



# FCJ PRIMARY SCHOOL

Res Non Verba

Spring/2022

## Justice



**Justice acknowledges and embraces diversity; ensures fair treatment for all; promotes just relationships and structures within our school and in the world. It challenges opinions and actions that contradict Gospel values and requires us to stand shoulder to shoulder with the oppressed.**

## The Easter Eggshibition



**We are so proud of all the Easter Entries we had for our Competition. The children were all very creative and made it a very hard job to pick some winners! Thank you so much to everyone for their effort; it was a great way to start the Easter holidays.**

More eggs on pages 11 & 12

# Pre-school Science Week

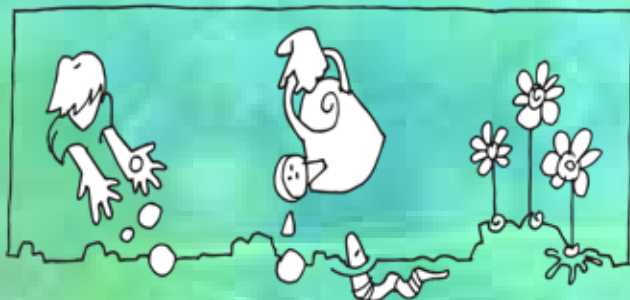


Our Science Week started with a very exciting visit from Dr Smart, who told all of Pre-School that we are all Scientists and that the children had to help her with some very exciting tasks throughout the week. The theme this year for British Science Week was 'growing'. We made seed bombs, measured all our friends, and took part in three experiments.



Pre-School have also been looking closely at the life cycles of different animals and creating our very own family trees! We have all loved becoming Scientists and can't wait to continue our learning in the future!

## What are Seed Bombs?



They are made of clay, soil, and wildflower seeds. These little balls of clay use a planting technique that is actually hundreds of years old. The clay

protects the seeds from hungry insects and birds, while the soil provides organic matter and nutrients.



# Butterflies

Reception have been learning about life cycles. We have looked at the life cycle of frogs and butterflies as well as compared frogs with toads. Now Reception have their very own caterpillars which have eaten well, spun silk, and grown TEN times their original size! They have recently changed into chrysalides and we are waiting very patiently for them to emerge as beautiful Painted Lady Butterflies.



Reception also had a visit from Mrs Renouf's cats, Jellybean and Pudding. They are kittens but, as they are Siberian Forest cats, they grow to be very big! Jellybean and Pudding enjoyed exploring our classroom.

## Did You Know?

The Queen Alexandra's Birdwing is the largest butterfly in the world by wingspan. It is also known for being an incredibly

beautiful species, with its unusual teal colors setting it apart as much as its size!





# Introduction to Capacity



Year One are learning about capacity in their maths lessons. First, we looked at a range of containers and explored how much liquid they would hold. We ordered the containers to compare how many millimetres of water they could have in them.

After that, we used the language of empty, half full and full to compare them.

We then created our own investigations where we looked at how many beakers it would take to fill up the larger containers and measuring cylinders.

We can't wait to do some problem solving with this new learning.

## Did You Know?

The ocean contains 352 quintillion gallons of water! Water enters the ocean from

rivers and melting ice and leaves the ocean into the atmosphere through evaporation.





# Planting & Seeds

Year 2 has been making the most of the glorious weather by being outside in their science lessons. Our new topic 'Plants' focuses on learning what plants need in order to grow, thrive and survive. The children have been exploring the life cycles of various plants that grow from seeds and bulbs. We have enjoyed using the magnifying glasses to have a closer look at different types of seeds.



This year, British Science Week had a theme of 'Growth' which linked beautifully to our curriculum learning. The children really enjoyed making seed bombs and having time to explore and investigate plants in our school grounds.

## Did You Know?

A coconut is the seed of a palm tree? These can float and so

water can take them to a different location to grow a new tree.



# Muscles & Bones

Year 3 have been learning all about muscles and bones in Science. They have been investigating pairs of muscles and learning that as one muscle contracts, the other lengthens. Here are some of our pupils demonstrating how the arm muscles work using their models. You may hear them singing some of the songs we have learnt about bones and the skeleton! Some animals have a skeleton like us humans, but only 10% of all animals (including humans) are vertebrates. We enjoyed learning about animals with other skeleton structures, such as crustaceans who have an exoskeleton.



## Some facts from Year 3:

- There are over 200 bones in your body? However, babies are born with 300 bones which fuse to form longer bones as they grow!!

- The smallest bone in your body is in your ear!

- More than half of your bones are in your hands and feet.



\* Yes, this is how you X-ray a baby!

# Jersey Sings! Across the Bay



Year 4 have been very busy practising for the 'Jersey Sings! Across the Bay', held on Wednesday 6 April 2022. All the children have been working so hard to learn the songs and have also been enjoying using their buckets and spades as part of a percussion performance! We are delighted to be part of this Island wide venture, sharing our beautiful singing voices with members of the public walking along the avenue. The children will be singing a range of songs from well-known musicals over the course of the day. We are looking forward to the wonderful event and we thank all the Year 4 parents for their continued support.

## Looking Back...

Jersey Sings! 2019 took place at Trinity Showground on 19th and 20th June. Transformed into an arena setting, 1,400 singing stars from

28 schools presented a great selection of medleys, popular songs from shows and ballads that appealed to all generations.





