



www.stocksbridge-jun.sheffield.sch.uk

Issue No. 507

18/03/2022



On Wednesday, it was poignant to see all of SJS swathed in blue and yellow as we used the day to recognise and reflect on the current conflict in Ukraine. Your generosity amazed us. The overwhelming feeling that we need to help was reflected in your kind donations – thank you! The day also provided us with the opportunity to talk again to our classes about the war in an age appropriate and sensitive manner. Giving the children chance to explore their emotions and discuss their fears is incredibly important. Save the Children have produced a useful resource if you would like your conversations to echo ours in school: [How-to-talk-to-children-about-war](#) Let's keep the people of Ukraine in our thoughts and close to our hearts.

SJS STARS OF THE WEEK

- Y3AH: Millie Montgomery
- Y3JT: Harley Tollan
- Y3RD: Casey Randall
- Y4CG: Archie Haigh
- Y4KT: Issey Kavadias
- Y4OS: James Reed
- Y5GG: Gracie Redwood-Peace
- Y5HK: Delyse Galloway
- Y5JH: Milly Turner
- Y6ER: Joshua Taylor
- Y6MC: Ewa Sobczak
- Y6CH: Tomasz O'Brien

Miss Sheehan: Grace Wilkins
Mr Wright: George Howe

Lower School Lunchtimes: Harry Clancy
Upper School Lunchtimes: Willow Collett
Dining-Room: Ewa Sobczak

INDOOR ATHLETICS CHAMPIONS

Our incredible athletes have been crowned South Yorkshire CHAMPIONS!!!
Very well done to all children involved for such an awesome achievement.



RED NOSE DAY

We've had a fantastic Red Nose Day here in school! We're just counting the pennies and shall let you know how much has been raised on next week's newsletter. Thank you for everyone's support!



WE NEED A HOME FOR TWO GUINEA PIGS



We are hoping to welcome two new members to our team very soon and are wondering if you can help in the form of a couple of animal cages large enough to be homes for two guinea pigs. Ideally we would like one to be an outdoor cage and the other an indoor cage.

In the true spirit of reusing, we would rather see if we can source a cage which is no longer being used rather than buy a new one. If you have any homes for our future friends and would like to donate them to school,

please get in touch with Mrs Lea-Jones:

j.leajones@stocksbridge-jun.sheffield.sch.uk.

GYMNASTICS

To prepare our gymnastics squad for the upcoming competition on Tuesday 26th April (12:30pm - 3:00pm), team training will take place on Tuesday 22nd March, Tuesday 29th March and Tuesday 19th April. The sessions will be from 3:10pm until 4:10pm in the school hall.

ROCK STEADY MUSIC



This week we were very excited to welcome Rock Steady Music into school. They are going to be delivering exciting new peripatetic music lessons from next week. If your child is interesting in learning the drums, vocals, keyboard or electric guitar, please go to www.rocksteadymusicschool.com or call 0330 113 0330.

CROSS COUNTRY









Last weekend, Team SJS took part in the final race of the Cross Country league. The event, held at Brunswick Primary School, was one of the boggiest of the year! Our super runners managed to keep their shoes on their feet, and had some fantastic finishes. All league presentations for individual results and teams will be held after the relay races.

There is still one more opportunity to represent Team SJS if you are in Year 3 and 4. We are still looking for individuals to join our relay teams for Saturday 26th March 2022. Please get in touch with Miss Hague if you are interested.



NEXT WEEK'S MENU...

WEEK 2	MONDAY <small>MEAT FREE</small>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetarian sausage with mashed potato and gravy	All day breakfast 	Roast chicken and Yorkshire pudding with gravy and mashed potato	Sweet and sour chicken with mixed rice 	Fish of the day or salmon fishcakes with chips
VEGETARIAN MAIN DISH	Marinated Quorn™ wrap with baked potato wedges	Quorn all day breakfast 	Quorn roast with gravy and mashed potato	Vegetarian chilli with mixed rice	BBQ bean burger with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Ginger biscuit	Carrot and orange muffins	Fruit and ice cream 	Fruit crumble and custard 	Chocolate orange cookies
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



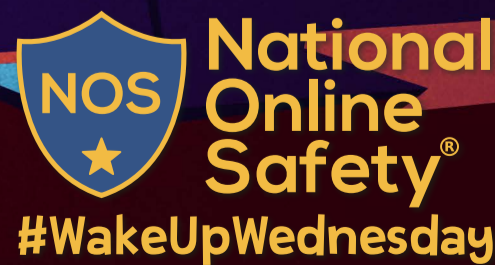
12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



#WakeUpWednesday

WOULD YOUR CHILD LIKE TO PLAY IN THEIR VERY OWN ROCK BAND?

**ROCK
STEADY™**

Enrol today at www.rocksteadymusicschool.com
or call 0330 113 0330 (local rate) 8am-5pm, Mon-Fri

Dear Parent or Guardian,

Rocksteady in-school band lessons are the perfect opportunity for your child to learn new skills, develop friendships and have the time of their life. Parents often find that Rocksteady lessons also boost children's confidence, wellbeing, and even academic achievement.

