



Headlines

St John Fisher R.C. Primary School Spring Term 2022/23
school@st-johnfisher.merton.sch.uk

Week Beginning – 16th January

Monday 16th

YrR—Balance Bike Training

Tuesday 17th

YrR—Balance Bike Training

Understanding and supporting your child's sleep – What Parents Need to Know—Online Webinar 7:30pm (see P4)

Wednesday 18th

YrR—Balance Bike Training

Thursday 19th

Friday 20th

St Nicholas Class Mass—9am

(parents and carers of children in 3STN are welcome to attend)

Cinema Afternoon **EARTH** House *(children in EARTH House can bring in a comfy cushion/blanket and a snack (no nuts) to enjoy during the film.)*

It has been a busy and productive first full week back at school with new topics and areas of learning well underway.

I'm sure that many of us are already feeling the strain of keeping new year's promises and resolutions, including those around keeping fit, healthy and active.

During Monday's assembly we thought about how we keep a vital part of our bodies fit and healthy...OUR BRAINS!

Many of us enjoy problem solving challenges such as cross-words, Sudoku and the 80's classic, the Rubik's Cube. However, what we may be unaware of is how well these help to keep our brains as fit and active and ready to learn.

This week's BBL challenge was *'Keeping our brain active and healthy by trying to solve problems'* and we have certainly had plenty of opportunities to do this through all areas of the curriculum.

We also discussed and enjoyed solving some 'brain teaser' riddles, another great way to stretch and challenge our brains and our thinking.

Brain teasers and riddles are also a great way of being social (and maybe a little competitive) so this weekend why not visit some of the great websites available for these kind of activities and take on a family brain teaser challenge.

IMPORTANT INFORMATION:

If a child chooses packed lunch/school meal they must remain on that option for the whole week.

A number of children are choosing to have a hot meal only on one day which has caused a number of issues as Caterlink have to order stock in advance.

Letters Home:

Safeguarding information—whole school
Swimming—4STJ

Google Classroom Update—whole school

Happy Birthday

Mollie F, Adela J, Dora M,
Matthew L, Vedha SR,
Veronica D, Victoria D,
Jorge H, Riley O'K, Ezra B,
Henry E, Benjamin G.

Is your child struggling with managing their emotions at home sometimes, losing control or struggling to listen at times?

Is your child sometimes getting anxious or upset when separating from you in the morning or at bed-time? Expressing other anxieties and not getting support elsewhere?

Our NHS Wellbeing Support Service offers Parents 6-8 sessions to work through these and other very common childhood behaviour challenges. Email InfoMerton@swlstg.nhs.uk or speak to a member of school staff for a one page application and information form.

Designated Safeguarding Leaders

Ms J Kenna

DSL

Mrs C Ellerker

Deputy DSL

Miss C Higgins

Deputy DSL



If you have any concerns about a child please contact school@st-johnfisher.merton.sch.uk

BUILDBETTER LEARNING



These pupils keep their brains active and healthy by trying to solve problems

St Scholastica - Richard M

St Aidan - Ava W

St Ninian - Sasha T

St Teresa - Maria J

St James - Anna S

St Osmund - Ben W

St Hugh - Robin McC

St Nicholas - Macy A

St Francis - Alfie L-G

St Ignatius - Bronte L

St Susanna - Noah F

St Helena - Finbar M

St Elizabeth - Harry MM

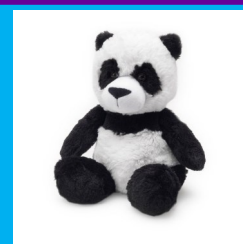
St Rose - Dario J

Nursery - Jayden de W d'O

Attendance Percentage week beginning 4th January 2023

Class		Week commencing 04/01/23	Week commencing 12/12/22
St Rose		96.70	90.00
St Elizabeth		95.60	100.00
St Susanna		92.80	90.00
St Helena		98.90	94.00
St Francis		96.30	93.70
St Ignatius		100.00	93.70
St Nicholas		98.90	93.10
St Hugh		96.40	89.70
St James		97.20	89.70
St Osmund		98.90	95.00
St Teresa		90.60	91.30
St Ninian		94.40	91.00
St Aidan		94.40	89.00
St Scholastica		86.20	88.30
Overall		95.50	91.50

Best Class - St Ignatius



WELL DONE

????

