



3 February 2025

## Sherwood Junior School Newsletter

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Dates for your diary




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*This week...*

***Monday 3 February - Children's mental health week***

***Monday 3 February - Year 4/5 MHST Self esteem workshops***

***Tuesday 4 February - Year 5 Warsop Fieldwork trip***

*Next week...*

***Monday 10 February - Year 6 Meden Sports Festival (Invite only)***

*Tuesday 11 February - Safer Internet Day*

*Thursday 13 February - TTRS Day*

*Thursday 13 February - Last day for Y6 to order CGP Revision Books*

*Thursday 13 February - Last day at school*

*Friday 14 February - INSET day (children not in school)*

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*Details for any future events or trips will be provided nearer the time.*

### ***Spring Term***

**Monday 17 February to Friday 21 February** - Half term holiday (school closed)

**Monday 24 February** - Children back to school

**Thursday 6 March** - World Book Day

**Friday 7 March** - Art Day

**Wednesday 12 March** - Y6 MHST Positive Body Image workshops

**Monday 17 March** - Y3 Trip to Perlethorpe

**Thursday 20 March & Friday 21 March:** Year 4 residential Sherwood Forest Youth Hostel

**Wednesday 26 March** - Scholastic Book Fayre

**Thursday 27 and Friday 28 March** - Mother's Day Breakfast

**Monday 31 March** - Easter Service at Church

**Monday 31 March and Tuesday 1 April** - Parent's Evening

**Friday 4 April** - Last day of school

**Monday 7 April to Monday 21 April** - Easter holiday (school closed)

### ***Summer Term***

**Tuesday 22 April** - Children back to school

**Friday 2 May** - Y4 Trip to Rushcliffe Park

**Thursday 8 May** - Y6 Residential Meeting for parents

**Monday 12 to Thursday 15 May** - SATs Week

**Friday 16 May** - Y6 Rounders Parent's Event

**Wednesday 21 May** - Y5 Trip to the National Space Centre

**Friday 23 May** - Last day of school

**Monday 26 May to Friday 30 May** - Half term holiday (school closed)

**Monday 2 June** - Children back to school

**Thursday 12 and Friday 13 June** - Father's Day Breakfast

**Tuesday 17 June & Wednesday 18 June:** Year 5 residential Mill Adventure Base

**Wednesday 16 July - Friday 18 July:** Year 6 residential Mount Cook

**Friday 25 July** - Last day of school

**Monday 28 July** - INSET (children not in school)

**Tuesday 29 July** - INSET (children not in school)

**Wednesday 30 July** - School holiday (school closed)

## Children's Mental Health Week



We are so pleased to be taking part in Place2Be's Children's Mental Health Week 2025 in association with Here4You supported by Disney. This year's theme is **Know Yourself, Grow Yourself**. It is so important we understand what makes us tick, our likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness. This year for Place2Be's Children's Mental Health Week, we are excited to team up with the characters from Inside Out 2 to explore the importance of expressing our emotions. Together, we will discover how getting to know who we are and what makes us tick can help us build resilience, grow and develop.

1 in 5 children and young people in the UK now have a probable mental health condition. By taking part in Place2Be's Children's Mental Health Week 2025, we can help to ensure that children in our school feel listened to, and know that they're not alone.

Throughout the week, the children will be taking part in activities and discussions to help us explore our different emotions and grow ourselves. The Mental Health Support Team will be leading some workshops with Year 4 and 5 to focus on self esteem. During the workshop the children will learn

- What is self-esteem and confidence
- What impacts our self-esteem
- How to improve our self-esteem

As a parent, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs at [Here4You.co.uk](https://www.here4you.co.uk)

# TIPS FOR FAMILIES

Place2Be's  
CHILDREN'S MENTAL HEALTH WEEK

- 1 Encourage journaling**  
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**  
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.  
Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**  
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**  
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**  
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



# TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

Place 2Be

- 1 Be curious about your emotions**  
You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journaling to help you make sense of what is going on inside of you.
- 2 What matters most**  
Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.
- 3 Feedback, feedback, feedback**  
Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots.
- 4 Get creative expressing yourself**  
Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help [Here4You.co.uk](https://www.here4you.co.uk)



## TTRS Day

Just a reminder that it will soon be our TTRS Day!

**On Thursday 13th February**, we will be having a whole school TTRS day where we will be inviting the children (and of course staff) to come dressed in their best rock legend outfits. Be as unique and as creative as you like or if you prefer to stay in uniform that's perfectly fine.

