



Issue No. 577

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Welcome back and Happy New Year! Despite the dark mornings, our children have been excited and enthusiastic this week to make a positive start to 2024. After hearing about their holiday memories, we have been thinking in class, and in assembly, about what the new year may have in store. 2024 is currently like a blank page, full of opportunities and ready to be written.

New starts are always a positive. They allow us to make changes and strive to be that person we want to be. We hope that 2024 is everything you hope it will be - "2024 is a blank 366 page book – write a good story."

SJS STARS OF THE WEEK

- Y3MR: Georgia England-Woodcock
 - Y4KT: Leo Clarke
 - Y5CH: Alfred Robinson
 - Y6ER: Thomas Fox
 - Y3SK: Oliver Collins
 - Y4OS: Max Briggs
 - Y5GG: Iqra Sajid
 - Y6RD: Lacey Wainwright
 - Y5GB: Lilly Turner
 - Y6SS: Devon Taylor
- Miss Sheehan: Max Glaves
Mr Tee: Niall Pritchett
Attendance & Punctuality: Ellis Chadwick
- Cedarwood Yard: Ciara Cooke
Ball Games Yard: Kian-Lee Horton
Dining Hall: Jahvan Orr-Swabey

READING AROUND THE WORLD

Y3 - LONDON	Y3 - PARIS	Y5 - BEIJING	Y5 - TOKYO	Y6 - BUENOS AIRES	Y6 - BRASILIA
Theo Davies	Theo Davies Kit Parsons Theo Emson-Brown	James Birch Heath Dyson	Isla McGrail Thomas Milner	Millie Morgan	Tommy Costello

WELCOME TO...

- Mr Bundrick who joins our Year 3 teaching team.
- Miss Brammah who join our team of Teaching Assistants.
- Miss Charnock who joins our office team.

We are sure children, parents and staff will give them all a very warm welcome.

PE TIMETABLE

Each week, please ensure your child wears appropriate PE kit to school on their class' PE day.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Y6ER	Y3SK + SK's Maths Y6RD	Y3MR + MR's Maths Y5GG Y5GB	Y3CB + CB's Maths Y5CH	Y4KT Y6SS Y4OS Swimming

EVENTS COMING UP...

Jan 15	16 Sportshall Athletics Competition	17	18 Census Day Menu	19 Y4OS Swimming
Jan 22	23	24	25	26 Y6 Crucial Crew Y4OS Swimming Y6 Robinwood 2024: Second Instalment Due (£108)

For events further ahead, please check our [school calendar](#) on our website.

PROCEDURE IN THE EVENT OF SEVERE WEATHER

In advance of the cold snap forecast for next week, we would like to remind parents of our procedures in the event of severe weather.

In the event of severe weather, we will endeavour to keep parents up-to-date with the latest information about our school through the following channels:

- Text messages will be sent to parents whose mobile phone number is registered on our ParentMail system
- Updates will be posted on the school website, www.stocksbridge-jun.sheffield.sch.uk
- Updates will be available on social media. Please follow @StocksbridgeJnr and @SheffCouncil on X (formally Twitter) and 'Like' our Facebook page, www.facebook.com/StocksbridgeJuniorSchool.
- Updates will be posted to Sheffield City Council's School Closure webpage <https://www.sheffield.gov.uk/schools-childcare/school-closures>

If, due to exceptional circumstances, the school needs to close early because of severe weather during the day, the following will happen:

1. A text will be sent to parents via ParentMail.
2. No child will be sent home early unless contact with a parent, relative or responsible adult has been made.
3. Children who cannot be collected early will be kept at school until normal closing time.

NEXT WEEK'S MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Chicken chow mein	Meatballs in a tomato sauce served with pasta	Roast turkey served with new potatoes, stuffing and gravy	Census Day Menu Beef or Quorn Burger in a bun with chips, sweetcorn and salad Chocolate cake with chocolate sauce	Fish fingers served with chunky chips and tomato ketchup
VEGETARIAN MAIN DISH	Cheese and vegetable quesadilla Served with wedges	Marinated Quorn in a pitta served with half of a jacket potato	Roast Quorn fillet served with new potatoes, stuffing and gravy		Cheese and bean bake served with chunky chips and tomato ketchup
ACCOMPANIMENTS 5 ADAY	Carrots and peas Salad Bar	Sweetcorn Salad Bar	Cauliflower Cheese & broccoli Salad Bar		Garden Peas Baked Beans Salad bar
DESSERTS	Chocolate orange cookie	Jam and coconut sponge served with custard 5 ADAY	Lemon drizzle cake		Fruit & Jelly 5 ADAY
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt		Fresh fruit or yoghurt
JACKET POTATO AND STREET FOOD	Jacket potato	Jacket potato	Jacket potato		Jacket potato Chicken goujons with loaded potato skins

Dear Parents / Carers

Welcome to Sheffield Wildcats! We are a fun and friendly Roller Hockey Club, with around 70 members ranging from age 6 up to adults. We have teams that play competitively at Under 11's, 13's, 15's 17's, Elites and the Female Premier League this season, and we also host 'Mini hockey' tournaments for novices and Schools Programme participants.

We are run by volunteers, who are all DBS checked, and all of our coaches have professional coaching qualifications.

Since the Pandemic we have seen a huge increase in demand from children wanting to learn to play roller hockey with our membership nearly trebling at the younger ages.

Following the success and popularity of our Introduction to Roller Hockey programmes recently hosted at two Sheffield Schools, and in conjunction with our move to Stocksbridge Leisure Centre as our main training venue, we are now able to offer our Introduction to Roller Hockey programme to children from Deepcar and Stocksbridge schools. These session will be partly subsidised through some funding the Club has secured.

In these sessions our coaches will provide coaching allowing children to learn to roller skate on quad skates, and introduce them to roller hockey. Once competent in these areas, the sessions will move onto matches between the children. Following attendance at this Programme, there will also be opportunities for children taking part to take part in our 'Mini Hockey' tournament style events that will take place at Stocksbridge Leisure Centre later in the School year.

The sessions will be held in blocks of 6 weeks, in line with the School half terms.

The next block of sessions will begin on **Saturday 20th January**, and run until **Saturday 24th February**. The sessions take place **8:30am - 9:30am** at **Stocksbridge Community Leisure Centre**.

The cost for the 6 week block will be £18. All equipment needed in the sessions, i.e. skates, pads, and sticks etc will be provided for children to use.

To register for a place please fill in the form using this link: <https://forms.gle/7xjo4Cuy6kbeBkLA9>

Please note that places are limited and cannot be guaranteed until the booking form has been completed and your place has been confirmed. We will contact you to confirm your place and to provide payment details. Payment must be received to guarantee your place.

If you have any questions about the Programme please contact the Club Secretary, Lyndsay Lee, at secretary@sheffieldwildcatsrhc.co.uk.

We look forward to seeing you and your children soon.

Best Wishes.

Sheffield Wildcats

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you *do* want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College®



National Online Safety®

#WakeUpWednesday