**for being on time,
in class and
ready to learn
every morning.**

This week's overall
winner of Ms Kenna's
BIG PENCIL.....

**** XXXX ****

St. John Fisher took part in the Mor-den Cluster Tag Rugby competition this week. We entered two teams and both did incredibly well to make their way to the final match, which meant we had an all SJF final! Congratulations to all to the players who displayed some wonderful rugby skills on the day.



Merton Wellbeing Support Service

Supporting Children's Wellbeing Workshops 2022/23

Our NHSin-School Service offers all of our parents' workshops on a range of child wellbeing and mental health topics. See below for dates and details of their workshops running this academic year. We encourage parents to attend to support joint school and home approaches to support positive wellbeing.

The sessions aim to give information, usable skills, strategies and resources for supporting children's wellbeing and mental health. The service also offers 1:1 sessions with parents to support common child anxieties or common behaviour challenges, one page application forms are on the school website, use the email below or speak with a member of staff.

Workshop	Date/Time
Supporting the emotional wellbeing of your child when starting at primary school - Reception and Year 1 Parents Welcome Workshop	Tuesday 20 th of September 2022 at 7.30-8.30pm
Autumn Term: Getting into School – Common Challenges and Supporting School Avoidance	Tuesday 4 th of October 2022 at 7.30pm-8.30pm
Autumn Term: Supporting Big Emotions at Home and School – The Zones of Regulation	Thursday 17 th of November 2022 7.30pm-8.30pm
Spring Term: Understanding and supporting your child's sleep – What Parents Need to Know	Tuesday 17 th of January 2023 7.30pm-8.30pm
Spring Term: Supporting Common Childhood Anxieties and Worries – Ideas and Tools for Parents	Thursday 23 rd of March 2023 7.30pm-8.30pm
Year 6 Parents – Worry Ninja Parent Workshops to work alongside PSHE sessions – Supporting the Transition to Secondary School	TBC – multiple dates

Sign up for the Merton exclusive workshop series for free here:
<https://www.eventbrite.com/cc/wellbeing-workshop-series-merton-primary-parents-682309>

Any questions, contact: InfoMertonWP@swlstg.nhs.uk

Find additional resources and webinars here on our youtube channel: [Children & Young People's Wellbeing Service - YouTube](#)



OPEN every Wednesday

All are welcome at

The Open Table

Food surplus café

Hot meal just pay as you feel!

