



FCJ Primary School

March 2024

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.

SVP Food Bank Visit

We visited the SVP Food Bank on Thursday 21st March to help deliver and sort the food donations from our Lent Collection. We were delighted to be joined by Radio Jersey and were so proud to hear the report on Radio Jersey, both on Sunday morning and Monday too!





Easter!!



This term we have been very busy in Pre-School! We have been learning all about minibeasts, the change in the seasons and playing in our outside area. We also had a wonderful visit from For science week we had a visit from a real life scientist! We have also been getting ready for easter, we have made Easter bunny ears, chocolate Easter nests, our Easter baskets and Easter cards for our families.



EASTER IN RECEPTION



Holy Week

Reception have been learning about Holy Week in preparation for Easter. We have looked at each of the special days in Holy Week and thought about why this time of year is special. We have also been busy painting our feet and turning them into bunnies for our Easter cards! We enjoyed going on an Easter Egg hunt and making Easter nests using shredded wheat.



DANCE YEAR ONE



During Year One's PE lessons this term, we have focused on dance. We have been exploring 'opposites' through the arrival of Spring and rabbits enjoying the spring sunshine. We have created different movement ideas include finding contrasting ways of jumping, travelling and spinning. We have thoroughly enjoyed hatching into all sorts of creatures - insects, frogs, ducks and dinosaurs! Lots of great opportunities for lots of animal movements. Spring is really buzzing and eggs are everywhere!

Sensational Safari Celebration Day

YEAR 2

On Thursday 21st March Year 2 celebrated 'Sensational Safari Celebration Day'. This was to celebrate finishing our creative unit in which we learnt about the country of Kenya. In our creative topic we learnt about the Big 5, the Maasi tribe and different countries in Africa. During this unit, we learnt how to create our own safari park maps, create our own map key and how to use an Atlas.



On this special day, we used oil pastels to create an African sunrise looking over the Kenyan savannah. Then we added silhouettes of African animals and trees you find in the surroundings. We had a great day sharing what we enjoyed about the topic.

Muscles in our Bodies

In science, the Year 3 children have been learning that the muscles in our bodies pull our bones to help us move. When raising our hand towards our shoulder we identified that we require a pair of muscles to make this possible; those muscles are known as biceps and triceps. The children created models to understand how our biceps contract and our triceps relax when we pull our hand towards our shoulders; the muscles perform in the opposite manner when the hand moves away from the shoulder. Super Exciting Bodies.



JERSEY SINGS



Year 4 recently enjoyed a session with West End actress and singer Christina Tedders, working on songs for this year's Jersey sings. It was very energetic, requiring lots of rhythmic movement as well as singing. They all particularly enjoyed Queens Radio Gaga and sang at the top of their voices. We can look forward to hearing more songs when year 4 take part in Jersey sings across the bay in June.



The Force of Year 5



In Year 5's Science lessons this term we have been learning about forces. We investigated the force needed to pull an object over different surfaces. We used a newton meter to measure the pull required. We have also been investigating the effects of air resistance. We learnt that when something falls air resistance acts in the opposite direction to the force of gravity. We investigated this concept by exploring three different sizes of parachutes to see which would take the longest to land. Pre School were very kind and let us test our experiment in their playground.



Year 6

THE HUMAN CIRCULATORY SYSTEM

In science, the children in year 6 have been learning about the human circulatory system. They have learnt how nutrients are delivered to the cells and how different nutrients are required for our body to function. The children had lots of fun as they made a human blood model, using: cheerios, covered in red paint, to represent red blood cells; mini marshmallows for white blood cells; raisins for platelets; and yellow food colouring in water for the plasma.

BISCUIT-DUNKING CHALLENGE

Year 6 thoroughly enjoyed British Science Week, especially the biscuit-dunking challenge! We made some very thorough predictions using our existing knowledge of biscuit dunking and, as predicted, the chocolate-coated digestive was a clear winner. We concluded that the chocolate acted like a waterproof layer and prevented the biscuit from crumbling prematurely.



BISCUIT-DUNKING
CHALLENGE

FRIENDS SHOULDN'T MAKE US FEEL UPSET



**Whatever you're feeling,
Childline can help.**

We're free, and you don't
have to tell us your name.

