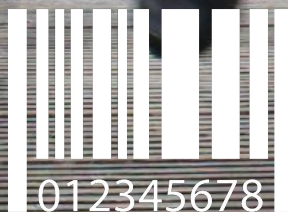


FRIDAY 22ND MAY

# NEWSLETTER



“Results require, repeated routine.”



# This Week at James Dixon



Congratulations to our Year 3 pupil who recently competed in a gymnastics competition and became the London Regional Champion. She was the youngest competitor in her age group and was also recognised by the Head of London British Gymnastics.

## Term Dates 2026 - 27

	 HELLO SUMMER	 HELLO AUTUMN	 HELLO SPRING
<b>Term Starts</b>	Tuesday 14th April 2026	Tuesday 1st September 2026 <i>(Bank Holiday 31st August)</i>	Monday 4th January 2027
<b>Half Term</b>	Monday 25th May - Friday 29th May 2026	Monday 19th October - Friday 30th October 2026	Monday 15th February 2027 - Friday 19th February 2027
<b>Term Finishes</b>	Tuesday 21st July 2026 @ 2pm	Friday 18th December 2026 @2pm	Thursday 25th March 2027

# HEALTH WEEK SPECIAL



## Wake 'n' Shake!



Even though Monday morning was slightly chilly, Health Week got off to an explosive start with Wake & Shake led by Mrs Walker and DJ Miss Huxley.



The combination of physical movement and rhythm stimulates brain!

# HEALTH WEEK SPECIAL



## Fitness Challenge

One Tuesday Miss Huxley and the Sports Leaders led the way with our fundraising Fitness Challenge. 5 minutes, 5 fitness stations and hundreds of exhausted children (and their teachers). Thank you to everyone who sponsored a JD child - your donations are very much appreciated.



Vigorous exercise forces your heart muscle to contract harder, strengthening the left ventricle.

# HEALTH WEEK SPECIAL



## Giant Inflatable



On Wednesday the Giant Inflatable came to JD thanks to your sponsorship money.

Monae in Year 5 said, "It was amazing. So much fun!"

Dominic in Year 5 said, "It was probably one of the best things of the whole week."

Elena in Year 2 said, "I loved it!"



**Genuine joy and laughter improves blood flow, lowers blood pressure, and reduces the strain on your heart.**

# HEALTH WEEK SPECIAL



## Snazzy Snacks



Children designed and made fruit and vegetable based healthy snacks.



Think of food as fuel for your engine. High-quality fuel makes everything run smoother.

# HEALTH WEEK SPECIAL



## Sports Day



Thursday's sports day was so much fun for children and parents alike.

Thank you to the parents who complimented us on the organisation and inclusivity of Sports day.



Switching between sports keeps your brain highly plastic.

# HEALTH WEEK SPECIAL



## Colourful Class Health Week



fitness challenge



snazzy snacks



Giant Inflatable



parachute and picnic





# HEALTH WEEK SPECIAL



## Skip 2 B Fit



Just 10 minutes of skipping can provide the same cardiovascular benefits as a 30-minute jog



A huge thank you to Miss Huxley who masterminded and organised the entire Health Week including recording and editing JD Daily News. Thank you Miss Huxley

# Curriculum Focus - Confident



We have been having lots of fun learning through exploring in Confident Class this half term!

In geography, we have been looking at the seven continents and recognising that the types of land in each one are diverse.



In science, we have been looking at plants, learning the names of common flowers and trees, and identifying the different parts of a plant.

We went on a walk around the garden to have a look at some of the plants!



In English, we have been looking at using adjectives.

We used our senses to help us to use adjectives to describe what we could see, smell, hear, touch and taste.



# Pupil Leadership



Hey JD! How was your health week? On Thursday, we had sports day; in the morning for KS1 and the afternoon for KS2. What's your favourite event? Hope you had a great week, have a fantastic half term!

Hey JD! As you know this week was Health Week! On Wednesday we enjoyed the GIANT INFLATABLE! (My personal favourite). What's your favourite Health week event? Have a FANTASTIC Half term!



On Tuesday we had the Sponsored Fitness Challenge! It was so fun we had a range of different exercises; It was so fun!



