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RED NOSE DAY

It's that time of year again when the corridors and classrooms have been glowing with Comic Relief red, making a change from our usual SJS blue. Our children have enjoyed raising money for Comic Relief by 'doing something funny for money' and, as usual, our SJS families have responded generously, giving to this worthy charity. Red Nose Day always brings fun into school, whilst allowing us to talk about helping those in need. Comic Relief supports incredible projects and organisations who are making a difference for people across the UK and around the world.

The money raised will help support people struggling with the cost-of-living crisis and tackle issues such as homelessness, mental health problems, and food poverty here in the UK and around the world.

SJS STARS OF THE WEEK

- Y3AH: Marcie Anderson
- Y3MR: Ava Jones

- Y4KT: Alana Platts
- Y4MH: Amelia Witton
- Y4OS: Ebony Kangley

- Y5FP: Milly Morgan
- Y5GG: Nolan Robinson
- Y5HK: Nell Boden-Lovell

- Y6CG: Ben O'Neill
- Y6ER: Matilda Evans
- Y6RD: Sarah Reale

Miss Sheehan: Kate Blake
Mrs Saville: Max Wilson

Y3/4 Yard: Kian-Lee Horton
Y5/6 Yard: Evie Aubrey
Dining-Room: Kitty Albinson

Y3 - PARIS

Y3 - MADRID

Y4 - NAIROBI

Y4 - PRETORIA

Y6 - BUENOS AIRES

Y6 - LIMA

Amelia Fletcher

Sophie Barber
Ahrea Dyson-Bowen
Noah Siddall
Nova Butler

Eva Nicholson

Eva Nicholson

Emily Whittaker

Hayden Harrap

YEAR 4 PE

From next week, Year 4 PE days will be:

- Y4OS and Miss Smith's Maths Class: Tuesdays
- Y4MH and Miss Hartman's Maths Class: Wednesdays
- Y4KT and Miss Taylor's Maths Class: Fridays

ABSENCE PROCEDURE

When a child is unable to attend school, parents/carers are required to inform the school in person, in writing or by telephone, as soon as practicably possible, with reasons for the absence. If we do not hear from parents/carers in a timely manner, it becomes a Safeguarding concern as we are unable to account for your child's specific whereabouts.

Please always inform school by 9am if your child is unable to attend. Please also keep in regular contact with school throughout the child's absence.



SHEFFIELD YOUNG CARERS

At Stocksbridge Junior School, we aim to provide the best possible support for all of our children. With this in mind, we want to make sure that we are aware of all of our young carers in school to ensure that they are supported well.

There can be lots of good things about being a young carer but sometimes it may help for adults at school to be aware of a child's young carer role so that the child can be supported, if required.

Is your child a young carer? A young carer is a person under 18 who helps to look after family members to a greater degree than might be expected for their age. Young carers, for example, may offer help to a family member who has disabilities, long term physical illnesses, mental health difficulties or issues with drugs or alcohol.

Young carers help their families in different ways, providing practical, personal and/or emotional support.

What should you do if I feel your child is a young carer? Please get in touch with school. Simply phone school or, if you would prefer, email: j.leajones@stocksbridge-jun.sheffield.sch.uk

SUSTRANS BIG WALK AND WHEEL 2023

Get set... we're taking part in Sustrans Big Walk and Wheel 2023 the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 20th to 31st March. It's free and we would love everyone to be involved.

What do you need to do? Encourage your child(ren) to walk, scooter or cycle to school on as many days as possible during the event.

Why we are taking part: Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. A 2021 YouGov study showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels.

Plus there are some great prizes to be won every day if we get enough children taking part!