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk/kids | 0800 1111

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ParentMail

Please ensure that you have set up your ParentMail account.

Bookings for the wrap around service will shortly be available.

More information will be sent via a ParentMail



ParentMail

Music/Peripatetic lessons

Music lessons, including piano and guitar, continue to be taught in school by the wonderful team of peripatetic music teachers.

Please contact the school office if you are interested in your child commencing peripatetic music lessons.



FCJ 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.



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 cooperation.

Play Equipment

Remember, children are not allowed to use the play equipment at the beginning or end of the school day.



DVDs Are Available Now

Christmas 2023 DVD's are Available. Head over to ParentMail to order a copy or two!



We still have Christmas 2022 DVD's for sale. If you would like to purchase a DVD, they are available on ParentMail.



FCJ NEWS

The Greatest Show DVDs Available Now



The DVDs of "The Greatest Show" are now available. We have 5 DVDs to offer.

- DVD 1, 03/07/2023 – 1st Performance – Matinee
- DVD 2, 03/07/2023 – 2nd Performance - Evening
- DVD 3, 04/07/2023 – 3rd Performance - Evening (Stand in Nomi)
- DVD 4, 05/07/2023 – 4th Performance - Evening (Stand in Nomi)
- DVD 5, 06/07/2023 – 5th Performance – Finale

Get them on ParentMail now!



Chess Master

Rafael in Year 2 has competed in a Chess tournament representing FCJ, where he achieved second place in his age group, narrowly missing first place with only a draw (half point). We are thrilled with this outcome, especially considering it was his first tournament ever. A huge congratulations to Rafael.



Swimming For FCJ

Kealan was very proud representing his school at Jersey's annual Swimarathon at Les Quennevais this March.



ICT NEWS

Disney+ Parental Controls Guide

Disney+ parental controls help you keep your family watching content appropriate for them. Every family can customise the parental control tools to meet their needs.

Below is a link to help you setup the children accounts.



<https://www.fcj.sch.je/wp-content/uploads/2024/03/parental-control-disney-plus-parental-controls-guide.pdf>

Apple Family Sharing

Family Sharing makes it easy for up to six family members to share content, all without sharing an Apple ID. You can set up an Apple ID for kids, set permissions remotely with Screen Time, and much, much more. You can also set up Apple Cash for a child or teenager, or set them up with an Apple Watch. Link below.



<https://www.fcj.sch.je/wp-content/uploads/2024/03/Set-up-Family-Sharing---Apple>

HOME SHOULD BE A HAPPY PLACE



**Whatever you're feeling,
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We're free, and you don't
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HAPPY EASTER

Dear Parents and Guardians

As we approach the joyous celebration of Easter, I am filled with gratitude for the opportunity to share this sacred time with our children and the FCJ community. Easter is a profound reminder of the power of faith, hope, and love, and I hope it brings you, and your family peace and happiness.

In the words of Pope Francis, "Let us not close our hearts, let us not lose confidence, let us never give up: there are no situations which God cannot change." These words echo the essence of Easter – a time when we are reminded of the transformative power of God's love and mercy. As a Catholic school community, we are called to embody the spirit of Easter in our words and actions, spreading love, compassion, and kindness to all those around us. Let us strive to be beacons of light in a world that yearns for healing and reconciliation.

I would like to express my heartfelt gratitude to you our parents for your unwavering support and partnership in your child's education journey. Your involvement, encouragement, and collaboration are truly invaluable, and they make such a positive difference in our school community each day.

As ever, I am deeply indebted to our wonderful staff team whose kindness, compassion, and professionalism create a nurturing environment where our students can thrive and grow. I am truly blessed to work alongside such an exceptional team of educators. As we gather with family and friends to celebrate the miracle of Easter, let us take a moment to reflect on the blessings in our lives and cherish the moments we share with our loved ones. Together, as a community rooted in faith, we can spread light and love to those around us, making our world a brighter and more beautiful place.

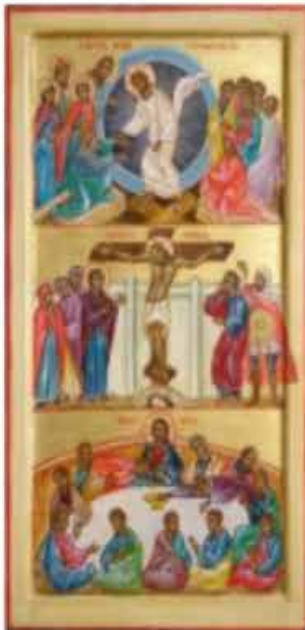
May the joy of Easter shine brightly in your homes, filling them with peace, love, laughter, and precious memories that last a lifetime.

