



Newsletter

21st July, 2022

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Well, here we all are, at the end of our first full year following the pandemic. A year of highs and lows, tears and laughter, challenges and obstacles, Covid and heatwaves. As I set off for the summer break, I feel a great sense of pride—I am truly blessed to work with the most incredible people, both young and old.

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”
Joshua 1:9

Sadly, we have to say goodbye to some of those people today—our Year 6 and a sprinkling of other children leave us to move onto new schools; without exception, they are kind and generous people who I know will shine brightly in their new schools and achieve wonderful things. We also say goodbye to Mrs Steed—there isn't enough room on this page to express how much we all love her and appreciate her dedicated service to our school, so I won't even try, except to say, Dawn you will be so greatly missed! We all wish you well as you move into the next chapter of your lives—whilst there may be some sadness and anxiety about the changes coming up, we pray that you will be filled with the strength and confidence to face any challenges that come your way.

We've had a wonderful week—water fights, leaver's service, ice cream van, and last night's Proms—looking out across the field and seeing all of you was my highlight of the year. We are nothing without all of you and your support and friendship—thank you all so much. All of the staff and I are so grateful for your kind words, gifts, cards and emails—we do this job because we love children and want to make a difference, and we are rewarded well every day by sharing in their achievements, we never expect anything further so accept all your encouragements is so very much appreciated.

I wish all of you the happiest, most peaceful summer break, may you find some calm and respite following the busyness of the year!

Much love,

Maria & all the team at St James'





End of Year Report - Pupil Governors

Thank you for all of the support this year. From the bake sale to our school fair you have helped raise money for important charities, such as Make-A-Wish and Young Minds, and the school at the same time. We have all been hit by Covid-19 but we have all carried on to make this school more enjoyable than it already is. We have listened to the school community and their ideas, which helped us to create an action plan. We are proud that we have achieved some of these this year. Thanks to the children in our school community for their wonderful ideas. We hope you all have a wonderful summer, and we look forward to supporting the new Pupil Governors in September.

Mohammad (Chairperson), Wenxi (Vice Chairperson) and the Pupil Governors

HOW YOU FEELS MATTERS: Getting help in Bedford Borough & Central Bedfordshire IT IS SO IMPORTANT TO TALK, TRY TALKING TO: school mental health lead, councillor, doctor, friend, family, trusted adult. IF SOMEONE TALKS TO YOU, help them get help and get support yourself. See below how

0 – 18 SINGLE POINT OF ENTRY

A CAMHS clinician will respond to enquiries relating to accessing CAMHS, as well as CHUMS. They can also provide self- help resources and psychoeducation. For enquiries, please call 01234 893362

INFORMATION	GETTING HELP
<p>YoungMinds Mental health charity with a wide range of resources and information https://www.youngminds.org.uk/</p> <p>CHAT HEALTH Service for young people to confidentially ask for help on a range of issues. Talk to a school nurse https://chathealth.nhs.uk/ TEXT: 07507 331450</p> <p>SCHOOL NURSES Providing support on a range of issues, 1-1 virtually or in school https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing TEL: 0300 555 0606</p> <p>EARLY HELP (BEDFORD BOROUGH) The Local Offer holds a wide range of information regarding services and support available, including early help support. https://localoffer.bedford.gov.uk/mentalhealthhub TEL: 01234 718 700</p> <p>EARLY HELP (CENTRAL BEDFORDSHIRE) https://www.centralbedfordshire.gov.uk/info/11/children_and_young_people/122/support_for_families The HUB Email: cs.accessandreferral@centralbedfordshire.gov.uk The HUB Tel : 0300 300 8585 Out of Office Hours: 0300 3008123</p>	<p>KOOTH Your online mental wellbeing community Access free, safe and anonymous support https://www.kooth.com/</p> <p>VOLUNTARY SECTOR COUNSELLING FOR YOUNG PEOPLE:</p> <p>Bedford Open Door www.bedfordopendoor.org.uk Tel 01234 360388</p> <p>Sorted www.sortedbedfordshire.org.uk Tel 1582 891435</p> <p>Relate www.relate.org.uk Tel 01234 356350</p> <p>CHUMS Mental Health and Emotional Wellbeing Service for Children & Young People https://chums.uk.com/ TEL: 01525 863924</p> <p>Samaritans https://www.samaritans.org/ Tel 116 123</p> <p>Childline https://www.childline.org.uk/ Tel 0800 1111</p>
<p align="center">NEED MORE HELP</p> <p>CAMHS - Emotional & Behavioural Team For further information, please visit:</p> <p>North Bedford CAMHS: https://camhs.eft.nhs.uk/service_detail.aspx?ID=201</p> <p>South Bedford / Luton CAMHS: CAMHS - Services - South Bedfordshire/Luton CAMHS</p>	<p align="center">URGENT SUPPORT</p> <p>YOUNGMINDS Crisis Support Shout https://www.youngminds.org.uk/young-person/about-us/11234/ Shout offers free 24/7 text messaging support wherever you are in the UK. If you need to talk to someone about how you are feeling text 85258</p> <p>OR Call 111 Option 2 - 24/7 ALL AGES Young people can talk to a CAMHS professional directly who can arrange additional support.</p> <p align="center">IN AN EMERGENCY,DIAL 999</p>