# Jersey Cricket

Year 5 have been fortunate to have Jersey Cricket come into our PE lessons. We have been learning the key skills of the sport but in a fun and engaging way. Each week we have developed a key skill and applied these into team games. We have improved our understanding of throwing and catching, fielding, accuracy and the rules of cricket. As the weather is becoming nicer, we cannot wait to apply the skills we have learnt by playing on the field in the summer term



## Did You Know?

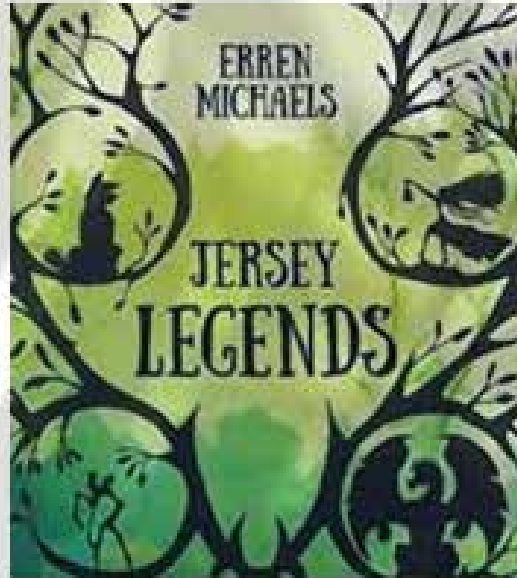
The earliest records of cricket in Jersey show that the game was played from the mid-1860s onwards.

Some Jersey cricket trophies date back to 1921 and 1932 and are still being played for today.



# Jersey Legends

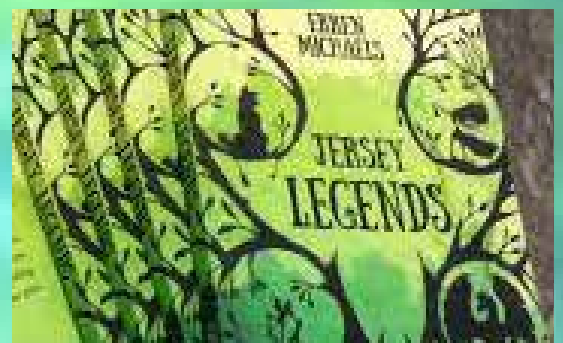
Year 6 have continued to enjoy an action packed half term of learning. One highlight has been transforming a Jersey Legend (Sir Hambie and the Dragon) into a song, to the tune 'We don't talk about Bruno' from the Disney animated movie – Encanto. The children enjoyed using a range of figurative language and syllable patterns to retell the story of how Sir Hambie's cowardly squire Francis betrayed his master and later plotted to marry his wife. The children enjoyed performing their songs aloud to the class, and it was very entertaining to listen to the words and appreciate the intonation that brought each of the songs alive.



## Jersey Legends

This unique anthology contains the most famous of Jersey's fables, such as the Houge Bie Dragon, the Witches of Rocqueberg,

and the demon of Bonne Nuit. It also contains original tales of ancient monsters such as The Vioge and the Sirens of Sorel Point.



# Pupil of the Month



## CONGRATULATIONS!

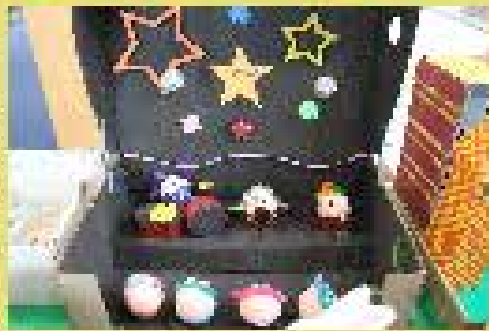
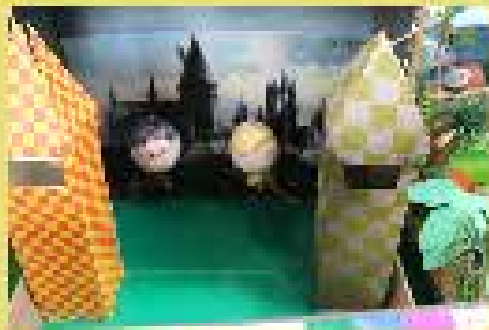
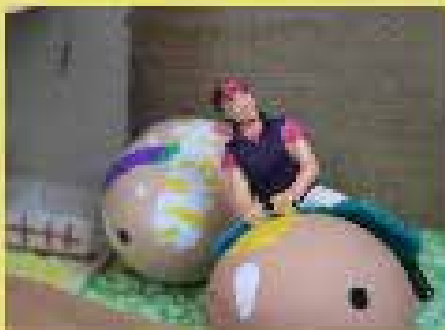
**Congratulations to the pupils who have received these awards.**

**We are very proud of you all!**



# FCJ Easter Eggshibition 2022!





# Science Week 2022

Science week was a huge success. Many thanks to all pupils, staff, families and visitors for making it such a fun week celebrating Science. The purpose-built Science Lab was incredibly busy during the week, and there were also lots of opportunities to take the learning outside. Here are some examples of the fun Science activities that took place across the week:

