



Headteacher:
Alister
Sutherland



Message from Mr Sutherland

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Forthcoming Events:

***Tuck Shop Friday
back by popular
demand on Fri-
day 19th April at
3.05 in the play-***



It's almost Easter and the sweet taste of a couple of well earned weeks of rest are tantalisingly close.

As always, we've had an incredibly industrious half term with so much going on in and around the school.

Thank you to those of you that came to look at your children's work earlier this week—it was genuinely fabulous

seeing so many of you in classrooms (and sat on the playground!) admiring the children's work. We hope you enjoyed the visit too.

Amazingly, we reach the two-thirds of the year marker and there's still so much to look forward to in the summer term despite the children having experienced and achieved so much already.

Children in Years 3, 4 and 5 will receive their reports this week too, so I trust you will take time to enjoy the array of wonderful comments made by their teachers, together at home.

Once again, thank you for your endless kind comments this term and I wish you a delicious Easter break.

Mr Sutherland

Sponsored Read—Incredible Fund-Raising!

A huge thank you to everyone that has supported or sponsored a PJS child in their World Book Day inspired FOPJS sponsored read this month. The highest fundraising (and prize

hamper winning) class will have been revealed by the time you read this newsletter, along with the year group winners in the draw held today. A truly astonishing figure that might just nudge over

£4,000 has been raised and we can't thank you enough!

Final amounts and winners will be published in the next newsletter in the summer term.



Spring Concert



The annual Spring Concert, showcasing the growing musical talents of our young people, was held on 26th March, and what a treat it was for everyone in attendance.

From soloists, to singer song-writers, pianists and violinists as well as two newly formed bands (featuring some of the coolest musicians we've seen in a number of years) as well as our now 70 strong choir, it was a feast for the eyes and ears.

Thank you to everyone who attended and many of whom would have encouraged the many hours of practicing at home that led to such a fantastic event.

We'd also like to wish the best of luck to Emilia in Year 4 who makes her London West End debut this coming week in Disney's 'Frozen'!

Mrs Bogaru and Miss Dell, you have done us all proud once again, so thank you for your incredible work with the choir and putting the concert together.





Day	Date	Year	Time	Details
Monday	15/4	All	All day	Return to school
Friday	19/4	4JW	Am	swimming
			3pm	Tuck Shop Friday
Wednesday— Friday	24/4— 26/4	Y6	All day	Residential to Hindleap Warren
Friday	3/5	4TR	Am	Start swimming
Monday	6/5	All	All day	Bank Holiday Monday
Monday— Thursday	13/5— 16/5	Y6	Am	SATS
Friday	17/5	4SR	All day	Trip to Stanmer Park
Monday	20/5	4JW	All day	Trip to Stanmer Park
Wednesday	22/5	4TR	All day	Trip to Stanmer Park
Friday	24/5	All	All day	INSET Day



Celebrating Success!





Hi-5 Netball



In early March the netball team took part in a local Hi-5 tournament and put in a superb performance losing one game and conceding just two goals in the process. This great set of results qualified them for the Brighton & Hove finals.

The finals were held at Patcham High School and the team came third overall (out of 26 schools) and were part of the last 40 children out of 119 that had started in the competition. They all worked extremely hard on court and did Patcham proud.

Thank you Mrs Murray and Mrs Thompson for leading the team which featured children from Years 5 and 6.



Round 1 2.45			
Round 1	Court 1	St Joseph's	St Lukes
	Court 2	Patcham Juniors	Hove Juniors PR
	Court 3	Peter Gladwin	St Margarets
	Court 4	Downs Juniors	Mile Oak
Round 2 3.00			
Round 2	Court 1	Patcham Juniors	Peter Gladwin
	Court 2	Mile Oak	St Margarets
	Court 3	Hove Juniors PR	St Lukes
	Court 4	Downs Juniors	St Joseph's
Round 3 3.15			
Round 3	Court 1	St Margarets	Hove Juniors PR
	Court 2	St Lukes	Downs Juniors
	Court 3	Peter Gladwin	Mile Oak
	Court 4	St Joseph's	Patcham Juniors
Round 4 3.30			
Round 4	Court 1	St Margarets	St Joseph's
	Court 2	St Lukes	Mile Oak
	Court 3	Downs Juniors	Patcham Juniors
	Court 4	Hove Juniors PR	Peter Gladwin
Round 5 3.45			
Round 5	Court 1	Mile Oak	Patcham Juniors
	Court 2	Peter Gladwin	Downs Juniors
	Court 3	St Joseph's	Hove Juniors PR
	Court 4	St Lukes	St Margarets
Round 6 4.00			
Round 6	Court 1	Patcham Juniors	St Lukes
	Court 2	Peter Gladwin	St Joseph's
	Court 3	Downs Juniors	St Margarets
	Court 4	Hove Juniors PR	Mile Oak
Round 7 4.15			
Round 7	Court 1	Hove Juniors PR	Downs Juniors
	Court 2	St Margarets	Patcham Juniors
	Court 3	Mile Oak	St Joseph's
	Court 4	St Lukes	Peter Gladwin

