



St Joseph's Catholic Primary School



King of the Road



Year 5 Bikeability

April 2017



Our School Prayer

This is our school, let peace be
found here.

Let the rooms be full of
happiness.

Let love abide here,
love for one another,
love for God.

Let us remember that as many
hands build a house
so many hearts make a
school.

Amen



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Headteacher
Clare McFlynn

Dear Parents and Carers,

Well what a start to the new term we have had! We have had sun, wind, Arctic blasts, as well as the customary April Showers! We have only been back two weeks but it feels like we have never been away!

We received some sad news over the holidays about the passing away of Fr Charles Owen, after a short battle with cancer. Some of you will remember his time in the parish and his work as chaplain to the school. Fr Charles was in Highgate for about 23 years and was very involved in the lives of many families celebrating Baptisms, First Holy Communions, Weddings and officiating at funerals of loved ones. He was a larger than life character, going on school journeys with Year 6, coming to talk to classes, awarding 5p to children who could answer his questions (!) and making appearances at the parish and school bazaars dressed as Mr Blobby or the Sugar Plum Fairy, not to mention singing O Sole Mio! A number of staff attended his funeral in Kent. It was a wonderful celebration of his life, just as Fr Charles had planned it, insisting that he wanted it to be a happy occasion. May he rest in peace. There will be a special Month's Mind Mass for Fr Charles in St Joseph's Church on Monday 8th May at 6.30pm.

The new term has begun with a focus on keeping children safe. The last two weeks have seen some of our Year 5 pupils complete their Bikeability course so that they can ride their bicycles on the road safely. The NSPCC led an assembly last week for some of our older pupils which reminded children about the importance of keeping their body safe from harm and about what to do if they were worried about something. Next week our Governing Body will be updating their knowledge of safeguarding with some child protection training.

Last week Year 3 visited Gillespie Environmental Centre to explore how we can care for the beautiful world that God has entrusted to us - something that Pope Francis has instructed us to do.

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We have also participated in a Basketball tournament and received a visit from Arsenal in the Community to learn about where some of the players come from and about how they respect each other's differences.

This is much like our school community- we come from a vast number of backgrounds but respect and celebrate each other's differences.

We are now in the season of Easter, which lasts for 50 days until Pentecost, when we celebrate the coming of the Holy Spirit, so let us show that we truly are the Easter People, celebrating the Resurrection of Our Lord, and spreading joy to everyone that we meet.

Mrs A Noronha
Head of School



Fr Charles Owen C.P.



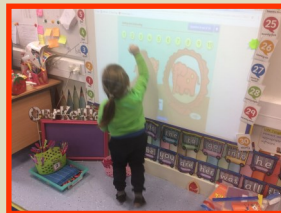
Our topic this term is "Jack and The Beanstalk". We have been busy planting beans in Nursery. Some of the children planted their runner beans in soil and more children planted their beans in cotton wool so we can see the growing process. We have been learning all about roots and shoots and the way they grow. We are very excited waiting to see our runner beans grow in to plants.

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Reception Maths Challenge

This term as we get ready to enter Year 1, the Reception children have got off to a flying start learning new challenging and exciting maths concepts including measuring time and doubling. Following on from addition, the children have been introduced to the new concept of doubling using Numicon, practical objects, mirrors and ICT resources. Not only are they showing an understanding of doubling using concrete objects but they are able to write number sentences and some children can even count in twos to find the answers! Well done to all the Reception children, we are so very proud of your fantastic attitude to learning!



numicon 



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EASTER BREAKFAST

This term Years 1 & 2 performed their Easter breakfast. It was a beautifully colourful event where the children discussed the events of Holy Week and the symbolism behind Easter eggs and hot cross buns!

We certainly enjoyed it and learnt a lot from the performance and we hope you did too! Below is a selection on photos and the video of the performance.



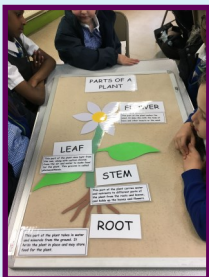
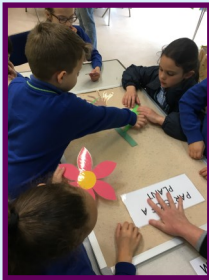
Big thank you to all help learning lines for songs, actions and of course the incredible Easter bonnets.

Islington Gillespie Park Nature Reserve



As part of our Science topic on Plants, Year 3 were lucky enough to take part in a Plant Safari at Gillespie Ecology Centre. The children were taught about the different parts of a plant and what plants need to grow successfully, understanding that habitat will have an effect on what a plant needs. The children journeyed through a meadow, woodland and the pond area in the hope of locating their specific plant. It was a great day and the children thoroughly enjoyed their safari!