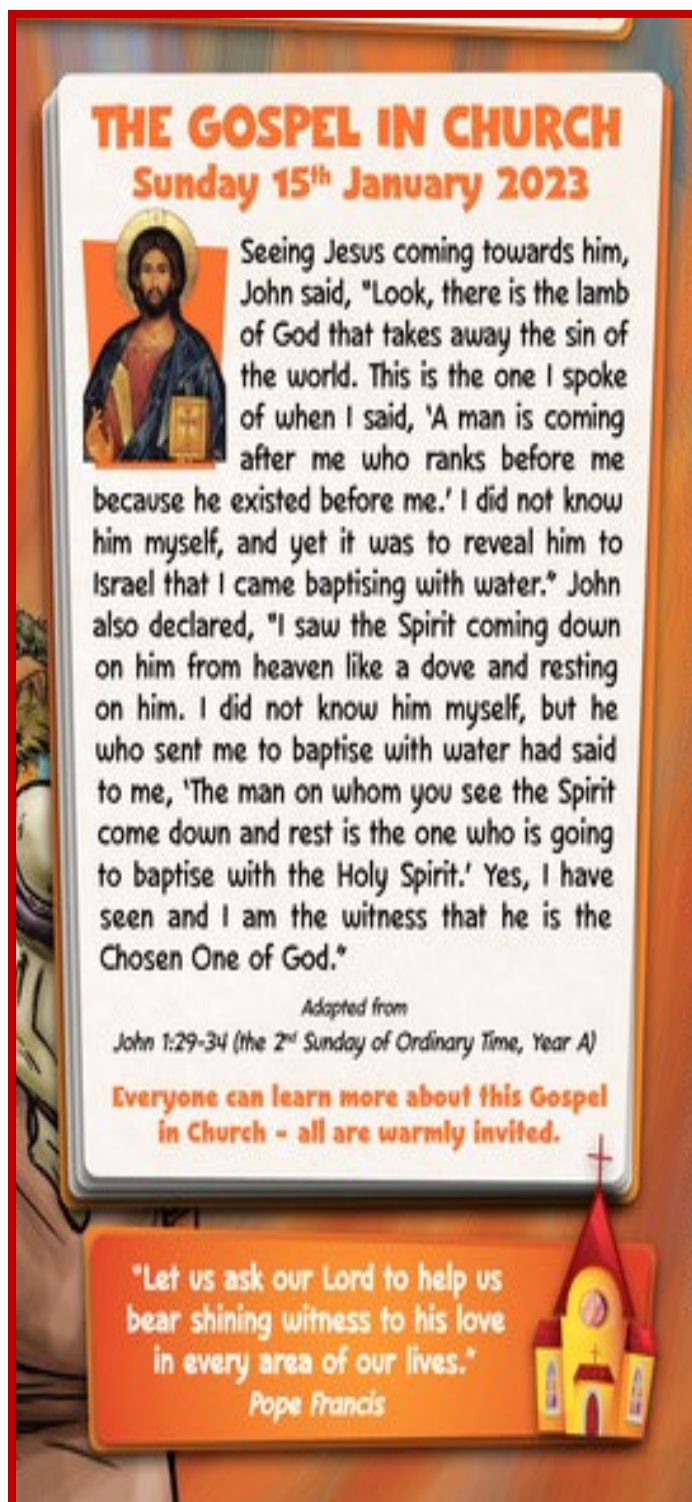
Every Wednesday 11.30am - 2pm

**Martin Way
Methodist Church
Buckleigh Avenue
Merton Park
SW20 9JZ**

The Open Table


Friendship and food are meant for sharing

We are open every Wednesday 11.30am-2pm and our primary focus is to cook up surplus food that would previously have gone to landfill into nutritious and hot meals to serve to anyone who wishes to come along. Donation is entirely discretionary as, by eating, a customer is doing their bit to save the planet. We are also aware that many families are struggling at the current time and the opportunity to meet friends in a warm space where you are able to obtain either a mid morning hot drink and cake, a hot meal or food to take home could be extremely beneficial



THE GOSPEL IN CHURCH

Sunday 15th January 2023




Seeing Jesus coming towards him, John said, "Look, there is the lamb of God that takes away the sin of the world. This is the one I spoke of when I said, 'A man is coming after me who ranks before me because he existed before me.' I did not know him myself, and yet it was to reveal him to Israel that I came baptising with water." John also declared, "I saw the Spirit coming down on him from heaven like a dove and resting on him. I did not know him myself, but he who sent me to baptise with water had said to me, 'The man on whom you see the Spirit come down and rest is the one who is going to baptise with the Holy Spirit.' Yes, I have seen and I am the witness that he is the Chosen One of God."

*Adapted from
John 1:29-34 (the 2nd Sunday of Ordinary Time, Year A)*

Everyone can learn more about this Gospel in Church - all are warmly invited.

"Let us ask our Lord to help us bear shining witness to his love in every area of our lives."
Pope Francis



Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
French Bread Pizza	Chicken Pie with New Potatoes	Roast of the Day with Stuffing Ball Roast Potatoes and Gravy	Vegan Bolognese with Spaghetti and Garlic Bread	Fishfingers with Chips
Vegetable Curry and Rice	Guorn Sausage Mashed Potato and Gravy	Roast Guorn, Roast Potatoes, Stuffing & Gravy	Vegan Meatballs in Tomato Sauce with Rice	Cheese and Bean Pasty with Chips
Peas Carrots	Broccoli Sweetcorn	Carrots Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
Oaty Cookie	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Raspberry Jelly with Mandarins
Or a choice of Yoghurt & Fresh Fruit available daily				