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Despite the showery weather this week, the lighter evenings have definitely made us feel that Spring is on the way! That theme has continued throughout school with egg-citing activities such as egg rolling and our Easter disco. As always, we have been blown away by the creative entries in our Easter Egg competition. Whenever we think that every topic has previously been explored, our SJS children always find original ideas to impress us with!

After all that egg-citement, we are all definitely ready for our Easter break. We hope that the sun shines and you all enjoy spending time with family and friends. We look forward to seeing you on Monday 17th April, ready to start our Summer term!



SJS STARS OF THE WEEK

- Y3AH: Evie Shepherd
 - Y3MR: Lucy Muhone
 - Y4KT: James Birch
 - Y4MH: Daisy Prentice Marsden
 - Y4OS: Mason Cordon
 - Y5FP: David Staniforth
 - Y5GG: Ted Goff
 - Y5HK: Imogen Fleetwood
 - Y6CG: Holly Swales
 - Y6ER: Ruby Gillott-Smith
 - Y6RD: Aimee-Leigh Woolley
- Miss Sheehan: Celia Fletcher
Mrs Saville: Alice Wright
- Y3/4 Yard: Violet-Skye Holmes
Y5/6 Yard: Kira-Lace Howson
Dining-Room: Jack Prentice-Marsden

READING AROUND THE WORLD

Y3 - LONDON

Kian-Lee Horton

Y3 - ROME

Mollie Birch
Elodie Proctor
Emily Veale
Martha Traill
Jake Wragg

Y4 - CAIRO

Ronnie Kelly

Y4 - NAIROBI

Iqra Sajid

Y4 - PRETORIA

Reuben Priestley
Isla McGrail

Y4 - RIYADH

Harriet Warren
Olivia Walker
Isla McGrail

Y5 - TOKYO

Jaxon Beresford

Y5 - CANBERRA

Alice Wright
Niamh Siddall
Lucy Martin
Freddie Bickers
Eadie Gibbins
Cordelia Hibbert
William Price
Imogen Fleetwood

Y6 - BRASILIA

Lana Horsfield
Alex Harris
Elijah Muhone
Macey Tollan

Y6 - LIMA

Emily Ralph
Macey Tollan

Y6 - MEXICO CITY

Lucy Birch
Imogen Goddard
Amelie Methley
Sophia Fletcher-Radion
Freya Walker

Emily Ralph
Milly Turner
Holly Swales
Esmee Tym

Y5 - KUALA LUMPUR

Kira-Lace Howson
Gerard Wilkinson
Lottie Siddall

FAREWELL

We would like to take this opportunity to say farewell to a couple of members of staff:

- One of our Y4 teachers, Miss Hartman, has decided to explore other opportunities within the education sector.
- One of our Play Leaders, Miss Holling, has decided to look at other employment opportunities within the community.

We are sure parents will join us in thanking both members of staff for their hard work in the time they have been with us and wish them all the best for the future.

MISS KILLEN

Parents will no doubt have spotted that Miss Killen is expecting a baby very soon. We wish her the very best of luck as she begins her maternity leave today and we look forward to news of her baby's arrival!

EASTER HOLIDAYS

We would like to remind you that we break up today for our Easter holidays. We hope that you all have a relaxing break and look forward to seeing you ready to start our Summer Term on Monday 17th April.

NATIONAL ONLINE SAFETY CERTIFIED SCHOOL... AGAIN!



We are pleased to announce that, for a second year in a row, we have successfully demonstrated our commitment to keeping children safe online!

SHEFFIELD CHILDREN'S BOOK AWARDS 2023

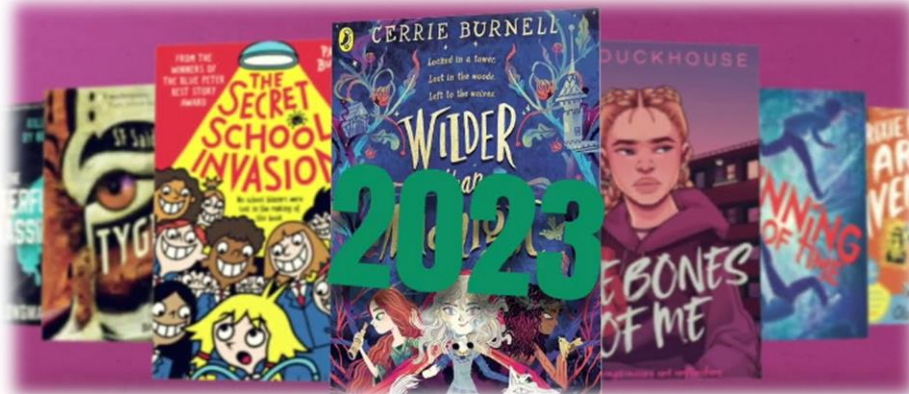
As a school, we are taking part in the Sheffield Children's Book Awards to encourage children to read, and to highlight the best literature published each year. The awards celebrate books and what they do for the Sheffield Community. Hundreds of children from across the city take part every year by voting for their favourite book. The children will be enjoying 3 different books that have been shortlisted for their year groups.

