



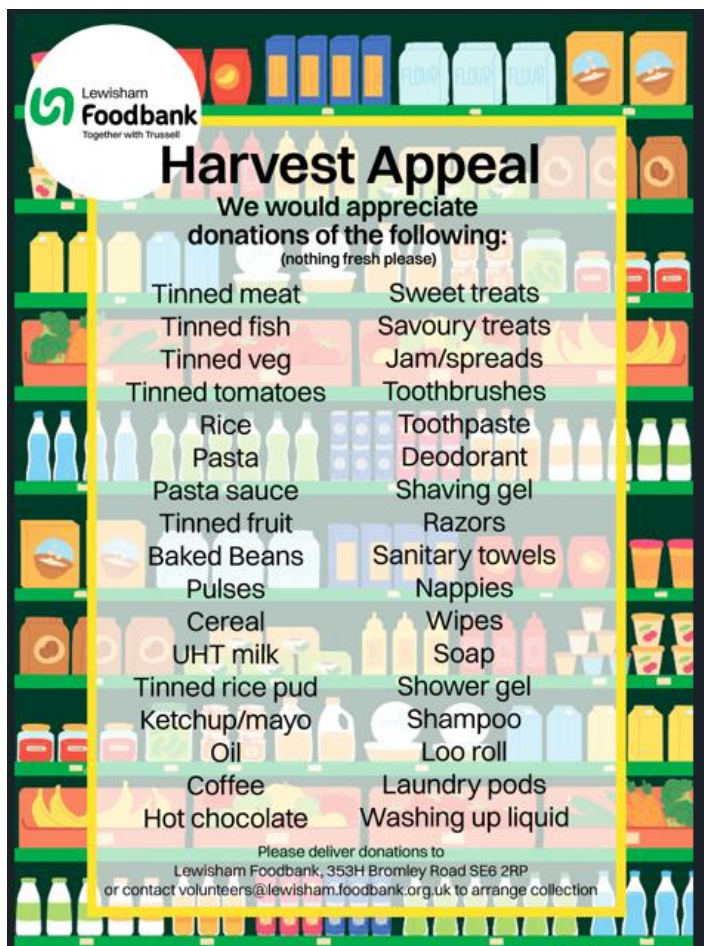
Stillness Junior School Newsletter October 2025



Lewisham Foodbank Appeal

It is nearly harvest time again and Lewisham Foodbank is gearing up to receive much needed donations to replenish their stock.

Anything you can donate would be much appreciated. We know this may be a difficult time for many families and individuals but if all pupils brought in **one** item to donate, it would make a difference to a number of families that are in need at this time of year.



Welcome Meetings

Thank you to everyone who came to our Welcome Meetings last month. If you were unable to attend, you can find the presentation slides in the [LETTERS OUT](#) section of our website.

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 (Y5/Y6)

We realise that when children reach Y5 and Y6, you may wish to encourage their independence and allow your child to walk home alone, with friends or with older siblings. If this is the case for your child, please complete [this form](#) and submit as soon as possible so we are aware of after school arrangements for the academic year 2025-26.



Administering Medication

Our School's 'Administering Medications' policy permits us to administer certain non-prescription medications - specifically paracetamol (Calpol brand) and antihistamine (Piriton brand), both in liquid form with parental consent. If you are happy for us to give the above, please submit your child's [consent form](#) by **Friday, 12 September 2025**.

Our Best at all times



Our Best at all times

Congratulations

We would like to say a huge thank you to Alex Hill (Y3 parent) who recently took on one of cycling's most legendary and punishing challenges: riding all three sides of Mont Ventoux in a single day! Alex completed this challenge to raise money for both Cancer Research and Stillness Junior School.

A fantastic achievement that also raised an amazing £1,700.00 for the school to help us continue the refurbishment of our playground and outdoor areas for the children to enjoy.

A fantastic achievement; thank you Alex.

ADVANCE PLAYER DEVELOPMENT
A.P.D.

