



Stocksbridge Junior School



Issue No. 625

21/03/2025

It's that time of year again when the corridors and classrooms have been glowing with Comic Relief red, making a change from our usual SJS blue. Our children have enjoyed raising money for Comic Relief by 'doing something funny for money' and, as usual, our SJS families have responded generously, giving to this worthy charity.

Red Nose Day always brings fun into school, whilst allowing us to talk about helping those in need. Comic Relief supports incredible projects and organisations who are making a difference for people across the UK and around the world.

The money raised will help support people struggling with the cost-of-living crisis and tackle issues such as homelessness, mental health problems, and food poverty here in the UK and around the world.

RED NOSE DAY

SJS STARS OF THE WEEK

- Y3MR: Alice
 - Y4CH: Flora
 - Y5CS: Alivia
 - Y6RD: Eliza
 - Y3CB: Naoise
 - Y4GG: Bronte
 - Y5HK/CG: Matilda
 - Y6LR: Maisie
- Cedarwood Yard: Archie
Ball Games Yard: Charlie
- Attendance & Punctuality: Alisha
Dining Hall: Aria

NEW WORD MILLIONAIRE

Congratulations to Aroussia in Year 5, who has read her way onto our roll of Word Millionaires!

Y5 LIBRARY TRIP

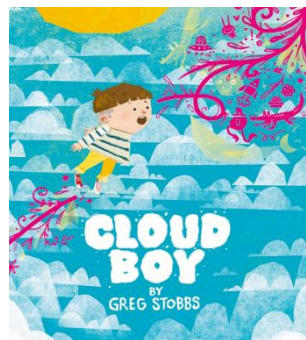
On Tuesday, children in Y5HK/CG enjoyed a visit to Stocksbridge Library. Our pupils enjoyed browsing all of the books that the library has to offer and children who brought their library card, or signed up to the library on the day, were able to take out some books. We found lots of books in the library which captured our interests, including lots of books about famous footballers which we are now enjoying reading. (The real challenge was carrying all of our amazing new books back up the hill to school!) We hope to carry out more class visits to the library next term.



It's worth remembering that:

- It is free to sign up to the library!
- You can take out up to 20 books!
- If Stocksbridge Library does not have a book in stock that you are looking for, they can usually order it for you from another library.
- Stocksbridge Library is going to start running a Saturday book group for children which is free to attend. Please contact the library for further details.

BOOK OF THE WEEK



This week's book of the week has been chosen by Mrs Woods! "Cloud Boy" by Greg Stobbs is a charming and fun read that follows Bobby, a boy with a quirky superpower—he floats into the sky whenever he daydreams, he has ADHD! It's a neat way to show how our thoughts can sometimes take us away from what's happening around us.

Bobby's friends notice he tends to float off when they need him most, and together they figure out how to keep him grounded. This story really captures the spirit of friendship and the importance of embracing each other's unique traits.

Stobbs's writing is playful and the illustrations are delightful, making it a joy to read. "Cloud Boy" is a beautiful reminder that it's okay to be different and that true friends support each other, no matter what. I highly recommend this book to anyone looking for a sweet story about imagination and friendship!

EASTER EGG COMPETITION REMINDER

We are so pleased to be able to host our traditional Easter Egg competition this year. Entries are beginning to trickle into school – do keep them coming as we have seen some cracking entries so far!

Any last-minute entries need to be brought into school no later than 3:10pm on Wednesday 26th March.

The winning entries will be announced before school closes for Easter.

We look forward to seeing your egg-straordinary entries!

NEXT WEEK'S PE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
Y3MR (Maths) Y6RD	Y3CB (Maths) Y5CS	Y6LR		Y5HK/CG Y4 Y4GG Swimming

NEXT WEEK'S MENU

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Hot Dog with Wedges	Chicken Pie with Creamy Mash	Roast Gammon, Mash Potato, Yorkshire Pudding and Gravy	Lasagne with Garlic Bread	Fish Fingers with Chips
VEGETARIAN MAIN DISH	Quorn Hot Dog with Wedges	Tomato Pasta Bake with Crusty Bread	Quorn Roast, Mash Potato, Yorkshire Pudding and Gravy	Quorn Lasagne with Garlic Bread	Cheese Pinwheel
ACCOMPANIMENTS 5 A DAY	Peas Carrots Salad Bar	Sweetcorn Salad Bar	Cauliflower Cabbage Salad Bar	Broccoli Salad Bar	Mushy Peas Curry Sauce Salad Bar
DESSERTS	Lemon Shortbread	Flapjack	Chocolate Sponge & Custard	Fruit in Jelly	Ice Cream
FRESH FRUIT OR YOGHURT	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 or Cheese and Ham Panini	Jacket Potato or Cheese Roll	Jacket Potato	Jacket, Cheese or Ham Wrap	Jacket Potato

EVENTS COMING UP...

