



# Stillness Junior School

## Newsletter

### March 2024

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Dear Parents and Carers

I wanted to take up a little space in this month's Newsletter to thank all our parent volunteers who give up their time to help our children in school. We all feel that the involvement of parents in children's education is vital and we encourage active participation in many ways. In whatever way parents offer their time, we are always extremely grateful.

We want children to be happy and confident and to develop an enduring love of learning. Parent volunteers have a valuable role in helping us to fulfil these aims.

If you would like to offer some time to the school please contact my PA, Kim on [kim@stillnessjs.lewisham.sch.uk](mailto:kim@stillnessjs.lewisham.sch.uk).

Please be assured that we really do appreciate your help.

Thank you.

**Mrs M Nichol - Headteacher**

#### Film Night

A big thank you to "team SCA" for organising another successful film night. The children enjoyed a hotdog, popcorn and hot chocolate (complete with marshmallows!) while they gathered together in their pj's and onsies to watch Super Mario Brothers!

The team raised a total of £700.00. Thank you.



#### **UNICEF: Article 8:** (preservation of identity)

Governments must respect and protect a child's identity and prevent their name, nationality or family relationships from being changed unlawfully. If a child has been illegally denied part of their identity, governments must act quickly to protect and assist the child to re-establish their identity.

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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).

#### **Calling all Sporty Adults**

Do you love sports? Do you play a sport in your free time or teach a sport to others? Then Stillness Juniors needs you!

We are looking for adults who would like to come in and volunteer to teach the kids a one off or series of sporting lessons to get the kids interested in a variety of sports.

If this sounds up your street and you would like to discuss more, please email Miss Curtis at [y5@stillnessjs.lewisham.sch.uk](mailto:y5@stillnessjs.lewisham.sch.uk)



OUR BEST AT ALL TIMES

## LEWISHAM FOODBANK LENT CHALLENGE

**Instructions:**

- Take an empty egg box
- Stick the Lewisham Foodbank Lent Challenge label (page 2) on the egg box, or decorate your own egg box
- Cut out the six weekly challenges (page 3), fold and place one challenge in each egg compartment
- Each week when you go to the shops buy something from your weekly challenge – you will find ideas inside the egg box. NB all food donations must be tins or packets
- When you've completed your weekly challenge cut out the picture for that week and stick it on the page
- When you've completed all the challenges and stuck the pictures in all the boxes, bring your donations along to Lewisham Foodbank Monday - Thursday 10 am - 4 pm to receive your prize!

**Lewisham Foodbank**  
Hope Centre  
118 Malham Road SE23 1AN

If your family is on social media platforms, why not take some photos and tag us? "Lewisham Foodbank" (Insta, Facebook), "LewishamFood" (Twitter)

[www.lewisham.foodbank.org.uk](http://www.lewisham.foodbank.org.uk)

PAGE 3: cut out each challenge, fold and put one in each section of your egg box

<p><b>LEWISHAM FOODBANK LENT CHALLENGE</b></p> <p><b>WEEK 1 Toiletries week</b></p> <p><b>Ideas:</b></p> <ul style="list-style-type: none"> <li>Shampoo</li> <li>Shower gel</li> <li>Soap</li> <li>Deodorant</li> <li>Razors</li> <li>Shaving foam/gel</li> <li>Toothbrushes</li> <li>Toothpaste</li> <li>Sanitary towels</li> </ul> <div style="display: flex; align-items: center;"> </div> <p>#GIVEUPANDGIVE</p>	<p><b>LEWISHAM FOODBANK LENT CHALLENGE</b></p> <p><b>WEEK 2 Veggie/vegan week</b></p> <p><b>Ideas:</b></p> <ul style="list-style-type: none"> <li>Chickpeas</li> <li>Pulses</li> <li>Pasta Sauce</li> <li>Tinned tomatoes</li> <li>Rice</li> </ul> <p>NO BAKED BEANS!</p> <div style="display: flex; align-items: center;"> </div> <p>#GIVEUPANDGIVE</p>
<p><b>LEWISHAM FOODBANK LENT CHALLENGE</b></p> <p><b>WEEK 3 Baby week</b></p> <p><b>Ideas:</b></p> <ul style="list-style-type: none"> <li>Nappies (large sizes only)</li> <li>Baby wipes</li> <li>Baby toiletries</li> </ul> <p>NO FORMULA OR BABY FOOD</p> <div style="display: flex; align-items: center;"> </div> <p>#GIVEUPANDGIVE</p>	<p><b>LEWISHAM FOODBANK LENT CHALLENGE</b></p> <p><b>WEEK 4 Treat week</b></p> <p><b>Ideas:</b></p> <ul style="list-style-type: none"> <li>Chocolate</li> <li>Easter eggs</li> <li>Biscuits</li> <li>Crisps</li> </ul> <div style="display: flex; align-items: center;"> </div> <p>#GIVEUPANDGIVE</p>
<p><b>LEWISHAM FOODBANK LENT CHALLENGE</b></p> <p><b>WEEK 5 World foods week</b></p> <p><b>Ideas:</b></p> <ul style="list-style-type: none"> <li>Why not check the World Foods section of your supermarket and choose something in a packet or tin</li> <li>Coconut milk</li> <li>Halal meat</li> </ul> <div style="display: flex; align-items: center;"> </div> <p>#GIVEUPANDGIVE</p>	<p><b>LEWISHAM FOODBANK LENT CHALLENGE</b></p> <p><b>WEEK 6 Cleaning week</b></p> <p><b>Ideas:</b></p> <ul style="list-style-type: none"> <li>Laundry tablets/capsules</li> <li>Washing up liquid</li> <li>Surface cleaners</li> <li>Toilet roll</li> <li>Bleach</li> <li>Cloths</li> </ul> <div style="display: flex; align-items: center;"> </div> <p>#GIVEUPANDGIVE</p>