"My favourite part was exploring the meadow. We could see all the insects and little creatures. It was really interesting and fun" (Ellie, Green Class)



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Bikeability

Year 5

This month, we did a Bikeability course at school. When we were doing the course, the teachers Will and Anna, were really nice and on our first day they taught us lots of things. Things like how to set your bike up before you ride it and that brakes should be used for slowing down as well as stopping.

They taught us how to change gears and ride one handed. On the second day we were riding on the road and we then road individually. As the days went on we were taught about hand signals and the giveaway lines and even taught us to do u turns. The key things they said was see and be seen and signal if Cars are there.

The hardest part was probably riding up Highgate Hill. I enjoyed it so much!

By Henry, Turquoise class



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Islington Museum

Islington Museum On Friday 21st of April, some of Turquoise class and the whole of Tanzanite, went to the Islington Museum. First, we walked down to Archway Tube station and got the train to Angel. Once, we got of the tube we walked to the Museum. When we were there we were told to take our coats off and to put our lunch bags be our coats. After, that we sat in a circle where we were introduced to a artist her name was Ella and she was nice and explained what we where going to do and some rules. Our first activity was to have a look at the secondary student's art work and without touching it, to look and to think what the feel of it is, is it rough, smooth and lots of others. Once you get three pictures straight in a line.

Thirdly, we went to do print painting and that was really fun. What we had to do is get a piece of Palestine tills, which we used a pencil to make a style on it. Then we, coloured it in paint and pushed it on to the paper and used masked tap to make fine edges. After that, the other group came and they started to have lunch will we had one more activity to do and that was to get into a circle and role a string and only talk when you have it. You had to tell everyone what your favourite part was of being there. Then our group had lunch with the other group. And finally, our group got ready and we went back to the school by tube again.

Annabella, Turquoise class



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Arsenal Hub

The Arsenal visit! On Friday 28th April 2017, Years 3, 4 and 5 had some Arsenal community visitors coming to do an amazing assembly for us. When we went in the hall, there were two coaches from Arsenal standing in front of us with the Arsenal kit on.

The first thing that they did was tell us their names and where they came from. "My name is Chris and that is Joseph's one of them said. They were teaching us about diversity and discussing how important it is to accept people for being different and the same. We had to do a quiz about where the Arsenal players were from and what food they enjoyed. It was a very fun assembly.

By Bianca, Turquoise class



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NSPCC

The NSPCC visited our school On Tuesday the 25th of April and delivered their Speak out. Stay safe. assembly to KS1 & KS2 and workshops to Year 5 & 6 to share information with your child about how they can keep themselves safe from harm and get help if they have any worries.

It was a very worthwhile and empowering session for both pupils and teachers. They spoke to the children and staff about the valuable work they do across the country, and talked about how important it is for everyone in our school community to join them in their 'fight for every childhood'.

If you'd like to know more about the NSPCC's work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website [nspcc.org.uk/preventing-abuse/keeping-children-safe](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe).



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Rosary



Please join the Pupil Chaplains as they lead the school each week on Wednesday before school during the month of May with a decade of the Rosary. The Glorious Mysteries have been concentrated on and each story retold and reflected on. We look forward to seeing you there at 08.40am in the KS2 Hall

Thank you to our team of Pupil Chaplains.

≡♡♡♡≡
Mother's Day
AFTERNOON TEA



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Not really a hello, more a 'GDay' to Miss O'Dywer who is changing roles this term so that she can assume the position of Emerald Class Teacher until the end of the Summer Term. Miss O'Dywer is an experienced teacher who is in her second year of teaching at St Joseph's. As an Australian, she was very proud to represent her country, playing at a recent football match in France. Maybe she can give some tips to our school football teams!



As many of you will know we said goodbye to Mrs Folan, one of our class teachers, who left us to take up a class teaching post in another borough at Easter. Mrs Folan taught at St Joseph's for nearly thirteen years, teaching children in Foundation Stage, Key Stage 1 and Key Stage 2. She was highly committed to the children in her care and I am sure that many of you will have fond memories of her. Mrs Folan was also instrumental in the school being awarded the Primary Science Silver Quality Mark last year. We wish Mrs Folan the best of luck in the next stage of her career and thank her for all her hard work and service to St Joseph's over the last twelve years.

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new books



We have just received the first instalment of new books for the library. We have the new Robin Stevens book 'Cream Buns and Crime' and Piers Torday's 'The Wild Beyond' among others. More are on the way. Thank you to everyone who continues to support our book fairs so that we can keep our library growing.

