



Bulletin: Friday 7th February 2025

This week has been Children's Mental Health Week, exploring the theme of Know Yourself, Grow Yourself. Across our classes, we've had insightful discussions about understanding our emotions and the challenges that come with growing up. A highlight has been watching a clip from the film Inside Out, which illustrates the importance of recognizing and processing our feelings.

This theme has been closely linked to one of our school rules: BEING KIND. Kindness is such a simple yet powerful way to support everyone around us. Research shows that acts of kindness—whether given, received, or even observed—release feel-good hormones that boost our mood, reduce stress and even promote better heart health.

As part of our commitment to fostering kindness, tolerance, respect and inclusion, we are excited to welcome the charity Stop Hate UK to school on Monday. Stop Hate UK, based in Leeds, is dedicated to raising awareness of discrimination and hate crime, encouraging its reporting and supporting those affected. They will be delivering a whole-school assembly, followed by workshops for each year group, offering an opportunity to deepen our understanding of inclusion, respect and the impact of our actions. This has very kindly been funded by FOAV's fundraising efforts.

Speaking of kindness, I recently challenged our class ambassadors with a question: If I gave you £10, how would you use it? I'm delighted to announce 4 Yellow as the winners for their thoughtful idea of donating the money to Macmillan Cancer Support. The £10 has been given to Mrs Blakemore, who will arrange for the donation to be made.

Let's continue to embrace kindness, support one another and make our school a place where everyone feels valued and included.

Wishing you a lovely weekend.



Parent Consultation Evenings

Next week, you'll be sent a booking link for the upcoming Parent Consultation Evenings, which will take place on 4th, 5th and 6th March. I know that class teachers are looking forward to meeting with you and as always, they will provide you with a general overview about your child and their academic progress. However, we want to ensure that the discussions are as productive as possible and we'd like to focus more on the areas that matter most to you. Please take a few minutes to complete this electronic form and let us know if there is anything specific you would like to discuss during your 10-minute appointment.

<https://forms.office.com/e/4xykGywMhe>

Thank you for helping us tailor your meeting to address what's most important to you and your child.

Note: If you have more than one child at the school, please complete a separate form for each child.

Safer Internet Day - competition

To raise the profile of Safer Internet Day on 11th February 2025, Mrs Lund is organising a Safer Internet Day Poster Competition. Here is some information from her:

Rules

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- *The theme is 'How can we stay safe online?' so you may wish to create a poster raising awareness of online scams (this year's Safer Internet Day theme).*
 - *Posters should be created either electronically or by hand.*
 - *Posters can be A4 or A3.*
 - *Posters to be done individually or in pairs*
 - *Posters to be completed and given to Mrs Lund by the end of the day on Friday 28th February*
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The posters will be judged under the following categories:

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- *Class winners*
 - *Overall year group winner*
 - *Overall school winner*
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The overall school winner's poster will be framed and displayed in school.

Further online safety information for parents can be found by clicking the link below:

[*Online Safety | Arno Vale Junior School*](#)

We had lots to celebrate in our assembly today.

Birthdays:

Sum Yau, Coralie and Sonny celebrated their birthday this week - happy birthday!

Stars of the week:

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- *3 Grey – Max for determination and Toby M for curiosity.*
 - *3 White – Solomon for determination and Sara and Esila for curiosity.*
 - *4 Orange – Raife for independence and respect and Ella for determination.*
 - *4 Yellow – Elsie for independence and Jessica for determination.*
 - *5 Green – Noah F and Narai for determination in their writing.*
 - *5 Red – Evan and Isla for independence and being fantastic role models.*
 - *6 Blue – Amen for respect and Seren for determination.*
 - *6 Purple – Riley and Kitty for independence and being great role models.*
 - *6 Baker – Matilda and Phoebe for always being ready to learn.*
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Mr Baker's special mentions for catching people being kind:

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- *Eliza in Y5 for picking up litter and for having exceptional manners.*
 - *Katy in Y5 gave up 5 minutes of her time to teach someone to tie their shoelaces.*
 - *Sam R in Y5 is going to donate some plants to school.*
 - *Imogen in Y6 for her kindness and patience in allowing another class to go first as they had been waiting longer.*
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TTRS:

This week's class champions are:

- *Miss Oates/Miss I's maths group-Alfie*
 - *6 Baker - George*
 - *Miss Fallon's maths group - Emily*
 - *5 Baker - Phia*
 - *5 Red - Faris*
 - *5 Green - Eva*
 - *4 Yellow - Adrian*
 - *4 Orange - Ben*
 - *3 White - Louis*
 - *3 Grey - Arabella*
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*The winning class is **4 Orange**. They win 5 minutes of reward time for having the most children logging on and playing (100%).*

Out of school achievements:

Nathaniel and Leon showed us their Player of the Match trophies from football.

