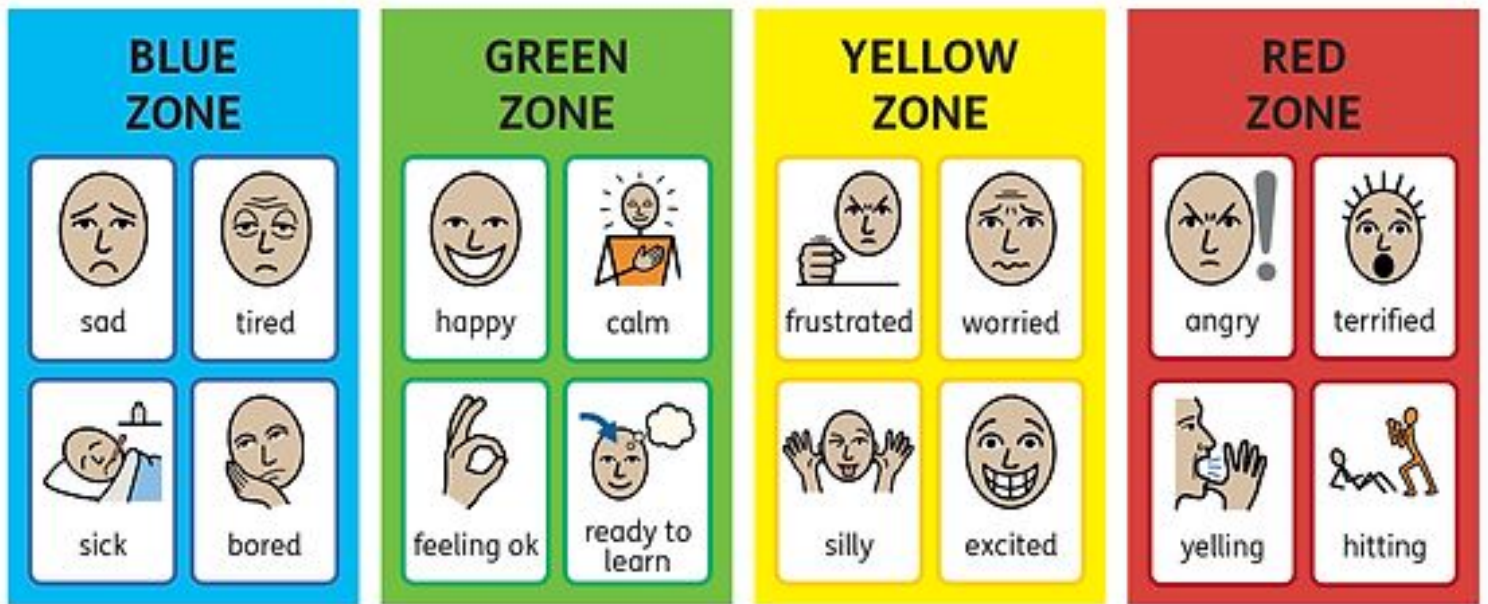


Newsletter

Friday 13th January 2023



Zones of Regulation



Since the start of term all children from Year 1 upwards have been learning about the Zones of Regulation. Zones of Regulation develops childrens' awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care and overall wellness. Once the children understand their feelings and zones they can learn to use tools and strategies to manage different zones in order to meet life's goals such as doing school work and having healthy and positive relationships with others.

The Zones of Regulation are being taught to the children during assembly time by Mr Entwistle and Mrs Thomas with each assembly having a different focus. So far, the children have been introduced to the concept of the Zones and the fact that it is perfectly natural to find yourself in any of the four zones. Some assemblies will be held in the hall as a whole school whilst some will be delivered online giving children the opportunity to work independently or in small groups in their classrooms. For more information about Zones of Regulation visit the website by following the link below.

[Zones of Regulation](#)

School Lunches

Special Menu
Favourites Day
19th January

Beef Burger in a Bun (G,SE)
Margherita Pizza (G,MK) v
Potato Wedges ve
Sweetcorn ve & Coleslaw (E) v
Rainbow Jelly ve

Also available - Jacket Potato
with Baked Beans ve
or Cheese (MK) v

DM1 & DM2
v - Suitable for vegetarians
ve - Suitable for vegans and vegetarians
Allergen Key -
CAPITAL LETTERS: P, peanuts; I, lower case - may contain
celery and celeriac; C, Chikens/Chicken; CO, Eggs; F, Fish; D, Dairy; L, Lactose; G, Gluten; M, Milk; PK, Potatoes; PH, Mustard; PR, Preservatives; T, Tamarind; S, Sesame Seeds; SO, Soy; and any products (SO), Sulphites (SO)

pabulum
HONESTLY GOOD FOOD

Our school caterers, Pabulum, have some real treats for the children with two special theme menus coming up soon. On Thursday 19th January there is a Favourites Day where the children get to choose from some of the most popular items from the regular menu.