Wishing you all a blessed and joyful Easter!

Ms D. LENZI



CATHOLIC CHURCH
IN JERSEY



The Paschal Triduum

Holy Thursday

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

Good Friday

Commemoration of the Lord's Passion

3pm at St Thomas and at St Bernadette

Stations of the Cross: 5pm at St Thomas

Prayer at the Cross: 7pm at St Matthieu

Holy Saturday

Confessions: 11am-Noon at St Thomas

Easter Vigil: 8pm at St Thomas

Easter Sunday Masses: 8am, 10am, Noon at St Thomas,
9.30am & 11.30am at St Bernadette (No 5.30pm Mass).

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

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 choose 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: myra@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: 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

- FCJ white PE polo-shirt (x2)*
- Navy blue PE shorts (x2)*
- White socks for PE
- Extra pair of navy/white underpants and socks (x2)*
- FCJ Infant PE sweatshirt and jogging bottoms (x2)*

Additional items for KS2 boys

- FCJ white PE polo-shirt (x2)*
- Navy blue PE shorts (x2)*
- White socks for PE
- FCJ Football kit, boots, socks and shin pads (if taking part in after school football)
- FCJ Junior school tracksuit (x2)*

**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.

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

- FCJ school striped blouse (winter) *
- FCJ navy blue pinafore dress with side zip (winter) *
- Extra pair of navy/white knickers and socks (x2)*
- FCJ white PE polo-shirt (x2)*
- Navy blue PE shorts (x2)*
- White socks for PE
- FCJ Infant PE sweatshirt and jogging bottoms (x2)*

Additional items for KS2 Girls

- Navy blue A-line skirt: **no splits or pleats** (winter)
- White shirt (winter)
- FCJ School tie (winter)
- FCJ School blue V-neck jumper (winter)
- FCJ white PE polo-shirt (x2)*
- Navy blue PE shorts (x2)*
- White socks for PE
- FCJ football kit, boots, socks and shin pads (if taking part in after school football)
- FCJ Junior tracksuit (x2)*