PAGE 2: Design your own label with this template (or use the one at the bottom of this page instead) and stick on your egg box

**LEWISHAM FOODBANK LENT CHALLENGE**

#GIVEUPANDGIVE

**LEWISHAM FOODBANK LENT CHALLENGE**

#GIVEUPANDGIVE

PAGE 4: Stick the pictures from page 4 here when you've completed each weekly challenge

<p><b>WEEK 1</b></p> <p>Toiletries week</p> <div style="border: 1px dashed black; height: 100px; width: 100%;"></div>	<p><b>WEEK 2</b></p> <p>Veggie/vegan week</p> <div style="border: 1px dashed black; height: 100px; width: 100%;"></div>
<p><b>WEEK 3:</b></p> <p>Baby week</p> <div style="border: 1px dashed black; height: 100px; width: 100%;"></div>	<p><b>WEEK 4:</b></p> <p>Treat week</p> <div style="border: 1px dashed black; height: 100px; width: 100%;"></div>
<p><b>WEEK 5:</b></p> <p>World foods week</p> <div style="border: 1px dashed black; height: 100px; width: 100%;"></div>	<p><b>WEEK 6:</b></p> <p>Cleaning week</p> <div style="border: 1px dashed black; height: 100px; width: 100%;"></div>

**CONGRATULATIONS!**  
**YOU HAVE MADE A BIG DIFFERENCE**  
**THANK YOU**





## Online Safety



### 8 top tips for staying safe online:

The internet is an amazing place to be creative, chat with friends, and find interesting fun stuff. You may spend a lot of time online, so it is important to enjoy that time, and to be safe and happy.

#### 1. Online friendships

Try to think of your online world as an extension of your offline friendships. Include friends in your activities. It can feel just as hurtful to be left out of online games or chat as offline ones. Be careful how you word things, as sometimes the written word can be misinterpreted. Consider whether important conversations, like resolving conflicts, might be better done face to face.

#### 2. Be respectful

Respect your friends on social media. Don't post photos of them that they might find embarrassing without asking first – and take them down straight away if someone asks you to. Try to be mindful of how your posts will make people feel before you put them up. You will care about what other people post about you – so be courteous to others too.

#### 3. Be aware of your digital footprint

Every time you go online you leave a digital 'footprint' which shows others where you are and what you have been doing. While posting pictures and videos is great for sharing with friends and being creative, always remember that once an image or file is online it is likely to stay there forever. Don't post anything you wouldn't want your grandma to see.

#### 4. Think before you post

Social media and some websites can be great for airing your opinions. However, you risk saying or writing things on the spur of the moment that you may later regret. Try to put your point across in a positive or neutral way. It will have more impact and should not cause offence. When you respond to something someone has said, remember there's a person at the other end who has feelings, just like you do.

#### 5. Know who you are dealing with

Lots of people only play or chat with people they know in person, and that's a sensible approach. But if you do meet people you do not know, use the same caution that you would offline. People may not be who they say they are, so be mindful about what you say about yourself. Keep chat general and if you are concerned that someone is asking for personal details, stop contact and tell a trusted adult. Never arrange to meet someone you only know online.

#### 6. Protect your identity

When using the internet never give out personal information, such as your number, where you live or what school you go to – it is a big no-no. If you are using social media check your privacy settings and make sure only friends can see your posts.

