

JBuzz Newsletter

Friday 10th May 2019

“Achievement, ambition and progress for all....”



Dear parents and carers,

During assembly this week, we have been learning about the Muslim religious festival of Ramadan. Ramadan is the ninth month in the Muslim lunar calendar. Healthy adult Muslims fast in Ramadan from dawn until dusk. This includes abstaining from drinking and eating. Other acts of worship such as prayer, reading the Quran and charity are also encouraged during the holy month. Some of our pupils who celebrate Ramadan became our expert panel and shared what they and their families do during Ramadan including getting up early to have breakfast, breaking their fast at 8.30pm with dates and water and praying 5 times a day. A few of the children explained that they were attempting to fast. We all thought about how we might manage fasting. A pupil suggested that they would not eat but drink milkshakes. Our expert panel explained that you can't have milkshakes when fasting. Another pupil suggested having lots of water, again our expert panel pointed out that you can't eat or drink anything! Some pupils who had given up something for lent acknowledged how difficult it must be fasting in daylight hours for 30 consecutive days. It was interesting speaking to our expert panel after assembly on their experiences of Ramadan.

This week I have been visited by a number of children showcasing their good learning, which is always a delight. I have been shown writing about the Troll, seen an imaginary island being physically brought to life as well as some great maths.

The parent questionnaire has been sent out and I would ask that you complete this so that your views and opinions can be considered when creating the school improvement plan for the next academic year.

I am sure that many of you will be out running this weekend in preparation for Heath for Health on Sunday 19th May. I have seen on the Health for Health Facebook page that many of our families have been getting involved with the Hilly Fields Parkrun, which is a great. A few members of staff have dug out their trainers and been following the couch to 5k programme. I signed myself up to the Darenth Valley 10k which is this Sunday so I am anticipating sore legs on Monday!

Have a restful weekend.

Jacqui Noakes

headteacher@johnball.lewisham.sch.uk

Thank you to all those who have registered for Heath for Health. Running numbers and race information will be sent home via your eldest child the week before the race so look out for the pack next week. All runners must wear their race numbers on the **FRONT** of their shirts so they are clearly visible.

You can still sign up for the run but there will be a £5 late fee per registration. You will find our volunteers outside the Atrium most mornings and afternoon to help. They also have raffle tickets for sale at £1 each and we have some great prizes.

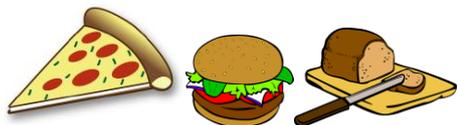
If you would like to help on the day we would appreciate your support - any help is much appreciated - we have lots of jobs from course set up and tidy up, raffle sales, refreshment sales and a bag drop. If you would like to donate any baked goods for the refreshment stall please bring along on the morning of the race.

If you are able to help or have any questions you can contact Angela or Anna at heathforhealth@live.com.

All race information is updated on Facebook page Heath for Health or Twitter @heathforhealth.

Look forward to seeing you on the 19th May!

Tasty Tester Day – Thursday 16th May



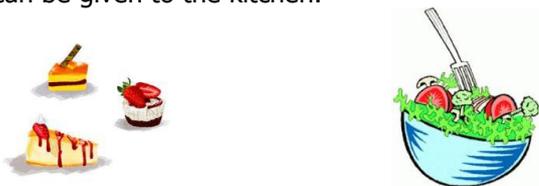
A **free** school meal is being offered to **all** children in KS2 who currently bring a packed lunch. This offer is also open to KS1 children who currently bring a packed lunch and who would like to eat a hot school meal on this day.

Children will be offered a range of several hot choices as well as a selection of side dishes, salads, bread, and a choice of desserts and water/milk to drink.

NB. Children who prefer to eat their own packed lunch will still be able to do so and should bring it in as usual.

Should you wish for your child to eat a free school lunch on that day, please email details to Mrs Windham on

sharon@johnball.lewisham.sch.uk by end of school on Monday 13th May so that numbers can be given to the kitchen.



May

Monday 13th
Friday 17th
Sunday 19th
Thursday 23rd

SATs week
YR6 Chessington World of Adventures
Heath for Health
RE Day

Monday 27th May to Friday 31st May - Half Term

June

Monday 3rd
Sunday 9th
Monday 10th
Tuesday 12th
Monday 17th
Thursday 20th
Monday 24th

YR6 school journey to Swanage
Summer Fair
Phonics test week
Open Morning 9.30-10.30am
Sports Day – KS2 (am) and KS1 (pm)
Alternative sports day if bad weather
New Nursery parents induction meeting
9.30 am – 10.30am
New Reception parents induction meeting
2.00-3.00 pm and 5.00-6.00pm
RE Day

Emotion coaching parent workshop



16th May from 6.00pm to 8.00pm in Manor House Library or 17th May from 10.30am to 12.30am in the same place.

Cost £20.00

To book your place go to
www.thefeelingsteacher.org

And follow the instructions online.....

Cake trays/containers left over from cake sales

Please come and collect any left-over containers from previous sales as they will be disposed of by the middle of next week.

We cannot store these in the office.



John Ball School Summer Fair

Sunday 9th June - Time: 12-3pm

Come and join us for fun and games at this year's fair!

We are looking for volunteers to help us! If you can help, please email us at:

friendsofjohnball@hotmail.com

We cannot run our events without you!

