

MJS NEWSLETTER

Friday 5th September 2025



Dear Parents and Carers,

Welcome to the first newsletter of the new school year.

The atmosphere around school this week has been brilliant. Existing pupils have made a great impression on their new teachers, and for year 5 pupils, it has been a time to start making new friendships in their new classes.

Our new year 3 pupils in particular have shone—showing lots of respect, enthusiasm and resilience as they get used to their new surroundings.

Our newsletter will be sent out every Friday and we hope it will be useful in providing you with information, as well as celebrating events around the school with photos. As ever, do come and speak to staff if you have any questions. TAs are on the doors every morning and teachers are on the playground at the end of each day. Our leadership team will also be on the playground and we are always happy to chat!

Wishing you all a lovely weekend.

Best Wishes

Mr Pike

Headteacher

**Together
Everyone
Achieves
More
at MJS**

Monday 8th September 2025

Yr 3 Parents information Meeting
2.00pm

5HW Forest School session

Karate Club commences

Tuesday 9th September 2025

4AW Forest School session

Yoga Bugs Club commences

Wednesday 10th September 2025

Launchpad Forest School session

Yoga Bugs Club commences

Thursday 11th September 2025

3JD Forest School session

Spanish Club commences

Dare Dance commences

Friday 12th September 2025

6SC Forest School session

Guitar Lessons commence

Storm Basketball commences

Y3 PARENT INFORMATION MEETING

A reminder that this will take place on Monday 8th September at 2pm. Please do not worry if you are unable to make it as all information will be sent out later in the week.

Y3 PARENTS FROM MAIDENBOWER INFANTS

As this group of parents will know, Ofsted made a visit towards the end of the summer term, but the report had not been published before you left. It is now, and the infant school have added it to their website and would like to encourage you to read it.

We are delighted for the school and huge congratulations to the staff and school community.

HEALTHY PLAYTIME

SNACKS

At playtime, children have the opportunity to have a playtime snack to energise them for the rest of the morning.



Please ensure that the playtime snack is a healthy one.

Although not exhaustive, here is a quick list of suggestions:



Fruit, vegetables, breadsticks, rice cakes, nut-free cereal bars, etc.



Cakes, chocolate, crisps, sweets, etc.

Please talk with your child about which of their food is for snack time and which is for packed lunch, as we are seeing a few children wanting to eat their sandwiches for a mid-morning snack.

AFTER-SCHOOL CLUBS UPDATE

Information about this term's clubs will be sent out next week. A few key messages from us:

- Clubs are often over-subscribed so we are likely to rotate registers, e.g. Y6 one half-term, Y5 the next, etc, or choose names out of a hat.
- We will let you know as soon as we can whether your child is part of a club.
- Please make sure your child really wants to attend the club and it is not a parent decision.
- Children come into school in their uniform (unless it's a PE day) and will get changed at the end of the day.



NUT-FREE POLICY

We would like to remind everyone about our **nut-free policy** at MJS. Due to the presence of students with severe nut allergies, it is essential that no food items containing nuts are brought to school, including sesame seeds. This includes snacks, lunches, and treats for special occasions.

Nut allergies can be life-threatening, and even trace amounts of nuts can cause serious reactions in some children. To ensure the safety of all our students, we ask for your cooperation in carefully checking the ingredients of any food items your child brings to school.



We understand that this may require extra attention when preparing meals, but it is a crucial step in creating a safe environment for all our students. Thank you for your understanding and support.



Yogabugs is a fun and creative class that develops confidence and self esteem through embodied movement and expression. The children are introduced to traditional yoga poses, breathing techniques, meditation, mantra, mudras and journaling. The classes are planned around the ancient wisdom and knowledge of Ayurveda, according to the season. I have a love for language and take pleasure in writing original and well know stories. The stories engage the children's imagination and creativity, giving them the confidence to express themselves through the movement.

The class is carefully structured to develop coordination, balance, strength, flexibility taking into consideration the individual needs. Through yoga I teach the children how to calm the nervous system as well as offering tools to support emotional regulation.

Some of the overall benefits of yoga are improved concentration, better sleep patterns, greater self-esteem, reducing stress and anxiety, support emotional regulation and improves low mood, as well as a great form of exercise.

Yogabug Classes.

I am very pleased to offer three classes at Maidenbower Junior School on Tuesday and Wednesday. There are limited number of places available and will be allocated on a first come first serve basis. If your child would like to join then please contact me for more information.

Lunch club - Tuesdays 12-1pm After School - Tuesday 3.15-4.15pm

Lunch club - Wednesday 12- 1pm

Tracey Williams 07813187315 or williamst93@hotmail.com insta @thestudioworth

About Me

I am a Primary school teacher and trained in adult and children's yoga. I have been teaching yoga for twenty years in schools and nurseries in and around the locality. I love yoga, walking, sewing, gardening, writing and travelling. I live with my husband, two daughters, a cat, 5 chickens and a tortoise called Winter.