

St. Joseph's Home-School-Parish Newsletter



Head Teacher: Mrs. C. Green
Deputy Head Teacher: Miss J. Harvey
Family Liaison Officer: Mrs. M. Webb

St. Joseph's School
Commerell Street
Greenwich SE10 9AN
Tel: 020 8858 4182

www.stjosephs.greenwich.sch.uk

St. Joseph's Church
103 Pelton Road
SE10 9AN

Priest's House
2 Commerell Street
Telephone: 020 8858 1845

Autumn Term
Friday 11th September 2015

Dates for your diary

Sunday 13th Sept - Thames Festival, children who are attending to meet Ms Harvey and Mr Sims at the O2 9 am sharp. Children should be dressed in full school uniform.

New Reception class will begin school on a part time basis on Monday 14th September. They will finish after they have had their lunch at 1.15pm.

Tuesday 15th Sept there will be a meeting for parents of Year 6 in the school hall at 9am.

Wednesday 16th Sept there will be meeting for parents of Year 2 in school hall at 9am.

TUESDAY 15TH SEPT - NO AFTER SCHOOL SWIMMING CLUB. It will begin the following Tuesday.

The after school football club will be replaced with a Sports Skills Club. Pupils will be able to take part in a range of sports including football. If your child was already on the list for football they will automatically have a place in the new club.

GOSPEL

24th Sunday (B)

Jesus said, "Who do people say that I am?"
Peter said, "You are God's Son."
Jesus told his friends that being his friend means putting up with difficult times.



Attendance
Week ending 4th September
2015 Congratulations to
winners
Y5 - 98.3%

2nd Y4 - 96.6%

3rd Y6 - 96.0%

4th Y3 - 93.3%

5th Y1 - 90.3%

6th Y2 - 88.7%

Rainbow bench

4th September 2015



11th September 2015

Year 1	Rosemary, Alisa, Jayden, Demi-Rose	Luke, Odjalcy, Jullian, Ronnie
Year 2	David, Jaeden, Melissa, Bernard	Kaka, Louie, Serit, Jessica
Year 3	Alfie, Timi, Luke, Amii	Leandrew, Winnie, Eva, Crystal
Year 4	Nathan O, Nazo, Naza, Jesica	Ethan, Tommy, Lydia, Omolola
Year 5	Nesta, Chloe, A.J. Dominic	Maddie, Rinarto, Arnaud, Tyler
Year 6	Tomi, Oghogho, Kayleigh, Vania	Cindy E, Janice, Yasmin, James

7.09.15

Dear Parents,

Welcome back to the new school year.

This year we have introduced a new **Personal Social Health Education** programme called JIGSAW. The programme is designed to help children to concentrate and become more confident learners. The programme uses a very powerful technique called Mindfulness. This technique helps children (and adults) to become more focussed and settled so that they approach work confidently. There has been a great deal of research that supports this type of technique as a way to support learning.

How would children benefit if they could be aware of their thoughts and feelings as they happen, in the present moment, on purpose with no judgement? This is what mindfulness means. It can be learnt through the teaching sequences. It also needs to be practised.

At St. Joseph's we believe mindfulness is a vital tool for life, not only does it support the regulation of emotion and build emotional resilience but also enhances focus and concentration; helping to optimise learning. Mindful children can more readily choose their responses to situations rather than react while caught up in the thought-flows and emotions.

In Jigsaw PSHE, mindfulness is developed through the 'Calm Me' time in each piece (lesson). This consists of breathing techniques, awareness exercises and visualizations. All these activities have been tried and tested and are very enjoyable activities for children and teachers alike.

Observing your thoughts and feelings, on purpose, in the present moment with no judgement...what a gift!

The P.S.H.E programme is designed in 6 blocks.

Autumn 1	Being Me in my World
Autumn 2	Celebrating Difference
Spring 1	Dreams and Goals
Spring 2	Healthy Me
Summer 1	Relationships
Summer 2	Change and moving on

I am sure that this programme will be very successful. Please do not hesitate to contact the school if you wish any aspect of this new programme to be clarified.

Thank you for your support.

Mrs Green