Throughout the day, the children will battle each other both online and face to face to put their recall speed to the test. They will also get musical by learning and performing some super catchy times tables songs which we hope to record and publish on the school website. Parents and carers are invited to join their child at the start of the day until 9.15am for some fun classroom activities, costume sharing and possibly some times tables battles!

We recommend the children get fully prepared for the day and practise as much as they can at home on their TTRS accounts. A lot of our children have a goal for the TTRS leader board and we'd love to see them achieve them; our TTRS day could be that day!

What better way to end the half term!



## Breakfast Club



We are really pleased that our breakfast club continues to be popular and well attended by the children.

We would like to remind parents that places **MUST be booked in advance by email by 12 noon on Wednesday, and paid for via sQuid by 12 noon on Friday, for the following week.**

Once the email has been received, we will set up the payment option on sQuid. You will receive an email on Friday to confirm your child's place. It is really important that places are booked in advance so we know how many children we are expecting each day to help with catering and staffing. We acknowledge that there are rare occasions when a parent/carer will need their child to attend breakfast club in an emergency and will be not be able to book their place in advance.

Here are some reminders about our breakfast club:

- Please use [breakfastclub@sherwood.notts.sch.uk](mailto:breakfastclub@sherwood.notts.sch.uk) to book your child's place.
- Places cost £2.50 per child per day. Unfortunately this will be non refundable, apart from in exceptional circumstances (e.g. school closure due to snow).
- You can book and pay for a half term in advance rather than weekly if that is easier for you - please make this clear (with dates) on your email so we can set up your payment option on sQuid.
- Places are limited to 30 children per day on a first come first served basis.
- Children can arrive at school from 7.30am and up to 8.15am. We will not be able to take children after 8.15am. Please come through the main school entrance on Sherwood Street. It would be really helpful if you could let us know the approximate time your child will be arriving when you email to book the place!
- The children will have breakfast between 8.00am and 8.30am - this will be toast or cereal, and juice.

If you have any questions about breakfast club, please contact the school office.

## Asda Cashpot for Schools



You may remember before Christmas we shared Asda's cashpot for schools scheme and we are beyond pleased to share that the collective efforts of all our families have raised a superb total of **£380.11**.

Thank you so much to everyone who signed up and helped contribute: we look forward to using the funds for the benefit of our pupils.

## Midday Vacancy



We are looking for a Midday Supervisor to join our busy, friendly and hard working team. You will be working under the supervision of our Senior Midday Supervisor and our Head Teacher. If you are looking for an exciting new challenge working in a rewarding environment, we want to hear from you!

If you would like to apply for this post, please email [office@sherwood.notts.sch.uk](mailto:office@sherwood.notts.sch.uk) for an application pack or call the school office on 01623 842545 for further information.

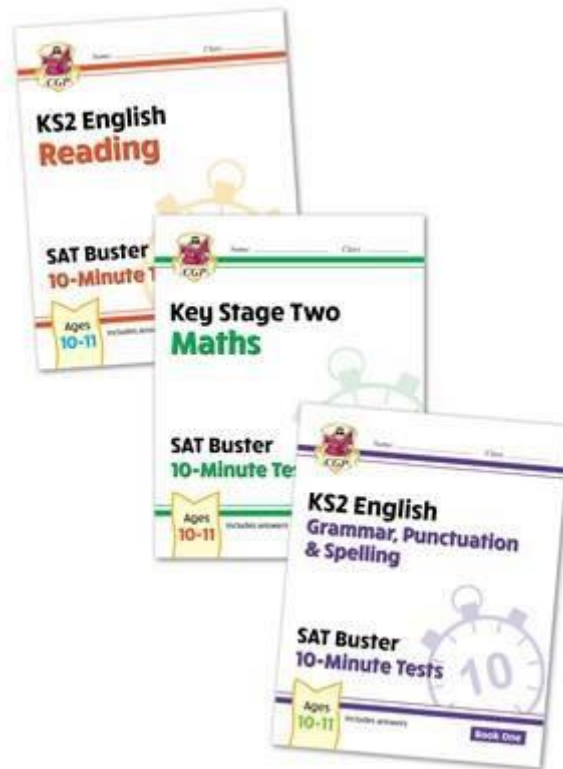
## Year 6 CGP Revision Guides

Just a reminder to Year 6 parents, that our final day for ordering your child's bundle of CGP revision guides at a discounted school price of £6.85 for 3 books is next week on Thursday 13th February. All orders can be placed through your sQuid account. The bundle includes 1 maths, 1 reading and 1 SPaG 10-Minute test booklet. These quick test booklets offer pupils the opportunity to get in extra practice at home before taking their SATs in May 2025.