- Pre-school made bubble snakes using recycled plastic drinks bottles with an odd sock placed over the end. The socks were then dipped into a mixture of fairy liquid and water. When the children blew into the spout of the bottle, a giant bubble snake formed.
- Reception used a selection of recycled containers and boxes to create the tallest tower. The group pictured were very successful with their scientific quest - it was nearly twice their size!
- The Year 1 pupils had a visit from Beau Waugh, the community dietitian, who helped the children organise different foods into their food groups. The children were interested to hear about the balance of foods that make up a healthy diet.
- The Year 3 and Year 6 pupils made stretchy slime using a mixture of contact lens solution, bicarbonate of soda and PVA glue. Their aim was to see how far they could stretch the slime before it broke.
- Ms Louise Carson, one of our many visitors throughout the week, visited Year 5 to explain the importance of reducing, reusing and recycling. The children were thoroughly inspired by the eco work that Louise has done throughout our Island, and she has encouraged them to be the future eco-warriors our planet needs! Many thanks to all our visiting Scientists for their inspirational presentations throughout the week.
- The Year 6 pupils researched Gentoo Penguins and used the knowledge they gained to make Gentoo Penguin nests in various locations around the school grounds. They needed to ensure their nests were in a sheltered location and that their nest would remain intact in windy conditions. They were only allowed to build their nest using pegs to mimic beaks – this was rather tricky!

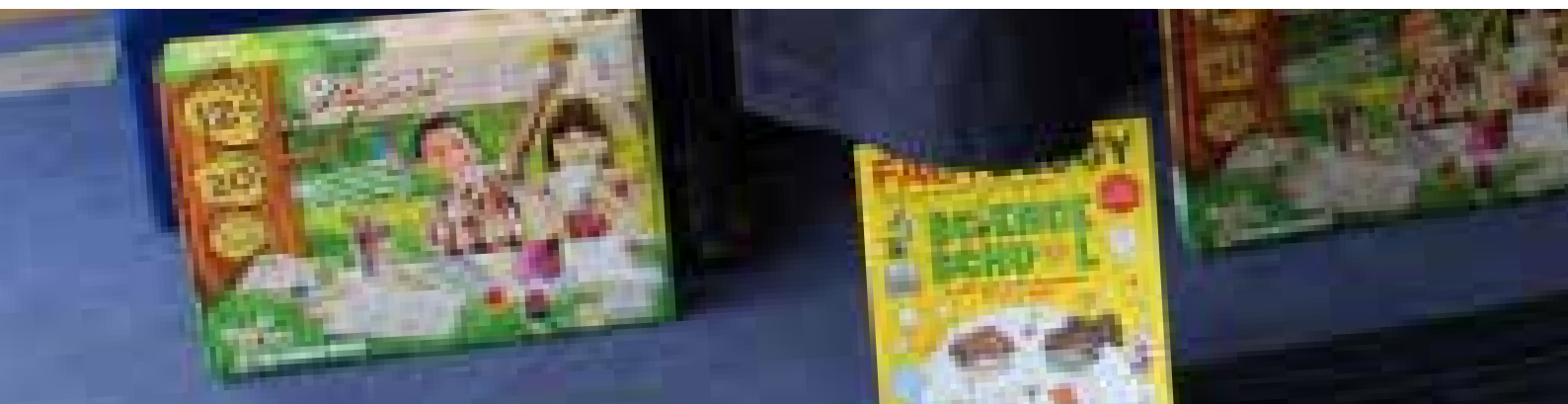




# Science Poster Winners

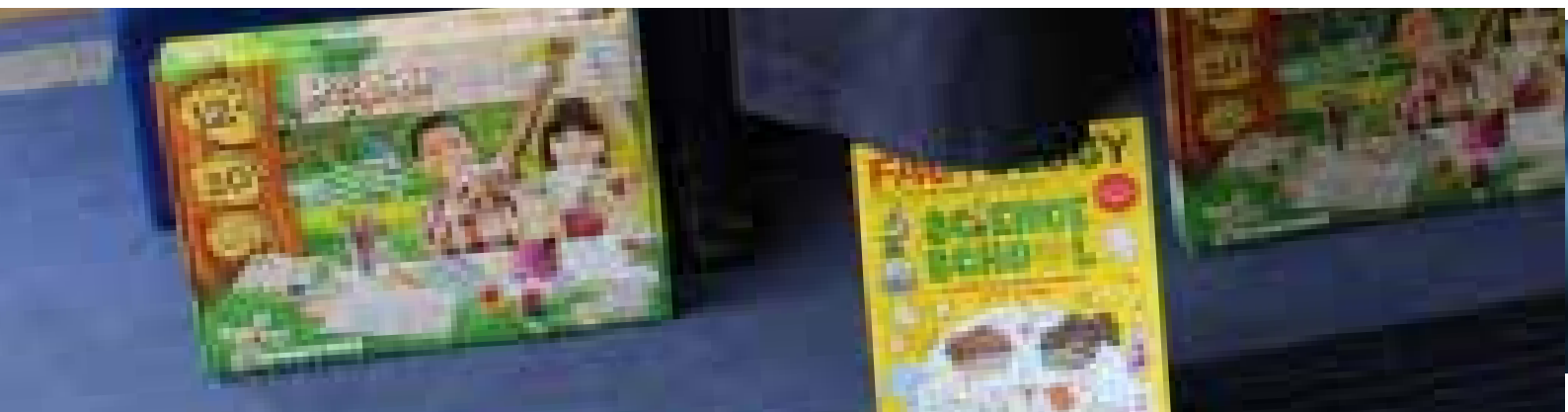


**Congratulations to our British Science Week poster competition winners. It was a really challenging competition to judge as only five entries could be selected in total, and everyone who participated produced such phenomenal posters. These winning posters will now be entered into the British Science Week national competition. We wish our FCJ round-one winners all the very best of luck!**