March 24 Y4 Magna Trip	25 Read Around the World: Earliest arrival at your 4th destination	26 Easter Egg Competition Deadline	27	28 Non-Uniform Day (£1) Y4GG Swimming
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--- Weeks Beginning Monday 31st March & Monday 7th April: Easter Holidays ---

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

SUMMER 1: AFTER SCHOOL CLUBS W/C 14TH APRIL - W/C 19TH MAY

Clubs go live on ParentMail at 6pm on 24/3/25



1 Monday - Choir 3.15pm -4.00pm

Choir will continue with Mrs Shaw in the mobile classrooms, we do love to hear those beautiful harmonies! (Please email if your child would like a place).

2 Monday - Y5 & Y6 Rounders 3.15pm - 4.15pm

Rounders will be introduced by Mr Tee. This club is for selected Y5 & Y6 children, ahead of upcoming Rounders competitions in the Summer Term. (You will receive a message on ParentMail if your child is selected).



3 Tuesday - Movie Club 3.15pm - 4.15pm

If you love watching movies, join Mr. Bundrick's Movie Club! Enjoy great films, share your reviews, and snack along the way!



4 Tuesday - Y5/Y6 Netball 3.15pm - 4.15pm



Netball will be on offer every Tuesday with Mrs Gaymond. Come along and build up those skills whilst having lots of fun!

5 Wednesday - Pottery Painting 3.15pm - 4.15pm

Exciting news!!! We have The Kiln back with us every Wednesday to get creative with some pottery painting! (Due to demand preference will be given to children who have not yet taken part)



6 Thursday - Y3 & Y4 Multi-Sports Club 3.15pm - 4.15pm

We will be joined by On The Move for our Y3 & Y4 multi-sports club. This club will consist of a different sporting activity each week, to keep us on our toes!



7 Thursday - Creativity Club 3.15pm - 4.15pm

Join our brand new Creativity Club. Each week there will be a fun mix of drama and arts and crafts to spark your imagination!



Stocksbridge
Junior School

SUPPORTING PARENTS WITH THE TRANSITION TO SECONDARY SCHOOL

The weather is getting warmer, and the flowers are starting to bloom. It is getting to that time of year when your child will be thinking about their next steps and moving on to Secondary school. We are aware that this can be a time of excitement, looking forward to new experiences and challenges and that this also can provoke feelings of anxiety and worry at times. We also know that although many parents/carers may feel fine about transitions you may also have concerns and worries about your child moving on. We would like to support you with this process and invite you to a workshop to support you to support yourselves and your child with their move up to secondary school.

The session will be facilitated jointly by Stocksbridge Junior School and Sheffield MHST (Sheffield Mental Health Support Team)

Facilitators: Jane Lea-Jones and Angela Manning

Date: Wednesday 25th June.

A choice of either: Workshop 1: 9:00-9:45am or Workshop 2: 3:30-4:15pm

CHILDREN'S UNIVERSITY

Sheffield Children's University have combined forces once again with friends at Barnsley Children's University, Doncaster Children's University and Rotherham Children's University for ideas of things to do, places to visit right across the region, or even HUNDREDS of Home Learning Challenges that can earn CU credits without venturing too far from home.

Find activities including trails, dance, drama, arts and crafts, science, technology, coding, engineering, music, sports, climbing, woodland activities, gaming, English and maths support, circus skills, history, and more, plus links to hundreds of home learning challenges too! All the activities will earn CU credits.

The newsletter can be downloaded from <https://bit.ly/SYCUActivityNewsletter-Easter2025>



Need ideas for family activities during the school holidays? We've got you covered with our bumper edition...

**SOUTH YORKSHIRE
CHILDREN'S UNIVERSITY
HOLIDAY ACTIVITY
NEWSLETTER!**

Download it here:
<https://bit.ly/SYCUActivityNewsletter-Easter2025>

Earn CU Awards for doing the things you love right across South Yorkshire

FOX VALLEY DRAWING COMPETITION



Entry forms are available from The Old George café, Holland & Barrett and Regatta. Entry forms are then to be posted in the box in Zorro. Entries close on 30th March with the winner announced on 1st April.

