



St John Vianney Catholic Primary School

NEWSLETTER

Friday 15th March 2024



Dear Parents,

**“Let us ask for the grace to follow Jesus faithfully, not in words but in deeds.”
Pope Francis**

We can follow Jesus in the simple things we do in our lives every day, and make life better for all the family and everyone around us.

This week we have been very busy with Year 4 parents evening, thank you to everyone that turned up and shared the great work that their child has achieved so far this year. Many parents were proud of all their child had achieved so far. Keep up the great work Year 4.

Year 4 went from strength to strength and showed their many talents by delivering an amazing assembly about their mothers. The music system did not work properly and the children sang without accompaniment- they just blew me away with their talent. Many mums left with tears of joy from the lovely words shared, the beautiful PowerPoint and the amazing singing. I am so proud of you all and a big thank you to Mrs Connolly and Mrs Honey for your hard work behind the scenes.

Year 3 had a sacramental meeting with Fr Des in Church which was a lovely evening. Fr Des is able to name everyone who has attended the meetings and it has been lovely to see the Year group of parents grow together on their own personal faith journey.

Year 6 had a penitential service which was truly moving and demonstrated parental, pupil and sponsor commitment to their faith. Lots of parents spoke favourably about the evening and how this was developing their own faith. The children read so well and it was a pleasure seeing the extended community together in Church.

The Mass at the weekend was mainly led by Year 3 who read so clearly and confidently they are starting to look like Year 4s. There were a few Year 4 at Mass who read clearly too.

Fr Des is encouraging us all to return to Church and celebrate our faith as he says he has 2 words **“Every Sunday”**.



Today we had our St Patrick's day celebrations and our chance to raise money for our many charities. It was a fun morning watching our dancers and Miss Maggie's Celtica dancers. I am so grateful to them all for their time and support. Thank you to all the parents who were able to help us with tea coffee and buttering bread and scones. We really appreciate your support in making this day a celebration. Happy St Patrick's day for Sunday.

The children had fun this afternoon continuing with their fundraising by our SJV TALENT show. They showcased their many talents and helped to raise more money for our charities.

Next week we will have a raffle to win chocolate and a cuddly toy. Please send in £1 and the raffle will be drawn on Wednesday.





Parking

Please remember to park safely

Do not park across someone's drive even for a minute!

Do not park on the bend

Do not park right by the school – keep the road clear and walk a little way



Maths workshops

17th April Year 3 and 4 parents 6pm to 7pm

22nd April Year 2 parents/adult and child 9-9:30

29th April Year 1 parents/ adult and child 9-9:30

7th May Year R parents/ adult and child 9-9:30

Inspire Workshops

18th April Year 3

25th April Year 6

Phonics workshop

10th April 9.00-9.30 a.m. - Year 1 - parents and children

17th April 9.00-9.30 a.m. - Reception - parents and children

Reading Cafes - 8.45 - 9.30 a.m.

9th April - Year 3

11th April - Year 4

16th April - Year 5

19th April - Year 6



11th May - First Holy Communion

18th May - Year 3 - dress up again to receive certificates at 6pm Mass

23rd May - Confirmation



When dropping off or collecting from Owls Club, please phone the school telephone - 02476 464088 - and press option 3.

To keep your child safe when collecting, please make sure you stand at the school gate so the staff can clearly see you.

Please do not wait in cars.

SJV Owls Club

SJV Owls Club which provides before and after school care for the children of St John Vianney School. The charges for Owls Club are as follows:

Morning session - 7.30 to 8.30 a.m. - £5.00 (includes a light breakfast)

Afternoon session - 3.15 to 4.15 p.m. - £5.00 (includes a snack)

Late afternoon session - 3.15 to 5.30 p.m. - £7.50 (includes a snack)

If you are interested in your child attending Owls Club and would like more information please email owls@sjv.coventry.sch.uk or phone the school office.



SJV Owls Activity Club

Owls Club are now also offering after school sessions as follows:

Maximum number in the group 30. Activities are open to all children in school from Nursery to Year 6

Monday 3:15 - 4:15 p.m. - **Lego Club** – play with Lego and use Lego interactive with the school computers

Tuesday 3:15 - 4:15 p.m. - **Computer Club** - Bee-bots, computers and tablets

Wednesday 3:15 - 4:15 p.m. – **Art Club**

Thursday 3:15 - 4:15 p.m. - **Games night** - Bingo, cards, dominoes, board games

Friday 3.15 - 4:15 p.m. - **Homework club**- reading and support with homework

Sessions will be charged at £5.00 per session payable via Arbor.



Late Collection

If you are more than 10 minutes late collecting your child at the end of the school day, they will be put into Owls Club and you will be invoiced for the session.

Free School Meals

If you think that you may qualify for free school meals, even if your child is in KS1 or does not want to receive school meals, please take the time to apply as the school will receive additional funding if you qualify.

Please apply at: **Free School Meals – Coventry City Council**

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Dates may be subject to change – please check your emails regularly



Monday, 18th March

Choir - KS2 - Lunch

Dance - KS2 - 3.15 to 4.00 p.m.

