

Diary Dates:

March

13th Year 3 Easter Performance
16th 18th Book Fair
16th Y3C2 Swimming
20th Choc Bingo Non Uniform
18th Parents Evening
24th Parents Evening
25th Choc Bingo
26th Y5 Glasgow Museum
27th School finishes at 1:20pm

Swimming

Our annual Swimming Gala was a fantastic celebration of teamwork, determination and sporting spirit. Pupils from across the school took part in a range of races, including freestyle, backstroke and relay events. Every swimmer showed great courage and perseverance, cheering one another on from the sidelines. It was wonderful to see so many children demonstrating improved confidence and skill in the water. Well done to all participants for representing NJS with pride and enthusiasm.

Attendance

School attendance is currently 95.1% just above the national of 94.5%. It is reassuring to know that in the Autumn term we had 34 children with 100% attendance and all of those children have continued to be in every day, an additional 60 children have also been in every day this term so far making 94 children with 100% this term. Fingers crossed we will have all those children making it to the end of term with no absence. There might even be a small treat in store.

Outdoor Gym

We have installed a new outdoor gym on the field. This is something I have wanted to do for a very long time and believe it to be a great addition to the school. The children are so lucky here at Newlaithes with amazing resources and if we look



after them they should last for years to come. I went out at playtime and with the sun shining and all the activities it felt like a party out there. So many smiles, laughter and fun.

Dear Parents,

World book day filled our school with excitement, imagination and a wonderful love of reading this week!

World Book Day is a nationwide celebration organised by World Book Day to promote reading for pleasure and to ensure every child has the opportunity to own a book. Throughout the day, classes took part in a range of exciting reading activities, including:

- Paired reading with children from other year groups
- Creative writing inspired by favourite stories
- Book-themed quizzes and scavenger hunts
- Teachers sharing their favourite childhood books

It was wonderful to see children talking enthusiastically about the books they love and recommending stories to their friends.

Why Reading Matters

Reading for pleasure has a powerful impact on children's learning, confidence and wellbeing. It builds vocabulary, sparks imagination and helps develop empathy as children explore different characters, cultures and experiences through stories.

World Book Day reminds us that reading is not just something we do in lessons — it is something to enjoy at home, in the library, and wherever a good book can be found!

A huge thank you to our families for supporting the day with such imaginative costumes and for continuing to encourage reading at home. Your support makes a real difference.



We hope the excitement of World Book Day continues throughout the year — because every day is a great day to pick up a book!

Eden Valley Hospice

We had a fantastic assembly this week by Vicki from the Eden Valley Hospice. She shared a presentation full of photos and information explaining what the hospice and Jigsaw were. We were blown away by the questions that the children asked at the end of the presentation. Our teddy sale raised £153 for the hospice and our school council are keen to raise money for the charity. Hopefully we will get a visit from Hospuss next time.

Headteacher's Awards



Head Teacher's Awards for this week go to..... Well done on all the hard work.

Viking Visitor

Year 4 had an unforgettable day this week when they welcomed a special Viking visitor from Moorforge Viking Settlement into school!

As part of their history learning on the Anglo-Saxons and Vikings, the children were given the opportunity to step back over a thousand years and experience what life was really like during the Viking Age.

A Hands-On History Experience

The day began with an exciting introduction to Viking life, where pupils learned about:

- Where the Vikings came from.
- Why they travelled to Britain.
- How they lived, worked and traded.
- What daily life was like for Viking families.

Our visitor brought a fantastic range of artefacts and replica objects for the children to handle, including weapons, tools and household items. Seeing and touching these objects helped bring their classroom learning to life in a truly memorable way.

There were plenty of opportunities for questions, and Year 4 impressed our visitor with their historical knowledge and curiosity. Most importantly, it was a day filled with enthusiasm, engagement and excitement for learning.

A huge thank you to Moorforge Viking Settlement for delivering such an inspiring and interactive workshop. Year 4 are now true Viking experts — and thankfully, our school survived the invasion!



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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