

Weekly Bulletin 13th March 2026

Upcoming Dates

March	Mon 9th :	Living Eggs Arrive
	Mon 23rd :	Holy Week Event
	Wed 25th :	First Aid Yr 5& 6
	Thurs 26th :	Easter Bonnet Parade
	Fri 27th :	Easter Church Service at 2.15pm
	Fri 27th :	End of Term 4
April	Mon 13th :	First Day of Term 5

<https://sjm.academy>

Telephone: 01323 730255

Email: office@sjm.academy



Whole School Reminder:
We are an allergy aware school.

NO NUTS are to be brought in to school. Thank you.

School Notices

Healthy Snacks

Please provide fruit for snack time rather than crisps or chocolate, as we are a Healthy School.

Dear families,

- **We have Chicks!!** 7 fluffy chicks have now hatched in the Reception classroom. All classes will get a chance to meet them next week.
- **Guinea Pig Update** - The votes have been counted and our clear winning names are: **Monty & Max**
Don't forget to pop on to Arbor and complete the Consent request, to allow your child to hold and stroke our new guinea pigs.



- **World Book Day Doors**
The winners of our 'decorate a door' contest are Year 4, with Year 6 coming runners up.

Thank you for your ongoing support.

Attendance This week: Best attendance: Reception

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole School
95%	100%	93.8%	98.6%	97.2%	95.6%	96.7%	96.7%



LIGHT Awards

Well done

to this week's LIGHT award winners:

Bella R

Fabian Y1

Charlie Y2

Elsie Y4

Sophia Y5

Keit Y6



Headteacher Awards

Well done to our Headteacher's Award winners for excellent work this week!

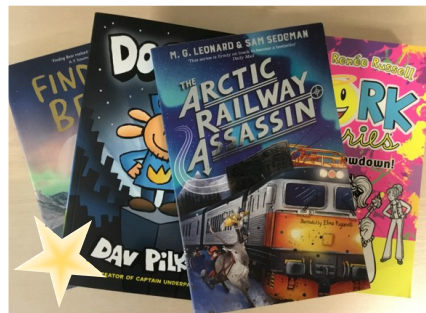
Bella, Alana, Frankie, Isaac, Anna, Eve, Hayley, Elsie, Kossay, Judah, Kenzo, William, Rupert, Henry, Oscar, Aoibheanna, Abi, Florence, Ella, Grace, Penelope and Minal!





Read, Relax, Repeat Winner

Well done Quinn - our first Reading Raffle winner! Another winner will be drawn next Friday.



A Poem

*A murky tule fog enrobes the coppice.
A skeletal branch caresses the lost.
A fairytale story on the tip of a tongue.*



Thank you for this atmospheric photo and poem, sent in by Angela Kitcher-Davis.

Online Safety & Safeguarding

What children need to know about

ONLINE BULLYING



What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON



BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National Online Safety

#WakeUpWednesday



Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COCOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.

How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.



www.nationalonlinesafety.com

Twitter- @natonlinesafety

Facebook- /nationalonlinesafety

Phone - 0800 368 8061

Mrs L Pomeroy - (DSL) Designated Safeguarding Lead

Mr B Berhane - Deputy Designated Safeguarding Lead and Mrs K Hitch - Deputy Designated Safeguarding Lead

Please email any concerns: dsl@sjm.academy

13 MARCH 2025

FRIENDS NEWS

Coming up next week



Uniform Sale: Friday 20th, 3.15pm, playground

Next Friday, after school in the playground, pre-loved uniform items will be on sale in exchange for a donation (£1 suggested). Plus, we'll be selling ice pops for 50p each. Cash please!

> Sale starts at 3.15pm at the picnic tables in main playground

Last week of term, Easter fun...



Easter Bonnet Parade - Thursday 26 March

The school would love all children to make/decorate an Easter bonnet to wear at the Easter Bonnet Parade. **An Easter egg prize will be given for the best bonnet in each class!** The parade will take place during the school day; photos of the fun will be shared with parents and carers via email afterwards.

> Please bring bonnets into school, morning of Thurs 26 Mar



Easter nests: Fri 27th, 1.30pm, St John's Church

On the last day of term please join us for the special school Easter service at St John's Meads Church. **Chocolate nests will be on sale before the service** so you can treat your kids afterwards. Dairy free will also be available & take away bags.

> Nests available to buy from 1.30-2pm for £1 each
Any leftovers will be sold after the service

Dates for your diary...

▶ **Fri 20 March, 3.15pm**
UNIFORM & ICE POPS

▶ **Thurs 26 March**
EASTER BONNETS

▶ **Fri 27 March, 1.30pm**
EASTER NESTS SALE

About The Friends sjm.academy/friends

We are a group of parents and carers, hosting fun events that raise money for the school. **If you'd like to get involved, or have ideas to share, we'd love to hear from you.**

GET INVOLVED

Email: chair@stjohnsmeadsfmsa.org.uk

FRIENDS OF ST JOHN'S MEADS PRESENTS

UNIFORM SALE

Pick up pre-loved school uniform
at our playground sale

**FRIDAY
20 MARCH**

3.15PM

**PLAYGROUND
PICNIC BENCHES**

Cash preferred, card accepted

PLUS 50p
ICEPOPS

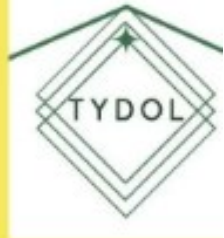


All proceeds will go towards fundraising for St John's Meads CE Primary School. Registered charity. 1106227



**MARCH
30th - 2nd
April**

£25.50
Per Day
9:30am - 1:30pm



**HOLIDAY CLUB
FOR 6 TO 11 YEAR OLDS**

- ACTIVITIES:**
- Creative Arts and Crafts
 - Sporting activities
 - Fun Swimming & Water Safety Awareness
 - Play in a day
 - Woodland Walks and Adventures
 - Eggstacular Slime Making & Disco Party
 - Games, Easter egg Hunt
- And much more!!

30th March - 2nd April
Eastbourne College
Beresford Astro
Summerdown Road
BN20 8DG
Eastbourne College
Old Wish Road,
Eastbourne, E BN21
4JX

****All our activity mentors are professional, and Enhanced DBS checked****



LUNCH PROVIDED
LIMITED PLACES AVAILABLE!
HAF FUNDED PLACES AVAILABLE!

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<https://www.facebook.com/TydolTuitionCentre>