Once the orders arrive at school, we will distribute them and send them home promptly with your child. This is anticipated to be soon after half term.

For further information on the bundle, please follow the following link.

<https://www.cgpbooks.co.uk/primary-books/ks2/maths-english/emxb24-complete-ks2-maths-and-english-10>



## Tea Party



Well done to last week's Tea Party winners - you're all superstars! Children receive a certificate, a treat and then attend a 'Tea Party' during the following week, to have a drink, a treat and play games - how exciting!

3H Isabella - For showing a growth mindset across the curriculum.

3M Brooklyn - For their excellent progress and confidence in reading and a super 'can do' attitude.

4J Evie - For her fantastic non-chronological report; it was a super piece of writing.

4B Charlotte - For her efficient and effective use of a search engine to find facts and inform her non-chronological report.

5B Jesse - For his hard work and improvement in maths.

5N Amelia-Eva - For her embodiment of growth mindset and resilience. She can bounce back from anything with a smile on her face and a willingness to try again every time!

6P Tommy - For his super effort this week in writing and guided reading.

6B Emily - For her wonderful growth mindset and determination to achieve her very best. She is making wonderful progress and has so much to be proud of.

## Attendance



The overall attendance for last week was 92.8%

We monitor the children's attendance every day and will contact parents where there are concerns. If your child is unwell, please contact the school office to inform us of your child's absence.

*Last week's attendance winners were:*

1st: - 4B 97.9% Amazing!

2nd - 4J 96.1% Fantastic!

3rd - 6B 95.9% Super!

## Reading Certificates

Well done to these children for earning their **BRONZE** Reading Award and showing a super level of dedication to reading at home.

Year 3: Mufara, Dakota

Year 5: Evelyn, Theo

Year 6: Jaylan

Well done to these children for earning their **SILVER** Reading Award and showing a brilliant level of dedication to reading at home.

Year 3: Noah, Laura, Bobby, Arjan

Year 4: Lottie, Mia, Cora

Year 6: Ella, Imogen

Well done to these children for earning their **DIAMOND** Reading Award and showing a tremendous level of dedication to reading at home.

Year 3: Arjan

Year 4: Myles, Kian, Charlotte-Rose

Year 5: Lillie

Year 6: Ronnie

Well done to these children for earning their **GOLD** Reading Awards this year and showing a superb level of dedication to reading at home.

Year 3: Lyle

Year 4: Charlie

Year 5: Jacob, Amira

CONGRATULATIONS to these children for earning their **PLATINUM** Reading Awards this year and showing a superb level of dedication to reading at home.

Year 3: George

Year 5: Gwen

CONGRATULATIONS to these children for being the **FIRST** to earn their **RUBY** Reading Awards this year and showing a superb level of dedication to reading at home

Year 5: Phoebe, Harrison, Joslyn

## Golden Tickets



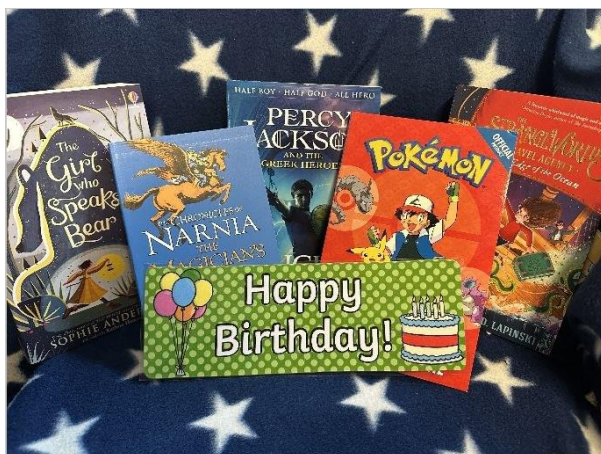
Golden tickets are awarded by our senior leaders (Mrs Simpson, Mrs Bradbury & Miss Johnson) to individuals, groups or the whole class for demonstrating our school core values, including their attitude to learning and behaviour. Each senior leader has 20 golden tickets to present each week. Each class collects their golden tickets and a weekly total is shared in assembly. The overall scores are displayed on our leader board in the upper hall. The class with the most golden tickets at the end of the half-term receives £30 to spend on a treat!