#### 7. It's not always real life

Photos and posts can exaggerate real life. Think about it - we usually select our prettiest, happiest pictures (you rarely see posts about going to the supermarket with your mum, or photos of a massive spot). Images of other people's (carefully chosen) perfect lives can leave you feeling low, but they rarely tell the whole story.

#### 8. Keep a healthy balance

The internet is a fantastic resource for playing, sharing, and learning. But if you find yourself spending a lot of time online, or thinking about it when you could be doing fun 'real world' things, maybe it is time to back off a bit. There is a whole world out there. It is about striking a balance.

### New Choir in Brockley Rise!

FREE TO TRY

UN SOUL CHOIRS

JOIN YOUR LOCAL COMMUNITY CHOIR! \*

NO AUDITION OR EXPERIENCE NECESSARY

\* CHOIR. BUT COOLER.

JOIN US! Scan the QR code to find out more.

SOULCHOIRS.COM

Instagram Facebook Twitter @UNSoulChoirs

IWD'24

International Women's Day Youth Football Festival

Saturday 2 March 2024

PLAY LIKE A GIRL SESSION

Cost: Free!

Time: 10:00-11:30

Location: Alleyn's School

Age group: 5-11

Level: All abilities

BOOK HERE

ALLEYN'S

GIRLS UNITED

OUR BEST AT ALL TIMES





## Cats Protection

On Monday 19th February, Y5 had an exciting workshop with Cats Protection, where they learnt fun facts about cats and compared our feline companion's actions to those of wild cats.

We looked at cat's behaviour and how we can spot if your feline friend is changing and what to do if we are worried about our pets.

The workshop was very informative and we would like to say a huge well done to all the staff at Cats Protection who are helping give cats a safe place to stay and help them find their forever home.

**Miss A Curtis – Y5 Lead**



## Taekwondo

Congratulations to Wren (Bexhill Class) who won a gold medal in the Ali's Dojang open Taekwondo championships at the weekend. She fought two incredibly tough fights with narrow victories in both for her club Aquila Taekwondo.

The club Aquila offer free trials for anyone who fancies trying out martial arts and they run from Prendergast Hillyfields school.

Well done Wren!



## Sydenham School International Women's Day

**PTA** invites you to  
an evening of inspiring speakers for

### International Women's Day

**THURS 7 MARCH • 6.30-8pm • Main school hall**  
Tickets (incl free) from [sydenham-school-pta.org](https://sydenham-school-pta.org)

	<b>Cordelia Osewa-Ediae</b> - "The power of authenticity". Cordelia is a Diversity, equity & inclusion leader with stints in BT, the Met, Tesco & the NSPCC; parent, RSA Fellow & Board Trustee
	<b>Eliza Rebeiro</b> - "Lives not Knives". Eliza is the CEO of this anti knife violence charity she founded with her mum at age 14: her friend was stabbed and she became a campaigner.
	<b>Siobhan Baker</b> - "Why Tech? by a woman who codes". Siobhan is an advocate for inclusion in tech, having moving into coding after winning a scholarship.
	<b>Juliet Gilkes Romero</b> - "Writing for stage and screen". Juliet is an award-winning writer, with credits at the National Theatre & Royal Shakespeare Company; ex BBC World reporter.
	<b>Dr Titiola Banjoko</b> - "Pushing through!". Titiola is an NHS executive director, chair of an international organisation & experienced mentor playing a part in several success stories.
	<b>Ebele Okobi</b> - "Shifting the arc towards justice". Ebele has been a leader at Facebook, Yahoo and Nike, and is a fearless fundraiser, creating joy and beauty from chaos.
	<b>Judith Eagle</b> - "Follow your dreams and enjoy the journey!". Judith is a children's author, formerly fashion stylist, writer, editor, and...school librarian ;-)





Exciting  
news!

tinyforest



Coming soon to  
**Blythe Hill Fields, Lewisham**



### WHAT IS A TINY FOREST?

A Tiny Forest is a dense and fast-growing native woodland made up of 600 native trees planted in an area the size of a tennis court. It is an action for nature and it is for the whole community to use and enjoy the benefits a small ecosystem can provide.

### HOW CAN I GET INVOLVED?

- Earthwatch is bringing a Tiny Forest to your area and we would love for you to get involved in creating it! There will be a celebratory community planting day for anyone to come, plant it, and find out about all the opportunities it brings for years to come!
- If you'd like to get in touch, email us at [tinyforest@earthwatch.org.uk](mailto:tinyforest@earthwatch.org.uk).
- Please note that there will be little disruption as we prepare the site for planting to nurture the hardy urban soil with extra compost.

Community planting day



Citizen science in the Tiny Forest



Community event in the Tiny Forest



Urban forests are very important for climate adaptation.