Won
6-0

Lost
1-0

Won
3-0

0-0

Won
2-0

Won 6-1

Won
1-0

Our PJS Scoresheet

Friends Of The School (FOPJS) Update

Friends Of Patcham Junior School Money Raised Dec 2022- Dec 2023



Xmas
Fair 2022



Matilda
Refreshments

Halloween
Discos



Xmas
Cards

Xmas
Fair 2023



Parent / Company Match Funding Donations £ 2,172.16

Easy Fundraising £94.29

Paypal Giving Fund £177.68

£12,888.13

Money Spent 2023



Matilda Staging - £734

Matilda Props - £130.56

SATS Breakfast - £170.95

Year 6 Autograph Books - £142.38

Year 6 leavers Disco - £209.23

2024

Toys for Breakfast Club - £148.19

Books for the Library - £124.16

Lower Playground Clearance and New Shelter - £3254

New Playground Equipment - £516

FOPJS Metal Shed -£1832

Swimming Gala 2024

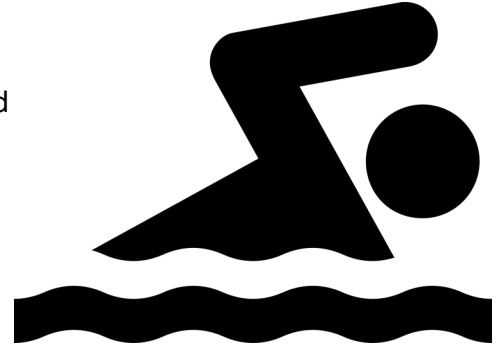
Mrs Thompson took 22 children to the annual swimming gala on Wednesday 13th March with swimmers from Years 4, 5 and 6 in the squad. The children were all impeccably behaved on the bus on the way there and at the gala. It was a tough competition especially against some schools with access to their own pools, but all of the children put in 100% effort in all of the races and we ended up winning a number of medals:

Amalie received bronze in the Year 5 girls 50m freestyle.

Felicia, Martha, Benji and Jack received bronze in the Year 5 mixed freestyle relay.

There was also a silver in the Year 5 Girls freestyle relay for Ella, Rayah, Amalie and Martha.

Huge congratulations to all that took part and well done for coming back to PJS with some awesome medals.



Let's Dance 2024



Our Year 5s had two memorable nights performing at The Brighton Dome this month as they took the audiences by storm as part of the annual dance celebration 'Let's Dance'.

The children performed a relentlessly rehearsed piece set to Ed Sheeran's track 'Be Right Now'.

If you were one of the lucky ones in attendance on Tuesday evening, you will have seen many other schools and groups performing along with talented children from both Patcham Infants and Patcham High School—it was a rather special night for our corner of the city.

Thank you to Mrs Elliff who choreographed the routine and to the Year 5 team for their support in advance and on the night.



JUNIOR TAG RUGBY

FUN SESSIONS FOR 7-11 YEAR OLDS

Free Tasters on Hove Green - register now!



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Level 1 & Level 2

CYCLE



TRAINING

at Preston Park
and Hove Park



Level 1 is where you will learn to control your bike.

Level 2 is where you start with real traffic, but sticking to quiet roads.

Tuesday 2 – Friday 5 April

10am – 12.30pm each day

Monday 8 – Thursday 11 April

Course 1 - 10am – 12.30pm each day

Course 2 – 13.15 – 15.45 each day

Ages 9 –15

Levels 1 & 2 together is £40 per person.

Level 1 – Riders must be able to ride independently with confidence and without stabilisers.

Progression to Level 2 training is depended on meeting all level 1 modules to National Standards Level.

Places are limited and on a first-come first-served basis. To book your place visit:

<https://cycling.envelope.host/courses/>

or contact Emily Tester on 01273 293847

or email: east.central@brighton-hove.gov.uk



**Brighton & Hove
City Council**

Nurturing Parents

A mindfulness-based wellbeing course
for parents and carers



*Free 5-week course
Delivered in a small group
Tuesdays 10–11.30am
at Whitehawk Family Hub
Starting 23rd April*

This course could help you to:

- Recognise and manage the stresses of parenting
- Regulate strong emotions
- Develop compassion towards yourself
- Support the relationship with your children

More details on the back ..

Nurturing Parents: A Mindfulness-based Wellbeing Course for Parents and Carers

The Nurturing Parents Mindfulness-based Course is a programme that is relevant and accessible for parents and carers whatever your family circumstances. Mindfulness can help us recognise and manage the stresses of parenting and understand the importance of self-care to cultivate the connections we hope for and that we know are nurturing for our children.

This is not a 'how to parent' course. It offers opportunities to experience mindfulness in a way that helps us to understand patterns of our thinking and feelings, and what we do as a result of these. This can open up a different way of understanding ourselves as a parent or carer, and this in turn supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

What to expect in the sessions

Each week has a different theme which is linked to the one in the previous week. There are elements of teaching and discussion, simple silent exercises in awareness similar to meditation and simple movement-based stretches which can be done sitting or standing. You will also learn some approaches that can be practised with children and young people.

No experience of mindfulness is needed for the course and it is taught in a safe, supportive and kind environment: any input in the discussions is invitational and participants only share what they feel comfortable with.

When and where?

This course will be held for 5 weeks. Parents must attend every session.

The dates are: 23rd and 30th April, 7th, 14th, and 21st May 2024.

It will be held on Tuesdays 10-11.30am at Whitehawk Family Hub, 178
Whitehawk Road, BN2 5LF.

The 1, 1A and 21 buses stop outside, and free on road parking is available.

**If you are interested in attending this course please email
schoolsmentalhealthservice@brighton-hove.gov.uk**

Course facilitators: Tessa Wyllie and Beth Ruffell, Schools Wellbeing Service
Nurturing Parents: A Mindfulness-based Wellbeing Course for Parent and Carers was developed by
Eluned Gold at the Centre for Mindfulness Research and Practice at Bangor University.