FRIDAY NIGHT FOOTBALL
ELTHAM ELITE CENTRE
BLACKHEATH RUGBY CLUB, KIDBROOKE LANE,
LONDON, SE9 6TE
7:00-8:30PM
£8.00 PER PLAYER
OPEN TO AGES 4-16 YEARS OLD
GOALKEEPER SPECIFIC TRAINING AVAILABLE
TEAM TRAINING ALSO AVAILABLE
GET IN TOUCH FOR MORE INFORMATION
PAY AND PLAY - BOOKING AVAILABLE ONLINE OR PAY ON ARRIVAL
CONTACT US: 01322 761026
ADMIN@ADVANCEPLAYERDEVELOPMENT.CO.UK
@APDFOOTBALL
PUMA

"Bridging the gap between
parents and academy
football."

Headteacher Awards

Miss Curtis (**Y3 Lead**) for being a great year group lead and always supporting her team – they appreciate you!

Edie (**Montague Class**) for simply being a joy to have in the classroom!

Janet (**Bexhill Class**) for following the Stillness 5 Steps to Success brilliantly

Kezia (**Bexhill Class**) for following the Stillness 5 Steps to Success brilliantly

Izzy (**Montague Class**) for being polite, helpful and always working at 100%.

Annabel (**Bexhill Class**) for amazing focus and engagement with her learning

Amiya (**Bexhill Class**) for some fantastic descriptive writing



Talk about it:

- Start conversations when your children will not be embarrassed, for example in the car going home from school. **Try to de-personalise it by asking their opinion on a current news story** that relates to an online issue.
- **Be proactive – do not wait until something has already gone wrong** – discuss issues ahead of time – knowing what children of a similar age are doing will help you know more about the environment that your child is living in.
- **Ask them for advice on how to do something online** and use this as a conversation starter.
- Make sure they know they can come to you if they are upset by something they have seen online – **listen to them when they do and try not to overact** – the important thing is that they have come and told you!
- **Be sensitive and praise them** when they share their online experiences with you
- If your child comes to you with an issue, **stay calm and listen without judging them**
- **Talk about online grooming as you would stranger danger** and explain that people they meet online might not be who they say they are
- Ask them about things online **which might make them (or others) uncomfortable.**



*My name is **Leon** and I am the newly voted **House Captain of Grace**. I am very enthusiastic about sports which include lots of football balanced with tennis. Having said that, I also like having a kick about with my mates, reading some good books and listening to some nice tunes.*

I was so proud when I found out that I was going to take on this incredible role, so over the course of this year I hope to add more and more different activities and clubs to the nearly full to the brim timetable. For example, more things for OPAL play, after school reading club or maybe different types of sports clubs.

Thank you for reading this, have a nice day :-)

*Hi, I'm **Connie** and I am the **House Captain of Nesbit** aka the blue house! I really enjoy sport, drama and art. I am pleased to be taking on this responsibility and most importantly to represent my house Nesbit. I am an amazing listener so if Nesbit have any suggestions – your surgery day is Monday during break.*

*Hello, I am **Izzy** and I am the **House Captain of Phoenix**. I love being a House Captain because I like to help out and care for the school. As I am a House Captain, I also lead my house in school events setting a good example.*

*Hi. I'm **Isiah**, the **Ross House Captain** (the red house).*

I don't think there's enough unity between houses so I'd like to change what we do together, like saying which house has won at the end of assembly. I'd also like to make there be activities for houses to do all together, like games and sports, so it feels more like a group. I hope my changes improve the school for the better and they make kids feel happier in this school.

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 contacts list please email the school office on www.stillnessjs.lewisham.sch.uk.

Congratulations

On Tuesday, 23 September the Y4 girls played in the Y3/4 Girls tournament at St Dunstan's as part of the Lewisham Games partnership.

We played 7 games in total and only conceded 1 goal in the whole tournament. The girls showed excellent teamwork, sportsmanship and skills, Coach Ben & Miss Curtis are so proud of them.

We now have taken home the shield for the year and hope to keep our title next year - well done Stillness Juniors!

*This is the first time all the girls have played together and I am so proud of their hard work and formation - **Coach Ben***

*I enjoyed playing today, it was very nerve wracking but I enjoyed it and working as part of a team - **Flora Roebuck***



Our Best at All time



Our Best at all times

Stillness welcomes Joe Wicks!

On Thursday, 25 September the children had a 'surprise' visit from the one and only Joe Wicks 'The Body Coach'.