Trees retain water, increase local water storage, cool the local environment and take up carbon dioxide.



Tiny Forests supports rich wildlife and are capable of attracting over 500 animal and plant species within the first 3 years.



The whole community can use the Tiny Forest as a place to learn, play and enjoy nature.

Your Tiny Forest Planting date will most likely be:

**early to mid March**

Keep an eye on your local notice board or our Eventbrite for the exact date and time of planting. Join us, get muddy and plant trees!

Powered by:

**earthwatch**  
EUROPE

To know more about Tiny Forest and how to get involved, please scan this QR code or visit [www.tinyforest.earthwatch.org.uk](http://www.tinyforest.earthwatch.org.uk)





### Headteacher Awards

**Damari (Iona Class)** for an all-round good week. You have been working hard to show super behaviour for learning. Well done!

**Aleks (Bexhill Class)** for trying really hard with his English work and contributing some fabulous ideas to our group this week.

**Adam (Montague Class)** for extending his thoughts and opinions during class discussions.

**Gregor (Montague Class)** for showcasing high levels of knowledge and understanding during the microorganisms workshop

**Winnie (Grierson Class)** for having a wonderful week where you have produced lots of fantastic model work – keep up the hard up the hard work

**Lucia (Parbury Class)** for standing up for her friend – a real hero!

**Annabel (Parbury Class)** for standing up for her friend – a real hero!

**Edie (Parbury Class)** for standing up for her friend – a real hero!

**Stanley (Parbury Class)** being courageous and resilient whilst remaining true to himself

**Jack (Iona Class)** for an excellent effort in your creature description

**Beau (Iona Class)** for your beautiful creature description

**Sammy (Grierson Class)** for being an example leader of how to behave in the library – you are an excellent role model

**Orla (Grierson Class)** for being an example leader of how to behave in the library – you are an excellent role model

**Winnie (Grierson Class)** for being an example leader of how to behave in the library – you are an excellent role model

**Mia (Grierson Class)** for being an example leader of how to behave in the library – you are an excellent role model

**Millie (Grierson Class)** for being an example leader of how to behave in the library – you are an excellent role model

**Maya (Grierson Class)** for being an example leader of how to behave in the library – you are an excellent role model

**Jasper (Montague Class)** for being a wonderful role model. His ideas and energy make him a pleasure to teach

**Tess (Montague Class)** for showing huge progress during this half term, which is largely due to her increased confidence

**Daniel (Bexhill Class)** for always participating in class, being cheerful and working hard

**Helena (Otford Class)** for her fantastic efforts on researching and creating her Non-Chronological Reports on the Romans

**Olivia (Otford Class)** for her fantastic efforts on researching and creating her Non-Chronological Reports on the Romans

**Wren (Bexhill Class)** for winning a gold medal in the Ali's Dojang open Taekwondo championships

### Collection of Children

In the interest of safeguarding children, we would ask any parents/carers who wish another adult to collect their child/ren at the end of the school day to please notify the school office by email on [admin@stillnessjs.lewisham.sch.uk](mailto:admin@stillnessjs.lewisham.sch.uk). Your support is really appreciated.



### 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.



### 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.

### Late Pick Up

We understand how busy life can be and we all run a bit late every now and again, however if you are more than 10 minutes late to collect your child from their class at the end of the day then we will need to pop them into Teachsport after school club which will come at a cost. You can contact them directly on: [www.teachsport.org/TSc4k/lewisham](http://www.teachsport.org/TSc4k/lewisham)

OUR BEST AT ALL TIMES





## 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**

## Toilets and Changing Rooms

Can we please remind parents/carers that the toilets and changing rooms on school site are for the use of **CHILDREN ONLY**.

**Please do not use or enter these areas at any time - including before or after school.**

If your child needs to use the toilet facilities or wishes to look for something in the changing room, please send them in on their own and wait outside.

Your support on the above is very much appreciated. It is extremely important that we all take an active role in safeguarding the children who attend this school. Many thanks.

## 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.**

## March Diary Dates

4.3.24 – Grierson Class Swimming Week

7.3.24 – World Book Day

11.3.24 – Gabriel Class Swimming Week

18.3.24 – Gabriel Class Swimming Week

21.3.24 – SCA Quiz Night (7.30pm)

22.3.24 – Y4 trip to Science Museum

26.3.24 – Parents Evening (4pm to 7pm)

27.3.24 – Parents Evening (4pm to 7pm)

27.3.24 – Iona Class to British Museum

27.3.24 – Otford Class to British Museum

29.3.24 – Good Friday (**School closed - Easter Break**)

15.4.24 – Children return to school for start of summer term

OUR BEST AT ALL TIMES