# Science Poster Winners

**Lucy from Pre-School**  
**Alexander from Year 1**  
**Seren from Year 2**  
**Ophelia from Year 4**  
**Aoibhe from Year 6**



# The Ukraine Crisis

We would like to thank all members of our school community for your overwhelming support for our recent day of prayer and reflection linked to the current situation in Ukraine. The pupils demonstrated empathy and created thoughtful and reflective prayers. Thank you to all families who submitted a family prayer or message on the sunflowers. We have displayed all our school community prayers in our front foyer. The pupils were pleased to also plant sunflower seeds: a reminder of the solidarity shown



# The Ukraine Crisis

Unfortunately, the rainy weather meant we could not come together outside to take the aerial photograph. However, our wonderful Mr Thorne worked hard to achieve the same effect of creating the Ukrainian flag with all our pupils dressed in the flag colours of yellow and blue. The funds raised have been passed to Mustard Seed Jersey, who are supporting Ukrainian refugees at their house Casa Rabi. Groups of FCJ staff also helped pack aid being sent to the border by lorry. As a Rights Respecting School, we wanted to support children who are not having their rights met. The pupils considered the different rights that had been affected by this crisis

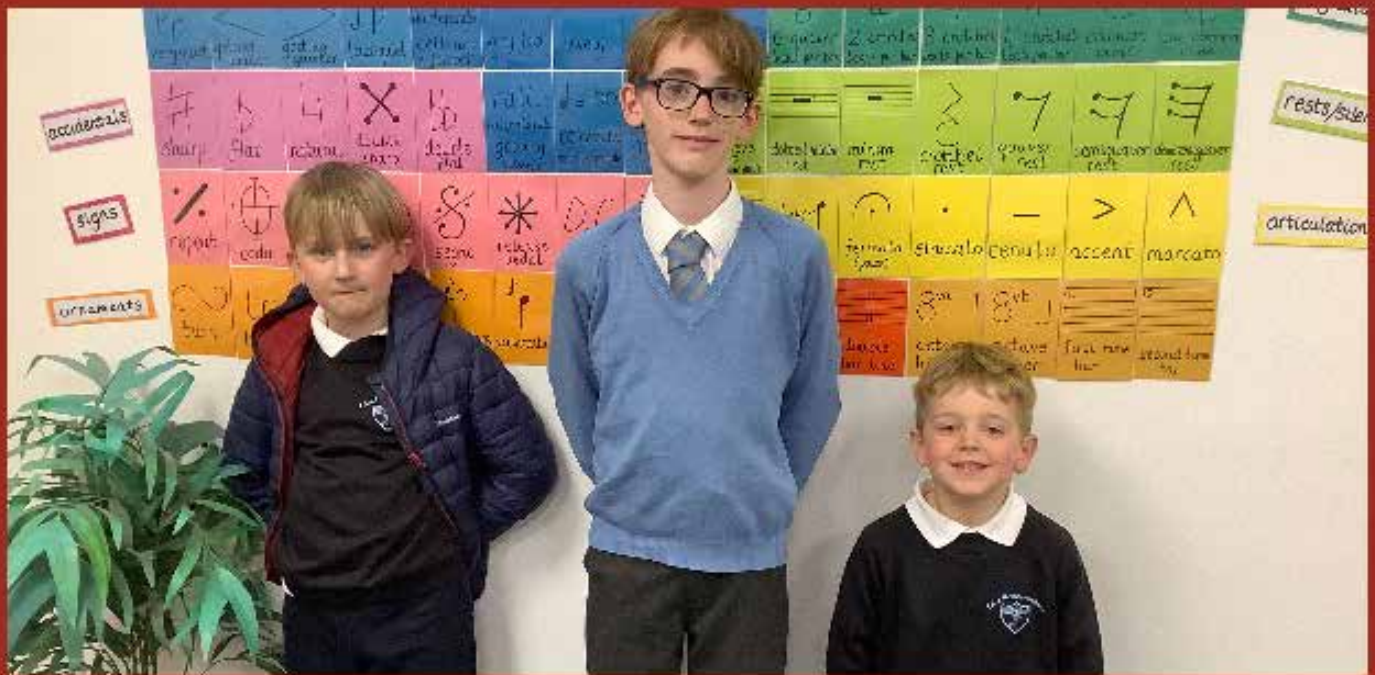
- Article 28: the right to education
- Article 19: the right to be safe
- Article 27: the right to an adequate standard of living
- Article 24: the right to health care
- Article 38: the right to be safe from war
- Article 22: protection for refugees



# FCJ Charity Committee

This term, we launched the FCJ Charity Committee. One pupil from each class has been selected by their teacher to join Mrs Taylor and the team.