Please encourage the children to log-on to our **Reading Cloud** to explore all the books we have in our fantastic library. You can find the link to the Reading Cloud and the Library blog at www.ilovereadingatstjosephs.blogspot.com or through the school website following Library under the 'About Us' tab. Log-on to keep up with all the news about literary events.



SCHOLASTIC

CONGRATULATIONS!

St Josephs RC Primary School

**Our Scholastic
Book Fair has raised
£964**

**in FREE BOOKS
for our school!**



**THANK YOU to everyone who
attended and helped at our
Scholastic Book Fair**

Date of Book Fair: March 2017

Account Number: 4501763 Scholastic Book Fair Coordinator: Bernadette Duggan

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David Walliams

We have been offered a brilliant opportunity for our Year 5 children to see David Walliams, comedian, actor and best-selling children's author of popular books such as 'Gangsta Granny', 'Demon Dentist' and 'Grandpa's Great Escape', at Highgate School on Wednesday 17th May.

A letter will be sent out soon with all the details. They really can't wait!



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Thanks for all your help with our Active Kids 2017 collection. We're now in the last stages and we'd love your support. So please donate them to us no later than 30th June.

Remember, the more vouchers you donate, the more new cooking and sports equipment, and experiences we can exchange.

We hope you'll give our collection a final push and donate your last few Active Kids vouchers. Your support makes a real difference.



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Environmental Education Project

April
2017

We are all really enjoying the joys of spring and caring for our school gardens after a mild and dry Easter break. We are continuing to sow a wide variety of fruit, vegetable and herbs seeds as well as nurturing the little seedlings growing in our greenhouse. Come and have a look at what we are growing.

Family Plots

Of the five family plots, we now only have one left which is available for 'leasing' this year, free of charge, to grow your favourite fruit, vegetables and herbs in. The growing season has begun, so please contact the office as soon as possible if you are interested in this great opportunity.



Highgate Horticultural Society's Spring Show

On Saturday 1st April, the Highgate Horticultural Society hosted their 52nd Spring Show in Highgate Village. We entered their spring competition for the very first time with beautiful, spring inspired Easter cards, hand drawn by all the children in year 1 and several tulips that the Naturehood Club children had planted.

Congratulations to all the children who took part. Fantastic news, St Joseph's won two cups which the Mayor of Camden presented!

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Naturehood Club

We have had a fantastically productive and enjoyable spring term; planting up hanging baskets, planting potatoes, painting spring inspired signs, sowing seeds, planting bulbs and more...

Thank you to all the children and parents who have attended and made a truly positive difference to our school grounds. We look forward to a fun filled summer term, filled with growing activities.

Sunflower Days

Our annual Sunflower days, during the month of May, will give all children at St Joseph's the opportunity to sow a pot of Sunflower seeds to take home, nurture and watch grow. A donation toward the cost of the seeds, pots and compost is much appreciated. Happy sowing and growing everyone.

Please remember to give your Sunflowers plenty of room around their roots if they are to grow into really tall, strong plants. We have several larger pots to give away and they will be available to take after school each Wednesday outside the potting shed near the greenhouse. Please help yourself to the larger pots if your sunflowers will continue to live in a pot.



Rabbit Holiday Care

A very BIG THANK YOU to the family/staff who came in over the Easter Holiday to care for our Rabbits. We all really appreciate your support.

With a very small pool of people now on our list, we are appealing for more families to help out with the rabbits' holiday care, particularly over the long, summer holiday.

Please, please let the office know if you can spare an hour over the holidays to help us. Training will be provided for all volunteering families. Thank you.



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St Joseph's Catholic Primary School Healthier Packed Lunches for Children

At St Joseph's, we believe that our children need to eat well in order to grow, develop and be healthy and active. We know that a healthy, enjoyable lunch gives children the energy and nutrients they need to learn and play at school. This is why we have designed our very own 'Healthier Packed Lunches for Children' leaflet. It provides information on how to pack a healthier lunch and follows the government's packed lunch guidelines. In order to empower our pupils, representatives from our Health & Education department shall be visiting the dining halls on a weekly basis encouraging children to make healthy choices.

What you need to know

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.



This leaflet provides information on how to pack a healthier lunch. The information in this leaflet follows the government's packed lunch guidelines.

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What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients to be found in our food group:

Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, yam. Starchy foods give energy, fibre, vitamins and minerals.