**Friday 22nd May 2026**

# Sustainability



## Kitchen Scrap Magic

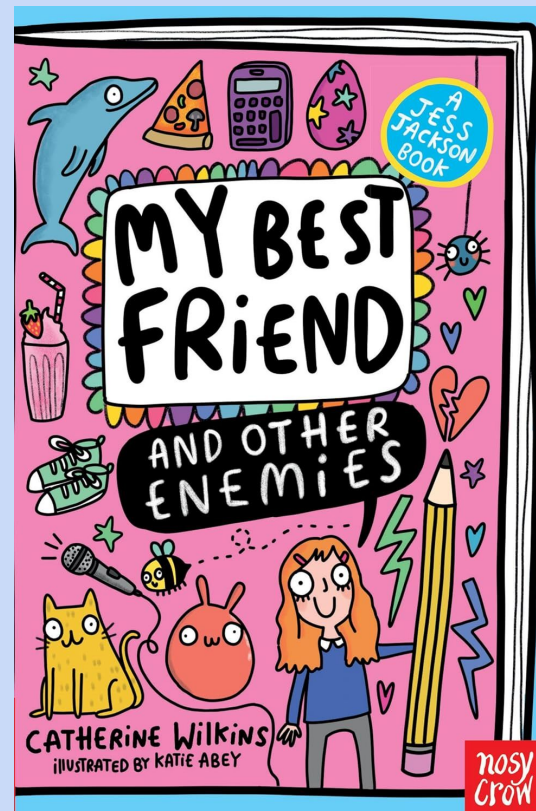
Don't bin those scraps—regrow them!

You can grow new plants from things you've already eaten. Try planting pips from a tomato or a lemon in a pot of soil on your windowsill. You can even put the bottom of a lettuce or celery stalk in a shallow dish of water and watch it sprout new leaves! It's like magic, it costs nothing, and it saves our food from the compost bin. What will you regrow?

# Book Recommendation

In Catherine Wilkins' hilarious and relatable novel, Jessica's world is turned upside down when her best friend, Natalie, falls under the spell of the new girl, Amelia. Suddenly, Jessica finds herself on the outside looking in.

We recommend this for upper primary readers as it navigates the complexities of school friendships with sharp wit and honesty. It's an excellent story about resilience and self-discovery, teaching students how to handle "frenemies" while staying true to themselves. A must-read for anyone who has ever navigated playground politics!



# Composition of the Week



## *Morni Banke* (*Badhaai Ho*)

Genre: *Bollywood,*  
*Punjabi Pop*

Composed by: *Tanishk*  
*Bagchi*

[Click  
here to  
listen](#)

Taken from the 2018 film *Badhaai Ho*. It is an upbeat, energetic Punjabi-Bollywood fusion track that has become a staple for school celebrations, annual days, and sangeet performances. Sung by Guru Randhawa and Neha Kakkar, this song is a recreation of a well known Panjabi MC hit, blending traditional Bhangra dhol beats with modern pop elements.

## Online Safety

### SMARTPHONE FREE CHILDHOOD

### Simple Tips for a Smartphone-Free Childhood

#### Create an "Activity Kit"

Keep a box of "boredom busters" handy, like cards, art supplies, or Lego. When kids don't have a screen to turn to, they are forced to use their imagination and develop independent play.



# JD'S GOT TALENT

## ★ AUDITIONS

WHERE: CREATIVE CLASSROOM  
(TOP FLOOR)

WHEN: 12-12.45 (DURING LUNCHTIME)

WHEN: SEE THE TIMETABLE FOR YOUR DAY  
TO AUDITION

### Talent Ideas:

Comedy  
Magic  
Impressions  
Sport skills  
Gymnastics  
Dance routine  
Sing  
Recite a poem

### Monday 1st June

Y1 - CONFIDENT  
Y3 - EXPRESSIVE  
Y5 - KIND  
Y6 - COOPERATIVE

### Wednesday 3rd June

Y2 - HONEST  
Y3 - ENERGETIC  
Y4 - RESILIENT  
Y6 - CAPABLE

### Tuesday 2nd June

Y1 - ADVENTUROUS  
Y2 - RESPECTFUL  
Y5 - CONSIDERATE  
Y4 - REFLECTIVE

You can audition on your  
own or as a group  
Acts no longer than  
5 minutes  
Have the name of your  
music ready if you need  
it!