The morning consisted of a workout with Joe Wicks doing a variety of star jumps, lunges, burpees and side stepping before a Q&A session. He told the children that it was good to have goals and challenges and how much he was enjoying it.

After all the excitement of the workout and the Q&A, the morning came to an end with Joe Wicks cutting the ribbon to officially open our new football cage, followed by some photographs with the children and staff.



"I loved meeting Joe Wicks. The exercise made me feel so much better especially after the squats. I feel more motivated to do more exercise now I have met him. It was fun doing Joe Wicks exercise during lockdown when it was a scary time - he really helped me!" **Henrik (Otford)**

"It was so fun to have him here in person like actually here and not on the screen, we got to have a workout with him - it was so cool!" **Leon (Montague)**

"I really liked that everyone got to be energetic outside as a school, it was really fun. Joe was so nice and full of energy - fitness is healthy and makes you better so it was great" **Avanti (Parbury)**

"I really liked the exercises they were cool and there were some I had never tried before. Joe gave me a high five which made me feel good" **Jasper (Sevenoaks)**

"Joe was friendly, inspiring and he made everyone feel included. This has been a fantastic opportunity for our school as it gives them a good role model who promotes exercise and a healthy lifestyle" **Mrs Nichol (Headteacher)**



More photographs are available to view on our school website on www.stillnessjs.lewisham.sch.uk



OPAL

Welcome back to the second term of OPAL at Stillness Junior School. Thank you again for your continued support and the donations received so far. Our playtime is looking and feeling very different and it has been wonderful to see the positive impact OPAL is having on the children and just how much fun the children are having outdoors. – **Playteam**

*I enjoy playing with the Jenga. What I enjoy most is building big castles and houses for the small world animals – **Marlow***



Issac and I had fun making objects from the Marvel series. We made Thor's hammer and the Avengers tower out of Lego – **Mark**

Since Opal play started, I have enjoyed playing with the chalk, Jenga and creating different games out of balls – **Olivia**



Thank you, PTA!

A huge thank you to our amazing PTA for their ongoing support. The new AstroTurf has been a **mega hit** with the children! It has opened up so many new opportunities for games and activities and has even become a lovely space for just relaxing and unwinding.

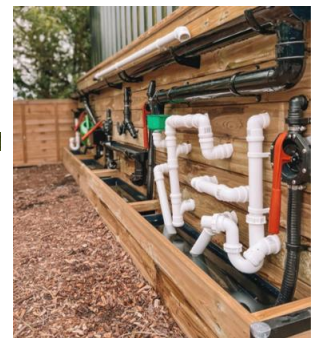
Can you Help? We are looking for Handy Helpers!

As part of the next phase of OPAL, the children have been voting on what they would love to see next on the playground, and the top request was a giant sandpit!

We are looking for volunteers with DIY skills to help us bring this project to life. The sandpit could be constructed using old sleepers or wood, so if you have experience with this kind of project (or would like to get stuck in and help!), we would love to hear from you. We are also looking for help with smaller projects (pictured below), such as:

- Creating a music wall
- Creating a water play wall
- Building a theatre stage

If this sounds like something you could help with, please get in touch with Ms Gayer or Mrs Kennedy. We would be incredibly grateful for any support!



Donations

To keep OPAL play exciting and well-stocked, we are still asking for donations of the following items:

- Wellies (all sizes)
- Small world objects (e.g. toy figures, farm animals, dolls etc.) no more cuddly toys needed for now please.
- Cardboard boxes (small/medium)
- Small musical instruments that we can use for a music wall
- Old pipes/guttering (plastic only)

Thank you for helping us create a more exciting and inclusive playtime for all our children.

- The OPAL Team at Stillness Junior School

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. 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.

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 “mob

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 2024/2025.

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

2.10.25 – Y6 trip to Budda Temple

9.10.25 – Flu Vaccination

9.10.25 - Y6 trip to Catford Broadway

16.10.25 – Montague Class SPLATT trip

16.10.25 – School Photographer in for portraits

17.10.25 – School Photographer in for Montague Class

21.10.25 – SCA Halloween Disco

23.10.25 – Bexhill Class SPLATT trip

24.10.25 – Last day of term

Our Best at all times