NEXT WEEK'S MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Hot Dog & Potato Wedges	Chicken Tikka Masala Served with 50/50 Rice	Roast Chicken & Yorkshire Pudding Served with Crispy Roast Potatoes	Menu Change Meatballs and pasta	Fish Fingers Served with Chunky Chips
VEGETARIAN MAIN DISH	Quorn Hot Dog & Potato wedges	Falafel in a Pitta Served with slaw & 50/50 Rice 5 A DAY	Vegetarian Toad in the Hole Served with Crispy Roast Potatoes	Quorn meatballs and pasta	Veggie Burger Served with Chunky Chips
ACCOMPANIMENTS 5 A DAY	Mellors' Slaw Baked Beans Salad Bar	Steamed Broccoli Salad Bar	Carrots Cabbage Salad Bar	Beans and garlic bread	Garden Peas Baked Beans Salad Bar
DESSERTS	Chocolate Brownie	Lemon Muffin	Ice-Cream 5 A DAY	Milk chocolate chip cookies	Strawberry Whip
FRESH FRUIT OR YOGHURT 5 A DAY	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	Jacket potato	Jacket potato	Jacket potato	Jacket potato



THRIVE FOR PARENTS AND CARERS

After the great success of our last Family Thrive, we are excited to be offering parent and carers places on our new series of workshops, taking place in April to June.

- Thursday 20th April 2023
- Thursday 27th April 2023
- Thursday 4th May 2023
- Thursday 18th May 2023
- Friday 26th May 2023
- Friday 9th June 2023

All sessions will be from 9:15am until 11:30am, in our Thrive Room in school. Ideally, it is important that you can attend all six sessions. However, if you miss a session, we will try to work around this.

The Family Thrive programme uses the Thrive Approach to help parents and carers understand how we can all make a positive difference to the wellbeing of your child or children.

- How our brains develop
- How your right brain talks to your left brain
- Why play and creativity are so important to you and your child
- How to support your child at times of change and difficulty
- Everyday trigger times and how to keep calm
- How to be a behaviour detective

Places will be offered on a first come first served basis. To reserve your place or to find out more, please ring the school office and ask for Mrs Lea-Jones or send her an email: j.leajones@stocksbridge-jun.sheffield.sch.uk. You will need to register your interest by 28th March 2023. Your place will then be confirmed by email after this date. Refreshments will be included at all sessions. We look forward to welcoming you in school.



PARKING AT WHITWELL COMMUNITY CENTRE

The committee for Whitwell Community Centre (opposite the school entrance) have asked us to inform parents of their decision that vehicles are no longer permitted to park on their land.

The ground surrounding the community centre is private land and as such should not be used by anyone without the agreement of the Community Association. Over the years the Association has chosen not to limit access to the land for parking by anyone as they appreciate there is a general lack of public parking within the Whitwell area. However, in doing so, the daily flow of cars has caused damage to the ground which is now at a point where they are concerned about the risk of damage to vehicles or pedestrians.

Thank you for your support and understanding.



THE SHEFFIELD PARENTING HUB

The Sheffield Parent Hub's Parenting Team delivers a variety of evidence-based programmes to support families. For more information, please see their latest 'What's On Guide' which has been shared electronically along with this newsletter.

The 3rd Stocksbridge Scouts Multi-School Food Drive 13th to the 24th of March



Our Beavers, Cubs and Scouts are organizing and running food drives in the local schools and all donations will be taken to the local Community Food Bank. Whilst we are helping the community we are having a competition to see which school can get the most donations per pupil. Help your school win whilst we work together to help our community!



Items Needed:

Tinned Fruit
Tinned Veg
Tinned Meat

Tinned Pudding
UHT Milk
Dish Soap

Laundry Soap
Nappies
Toiletries



**Monster Drawing Workshop
with Sheffield illustrator Anjan Sarkar.
Stocksbridge Library
Friday 14th April 10.30-11.15am.**



