



Stillness Junior School Newsletter October 2023



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Dear Stillness Families

On 11 September 2023 I spoke to the children during whole school assembly about how to recognise when they are at risk and how to get help when they need it.

I introduced a character called Buddy who asked who keeps them safe. They had some great answers; friends, teachers, teaching assistants, office staff, lunchtime supervisors and coaches.

We talked about the different types of bullying that can exist. It might be a push or simply leaving someone out continuously; this can hurt on the inside and the outside and often both. Bullying is not ok in any form.

I also explained that they can also write down their thoughts and put their letter into the "Wellbeing Box" situated at the back of the main hall and another one outside the cookery suite. This is a locked box and can only be opened by Mrs Kelly, our Learning Mentor who will then spend some time talking to them. The children can also write and submit via our school website; this can be found under "Pupil Wellbeing Box" under the main heading "Parents". Once submitted this will go directly to our Inclusion Team. Miss Kelly also offers "Learning Mentor Lunchtime Drop-In" session will also continue every Monday from 1pm to 1.30pm with Miss Kelly.

We also talked about what constitutes neglect, physical or emotional abuse. When a parent or carer does not look after them properly, they are physically hurt or made to feel bad on the inside.

We finished the assembly by reiterating they can talk to any member of staff if they have any worries or concerns. I was extremely proud of the way the children listened and the questions they had.

It was important to talk to the children in an open forum so they are very clear of what is acceptable and what is not and, most important, who they can speak to so they feel safe.

The children were attentive and proactive through the assembly. They were told that it was never their fault; someone might say it is, but none of the above is ok or acceptable.

Thank you for your support.

Mrs M Nichol
Headteacher

UNICEF: Article 2: (without discrimination)

The Convention applies to every child whatever their ethnicity, gender, religion, abilities, whatever they think or say, no matter what type of family they come from.

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

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.



Walking Home Alone 2023-24 Academic Year

We realise that when children reach Y5 and Y6 you may want to encourage independence and allow your child to walk home alone, with friends or with older siblings. At Stillness Junior School we do not encourage children younger than this to walk home alone. If this is the case for your child, please complete the form attached at the end of this newsletter and return to the school office as soon as possible.

Without this completed paperwork, staff will not release the children at the end of the school day.

Thank you for your support.



Lewisham Food Bank



Headteacher Awards

Cecily (Gabriel Class) for selling cherries from their tree and raising £110.00 for the school

Wren (Bexhill Class) for collecting a bronze medal in a recent Taekwondo competition

Vera (Ivy Class) who raised £65.10 for Cancer Research UK by holding a cake sale.

Issa (Montague Class) for impressing Mrs Threadgold with a wonderfully created English free write

Tom (Montague Class) for impressing Mrs Threadgold with a wonderfully created English free write

Kitty (Montague Class) for impressing Mrs Threadgold with a wonderfully created English free write

Sophia (Montague Class) for always being on task in Maths and completing the challenges with confidence

Logan (Montague Class) for always being on task in Maths and completing the challenges with confidence

Emaan (Montague Class) for always being on task in Maths and completing the challenges with confidence

Kyla (Bexhill Class) for always being on task, producing their best effort and taking on advice and suggestions

Isobel (Bexhill Class) for always being on task, producing their best effort and taking on advice and suggestions

Taekwondo

Congratulations to Wren (Bexhill Class) who competed in the Blue Wave National Poomsae Taekwondo competition on Sunday, 17 September 2023 against 24 girls in her category across the country and won a bronze medal, after 3 competitive rounds. Well done Wren!



Personal Property

Please note that the school cannot be held responsible for any loss or damage to any personal property that is brought into the school; this includes clothing, bicycles, scooters, games, balls, mobile phones, toys, jewellery, spectacles, money or any other item that is deemed as personal property.

OUR
BEST
AT
ALL
TIMES

**LEWISHAM
FOODBANK**

"We work as friends and we feel useful and know we are providing food for those in need. I've made friends of many years, and keep in touch".

could you spare a couple of hours during the school day?

**JOIN OUR
VOLUNTEER
COMMUNITY**

Thursdays or Fridays
12 noon - 2 pm at:
Hope Centre, 118 Malham Road SE23 1AN.
Commencing October 2023.

We are looking to create teams of 4-6 people between October and Christmas

We Need Help With:

- Packing food parcels
- Sorting donations
- Keeping the warehouse stocked
- Preparing Christmas hampers

volunteers@lewisham.foodbank.org.uk

apply here

**Lewisham
foodbank**



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.



Communication

You can email your child's class teacher direct via their year group email regarding anything class related; this will include homework, school trips, class assemblies and parents evenings. Teachers will then be able to respond to you directly.