These pupils will be responsible for helping to map out and plan fundraising events across the year. The committee have already had two meetings, where they shared ideas for the summer term.



# Queen's Commonwealth Essay Competition 2021

Congratulations to the winners of the Queen's Commonwealth Essay Competition 2021. They received their awards from His Excellency the Lieutenant-Governor of Jersey, Sir Stephen Dalton, at the Town Hall in March. We are very proud of you!

## The Queen's Commonwealth Essay Competition Prize Giving



*The Lieutenant Governor with the  
award winners*





# FCJ PRIMARY NEWS

## Red Nose Day 2022!

# RED NOSE DAY

We raised £598.26 on Red Nose Day. A huge well done to these girls, who saved up their holiday money and donated it for Red Nose Day. They donated nearly £300!

We are so proud of them.

Well done to everyone!



## Safety Onsite



Thank you for your continued cooperation and support in making the end of day collection as safe as possible. We ask that all parents drive as slowly as possible within the school environs and please follow directions from our staff. Please remember to display your school parking disc and to turn hazard lights on to indicate that you are ready to leave.

As you drive towards the barrier, you may be asked to wait to enable pedestrians safe access and exit along this route. Please do be mindful that our youngest children, as well as the Key Stage 2 bus children, use the crossing in front of the minibuses on a daily basis. I am sure we are all in agreement that the safety of all our children and parents within the school community is well worth a few extra minutes of our time.

### Morning Drop-off

We respectfully ask that children do not arrive before this time. If you require your child to arrive at school before 8:30, please book them into Morning Club via ParentMail.

# FCJ PRIMARY NEWS

## Nut Allergies

Please remember that we are a nut free school. We have several children with extremely severe and even potentially life threatening allergies.

Thank you for your support in keeping all our children safe.



## Healthy Snacks

Please support us in our efforts to become a healthy school, by only providing your child with wholesome healthy snacks. Fruit and vegetables are ideal. We ask that parents do not send children to school with fatty or sugary snacks such as crisps, sweets or chocolate.



## School Uniform



Please note that all children from Reception to Year 6 should return to school following the Easter break in their full summer uniform.

This includes their school cap or bonnet, on all days except tracksuit days, blazer/ blue raincoat. Pre-school children will continue to wear their blue tracksuits (navy shorts in hot weather) until the end of the summer of term.

You can order all of our uniform from

Lyndale sports.

[www.lyndalesports.com](http://www.lyndalesports.com)



# SCHOOL UNIFORM

FCJ School uniform is available to purchase from Lyndale Sports shop or website.

For on-line purchases please see the following guide:

Log on to the website: [www.lyndalesports.com](http://www.lyndalesports.com)

Select 'Login' tab at the top right-hand corner

An account login page will appear. Select 'Create New Account'. 'Create an Account' page will be shown.

Fill in your details, password and click 'create account'

Your account is now active, and you will receive an email to confirm this.

Type FCJ into the search bar at the top right-hand side of the screen, all FCJ uniform will then be displayed. Simply select the item and the size you require and add to your basket.

Once your order is complete select 'Go to the Checkout' and chose from the following three delivery options:

1. **'Delivery direct to school'** The cut-off time for orders placed with Lyndale Sports either by telephone, email or online will be 11 am on Friday in order for the items to be delivered to school by Friday afternoon. Delivery to the school is completely free regardless of the size of your order. Uniform will be placed in a dedicated box in the foyer of the school for you to collect.\* (\*Please note that this service has been temporarily suspended during COVID-19).
2. **'Delivery to a specified address'** Orders can be posted direct to your home address, provided the order is received before 11 am it will be dispatched the same day. If the order is placed after 11 am it will be posted the following day, unless it is a Friday in which case it will be posted on the following Monday. The delivery charge is £5.00.
3. **'Collect from shop'** Lyndale staff will be available from Monday to Saturday in store to help you choose FCJ uniform.

Please now enter your billing address and proceed to payment.

**Exchanges or Refunds** should you need to exchange or refund an item, you can either take the item to the shop or Lyndale Sports will collect the item from school on a Friday afternoon. If you require collection from school, you must contact Lyndale Sports by email or telephone, to arrange the refund or exchange. The item to be exchanged or refunded must be in the school office by 9 am on a Friday morning prior to collection.

Should you have any questions regarding use of the website, there is a 'Frequently Asked Questions' page or alternatively please call Lyndale Sports directly and a member of staff will be happy to answer your questions.

## Lyndale Sports Address and Contact Information

Lyndale Sports,  
Rue du Grand Jardin,  
Augres,  
Trinity,  
Jersey JE3 5FJ  
Telephone: 01534 862411  
Email: [mvra@lyndalesports.ie](mailto:mvra@lyndalesports.ie)

Directions: Travel north up the A8 (La Grande Route De La Trinite, Trinity Hill). Take the second turning on the left after the Red Rose Restaurant and follow the signs from there.

Opening hours: Monday to Saturday 9am to 5pm.