Tuesday, 19th March

Creative Flair Music - Reception Class - Lunch

Recorder Club - KS2 - 3.15 to 4.00 p.m.

Boys Football Squad training - Years 5 & 6 - 3.15-4.15 p.m. **-NO SESSION**

Girls Football Match - away v Allesley Hall

Wednesday, 20th March

Mini-Tennis - Year 3/4 - 7.45 to 8.30 a.m.

Guitar Tuition

Dance - Year 1/2 - 3.15 p.m. to 4.00 p.m.

Girls Football Squad Training - Years 5 & 6 - 3.15-4.15 p.m.

Raffle - please bring in £1

Thursday, 21st March

Mini-Tennis - Year 5 & 6 - 7.45 to 8.30 a.m.

Piano Tuition

Creative Flair Dance - Year 3 & 4 - 12.00 to 12.30 p.m.

Creative Flair Dance - Year 1 & 2 - 12.30 to 1.00 p.m.

Netball Squad - Years 5 & 6 - 3.15 to 4.15 p.m. **— NO SESSION**

Friday, 22nd March

Easter Holidays Begin - **Children return to school on Monday 8th April**

Future Dates

Tuesday 9th April

- Year 3 Reading Café - 8.45-9.30 a.m.

Thursday 11th April

- Year 4 Reading Café - 8.45-9.30 a.m.

Tuesday 16th April

- Year 5 Reading Café - 8.45-9.30 a.m.

Tuesday 16th April

- Year 3 FHC Meeting in Church - 6.00p.m.- Parents Only

Friday 19th April

- Year 6 Reading Café - 8.45-9.30 a.m.

School Clubs

Club	Day	Time	Cost Per Session
Choir - Key Stage 2	Monday	Lunch	Free
Dance - Key Stage 2	Monday	3.15 - 4.15 p.m.	£2.00
Lego Club	Monday	3.15 - 4.15 p.m.	£5.00
Creative Flair Music - Reception	Tuesday	12.30 - 1.00 p.m.	£3.50
Recorder Club	Tuesday	3.15 - 4.00 p.m.	£2.00
Boys Football Squad - Years 5 & 6	Tuesday	3.15 - 4.15 p.m.	Free
Computer Club	Tuesday	3.15 - 4.15 p.m.	£5.00
Mini Tennis - Years 3 & 4	Wednesday	7.45 - 8.30 a.m.	£2.75
Girls Football Squad - Years 5 & 6	Wednesday	3.15 - 4.15 p.m.	Free
Art Club	Wednesday	3.15 - 4.15 p.m.	£5.00
Dance - Years 1 & 2	Wednesday	3.15 - 4.00 p.m.	£2.00
Mini Tennis - Years 5 & 6	Thursday	7.45 - 8.30 a.m.	£2.75
Creative Flair Dance - Years 3 & 4	Thursday	12.00 - 12.30 p.m.	£3.50
Creative Flair Dance - Years 1 & 2	Thursday	12.30 - 1.00 p.m.	£3.50
Netball Squad - Years 5 & 6	Thursday	3.15 - 4.15 p.m.	Free
Games Night	Thursday	3.15 - 4.15 p.m.	£5.00
Homework Club	Friday	3.15 - 4.15 p.m.	£5.00



Easter Holiday Tennis Coaching Camp

For: Players from school Yr Rec–Yr 10 (Players will be grouped according to age, ability & tennis experience.)

Cost: Members: £39.00 for a full 3-day course / Non-Members: £48.00 for a full 3-day course

Course will allow players to develop agility, co-ordination, shot techniques and tactics, through fun games, match play & competition.

Coaches Jon Baber and Harry Malone are LTA qualified and Accredited.

**Course: Tue Mar 26th, Wed Mar 27th, Thu Mar 28th
1.00pm - 4:00pm**

To book a place please contact Jon Baber 07811 419823/

jon.baber@bbctc.co.uk or via

<https://clubspark.lta.org.uk/berkswellbalsallcommontennisclub/Coaching/Camps>

Places can only be confirmed once payment is received

Cash or Cheques (cps payable S. Davoile) in a marked envelope

BACS- Online payment

Name:	Sort code:	Account number:
Stuart Davoile	40-18-38	61088025

Payment ref: EAS24 + child's surname

Please send below information to Jon Baber to complete the booking;

NAME

CURRENT (23/24 SCHOOL YEAR)

SCHOOL ATTENDED

*E MAIL ADDRESS & EMERGENCY CONTACT
NUMBERS x 2*

MEDICAL INFORMATION/ALLERGIES.



***Berkswell & Balsall Common Tennis Club, Meeting House
Lane, CV7 7GE***

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COVENTRY

THE **PERFECT**
Holiday Childcare Solution

Ages
5-11

Easter Holidays



WEEK 1 Monday **25th** to Thursday **28th March 2024**

WEEK 2 Tuesday **2nd** to Friday **5th April 2024**

Active Kids Course!

TIMES Drop off **9am** Collection **4pm**

Wraparound available **8-9am** & **4-5pm** +£3 each

ONLY

£17
per day

WG Waslgrave CofE Academy

onsidecoaching.co.uk

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