- Year 3 – Picture Books category
- Year 4 – Emerging Reads Category
- Year 5 – Shorter Novels Category
- Year 6 – Longer Novels Category

Please see this website for further details on each book: [Sheffield Children's Book Award](#) | [Sheffield City Council](#)

Each class teacher will record and collect each child's vote and pass this onto Sheffield Council. They will then collate votes from across the city.

There will be an invitation to the Award Ceremony in the near future – please watch out for details of this nearer the time. The ceremony will be held on Friday 3rd November 2023.



Happy Easter!

EASTER EGG COMPETITION WINNERS

Every year, the creative entries for our Easter egg competition never fail to impress us with entries such as 'Eggsterminate', 'Eggtilda' and 'Eggrid's Hut'! Well done to all children who entered and thank you to parents for supporting your child with this special event in school. Congratulations to this year's winners:

Emily Merryman
Sophia Watkinson
Henry Hollis
Matilda McGhee

Thomas Milner
Reuben Priestley
Nylah Biggin-Brown

Lottie Siddall
Ellie-May Murray
Lucy Martin
Imogen Fleetwood
Bella Keenan
Jaxon Roberts
Kate Blake
Oscar Edwards

James Kelland
Eloise Ruddlesdin
Amelie Methley
Liya Sudak
Gracie Redwood-Peace



MUSIC LESSONS

After Easter, we are pleased to be able offer peripatetic music lessons on clarinet, saxophone and flute. The lessons will take place during the school day and will be delivered by Kate Hartley from Sheffield Music Hub. If you would like to sign up for music lessons or find out more, please visit <https://www.sheffieldmusichub.org> and follow the links to 'Music Lessons in Schools'. Please note that guitar lessons may appear as an option but are not currently available.

CROSS COUNTRY

Saturday's relay race at Castle Dyke was the last Cross Country race of the 22/23 season. As usual for Castle Dyke, it was very wet and windy. This didn't put off our determined SJS teams. With seven Year 3/4 boys, including a couple of new faces, we were able to enter two teams for their race. All seven boys battled with the weather and gave their all throughout!

A special mention goes to Ellie Murray, who despite being one of the only girls to represent SJS throughout the season, was able to find a spot in another team and started them off with a strong 3rd place after her first leg.

With the league coming to an end, Miss Hague would like to thank all the runners who have come and taken part during the season, particularly Ellie Murray, James Birch, Max Glaves, Declan Hague, Oliver Cawthorne, Archie Brocklesby and William Foster who have attended most, if not all of this year's races.

Miss Hague would also like to thank all the parents and carers who gave up their Saturday mornings, through all weathers, to transport and support their child in the races across the city.



SCHOOL COUNCIL VISIT TO STOCKSBRIDGE TOWN HALL



School Council visited Stocksbridge Town Hall on Wednesday to meet the Mayor of Stocksbridge. The children enjoyed seeing the Council Chambers and finding out more about the role of Mayor. Our children had prepared a series of questions relating to issues around Stockbridge and the local area and were interested in sharing ideas about how we can work together to improve our community and local area. We would like to say a big well done to School Council, whose attitudes and behaviour was exemplar, and a big thank you to the Mayor, Mr Staniforth, for giving School Council such a warm welcome.