Harriet and Emily have shown determination to achieve their swimming certificates.







Parking

I would like to remind you that the school car park is for staff use only unless permission has been granted by the Headteacher. This is in place to ensure the safety of everyone on site. In exceptional circumstances, permission may be given to use the car park at the beginning and end of the day. If this applies to you, please ensure you park considerately and carefully.

The same consideration is requested for those parking on Saville Road. To help ease congestion and improve safety, I encourage you to walk to school whenever possible.

Thank you for your cooperation and support

Sports news

A huge well done to our Y5/6 athletics team for their fantastic performance in the district heat yesterday! Mr Ward and Mr Hicking were incredibly impressed with their effort, behaviour and attitudes (and the team competed at a very high level). We'll find out next week if we have qualified for the district final but it looks very likely. Team: Freya, Imogen, Elizabeth, Ivy, Iris, Matylda, Charlie, George, Amen, Gabe, Deniz, Joseph.

We'd also like to celebrate the children who represented our school in the cross country County Final last Saturday (Imogen, Ivy, Luke, James, Freya, Alfie, Jasmine, Joe, James). You gave it your all and made us so proud—well done!

Messages from the office

- All Club Vale bookings are now up to date on MCAS for the rest of the week. Please log in to enrol in Breakfast and After School sessions and ensure any outstanding balances are settled. If applicable, you may also transfer childcare vouchers or tax-free childcare payments.*
 - Any credit or debit balances have now been successfully transferred from ParentPay to MCAS.*
 - We apologise for the issue that prevented bookings for Monday 10th February. The system has now been reconfigured to prevent this from happening again.*
 - When booking school dinners, please select each day individually (Monday–Friday) and submit them separately. We are currently unsure if the system allows parents entitled to free school meals to book independently. If not, we will process those bookings using the Monday morning dinner registers.*
 - Mrs Illingworth has kindly sorted through the school's lost property. For the next two Fridays (until half-term), lost items will be available in the courtyard next to the Year 4 exit doors. Please take a moment to check for any belongings. After half-term, any unclaimed and unnamed items will be donated to charity.*
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Multi Sports Camp

Multi sports camp, led by Mr Ward and Mr Lindley, will once again run this February at Arno Vale Junior School.

Dates: Tuesday 18th and Wednesday 19th February 2025

Sports include: Football, golf, basketball, hockey, cricket, dodgeball, tag rugby and tennis.

Time: 9.00am to 3.00pm

Price: £17 per day

Age: 5-11

Please follow this link to book your place. <https://forms.office.com/e/DRPHtpti7X>

Diary dates:

Arno Vale Junior School Selected Diary Dates 2025

Arno Vale Junior School Diary Dates 2024 to 2025	
Mon, 17 th Feb to Fri, 21 st Feb 25	Half term holiday
Monday, 24 th February 25	Inset day
Tuesday, 25 th February 25	Return to school
Tuesday, 4 th March 25	Parent's consultation meeting – 3.40pm to 6.30pm
Wednesday, 5 th March 25	Parent's consultation meeting – 3.40pm to 6.30pm
Thursday, 6 th March 25	Parent's consultation meeting – 3.40pm to 6.30pm
Thursday, 6 th March 25	World Book Day
Mon, 7 th Apr to Mon. 21 st Apr 25	Easter holiday
Tuesday, 22 nd April 25	Return to school
Monday, 5 th May 25	May Day bank holiday
Mon, 12 th May to Thu, 15 th May 25	Y6 SATs week
Thursday, 22 nd May 25	Y3 trip to Cresswell Craggs for a stoneage experience
Mon, 26 th May to Fri 30 th May 25	Half term
Thursday, 19 th June 25	School Games afternoon
Tuesday, 24 th June 25	Back up School Games afternoon
Friday, 4 th July 25	Inset day
Friday, 11 th July 25	Non uniform day
Tuesday, 15 th July 25	Y6 performance
Wednesday, 16 th July 25	Y6 performance
Friday, 18 th July 25	FOAV summer fair
Tuesday, 22 nd July 25	Y6 leavers' festival
Friday, 25 th July 25	Last day of term

And finally...

The answer to last week's question was 1/3.

$$\frac{3}{4} \times \frac{1}{3} = \frac{3}{12} \text{ (which is equivalent to } \frac{1}{4}\text{)}$$

This week's question has nothing to do with the curriculum. It is a sports trivia question that Mr Hill recently challenged me with:

There are 10 football clubs ending in 'City' that have played in the Premier League. Manchester City is one of them. Can you name the other nine?