A brand new health and wellbeing service supporting young people with substance misuse, emotional well-being, mental health and sexual health needs.

A skill mix team made up of **Nurses, Counsellors, Specialist Practitioners and Support Workers** who provide one-to-one and group work interventions to **reduce risk taking behaviour.**

The service works with young people aged 10-19 (25 for those with additional support needs)

- **Universal:** Advice and information, education workshops, health promotion, satellite drop in's, clinic in a box, Chathealth online themed moderated chat, Kooth online counselling, professional consultation and training.
- **Targeted:** brief interventions, assertive outreach, group work, pregnancy and chlamydia testing and chlamydia treatment, emergency hormonal contraception.
- **Specialist:** Structured substance misuse interventions including harm reduction, motivational interviewing and relapse prevention. Structured counselling.



For more information on the service and how to refer:

Visit the website:

<http://www.compass-uk.org/lewisham/>

Call the office on:

020-8690-3020

Compass

parentgym
FOR PARENTS WHO CARE

Tuesday 21st May	9.15am - 10am	Taster session – 45 mins – Get to know Parent Gym
Tuesday 4th June	9.10am	Chat – 2 hours – Help your family talk and listen to each other
Tuesday 11th June	9.10am	Love – 2 hours – Build self-esteem & independence through secure attachments
Tuesday 18th June	9.10am	Behave – 2 hours – Bring calm and order to your home
Tuesday 25th June	9.10am	Care – 2 hours – Looking after ourselves and our families
Tuesday 2nd July	9.10am	Discover – 2 hours – Support your children to learn and explore
Tuesday 9th July	9.10am	Together – 2 hours – Look to the future and recapping key techniques

Free refreshments will be available and young babies can attend but ideally please arrange alternate care where possible.

To **confirm** your place, please email Debbie Parish at school – dparish4.209@lgflmail.org or ask at the office.

Special Thanks to our Sponsors



Please Note:

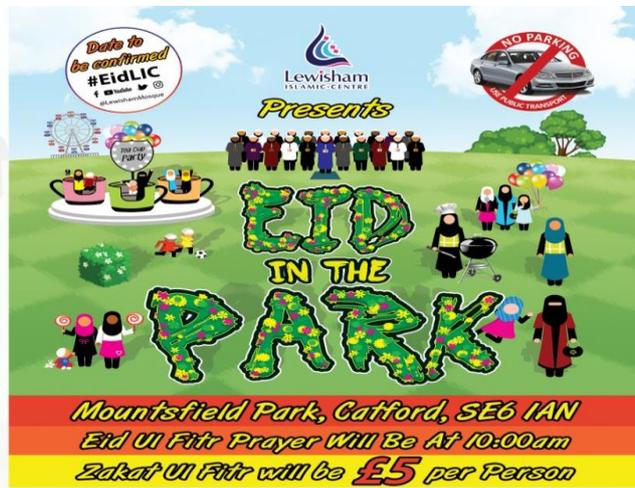


DON'T FORGET TO PAY BEFORE YOU PRAY EID UL FITR SALAH! STEWARDS IN HI-VIS JACKETS WILL HAVE BUCKETS READY IN CASE YOU FORGOT TO PAY!



There will be **NO PARKING** available in the park so please use **public transport** as to avoid annoying residents and stopping future fun days!

See inside for Map, Security Information and More!



Please try and bring your own prayer mat and pay your Zakat ul Fitr before you pray the Eid ul Fitr salah. We also encourage all to travel by public transport.



363 - 365 Lewisham High Street, Lewisham, London, SE13 6NZ
0208 690 5090 | info@lewishamisamicentre.com
www.lewishamisamicentre.com

We estimate it will fall on either Tuesday 4th June or Wednesday 5th June 2019, the exact date varies depending on the sighting of the new moon, as the Islamic calendar is lunar.

LEWISHAM YOUNG PERSON'S HEALTH AND WELLBEING SERVICE

DELIVERED VIA COMPASS IN PARTNERSHIP WITH KOOOTH AND CHATHEALTH

COMPASS@THEHUB

Compass@TheHub works with young people in Lewisham, aged between 10-19 years old (up to 25 with SEND and additional needs) identified as being at risk of:

- Issues with emotional wellbeing or mental health
- Substance misuse, including alcohol and legal highs
- Poor sexual health and relationships

WOULD YOU LIKE TO TALK TO SOMEONE FOR SUPPORT?

If so, Compass@TheHub is here for you...
Workers are based across Lewisham, so wherever you are, we can arrange to meet you at a time and location that is convenient for you, somewhere safe and confidential.

Main Office: **Compass Lewisham Young People's Health and Wellbeing Service, 38-39 Winslade Way, Catford, London, SE6 4JU**

Opening hours: **Monday - Thursday 9am - 5pm, Friday 9am - 4:30pm**

Call us: **0208 690 3020**

Email: **LHW5@compass-uk.org**

Web: **www.compass-uk.org/lewisham**

A Compass service | ChatHealth | koooth

Text: 07507 331526 | www.koooth.com

If you would like to advertise in JBuzz, we ask for a small donation of £10.00 for our school fund. We tend to advertise for individuals and charities/local events so please check first that it can be accepted. The ad will run for 1 week and we only run one ad half termly.

Advert disclaimer: Please note we take advert requests from outside sources in good faith. We hold no responsibility for these and they are not necessarily recommended by John Ball School.