Here's some more information about what your child could experience:

- Lessons are held during the school day. There's no experience necessary and all instruments are provided, so it's totally **inclusive** and **accessible** for all.
- Your child can choose from **drums, vocals, keyboard or electric guitar** (subject to availability). They'll join their bandmates for a weekly 30-minute lesson, where together they'll learn some of their favourite songs, developing up to 300 musical skills along the way.
- You can proudly watch as your child performs in their Rocksteady concert at the end of each term, showing you and their friends just how far they have come.
- Rocksteady is the largest provider of **rock** and **pop** band lessons, working with thousands of UK primary schools every year. Our experienced band leaders will **guide and inspire** your child to progress their musical skills at your child's own pace, ensuring they enjoy the journey.
- A **highlight of the school week**, your child could enjoy the Rocksteady experience for £34.85 a month (no payment in August). There is a **money back guarantee** for the first month and you can **cancel at any time**.
- ***NEW*** You'll also receive **regular updates** on your child's **progress** through the parent timeline.
- ***NEW*** Your child will become either a **Mini Rocker** (Reception to Year 2), **Rock Hero** (Year 3 and Year 4) or a **Rock Icon** (Year 5 and Year 6).

Places are offered on a first come, first served basis. Selecting different instrument options will also give you the best chance of getting a place. To secure your child's spot in the band or find out more visit www.rocksteadymusicschool.com or call 0330 113 0330.

Best wishes,
Mark Robinson | Chairman and Founder



Rocksteady Music School

Bohunt Manor, Portsmouth Road, Liphook, Hampshire GU30 7DL
0330 113 0330 • info@rocksteadymusicschool.com • rocksteadymusicschool.com
Registered in England 08111026

HERE'S WHAT SOME PARENTS AND HEADTEACHERS
HAVE TO SAY ABOUT ROCKSTEADY LESSONS



90% OF PARENTS TOLD US 
ROCKSTEADY LESSONS IMPROVE THEIR CHILD'S WELLBEING*

96% OF 
HEADTEACHERS SAID ROCKSTEADY LESSONS BOOST THEIR PUPILS CONFIDENCE*

100% OF 
HEADTEACHERS SAID ROCKSTEADY LESSONS HAVE A SIGNIFICANT POSITIVE IMPACT ON THEIR PUPILS*

“

My son's confidence has skyrocketed since starting Rocksteady!

Emily

”

“

It's very inclusive for my daughter to access with her disability.

Alison

”

“

Rocksteady is the very first school club my 9 year old has ever been interested in.

Emma

”

“

My child really looks forward to his Tuesday lesson, it is one of the highlights of his school week.

Justine

”

”

My daughter thoroughly enjoys Rocksteady, so much she wishes it wasn't once a week but every day .

Anthony

“

”

What Harry truly loves about Rocksteady is being part of a band.

Nicky

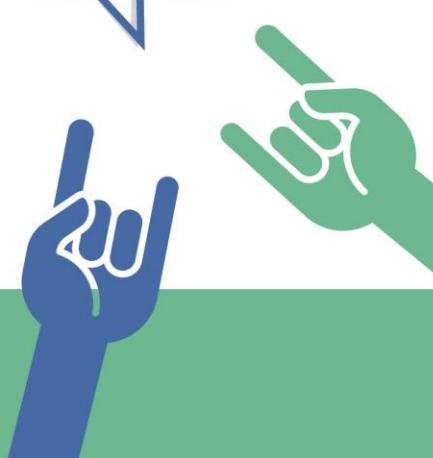
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Enrol today at www.rocksteadymusicschool.com or call 0330 113 0330 (local rate) 8am–5pm Monday to Friday

*From a survey of 105 primary schools and over 1,100 parents

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STOCKSBRIDGE COMMUNITY LEISURE CENTRE

EASTER HOLIDAY SPORT CAMPS 2022

TUESDAY 5TH APRIL 10:00AM – 3:00PM

THURSDAY 7TH APRIL 9:00AM – 3:00PM

TUESDAY 12TH APRIL 10:00AM – 3:00PM

THURSDAY 14TH APRIL 9:00AM – 3:00PM

- FEATURING -

A FULL DAY OF ACTIVITIES

INCLUDING

MULTI-SPORTS

SWIMMING

AND MUCH MORE

**LIMITED SPACES
AVAILABLE
-
ONLY 30 PLACES
PER SESSION**

**LUNCH
INCLUDED**

£15 A SESSION

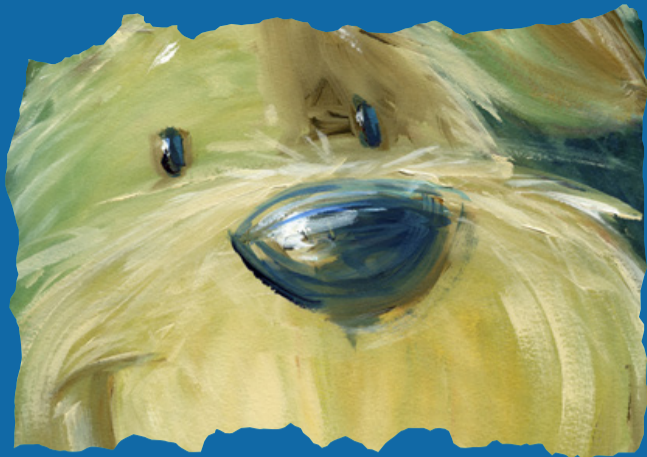
OR FREE IF ELIGIBLE FOR FREE SCHOOL MEALS

FOR MORE INFORMATION AND TO BOOK YOUR PLACE

PLEASE CALL THE CENTRE ON 0114 2883792

FREE SCHOOL MEAL PLACES MUST BE BOOKED THROUGH WWW.SHEFFIELDHEALTHYHOLIDAYS.ORG





Reading Pictures: Seeing Stories Festival

Meet the author Steve Smallman

On Tuesday 5th April at Stocksbridge Library 10.30 - 11.45am

Come and see Steve who will be reading from some of his books and showing you how he draws his pictures.

This is a free event suitable for children aged 6 year and above.

Booking is essential as places are limited, please contact the library.



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ENGLAND**



Yorkshire and the Humber Libraries celebrating words and pictures