DINNER MENU FOR W/B 17TH APRIL

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Sausage & Onion Gravy Served with Creamy Mashed Potatoes	Pizza of the Day Served with Oven Baked Wedges	Roast Chicken & Stuffing Served with Baby Potatoes	Chicken Curry Served with 50/50 Rice & Naan	Fish Fingers Served with Chunky Chips
VEGETARIAN MAIN DISH	Vegetarian Pasta Bake & Crusty Bread	Piri Piri Quorn & Bean Pitta Served with Oven Baked Wedges	Roast Quorn™ Fillet Served with Baby Potatoes	Macaroni cheese Served with Crusty Bread	Quorn Nuggets Served with Chunky Chips
ACCOMPANIMENTS 5 A DAY	Garden Peas & Sweetcorn Salad Bar	BBQ Beans Coleslaw Salad Bar	Cauliflower Cheese Carrots Salad Bar	Steamed Broccoli Salad Bar	Garden Peas Baked Beans Salad bar
DESSERTS	Lemmon Drizzle Cake	Berry Flapjack 5 A DAY	Chocolate crunch	Sticky Toffee Pudding & Custard	Fruit in Jelly 5 A DAY
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	Jacket potato	Jacket potato	Jacket potato	Jacket potato

YORKSHIRE ATTRACTIONS VIRTUAL VOUCHER BOOKLET

Yorkshire Attractions are trialling a digital version of their voucher booklet for the Easter holidays. The booklet contains discount vouchers for a variety of attractions throughout Yorkshire, for use during the Easter holidays and beyond.

The booklet can be downloaded here: <https://we.tl/t-ulCly9APgJ>

FOOD BANK

The Food Bank based at The Hub, Manchester Road, is open on Tuesdays and Thursdays (10am-2pm) during the school holidays.

Referrals are not needed.

Also on Tuesdays, advisers from Citizens Advice will be present at the Food Bank.

Inman Pavilion

Kids Easter Crafts

Monday
April 3rd 2023
10-11.45
£2.00



Inman Pavilion
Moorland Drive
Stocksbridge, Sheffield
S36 1 EG
Enquiries@inmanpavilion.org.uk
<http://www.inmanpavilion.org.uk>



Sheffield Children's 
NHS Foundation Trust

FREE Webinar For Parents / Carers

'10 Top Tips for a Healthier Bank Balance - How to Eat Well AND Save Money'

Thursday 20th April
9.30am – 10.30am
Via Zoom

Would you like some tips on how to eat healthier on a budget?

Want to know how to get the most out of your supermarket shop?

Want some ideas & inspiration on how to feed your family whilst not breaking the bank?

Then why not join us for our webinar:

'10 Top Tips for a Healthier Bank Balance – How to Eat Well AND Save Money'!

Part of our '10 Top Tips' Webinar Series, this session includes how to be savvier at the supermarket, tips on shopping and cooking on a budget, and how to reduce food waste.

Presented via Zoom and delivered by nutrition professionals, the session will be informative but fun, with time throughout to answer any of your questions.

[Book Here!](#)

For more information, please contact:

lisa.aldwin@learnsheffield.co.uk or delya.lane@nhs.net

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10–15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrenonlinebehaviourinenglandandwales/yearendingmarch2020>

NOS
National Online Safety
#WakeUpWednesday

Kellogg's **25** YEARS OF SUPPORTING BREAKFAST CLUBS

Morrisons
Since 1899

ASK FOR A *Kellogg's* BREAKFAST

For the last 25 years, Kellogg's has been supporting School Breakfast Clubs across the UK. Simply say '**Kellogg's Breakfast**' at any Morrisons Café, to get a free bowl of cereal for you and your family. Available from Monday 3rd April, while stocks last and subject to availability.

Better days are built on breakfast today and everyday.



AVAILABLE 03.04.23 - 24.04.23

From 03.04.2023- 24.04.2023, say 'Kellogg's Breakfast Club' at the till point at any UK Morrisons Café to receive breakfast, which includes a free portion pack of Cornflakes (24g) Coco Pops (39g) Rice Krispies (22g) with milk or milk alternative (125ml) and a glass of water. While stocks last and subject to availability. Limit of 1 breakfast per customer per day. Offer is not transferable and cannot be exchanged for cash. For a balanced breakfast, enjoy your bowl of cereal and milk with a piece of fruit and a drink of water. TM © 2023 Kellogg Company

SITE GALLERY MAKERS CLUB



JOIN SITE GALLERY FOR TWO CREATIVE WORKSHOPS THIS SPRING HOLIDAYS!

Lunch and all the materials you'll need are provided - just bring positive vibes! Learn how to craft lanterns and origami with Seiko Kinoshita on the Tuesday and try out creative new ways of making theatre with Soraya Nabipour on the Thursday.

Who is it for?

Young people aged 7-14 who are eligible for free school meals.

When is it?

Tuesday 11 April, 10 - 12.30
Thursday 13 April, 10 - 12.30

Where is it?

Stocksbridge Youth Centre
Coal Pit Lane
Sheffield S36 1AW

How can I book?

Please scan the QR code or visit:
sheffield.schoolipal.co.uk/home

