will allow families whose children have outgrown uniforms to hand them in while accessing uniforms in larger sizes without having to buy new clothes and cut down on waste.

We look forward to seeing you all there.

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## Online Safety

Bullying and cyberbullying can mean lots of different things. It can happen anywhere, including online, at school or at home.

Bullying can include:

- being called names, teased or humiliated
- posting, commenting on or liking nasty photos, videos or posts about you online
- being pushed, hit or hurt
- having money and other stuff stolen
- spreading rumours or starting group chats about you
- being ignored, **left out** or made to feel like you're not wanted
- being threatened, intimidated or sent nasty messages
- trolling you or commenting on your posts or pictures saying nasty things
- someone revealing personal details without your permission
- targeting you over and over again in an online game.

### Dealing with Bullying

**Report it and block people.** If someone is harassing or bullying you online, you can report it on the site or app. Even if someone else has reported it, making a report yourself can make it more likely the content will be removed. Don't reply to abusive messages or posts as this can make things worse.

**Keep evidence:** Keep a diary of what has been happening and when, and take screenshots of online messages. This can help you prove what's been happening.

**Tell someone at school:** If you are being bullied by people at school, your school has a responsibility to support you. If you have screenshots or evidence of what's been happening, show them to a teacher you trust.

**Practise being assertive:** Being assertive means standing up for yourself without being aggressive. It can help you feel more confident and in control when someone's bullying you.

**Get support from someone you trust:** You do not have to cope with bullying alone. Talking to an adult you trust can help you to find ways to stop the bullying.

**Take a break from checking messages:** It is natural to want to see what people are saying when they are bullying you. But taking time away from your phone or device, even for a few minutes, can help you to feel calmer.

### **Can I talk to the Police?**

Most bullying is not against the law, but you may be able to talk to the police if someone commits a crime against you, including:

- ✓ being violent or physically assaulting you
- ✓ sexually assaulting you
- ✓ stealing things from you
- ✓ bullying you because of your race, gender or sexual identity, or if you have a disability, this is hate crime
- ✓ sharing or threatening to share a naked image of you without your permission.

## Prendergast School Afternoon Tea

A big thank you to Prendergast School who invited Mrs Nichol and Mrs Renner-Thomas down to enjoy afternoon tea with former pupils who are now in Y7.

It was a lovely afternoon and hard to believe how grown up they had all become. The girls said we had prepared them for secondary school because of our expectations for the amount we expect them to write, coming to school with the correct equipment and wearing school uniform!

Well done girls, we are proud of you. Keep up the good work!



## Cold Weather Clothing

Over the coming weeks, the cold weather will start to creep in. Please ensure that children do not leave home without a coat, hat and gloves on cold days. All clothing must be **labelled** clearly.

On snowy days, children can wear wellingtons or boots, **as long as they have school shoes with them to change into.** The classrooms get very warm and children will be too hot in boots all day.

Children are **not** permitted to wear leggings but can wear navy or grey tights.

Thank you.

## For a Love of Sport and Fitness

Our PE Lead, Mrs Curtis, is always looking for new ways to inspire all the children for a love of sporting and fitness. Do you coach a team or play for a team? Do you have any PE Awards or completed any achievements? We would love to hear from you so you can also inspire the Stillness Junior community. If yes, please contact Miss Curtis directly via the Y5 email address: [Y5@stillnessjs.lewisham.sch.uk](mailto:Y5@stillnessjs.lewisham.sch.uk).



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## Instagram



Thank you to everyone who has visited our Instagram site.

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](mailto: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



Reminder that Lewisham School Street Programme "School Streets" is 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 we should continue to observe road safety. Thank you.

## Attendance

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

## Emergency Contact Information

Please make sure that we have your up to date contact details so we can contact you if your child needs you during the school day.

If you change your mobile phone, move house or want to change your child's contact list please email the school office on [admin@stillnessjs.lewisham.sch.uk](mailto:admin@stillnessjs.lewisham.sch.uk)

## 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 – Deputy Headteacher**

**Mrs P Brown – Inclusion Lead**



## Mobile Phones

Stillness Junior School is a "mobile free" zone.

Please be reminded that mobile phones cannot be brought into school for any reason whatsoever. We strongly believe that children are more at risk when they carry and use a mobile phone than it being a deterrent. Our school policy reflects this and it is a rule that we enforce vigorously.

Any mobile phone brought into school will be taken and can only be collected by a parent/carer; repeat offenders will have their mobile phone held in the school office until the end of term.

## Dinner Money

Following Government Guidelines, all primary school children will now receive a school dinner free of charge for the academic year 2023/24.

## Cashless School

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

Payment for school trips etc. 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 together with any allergies they may have.**

## Stillness Junior School Website

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.

**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.**

## November Diary Dates

2.11.23 - Y6 trip to Natural History Museum  
10.11.23 to 15.11.23 – Scholastic Book Fair  
13.11.23 – Anti Bullying Week  
14.11.23 – Odd Sock Day  
15.11.23 – Y6 trip to Natural History Museum  
16.11.23 – Y5 trip to Mosque  
17.11.23 – Children in Need day  
20.11.23 – Curriculum Week  
21.11.23 – Gladiator Class trip to Devonshire Road Nature Reserve (9.30am)  
21.11.23 – Netherby Class trip to Devonshire Road Nature Reserve (12.30pm)  
22.11.23 – Brightling Class trip to Devonshire Road Nature Reserve (9.30am)  
23.11.23 – Y4 trip to Maritime Museum

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