You can email the teachers on:

Y3: y3@stillnessjs.lewisham.sch.uk

Ms L West (Lead)
Mrs M Chisholm
Ms C Valcin

Y4: y4@stillnessjs.lewisham.sch.uk

Miss M Rooney (Lead)
Mr C Sloan

Y5: y5@stillnessjs.lewisham.sch.uk

Miss A Curtis (Lead)
Miss O Gayer

Y6: y6@stillnessjs.lewisham.sch.uk

Mrs L Threadgold (Lead)
Mrs S Beeke

If you have a music query please email Mrs S McCartney on:
music@stillnessjs.lewisham.sch.uk

Parents are still encouraged to email the school office for urgent messages or general enquiries
(admin@stillnessjs.lewisham.sch.uk)

If you have a concern or wish to email the headteacher/leadership team direct or have a safeguarding concern, please email the school's PA, Kim Kennedy on
kim@stillnessjs.lewisham.sch.uk

Thank you.



Fundraising

A big thank you to Cecily in Gabriel Class and her sister Ava who spent a couple of days during the summer holidays selling cherries from their cherry tree to raise money for our school. They had lots of fun selling them to the local community including some lovely Stillness families and raised £105.00.

Well done Cecily – we are very proud of you!



After School Club - Teachsport

We are pleased to confirm that our new after school club provider is Teachsport. Teachsport will run a variety of activity clubs along with a general club until 4.30pm. Parents then have the option of extending the day until 6pm which includes the serving of a small, healthy snack. They will provide a range of activities to suit children who want to burn off some energy and for those who prefer some quiet downtime.

To book a place for your child, please go to:
<https://www.teachsport.org/TSc4k/lewisham>

Teachsport are Ofsted registered and were found to meet all standards in their recent inspection. They accept Childcare Vouchers, Tax Free Childcare Vouchers and card payments.

You will need to set up an account on Magic Booking before you make your first booking. Please email Teachsports at clubs@teachsport.org if you need any assistance at all.

Unfortunately Teachsport cannot accept children who are not booked for safeguarding reasons.

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Online Safety

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we are influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.

Supporting Digital Wellbeing:

Children and young people may be introduced to technology from a very young age so it is important to know what can support them with their digital wellbeing. This can include:

1. Effective time away from devices
2. Healthy and appropriate expression online
3. Positive influences and interactions
4. Critical thinking around information and online harm

Poor Digital Wellbeing:

There are still behaviours in children and young people that can contribute towards poor digital wellbeing. Some of these include:

1. An over-reliance on technology
2. Exposure to abuse or online harm
3. Poor online/offline balance
4. Negative influences or social interaction

Further Support:

To find out more about Digital Wellbeing visit the SWGfL hub: www.swgfl.org.uk/topics/digital-wellbeing/

Safeguarding is everyone's business. No child or adult should be made to feel unsafe. Everyone has the right to be safe from harm and abuse. All of us have a role to play in safeguarding, never more so than during Covid-19

Fundraising

A big shout out to Vera in Ivy Class who raised money and awareness for Cancer Research UK in the summer holidays. She baked brownies and cookies and sold them on the street to neighbours and raised £65.10. Although the cookies and brownies are long gone, it's never too late to donate to Cancer Research UK <https://www.cancerresearchuk.org/>

Well done Vera – we are extremely proud of you.



Date Reminder for Secondary Transfer

Children born between **1st September 2012 and 31st August 2013** will transfer to a secondary school in **September 2024**.

Applications can be made from **1st September 2023 to 31st October 2023**. When applying online you will receive an automated email confirming receipt of your application and a reference number.

You will also be able to make any changes to your application up until **31st October 2023**. Although applications can be made from **1st September 2023 to 31st October 2023**, it is recommended that applications are made by the **24th October 2023**.

National offer day is **1st March 2024**. Online applicants will get the result by email during the evening of **1st March 2024**. Deadline for accepting your offer is **15th March 2024**.

Secondary Schools

This year our Y6 went to a wide variety of secondary schools; Bonus Pastor Catholic College, Colfes School, Conisborough College, Dulwich College, Forest Hill, Secondary School, Haberdashers' Aske's Knights Academy, Harris Boys Academy - East Dulwich, Harris Girls Academy East Dulwich, Kingsdale Foundation School, Langley Park School for Boys, Prendergast-Ladywell Fields College, St. Dunstan's College, St. Matthew Academy, St. Saviour's & St Olaves, The Charter School North Dulwich, The Norwood School



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. 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

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, 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.

October Diary Dates

5.10.23 – Y4 trip to Science Museum (*Class to be confirmed*)

6.10.23 – Flue Nasal Vaccine (Y3 to Y6)

6.10.23 - Y4 trip to Science Museum (*Class to be confirmed*)

10.10.23 – Y6 Trip to Imperial War Museum

23.10.23 to 27.10.23 – HALF TERM

30.10.23 – Children return to school

OUR BEST AT ALL TIMES



'Our Best at all Times'

Headteacher: Mrs Mitzi Nichol

Permission to Walk Home Alone

I give permission for my child to walk home on their own after school.

I have explained to my child the safety aspects of walking home on their own.

I understand that it is the responsibility of the parents/carers, and not the school, once my child has left the school premises.

My child can walk home on their own on:-

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Every night of the week.

Child's name..... Class.....

Parent's name (please print).....

Signed.....Dated

