

13.03.26



SHAFTESBURY NEWS

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CHARACTER VALUE OF THE WEEK: CHALLENGE

"Life is about accepting the challenges along the way, choosing to keep moving forward, and savouring the journey." — Roy T. Bennett, The Light in the Heart

HEALTHY LIFESTYLES WEEK

Next week sees the return of our annual Healthy Lifestyles Week. **Please ensure your child attends school in school PE kit and suitable footwear every day, apart from Thursday if your child is going to the cinema.** We have a fun-packed week lined up including the opportunity for pupils to create their own smoothies using the smoothie bike! There will be fruit available in school, however if you would like to send your child in with some, you are welcome to.

Classes will be using the smoothie bikes on the following days:

Tuesday: 5P & 3T Wednesday 3J & 5G Thursday: 4K & 6S Friday 4W & 6P

The week kicks off with Inspirational speaker, Mr John Noble, leading an exercise session with each class. He will also be running a session for parents and families after school on Monday 16th March. Please do try and attend!

**Coming to SJS
over Healthy
lifestyles week!**

**Fruit kindly
donated By
TESCO.**




P.E Café at SJS

You're invited to join your child for a P.E. session!

We are delighted to invite parents and carers to our P.E. Café, a special session celebrating Healthy Lifestyles Week, supporting your child's engagement with physical activity.

 **Date:** Wednesday 18th March 2026

 **Time:**

4K	13:05 – 13:35
3J	13:35 – 14:05
3T	14:05 – 14:35
4W	14:35 – 15:05

 **Location:** School Playground

What to expect: Enjoy a fun-filled session with a variety of different activities & challenges for yourself and your child/ren; led by SJS's very own Sports Leaders.

We look forward to seeing you there!

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Shaftesbury Junior School

Red Nose Day
Friday 20th March 2026

CHANGE
4
CHANGE

*Find some change to put into our
Giant Red Noses!*

Look under the cushions!

Look in your bag!

Look on the floor!

Look in your pockets!

Bring in your coins!

Donate to Red Nose Day!

*Which year group can
collect the most?!*



PARENTS' EVENINGS

Parents' Evenings will be held on:

Tuesday 24th March and

Wednesday 25th March, 3:30pm – 6:30pm

Parents will have received an email inviting them to book appointments online.

Both face-to-face and virtual appointments with class teachers will be available.

Please do not miss this important opportunity to learn about your child's progress at school.

COFFEE MORNING

Please note that the coffee morning with Mrs Espley will take place in the school library next Wednesday from 9.00am onwards.



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This week, Year 5 delivered a fantastic production of the Shakespearean play *A Midsummer Night's Dream*! There were wonderful costumes, catchy songs and amazing performances all round!



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International Day of Happiness Friday 20 March 2026


Leicestershire Partnership
NHS Trust

This year's theme looks at how social media affects our happiness. It highlights the challenges it can create for our wellbeing as well as the positive ways we can use technology to support ourselves and others.

Why happiness matters?

- Supports good mental health
- Strengthens relationships
- Boosts learning and motivation



Habits to support happiness

- Get enough sleep and stay active
- Spend time with people who uplift you
- Take breaks from screens
- Be kind to others



Mental Health Support
Teams in Schools

Need more support?

MySelfReferral - My Self-referral is a website available to young people up to the age of 18 who want advice and support for their mental health. It enables young people to self-care and access a broad range of advice, resources and services.

Health For Teens - Health for Teens is a fantastic resource for young people to find out more about health, covering the likes of feelings, growing up, health, lifestyle, relationships and sexual health.

Health For Kids - Find top tips and advice on all aspects of children's emotional and physical health, from keeping kids active and eating well, to building their confidence and equipping them to cope with specific health issues.

NHS 111 - Head to **NHS 111 online** or call 111 and select the mental health option to get advice and support from trained professionals, day or night.

Scan this QR code or visit the link for more about our support services:

leicspart.nhs.uk/mental-health



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WEEKLY AWARDS AND ATTENDANCE

CLASS ATTENDANCE

3J:	99.0%
3T:	96.9%
4K:	99.3%
4W:	95.9%
5G:	93.7%
5P:	100%
6P:	97.7%
6S:	98.0%

Overall Attendance from
28.08.25 - 13.03.26:
96.5%

WOW AWARDS

- 3J: Lewis
- 3T: Anays
- 4K: Aiyana
- 4W: Liyana
- 5G: Komail
- 5P: Jessica
- 6P: Rezwan
- 6S: Mikolaj

TOP ATTENDANCE: 5P 100%
PUNCTUALITY: 5P
LUNCHTIME: 3J

HOUSE POINTS

- 1st: Ridley 348
- 2nd: Latimer 332
- 3rd: Cranmer 305
- 4th: Tyndale 297

WEEKLY HEADTEACHER AWARDS

Every week, two pupils from a year group are chosen for an outstanding piece of work. This is our celebration of their efforts. WELL DONE!



3J - Afiya

For working really hard in her English lessons and joining in with class discussions.

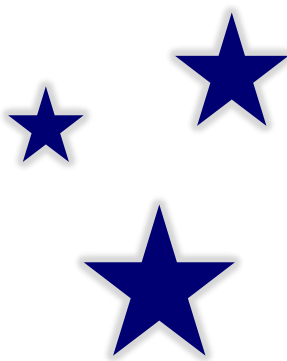


3T - Manha

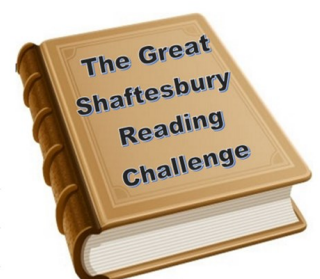
For always working hard and trying your best even when things are challenging.

WE ❤️ LUNCHTIMES

- | | |
|--------------|------------------------|
| Amy 6S: | Perseverance/Challenge |
| Ezeldin 6P: | Creative |
| Norah 3T: | Independence/Creative |
| Shnya 4K: | Open minded |
| Muhammad 4K: | Polite |
| Cristian 3J: | Enthusiasm |
| Komail 5G: | Empathy |
| Sakhira 6S: | Caring |
| Amir 5P: | Share |
| Rumen 4W: | Curiosity |



READING MILES



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