Then on Monday 23rd January there is a special Chinese New Year menu celebrating the upcoming Year of the Rabbit. Children can choose from a variety of dishes including chicken or vegetable chow mein or sweet and sour vegetables with sticky honey and soy broccoli on the side.

Special Menu
Chinese New Year
23rd January

Chicken & Vegetable
Chow Mein (Noodles)
Sweet & Sour Vegetables
with Steamed Rice ve
Sticky Honey & Soy Broccoli v
Mandarin Jelly ve

Also available - Jacket Potato
with Baked Beans ve
or Cheese v

DM1 DM2 DM3
v - Suitable for vegetarians
ve - Suitable for vegans & vegetarians

pabulum
HONESTLY GOOD FOOD

BYMT @ James Dixon



The Bromley Youth Music Trust are continuing with their excellent work here at JD this term. Year 3 are continuing with weekly recorder lessons. Last term they learnt the notes of A, B and G and a variety of songs that used these notes but with different tempos and rhythms. BYMT also offer private lessons for individual or pairs of children with a variety of instruments. If you or you child are interested in getting involved use the link below to find the BYMT website.

[Bromley Youth Music Trust](#)

Worry Wizards Workshop

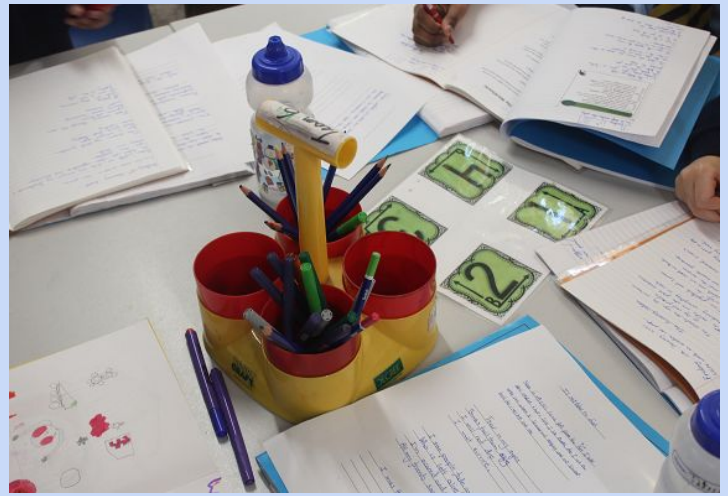


As part of our continuing focus on children's mental health and wellbeing we had a visitor from Big Foot Education, who delivered 'Worry Wizard Workshops' to Year 1 through to Year 6. The focus of these workshops was to think about our own wellbeing and the importance of being well! The children took part in an assembly that introduced the theme for the sessions and enjoyed role-playing and sharing their own experiences within their group. The delivery of the sessions was outstanding and the children and adults within our school were full of inspirational ideas.

*"I'm bigger than
my own fears."
Perrine Year 6*

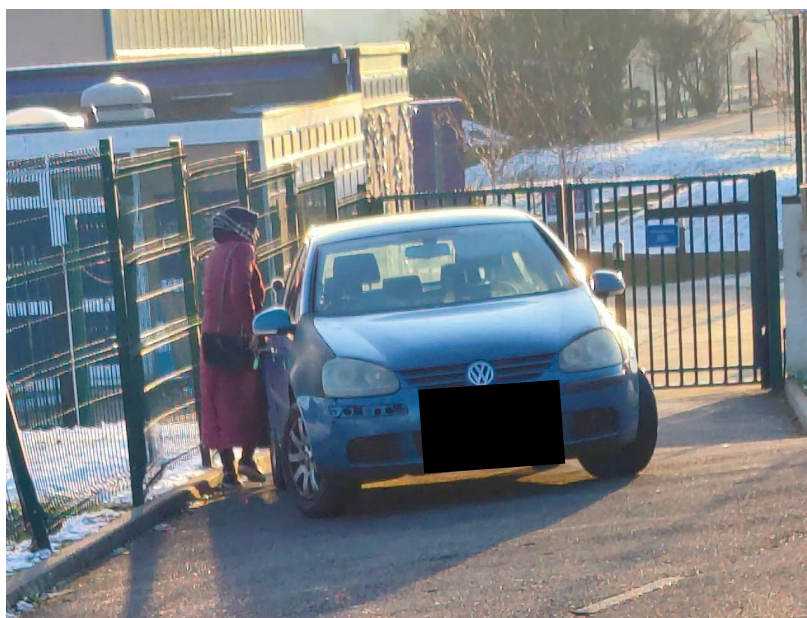
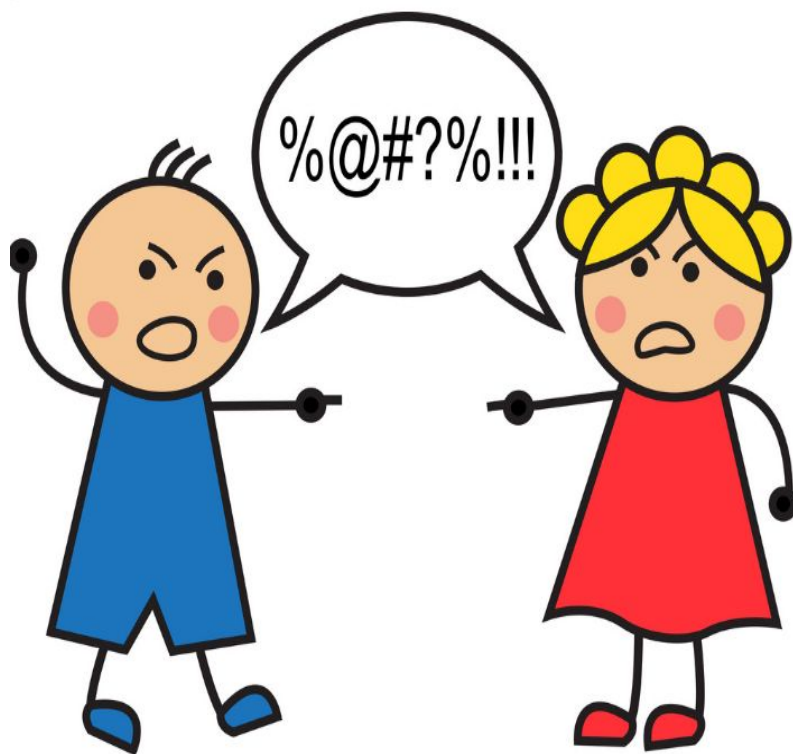
*"Your actions
are your
responsibility."
Brandon (Wellbeing
Champion)*