# Weekly Attendance

94.9%

*Be here every day, all day!*

Year Group	Attendance
Curious	95%
Adventurous	93%
Confident	96%
Honest	98%
Respectful	96%
Energetic	93%
Expressive	96%
Reflective	94%
Resilient	92%
Considerate	96%
Kind	93%
Capable	94%
Cooperative	97%

James Dixon  
Primary



# Next week's achievers

## Maths

Honest

Jack

Respectful

Farah

Energetic

Callum

Expressive

Sean

Reflective

Max

Resilient

Nico

Considerate

Soul

Kind

Mubarak

Capable

Amber

Cooperative

Kaamil

Colourful Class  
Star of the Week

Keely & Joshua

# Dates for your diary

<u>Monday 25th May</u>	<u>Tuesday 26th May</u>	<u>Wed. 27th May</u>	<u>Thursday 28th May</u>	<u>Friday 29th May</u>
<p><u>HALF TERM</u></p>	<p><u>HALF TERM</u></p>	<p><u>HALF TERM</u></p>	<p><u>HALF TERM</u></p>	<p><u>HALF TERM</u></p>
<p><u>Monday 1st June</u></p> <p>Little Coders Yr 1-2 3.00 pm</p> <p>Mini athletics Rec-Yr 1 3.00 pm</p> <p>Nature Makers Rec-Y 1 3.00 pm</p> <p>Drama Club Yr 1-3 3.00 pm</p> <p>Football Club 3.00 pm</p>	<p><u>Tuesday 2nd June</u></p> <p><u>Year 3 trip to the Velodrome</u></p> <p><u>Year 5 Open House 1.30 pm onwards</u></p> <p>Junior athletics Yr 2-3 3.00 pm</p> <p>Drama Club Yr 4-6 3.00 pm</p>	<p><u>Wed. 3rd June</u></p> <p>Cheerleading Club Yr 2-6 7.45 am</p> <p>Code Camp Yr 3-6 3.00 pm</p> <p>Tennis Club Yr 1-6 3.00 pm</p> <p>Gymnastics Club Rec-Yr 6 3.00 pm</p>	<p><u>Thursday 4th June</u></p> <p>Creative Writing Club Yr 3-6 3.00 pm</p> <p>Taekwondo Club 3.00 pm</p> <p>Steel Pan Club Yr 3-4 3.00 pm</p>	<p><u>Friday 5th June</u></p> <p>Dance Club Rec-Yr 6 7.50 am</p>
<p><u>Monday 8th June</u></p> <p>Little Coders Yr 1-2 3.00 pm</p> <p>Mini athletics Rec-Yr 1 3.00 pm</p> <p>Nature Makers Rec-Y 1 3.00 pm</p> <p>Drama Club Yr 1-3 3.00 pm</p> <p>Football Club 3.00 pm</p>	<p><u>Tuesday 9th June</u></p> <p><u>Year 3 Open House 1.30 pm onwards</u></p> <p>Junior athletics Yr 2-3 3.00 pm</p> <p>Drama Club Yr 4-6 3.00 pm</p>	<p><u>Wed. 10th June</u></p> <p>Cheerleading Club Yr 2-6 7.45 am</p> <p>Code Camp Yr 3-6 3.00 pm</p> <p>Tennis Club Yr 1-6 3.00 pm</p> <p>Gymnastics Club Rec-Yr 6 3.00 pm</p>	<p><u>Thursday 11th June</u></p> <p><u>Year 6 trip to Junior Citizenship Scheme</u></p> <p>Creative Writing Club Yr 3-6 3.00 pm</p> <p>Taekwondo Club 3.00 pm</p> <p>Steel Pan Club Yr 3-4 3.00 pm</p>	<p><u>Friday 12th June</u></p> <p>Dance Club Rec-Yr 6 7.50 am</p>





Join us to celebrate



# Children's books



FREE  
ENTRY

Judy from Parakeet Books will be at

**UPPER NORWOOD LIBRARY**

## *Book fair*

**MAY 23, 3-6PM**

To celebrate local talent,  
meet authors and grab  
some bargains.

Beautiful books | something for  
everyone | bargains!

UPPER NORWOOD LIBRARY  
39 WESTOW HILL, SE19 1TQ



**FREE  
ENTRY**

Penge Recreation Ground  
93 High St | SE20 7HQ

refreshments!



family  
friendly!

# MRS MAPLE'S FOUNTAIN FUNDRAISER!

**11AM-3PM  
29 MAY  
2026**



ball sports!



quiz and prizes!



creative  
workshops!



dressing up!



We are raising funds to fix the drinking fountain and make it look good as new!

gofundme



Scan to donate to Steve's fundraiser  
"Mrs Maple's Fountain Restoration"



HERITAGE of LONDON  
TRUST



FRIENDS OF  
PENGE  
RECREATION  
GROUND

**PROUD  
PLACES**



SUPPORT THE  
RESTORATION OF  
**MRS. MAPLE'S  
WATER FOUNTAIN**