## SCHOOL UNIFORM: GIRLS

All girls from Reception to Year 6 require the following items:  
(For Pre-School please see Pre-School Booklet)

- FCJ School blazer
- FCJ School boater hat (summer uniform)
- FCJ School bowler hat (winter uniform)
- FCJ Summer dress (summer uniform)
- White socks (summer)
- Plain navy-blue cardigan (summer uniform)
- Navy blue winter coat/waterproof for winter months
- Blue or white underwear
- Navy blue socks or tights (winter uniform)
- Blue or white hair accessories
- Black (sturdy, low heel) leather shoes \*
- PE trainers (predominantly white) \*
- Black plimsolls (to remain at school)
- Shoe/gym bag (plain colour) for spare clothes to remain at school
- Apron/overall for Arts and Crafts (to remain at school)
- FCJ School scarf for winter play (optional)
- FCJ Fleece hat for winter play (optional)
- FCJ Blue sun cap for summer months (compulsory)
- FCJ Blue book bag (compulsory)
- FCJ Navy rucksack (Year 1 and above)

\*Shoes and trainers must not have flashing lights

Additional items for Reception and KS1 Girls	Additional items for KS2 Girls
<ul style="list-style-type: none"><li>• FCJ school striped blouse (winter) *</li><li>• FCJ navy blue pinafore dress with side zip (winter) *</li><li>• Extra pair of navy/white knickers and socks (x2)*</li><li>• FCJ white PE polo-shirt (x2)*</li><li>• Navy blue PE shorts (x2)*</li><li>• White socks for PE</li><li>• FCJ Infant PE sweatshirt and jogging bottoms (x2)*</li></ul>	<ul style="list-style-type: none"><li>• Navy blue A-line skirt: <b>no splits or pleats</b> (winter)</li><li>• White shirt (winter)</li><li>• FCJ School tie (winter)</li><li>• FCJ School blue V-neck jumper (winter)</li><li>• FCJ white PE polo-shirt (x2)*</li><li>• Navy blue PE shorts (x2)*</li><li>• White socks for PE</li><li>• FCJ football kit, boots, socks and shin pads (if taking part in after school football)</li><li>• FCJ Junior tracksuit (x2)*</li></ul>

*\*One to be kept in school as spare*

Parents are reminded that, for reasons of health and safety, jewellery may not be worn at school. An exception may be made for girls wearing simple, small stud earrings. Girls will not be allowed to take part in PE if their earrings have not been removed or covered with tape before coming to school.

Long hair must be tied up using white or blue hair ties; hairstyles to be smart and simple (no beaded braids, please).

***FOR THE PRE-SCHOOL UNIFORM PLEASE SEE THE PRE-SCHOOL HANDBOOK***

**All items of uniform must be clearly labelled with your child's name.**

## SCHOOL UNIFORM: BOYS

All boys from Reception to Year 6 require the following items:  
(For Pre-School please see Pre-School Booklet)

- FCJ School blazer
- FCJ School cap
- FCJ School tie
- FCJ School blue V-neck jumper
- White shirt (long or short)
- Dark grey trousers (winter uniform)
- Dark grey shorts (summer uniform)
- Grey socks
- Navy blue coat/waterproof for winter months
- Black (sturdy, low heel) leather shoes \*
- PE trainers (predominantly white) \*
- Black plimsolls (to remain at school)
- Shoe/gym bag (plain colour) for spare clothes to remain at school
- Apron/Overall for Arts and Crafts (to remain at school)
- FCJ School scarf for winter play (optional)
- FCJ Fleece hat for winter play (optional)
- FCJ Blue sun cap for summer months (compulsory)
- FCJ Blue book bag (compulsory)
- FCJ Navy rucksack (Year 1 and above)

\*Shoes and trainers must not have flashing lights

Additional items for Reception and KS1 Boys	Additional items for KS2 boys
<ul style="list-style-type: none"><li>• FCJ white PE polo-shirt (x2)*</li><li>• Navy blue PE shorts (x2)*</li><li>• White socks for PE</li><li>• Extra pair of navy/white underpants and socks (x2)*</li><li>• FCJ Infant PE sweatshirt and jogging bottoms (x2)*</li></ul>	<ul style="list-style-type: none"><li>• FCJ white PE polo-shirt (x2)*</li><li>• Navy blue PE shorts (x2)*</li><li>• White socks for PE</li><li>• FCJ Football kit, boots, socks and shin pads (if taking part in after school football)</li><li>• FCJ Junior school tracksuit (x2)*</li></ul>

*\*One to be kept in school as spare*

Boys' hair must be short and tidy.

***FOR THE PRE-SCHOOL UNIFORM PLEASE SEE THE PRE-SCHOOL BOOKLET***

**All items of uniform must be clearly labelled with your child's name.**

# FCJ PRIMARY NEWS

## Paschal Triduum

Holy Thursday (14th April)

- Mass of the Lord's Supper at St Thomas, 8pm

Good Friday (15th April)

- Commemoration of the Lord's Passion, 3pm at St Thomas, St Bernadette & St Patrick

Holy Saturday (16th April)

- Easter Vigil at St Thomas, 8pm



## No Dogs Please

Please note that dogs are not allowed to be brought onto school premises at any time. Thank you in advance for your kind cooperation.



## Summer Cycling

Don't forget we have bicycle racks for adult and children's bikes. We look forward to these being put to good use when the warmer weather arrives.