Around The School



Community Conduct

We understand that not everybody always sees eye to eye and that in the morning when children are being dropped at school it can be a stressful part of the day. However, if something happens that upsets you, please let a member of our staff know so that the situation can be dealt with calmly. It is not acceptable in front of children to shout or become physically aggressive towards other parents or adults in the vicinity. Please always put our children first before acting.



Please ensure you always park safely when dropping off or collecting children from school. Parking down the pathway that leads down to our delivery gates is not acceptable at any time of day.

Building Digital Resilience



Internet Safety Tips



Helping you monitor your children

It's never easy to know how to keep our children safe when they aren't with us, and sometimes even when are!

Are you in control of their devices?

Who are they talking to, what are they doing, are they okay?

Follow the link below for tips on filtering, safe controls and trends to keep an eye on.



We met the “Met”



On Wednesday, representatives from the Metropolitan Police talked to Years 5 & 6 about issues that may arise as a result of them being online. With children spending more time online than ever, this was a timely reminder for the children about how to stay safe online as well as scrutinising their own online behaviour.

Term Dates 2022-2023

	SPRING 2023	SUMMER 2023	AUTUMN 2023
Term Starts	Wednesday 4th January	Monday 17th April	Thursday 31st August
Half Term	Monday 13th February - Friday 17th February	Monday 29th May - Friday 2nd June	Monday 16th October - Friday 27th October
Term Finishes	Friday 31st March, 2pm	Wednesday 19th July, 2pm	Tuesday 19th December

Next week's achievers

Kind Class

Marinisha

Considerate Class

Zahara

Capable Class

Asiyah

Cooperative Class

Leopold

Caring Class

Ethan

Successful Class

Samuel

Adventurous Class

Loubna

Confident Class

Benas

Honest Class

Luca

Respectful Class

Ava-Marie

Weekly Attendance

95%

*Be here every day,
all day!*

Year Group	Attendance
Reception	93%
Year 1	99%
Year 2	94%
Year 3	91%
Year 4	95%
Year 5	97%
Year 6	97%

James Dixon
Primary



Dates for your diary

Next week

Mon. 16th January	Football Club 3.00 pm Drama Club 3.00 pm
Tue. 17th January	Mini Athletics Y1 & R 3.00 pm Drama club Y4-6 3.00 pm Phonics booster Y1 3.00 pm
Wed. 18th January	Year 6 Trip to Royal Courts of Justice Gym Club 7.30 am Achievers Assembly 10.10 am Coding Club Y3-6 3.00 pm Gym Club 3.00 pm
Thu. 19th January	Taekwondo Club 3.00 pm
Fri. 20th January	Dance Club 7.50 am

Sophia Thakur

Sophia Thakur is an award winning, best selling author and performance poet. She first climbed on to the stage at the age of sixteen with a refreshing take on traditional poetry and captivated a room of career professionals. Her powerful messages on mental health, diversity, politics, self-expression and empowerment have led to participation at a number of prestigious events. She was the headline act for the New Voices show with a powerful performance at Union Chapel in London in December 2021.



Sophia is now an award winning writer and speaker; her mission is to push the boundaries of poetry and literature by taking her spoken word performances into a more commercial space. In 2019 she went on a speaking tour around high schools in Ghana with a band of native musicians before returning to a sold out show at the Jazz Cafe.