Sleep Hygiene: The Facts

Sleep plays a crucial role in the development of children's minds and is essential for their mental and physical health. Sleep allows a child's mind to digest and make sense of the day's events. It prepares their brain for learning new things the next day. Simply put, getting the proper amount of sleep helps them to cope better with whatever life brings their way. A child who consistently gets a good night's sleep is more likely to be mentally alert, have more energy during the day, and reach their full potential.

How much sleep does a child need?

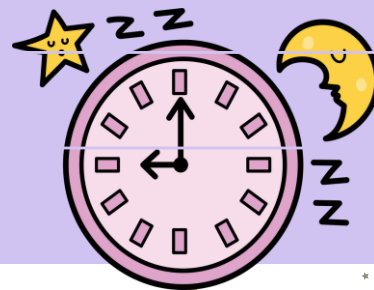
The amount of sleep a child might need depends on their age. It is normal for a child to take 20-30 minutes to get to sleep, so bedtime should be half an hour before the ideal sleep time. A good sleep routine should start an hour before bedtime. Listed below are some recommended bedtimes, as advised by the Sleep Foundation (2024).

Age	Recommended hours of sleep
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3-5 years	10-13 hours (including naps)
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6-12 years	9-12 hours
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13-18 years	8-10 hours
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What helps support a good bedtime routine?

A good bedtime routine can look different in many households; it is important to consider the differing needs of your child or children. We appreciate that there is not always a one-way works for all, however, several things are widely recognised as helpful in most circumstances.

1) Consistency and structure

A routine that follows the same pattern supports younger children to predict what is coming next. Collaborating with your child on activities that support sleep will help them to feel involved.

2) A sleep-focused bedroom environment

A dark, quiet, tidy bedroom is ideal for feeling safe and comfortable at bedtime. Room dividers or curtains may help to reduce distractions if your child shares a bedroom. Removing distractions such as mobile phones or televisions will support the brain's adjustment to sleep.

3) Nutrition and exercise

Certain foods can encourage sleep, such as bananas, porridge, and cherries. It is highly recommended to avoid sugary or caffeinated foods or drinks at bedtime to support the transition to sleep. Exercising during the daytime often helps sleep but try not to implement this just before bedtime.

Sleep Hygiene: Frequently Asked Questions

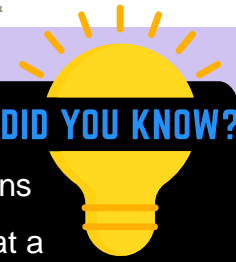
“At bedtime my child often wants to discuss their worries, what can I do?”

One thing we usually suggest is delaying speaking about the worry until the following morning. This is known as ‘worry time’, an agreed specific time in the day for your child to share their concerns. Children often feel reassured that they will have a specific time to talk about their worry with their trusted adult. When morning comes, children often find that they are no longer worrying about that problem.

“How do I get my child to sleep before midnight?”

During puberty, children start to secrete melatonin later at night than they did in earlier childhood. This affects their circadian rhythm. It means that your child may want to go to bed later at night and get up later in the morning.

- Encouraging your child to go to bed and get up around the same time every day, even on the weekend, can help your child’s internal body clock get into a rhythm.
- Where possible, allow plenty of time – for example, an hour – for your child to wind down before lights out. Quiet activities like reading a book or magazine, drawing, or writing might be helpful for your child as they begin to unwind from the day.



Did you know that animals sleep in different ways? For example, some animals like dolphins and whales sleep with only half of their brain at a time, while the other half stays awake to help them swim and breathe. **DID YOU KNOW?**

Sleep is an important biological function that supports the brain’s daily growth and development. It can be affected by so many factors, but there are lots of things we can do to try and support children and young people with their sleep.

We hope that some of the information contained here is useful to you. Should you need anything further we have included some useful links to national sleep charities below:

The Sleep Charity– www.thesleepcharity.org.uk

Offering support and guidance to children and adults to support better sleep.

Teen Sleep Hub – www.teensleephub.org.uk

Supporting the sleep needs of teens and young people.

Cerebra – www.cerebra.org.uk

A charity supporting the additional sleep needs of children with a brain related condition.