ANJAN SARKAR

CHILDREN'S ILLUSTRATOR

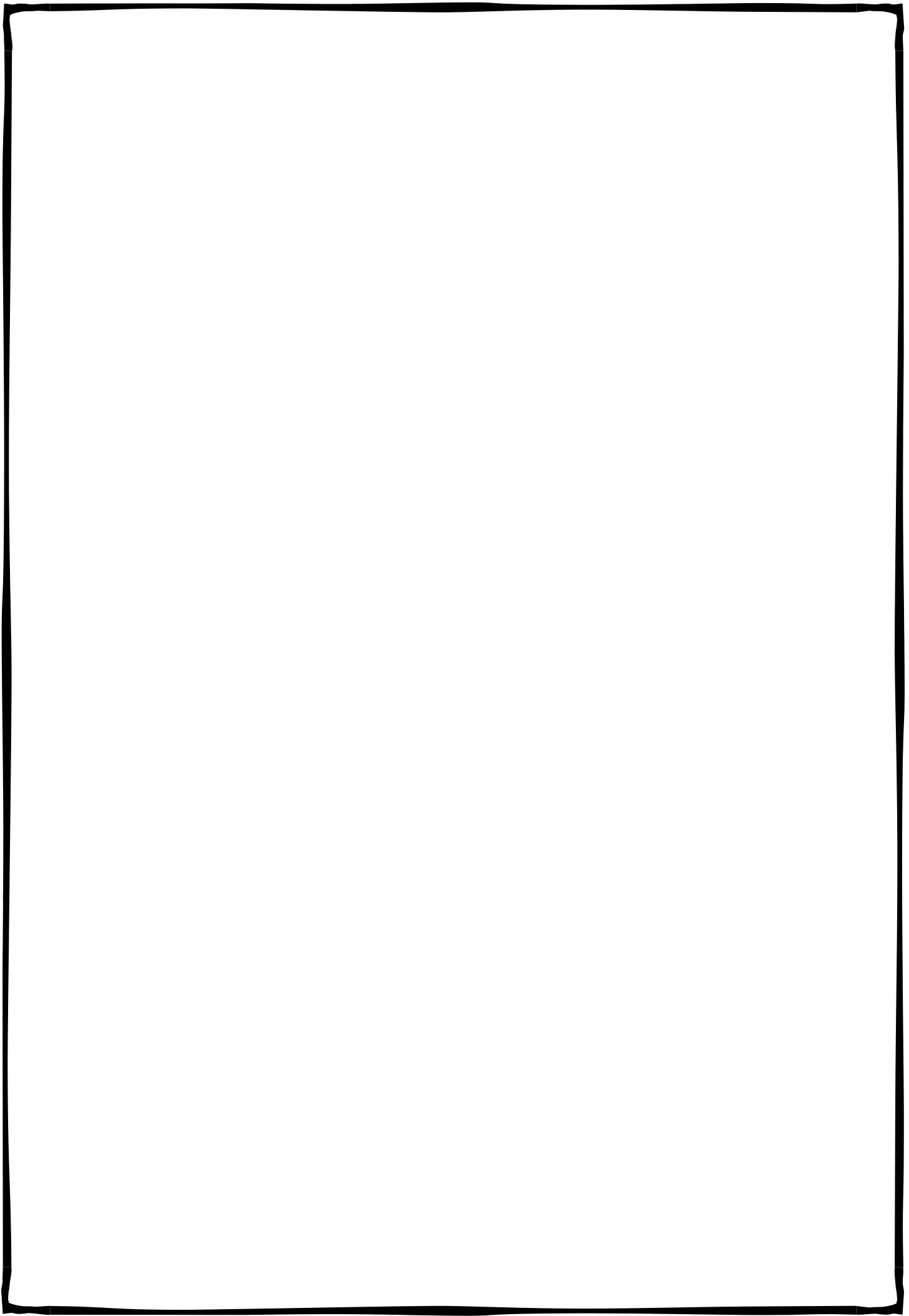


**Monsters can come in all shapes and sizes,
what would yours look like?
Learn how to turn your ideas into a fantastic
design with help from Anjan.
This activity is suitable for children aged 7 and
upwards, Places are limited and will need to be
booked via the library.**

Children under the age of 8 years
must be accompanied and supervised
by a parent/carer or other responsible
adult.



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Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.



National
Online
Safety®

#WakeUpWednesday