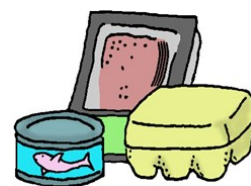
- ◆ Bread: try different types, such as sliced bread, pitta bread, wraps, bread rolls, bagels or soda bread.
- ◆ Other starchy foods: such as pasta, potato, rice or noodles.
- ◆ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



Meat and Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ◆ Lean meats: such as chicken, turkey or ham. Include oily fish, such as sardines or mackerel at least once every three weeks.
- ◆ Egg: such as quiche or omelette.
- ◆ Meat alternatives: such as quorn or tofu.
- ◆ Dishes containing pulses, beans or meat, for example hummus or bean salad.
- ◆ Meat products such as sausage rolls, sausages and chipolatas, pies and pastries, fried foods should not be included more than once a fortnight.
- ◆ Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.



Milk and Dairy Foods

Include a dairy product or dairy alternative, such as fromage frais or yoghurt drink. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

- ◆ Lower fat varieties are healthier.



Fruit and Vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- ◆ Add tomato, lettuce, cucumber or sweetcorn to a sandwich.
- ◆ A vegetable dish, such as salad.
- ◆ Fresh fruit, such as apple, banana, pear or Satsuma's.
- ◆ Dried fruit, such as raisins, apricots or dates.
- ◆ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ◆ Finger foods, such as cucumber sticks, slices of pepper or celery. Good with a dip, such as houmous or guacamole.
- ◆ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!
- ◆ All packed lunches should contain at least one portion of fruit and one portion of vegetable or salad.



Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.

- ◆ Other healthy drinks such as milk, pure 100% juice, fruit smoothie or yoghurt or milk drink can also be included.



Snacks and Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

For a healthier snack

- ◆ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad.
- ◆ Replace cakes and pastries with fruit bread, malt loaf or fruit bagel.
- ◆ Replace salted savoury snacks with rice cakes, breadsticks or plain popcorn.
- ◆ Packed lunches should not contain fizzy drinks.



Practical Tips for a Healthy Lunchbox

- ◆ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ◆ Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.
- ◆ Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable.
- ◆ If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of whole meal bread.
- ◆ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.
- ◆ You can use leftovers; for example, rice and curry, vegetable pizza or pasta and sauce.
- ◆ Make a salad using rice, potato or pasta from the night before, mixed with vegetables, beans and so on
- ◆ The school has a no nuts policy as some children are allergic to these.

For more information and advice go to:

www.eatwell.gov.uk/
[www.schoolfoodtrust.org.uk/
packedlunches/](http://www.schoolfoodtrust.org.uk/packedlunches/)

Contact Information

office@st-josephs.islington.sch.uk



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HAPPY BIRTHDAY

Happy birthday to the following children who have and will be celebrating their birthday this month.

Nursery	Gilbey, Bethany, Crosby, Chinuo, Luombe, Thomas, Nancy, Shayla, Giulia & Asuadoba
Reception	Harry, Mathilde, Juliette, Jack, Tafari, Antoni & Lana Grace
Year 1	Harry, Leo Stefan, Naima & Tiffany
Year 2	Oliver, Darragh, Aoife, Emilia & Sienna
Year 3	Giselle, Aaliyah, Alexander W & Henry
Year 4	Eadie & Addison
Year 5	Henok, Alice & Calum
Year 6	Destiny, Priscilla & Charles



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Safeguarding at St Joseph's



At St Joseph's the safety and wellbeing of your child is of paramount importance.

We believe that all children have the right to be protected from harm and it is our legal duty to protect the children in our care.

There are three members of staff who are identified as Designated Safeguarding Leads: Miss McFlynn, Mrs Noronha and Mrs Gerardo.

One member of staff is designated for After School Club who is Ms Murphy.

All staff and volunteers have a responsibility to report any concerns they may have about a child to one of the Designated Safeguarding Leads.

All suspicions and allegations of abuse will be taken seriously and responded to swiftly.

Sometimes it may be necessary for the school to refer the matter onto another service such as Children's Services or the Police. The school is legally obliged to do so and it is done to protect your child from significant harm.

We appreciate your co-operation with matters of child protection and seek to minimise the distress it may cause.

Please rest assured that all action taken is done so in the best interests of your child, and our aim is to work in partnership with you, signposting you to supportive agencies where necessary, but at all times keeping the need to safeguard your child at the forefront of what we do.

If you have any concerns about a child please do not hesitate to contact Miss McFlynn or Mrs Noronha, who will be happy to meet with you to discuss the situation further.



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May 2017 Calendar of Events

Date	Time	Event
01/05/2017		Bank Holiday
03/05/2017	08.30	Rosary
04/05/2017	09.30	Orange Class Liturgy of Word
05/05/2017	09.30	Green Class Assembly
10/05/2017	08.30	Rosary
16/05/2017	09.30	Sapphire Class Liturgy of Word
17/05/2017	08.30	Rosary
19/05/2017	09.30	Tanzanite Class Assembly
28/05/2017 - 04/06/2017		Summer Half Term Holiday

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