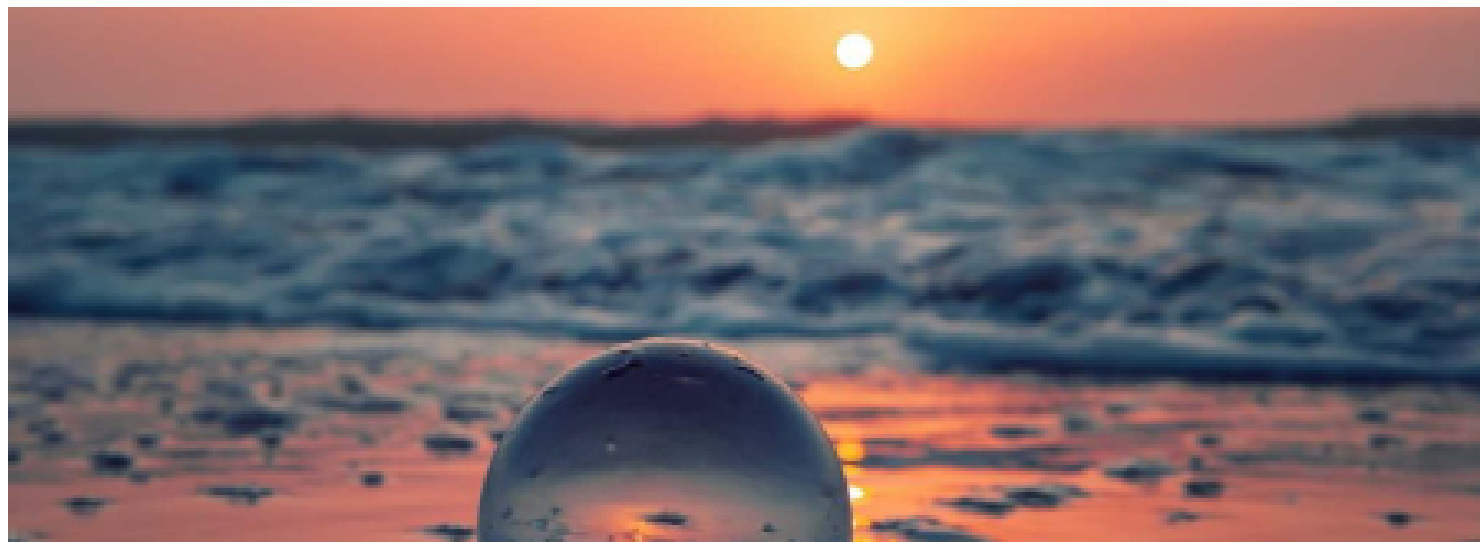
**One to be kept in school as spare*

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.



Time to Pause- an online course for parents and carers.

A time to pause is a 6-week course bringing concepts of positive psychology to increase selfcare and wellbeing to parents. These are interactive creative sessions and participants will need pens, paper, and colours. Weekly sessions are outlined below:

- | | |
|--|---|
| 1. Time to pause: creating peace and calm in our lives. | 4. Time for self-care and compassion: recognising our own needs and learning to be kind to ourselves. |
| 2. Time for gratitude: gratitude and increasing our own happiness levels. | 5. Time to listen- enhancing our listening skills and understanding others. |
| 3. Time to connect: connecting through play and building positive relationships. | 6. Time to flourish- recognising our strengths and bringing wellbeing into daily life. |

Who is it for? For parents and carers with children up to 18 years.

When is it? Tuesday 20th February to Tuesday 26th March 18:00-19:00

How can I take part? Sessions will be held online via Teams. Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je to register your interest and for the links to the sessions.

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*



Parent/Guardian Support

Outside Agency Support available to parents/guardians

Wellbeing Team and Educational Psychologist Team Helpline
Parents/guardians can seek advice from the Wellbeing and Educational Psychologists Consultation Line, operated every Wednesday between 12:30pm and 3:30pm term time only:

www.gov.je/health/coronavirus/educationchildcare/pages/psychologywellbeingservicecoronavirusresponse.aspx

Children and Families Hub

Parents/guardians can seek advice from the Children and Families Hub:

www.gov.je/Caring/ChildrenAndFamiliesHub/pages/childrenandfamilieshubhomepage.aspx

Triple P – Positive Parenting Programme

Parenting Support Services work in conjunction with the Family Support Workers in Primary and Secondary schools across the island, to deliver the Triple P (Positive Parenting Programme).

Triple P aims to help parents and carers of children up to 12 years and teenagers up to 18. They also deliver a programme for parents and carers of children with special needs. Triple P programmes can also be delivered in Portuguese.

Triple P Positive Parenting helps you:

- raise happy, confident children and teenagers
- manage behaviour in a positive way
- set family rules and routines that everyone follows
- get along better with your children or teenagers
- balance work and family without stress

The current timetable of events is detailed and is frequently updated on

www.gov.je/Caring/Organisations/Pages/TriplePProgramme.aspx

If you would like to attend one of these events, please email

parentingadmin@gov.je

Jersey Online Directory

www.jod.je/kb5/jersey/directory/home.page

The Bridge Child and Family Care

www.jod.je/kb5/jersey/directory/service.page?id=PJg2SEJEjFg

MIND Jersey

www.gov.je/Caring/Organisations/Pages/MindJersey.aspx

Youth Enquiry Service (YES)

www.yes.je/about

YES – Wellbeing drop-in

www.yes.je/wellbeing-drop-in

Parent/Guardian Support

Do you have an anxious child?

Follow the link below for some useful guidance on helping your child overcome anxieties:

www.childmind.org/article/what-to-do-and-not-do-when-children-are-anxious

www.blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/

Self Esteem

Is your child having problems with self esteem? Try following this link which gives some useful advice to parents:

www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/

Parental Advice for Anger Management

Help with those 'hot feelings' - some tips and information for parents about managing anger in children:

www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children





Sit up.



Listen.



**Ask & answer
questions.**



Nod your head.



**Track the
speaker.**



@FCJPrimary

**FCJ Primary School
Deloraine Rd St
Saviour JE2 7X**

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