## Bus Contract

Many Key Stage Two children (Years 3-6) regularly take advantage of the bus service from Wellington Hill to FCJ in the morning and FCJ to Wellington Hill in the afternoon. This is an extremely convenient service for parents, and younger siblings may travel with an older brother or sister if parents give written permission and complete a bus contract. A return journey costs £1. If you wish your child to make use of this excellent facility, please complete a bus contract and return it to the office prior to using this service. The afternoon bus service, from FCJ to Wellington Hill, must be booked via Parentmail; children will not be able to use this afternoon bus service without a booking being made.

# Dear Parents & Guardians



Dear Parents & Guardians

As we come to the end of what has been an incredibly busy but, ultimately, hugely successful and rewarding spring term, I would like to take the opportunity to thank the pupils, staff, governors and parents for all of their ongoing support and commitment to our fantastic school.

I would like to sincerely thank Fr. Matthew for helping us to prepare for Easter through his continued service and dedication to the children of FCJ - including leading our Ash Wednesday services and our very meaningful reflections on the Stations of the Cross.

As we prepare for this special season, we remember in our prayers the people of Ukraine. Their Easter will be unlike any they have ever known; countless families split, displaced and grieving, each day filled with fear, sorrow for lost loved ones, along with worry and uncertainty for what the future will hold. We continue to fervently pray that this war and tragic suffering will end, as we stand in solidarity with our brothers and sisters in Ukraine.

At FCJ, we have used the Lenten season to develop our relationship with God, as we prepare for the resurrection of His son. The Easter period is always a special time for us. It is a time to reflect on what the 'good news' of the Gospel really means; a time to allow the joyful hope we share in Jesus Christ to be ever more evident in the way we go about our daily lives.

I am sure that you would like to join with me in thanking all of the wonderful FCJ staff for their continued, tremendous hard work and commitment to the children of the FCJ during this term. Our dedicated team have put so much into making this school what it is – and for providing the very best education for each and every child in the school community! Thank you!

I would like to thank our wonderful children for all their hard work this term. They have contributed to their own, and the school's, continuing journey. It is a privilege to work with such bright inquiring minds and each and every child should feel very proud of what they have achieved this term.

# Dear Parents & Guardians



Finally, I would also like to thank our fantastically supportive parents and guardians. We are so lucky at FCJ to have such a wonderful community and I have really enjoyed seeing the school's partnership with parents and guardians continue to strengthen throughout the course of this year. The strong relationships with parents have helped to ensure the very best outcomes for our children – even with the ongoing challenges that Covid has provided us all with. Looking ahead, it is by working in close partnership that we will be able to ensure that our children thrive during their time at school, make excellent progress, develop a life-long love of learning and leave us as responsible, well-adjusted, confident and resilient young people, ready to make a valued contribution to society.

You should all feel very proud of your wonderful children – we certainly are!

May this Easter season be one of great blessings and graces for the community of FCJ and may the peace of Christ, our Lord, fill each of us and those we love in the coming days, and throughout the Easter season. It is clear to all at this time that, once again, we are a Christ-centred community with Gospel values at our core. I would like to thank everyone for their continued support for the ethos and values of our school.

The new school term begins on Tuesday 26th April and we look forward to seeing all of our children return refreshed and eager to continue and develop their learning experiences in the summer term.

I hope you all have a happy, holy and peaceful Easter.

Ms D Lenzi

“In God, no act of love, no matter how small, and no “generous effort” will ever be lost”

An extract from Pope Francis' 2022 Lenten message

The image is a prayer poster for Ukraine. It features a large, vibrant sunflower in the center, set against a light blue background. The sunflower has bright yellow petals and a detailed brown center. Surrounding the central sunflower is a decorative border of smaller yellow daisies, arranged in a rectangular frame. The text of the prayer is centered over the sunflower in a bold, black, sans-serif font.

# **A Prayer for Ukraine**

**Loving God,  
We pray for the people of Ukraine,  
for all those suffering or afraid,  
that you will be close to them and protect them.**

**We pray for world leaders,  
for compassion, strength and wisdom  
to guide their choices.**

**We pray for the world  
that in this moment of crisis,  
we may reach out in solidarity  
to our brothers and sisters in need.**

**May we walk in your ways  
so that peace and justice  
become a reality for the people of Ukraine  
and for all the world.**

**Amen.**



## Family & Community Support Parenting Programmes SUMMER TERM 2022

### Time to Pause

*(In partnership with Mind Jersey)*

This 8 week programme will cover how, as a parent you can take time to pause. It will give you better awareness to understand your own needs and improve your communication. This is open to all parents/carers who would like to take some time to themselves and connect with others.

**Dates:** 28th April – 16th June (Weekly sessions on a Thursday) **Time:** 09:30 – 11:30 **Venue:** Pips Place

### Who's In Charge

Who's in Charge is an 8 week programme specifically designed for parents/caregivers of a young person aged between 10-18yrs who is beyond control, violent or defiant.

The group aims to provide a supportive environment to share experiences and ideas, reduce guilt and shame, offer ideas to help develop strategies to manage behaviour, and help parents/care givers feel more in control and less stressed. Follow up support is always available.