Children return to school on Monday, 5th September



Sunflower Diaries competition for Biddenham Village Show (at St James VA School on Sunday 11th September 2022)

After two years of covid restrictions Biddenham Village Show is back for **September 11th 2022!** This is a village show that has been running since around 1865, so there is a lot of history, and it needs everyone's support to keep it going!

There will be a series of competitions posted throughout the next half term for all age groups of children to enter. The first competition is for everyone!

SUNFLOWER COMPETITION!

Competition rules;

1. Plant your sunflower seed (ideally now!)
2. Photograph the milestones of your sunflower growing
3. Add a few words to your photographs to explain what is happening, where it is growing (your house, grandparents' house, school etc...) and how high it is reaching.
4. Height measurement is from the base of the stem at soil level to the top of the stem (where the stem meets the flower). The stem can be extended to measure the full height of the plant.

Width measurement is the diameter of the seed head over the top of the flower (excluding the petals).

If you would like to email your progress, please ask your parent/carer to email the address below and we will post your updates on the Biddenham show website <http://www.biddenhamshow.org/>.

By 1st September, measure your sunflower **height and seed head width** by taking a photo with a **tape measure by the side** (a person may be in the photo holding the measure).

(photographs will appear on the website and at the Show, so by emailing you are giving us permission to use your photograph)

Please don't forget to include your school year (or state over 19 if an adult), your name and address in your entry.

Post your diary (if you kept one) and final photographs to bidenhamsunflowers@gmail.com by 1st September.

8. Show judges will visit the top 3 entries in each category to verify their measurements, before the results are revealed on 11th September at the Show!



**Make the Switch!
Cycle together as a family!**

Do you want to change the school run?
Are you looking to save money by making more journeys by bike?
Free family cycle lessons are available in Bedford.

For more information, please get in touch:
admin@outspokentraining.co.uk

outspokentraining.co.uk/family-cycle-training

Outspoken Training

Biddenham Show Summer Challenge for Years 5 and 6

<http://www.biddenhamshow.org>

Biddenham Village Show 11th September 2022

This year, we have a challenge for students to attempt over the summer holidays.

This can be as simple or complicated as you choose, but the goal is to have a **working hydroponic system growing 'something' by 11th September 2022**, which you can bring to Biddenham Village Hall at 12.00 (midday) to 'show'. There will be a display of all hydroponic gardens left up for the afternoon and prizes up for grabs!

The video (on the next slide) shows how to create a simple hydroponic setup, you could use this or adapt/create an alternative set up as part of your summer project.

Judging will be in three categories;

Originality

Success of growing

Ability to expand into bigger production (this could be in the form of a plan, rather than the actual hydroponic set up)

Two litre bottle hydroponic garden

[You tube clip to explain how to begin](#)



Please bring your entry to Biddenham Village Hall by 11.30am, where it will be on display for the duration of the show. Judging will take place in the afternoon.

Good Luck!

[Hydroponics in a 2-Liter Soda Bottle – STEM activity. - YouTube](#)