Well done to **3M,3H,5B & 6P** for being JOINT winners of the week last week and achieving an amazing **4** golden tickets each!

However, **4J** are still in the lead for this term's £30 prize - **Congratulations!**

Next week is the last week before we announce our winners of the £30 prize. With 2 tickets in it, who will win?.

## Birthday Books



**Happy birthday and happy reading to these children:**

**Year 3:** Darbie, Jenson

**Year 4:** Ebony, Jacob

**Year 5:** Lena

## Recommended Reads

Reading for pleasure is very important at Sherwood Junior School, so we are going to share a recommended read each week chosen by either the adults or children in school.

If your child would like to share their recommended read they can get a form from Mrs Bradbury's and Mrs Naylor's office door and return it to Miss Johnson so it can be shared in a future newsletter.

This week we have a recommended read from Mrs Brewin. Her favourite read is Cosmic by Frank Cottrell Boyce.

Do you like space? Do you like adventure? Do you like to bend the rules slightly? If so, this book is for you! It tells the story of an incredibly tall twelve-year-old who is mistaken as being his friend's dad. With a sense of adventure and mischief, they decide to see how far they could push him being passed as an adult. With each adventure becoming more high risk, the tension builds as Florida wins a competition to go into space - can Liam pass as her dad and blast off with her?

Grab the book, a comfy chair and find out where these two adventure hungry children end up!

## Joke of the Week

This week our joke comes from Josie in 5N.

Q: What is a unicorn's favourite dancing show?

A: Strictly Come Prancing.

# J of the WEEK

## This Week's School Dinner Menu

### Week 2 Menu

3 - 7 February

### Menu Changes

There have been 2 changes within the 3 week menu cycle:

Week 1, Friday - pudding has changed to ice cream

Week 2, Tuesday - the dinner option will now be mince, mash potatoes and Yorkshire pudding.

Please note that all menus for the 3 week cycle can also be found on our school website via the link below -

<https://www.sherwood.notts.sch.uk/school-dinners/>



**WEEK 2**  
WEEK COMMENCING  
12 Nov, 2 Dec, 23 Dec, 13 Jan,  
3 Feb, 24 Feb, 17 March

All of our meals are prepared using freshly sourced products from the East Midlands. If you need to know more about the ingredients used, please ask.

**AVAILABLE ONLY:** best of both bread (dishes), use fresh fruit. Vegetarian meals available upon request.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	Vegetarian roll, Gluten Free Milk, roast potatoes, broccoli, carrots & gravy	Savoury mince, mashed potatoes, Yorkshire pudding, Milk Egg (Gluten), sweetcorn & green beans	Chinese chicken (free gluten) & vegetables with mixed rice	Nottinghamshire sausage (Gluten), Gluten free (dishes) OR plant-based sausage (free gluten), Gluten free (dishes) mashed potatoes, carrots, cabbage & gravy	MSC cod dog (fish), Gluten free (dishes) with tomato ketchup, oven chips, baked beans or minted garden peas
<b>OPTION 2</b>	Jacket potato, cheese mix, baked beans & mixed salad	Jacket potato, cheese mix, baked beans & mixed salad	Jacket potato, cheese mix, baked beans & mixed salad	Jacket potato, cheese mix, baked beans & mixed salad	Jacket potato, cheese mix, baked beans & mixed salad
<b>PUDDING</b>	Chocolate sponge (Gluten Free) & custard sauce	Vanilla cookie (Gluten)	Curry like lent (Gluten), Gluten free (dishes) & custard sauce	Lemon drizzle muffin, Egg (Gluten), Gluten free (dishes)	Portable (Gluten), Egg, Milk, frozen yoghurt (dishes) & raspberry coulis



**Nottinghamshire County Council**

## Contact Us



**To report a child's absence** **01623 842545** phone school and leave a message on the absence line or speak to the school office

**Breakfast club bookings/enquiries** [breakfastclub@sherwood.notts.sch.uk](mailto:breakfastclub@sherwood.notts.sch.uk)

Please note, the school office email should not be used to report an absence or for breakfast club enquiries.

If you have any questions, please speak to your child's class teacher or contact the school office.

Visit us on the web at [www.sherwood.notts.sch.uk](http://www.sherwood.notts.sch.uk)

Follow and like us on Facebook.