**Dates:** 3rd May – 28th June (Weekly sessions on a Tuesday) **Time:** 18:00 – 20:00 **Venue:** The Bridge

### 0-12 Group Triple P

Group Triple P is a 6-week programme for parents and carers of children aged between 0-12-years-old. The programme looks at strategies to help manage children's behaviour and prevent the kinds of problems that can make family life stressful. This programme is recommended for parents and carers who may have a few concerns about their child's behaviour, or who may simply want to learn about positive parenting and how it can be applied to their family.

**Dates:** 12th May - 23rd June (Weekly sessions on a Thursday) **Time:** 18:00 – 20:00 **Venue:** The Bridge

### Keeping Children In Mind

Keeping Children in Mind is a 3-hour workshop for parents and carers who are thinking of separating, or who are already separated or divorced and are worried about doing the best for their children whilst coping with everyday life. The workshop discusses ways of managing and helping parents/carers and their families to move forward during what can be a very difficult time.

**Date:** Last Wednesday of each Month  
starting on 27th April at **18:00 - 21:00.**  
**Venue:** The Bridge

### Teen Group Triple P

Teen Group Triple P is a 6- week programme designed for parents and carers of teenagers aged between 12-18 years of age. The programme provides tips and suggestions to help develop the skills needed to raise confident and healthy teenagers, and to build stronger family relationships. This programme is recommended for parents and carers who find that their teenagers' behaviour has become too much to handle, or who may be keen to learn more about positive parenting and be prepared if hassles arise.

**Dates:** 12th May - 23rd June (Weekly sessions on a Thursday) **Time:** 18:00 – 20:00 **Venue:** The Bridge

### New Forest Parenting Programme

*(In partnership with CAMHS)*

This is a 6 week course for parents/carers of children (aged between 3-11) who are displaying some of the symptoms associated with having ADHD, or already have a diagnosis of ADHD. It will explore ADHD and provide tools and tips for parents/carers to feel more confident when supporting a child with ADHD.

**Dates:** 9th June – 14th July (Weekly sessions on a Thursday) **Time:** 18:00 – 20:00 **Venue:** The Bridge

All of our group programmes are free and aim to provide parents and carers the opportunity to meet others in similar situations who will support each other and share their own stories.

**To register your interest for the programmes mentioned on this flyer, please contact The Children and Families Hub, via telephone 01534 519000 or email [Childrenandfamilieshub@gov.je](mailto:Childrenandfamilieshub@gov.je)**

**Please note that some dates may be subject to change, depending on how much interest is registered**



# Support Services for Children, Young People and Families



## Children and Families Hub

Information, advice and support for families and young people

Call: 519000 or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)

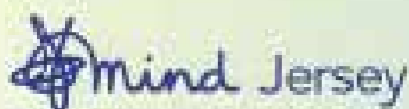
## The YES project (Youth Enquiry Service)



Counselling for ages 13-25

Freephone: 0800 7350 010

or visit [yes.je](http://yes.je)



Mental Health Charity

Freephone: 0800 7359 404

or visit [mindjersey.org](http://mindjersey.org)

## School-Based Counsellors

Available in most secondary schools

Visit [gov.je/cypmentalhealth](http://gov.je/cypmentalhealth)

## Mental Health and Wellbeing Drop-In

Young people and families can speak confidentially to a mental health practitioner or youth worker

Open every Saturday at YES

Visit [gov.je/cypmentalhealth](http://gov.je/cypmentalhealth)



## Kooth Jersey



Online counselling and support for ages 10-25

Visit [kooth.com](http://kooth.com) and "choose Jersey"

## SAMARITANS

### Samaritans Jersey

116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

For a full list of support available scan here:



JERSEY PUTTING  
CHILDREN FIRST

## Out of Hours Mental Health Support

For urgent help call the Emergency Department on 442264 or 999 in an emergency

# Sports

## Swimarathon

On Wednesday 9 March, 56 children took part in the 50th Lions Club Swimarathon at Les Quennevais. As always, the children were a credit to the school and to their parents, as behaviour was excellent and their effort was second-to-none. It wasn't just the swimming that the children were working hard with: The sponsorship they gathered this year reached over £1,400.00. Thank you to all of the parents that came up to Les Quennevais to watch the children swim, your support was greatly appreciated.



## Football



We were delighted that this term we have been able to see the return of competitive football matches; both teams have playing brilliantly in each match! We have played some very exciting matches, with teams such as St martins, Grouville, Trinity and Samares. Our pupils the students have represented the school admirably and shown true sportsmanship and FCJ values in both victory and defeat. Well done to all our amazing footballers, we are so very proud of you!

# Sports

## Netball



**What a term we have had with our FCJ Netball team! The girls have played amazingly in each of their netball matches. During our league matches, we have played 5 games against other schools. The girls should be very proud of themselves as we won every match!**

**On Friday 18 March, we took 9 girls to Les Ormes to take part in the Annual Netball Tournament. For this event, we had to play 8 matches, we won 7 of them and drew against St Martin. This took us into the final! We played St Clement in the final, after 10 minutes the score was 3-3 and we had to go into extra time. After a tense extra 5 minutes, we won 5-3! A special well done to the 9 girls, they should be very proud of their achievements this term.**

## Contact Us

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