



## Flu Immunisations Reception to Year 5

Virgin Care will be running community clinics for any children that missed the school immunisations. You will need to **phone and book** your child in to a clinic, they are unable to immunise children that have not booked. The booking line is open Tuesday and Wednesday 9.30am—3pm or Thursday 9.30am—12pm on **01392 356141**.

The clinics will be held at **Newton Abbot Hospital** on the following days:

**Monday 10th December 3.30pm-6.30pm**

**Tuesday 11th December 3.30pm-6.30pm**

**Friday 14th December 3.30pm—6.30pm**

**Saturday 15th December 9.30am—12.30pm**

## Poppy Appeal

**We raised a total of £158.06**

Thank you to everyone who donated and to Swallow class for all their hard work.

Thank you to **Claire-Louise Baker** for contacting B&Q who have supplied us with a large number of tins of paint for the school.

## Travelling Crib

Thank you to everyone who has taken the time to send in their photographs of themselves with the Travelling Crib at home. The photographs can still be seen on the front page of the school website following the link in:



[www.st-josephs-primary.devon.sch.uk](http://www.st-josephs-primary.devon.sch.uk)

**Accelerated Reader®**



### Top Quizzing Results 18/19

Emily Bath	100%
Logan Steer	100%
Ellie East	100%
Freya Byrne	98.3%
Maria Warren	98%
George Gould	97.3%

### Class Quizzing Averages 18/19

Owl	97.8%
Swallow	87.7%
Puffin	85.8%
Woodpecker	83.2%
Kingfisher	78.7%

Parents, parish and friends are invited to our

*Christmas Carol Concert*

*Tuesday 18th December*

*9.15am*

Please join us for festive refreshments after.

**The St Joseph's Family is expanding!**

Congratulations to **Miss Grylls** and **Miss James** who are both expecting babies in June 2019.



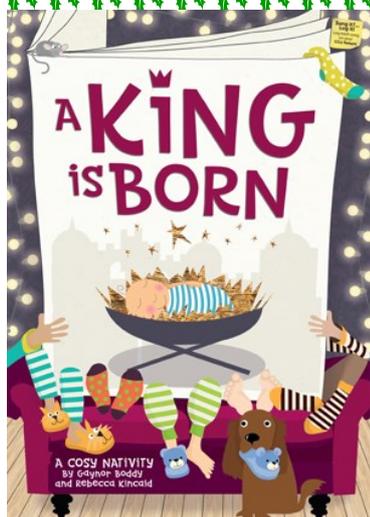
All newsletters are available to view on the school website.

[www.st-josephs-primary.devon.sch.uk](http://www.st-josephs-primary.devon.sch.uk)

**Live, learn and love in a caring Catholic community.**

## Nativity

Owl and Puffin  
are looking  
forward to  
performing their  
Nativity for  
parents on  
Friday 14th at  
9.30am.



## CHRISTMAS JUMPER DAY

**Wednesday 19th December**

Come in your festive clothes—just for fun!



Thank you for supporting the **BAKE SALE**.

We'll let you know how much was raised.

## 'Friends of St Josephs'

### CHILDREN'S CHOCOLATE RAFFLE

The Friends have organised a chocolate raffle for the children. Raffle tickets are £1 a strip and will be sent home or can be purchase from the school office. Please return named tickets and money to school by Friday 21st December.

Donations of children's chocolates will be gratefully received. Please drop them in to the office.



# Winter Wonderland Christmas Disco

Reception/Key Stage 1  
Monday 17th December  
5pm - 6pm

Key stage 2  
Tuesday 18th December  
6.30pm - 7.30pm

Entry will be £2 payable on the door.  
Refreshments included!  
No extra spending money required!

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## Primary Admissions 2019/20

Was your child born between 1 September 2014 and 31 August 2015?



Applications can be made from 15th November 2018 for a primary school place for September 2019. You must apply for your child's school place by **15th January 2019**. If you apply after this date, the application will be considered late.

You can apply for a school place online at:

[devon.cc/admissionsonline](http://devon.cc/admissionsonline)

or using the paper version in the First Steps booklet.

If you need help applying online or haven't got internet access at home please contact the school, we would be more than happy to help you. If you apply online, you can view your offer online on the offer date.

# MINDUP™

### What is a "Brain Break"?

Pause. Listen. Breathe. It can take less than a minute to tell our minds to relax and focus.

As part of our MindUP curriculum, we have introduced three daily brain breaks in all classes. "Brain Breaks" are short listening and deep-belly breathing exercises which children are taught to help them calm down and get ready to learn.

Focusing on breathing helps calm the body by slowing heart rate, lowering blood pressure, and sharpening focus. Controlled breathing lessens anxiety by overriding the 'fight, flight or freeze' response set off by our amygdala. Teaching children to focus on and control their breathing can help them become less reactive and more reflective when feeling anxious or stressed. As children practice controlled breathing, their brains develop and reinforce the 'habit' of responding to anxiety by focusing on breathing. Once they have learnt the breathing exercise, they can use this themselves to stop, breathe and think before they act.



St Joseph's Catholic  
Primary School

### 'Tea and Tour' Open Days

Parents of children starting school in September 2019 are invited to come along and find out more about us.

**Tuesday 27<sup>th</sup> November 2.00pm**

**Wednesday 12<sup>th</sup> December 10.00am**

We are proud to be a school where "pupils are its greatest asset."

We look forward to meeting you.

St Joseph's Catholic Primary School, Coombeshead Road, Newton Abbot 01626 352559



## A Prayer for the Second Sunday of ADVENT

God of patience, show us your wisdom in time, that we may grow to expect your action on your time. Teach us to be gentle and patient with ourselves. Make us receptive to your timing in others. Help us see the long view when we are caught in the frustration of waiting. Amen.

St. Joseph's Catholic Primary School, Coombeshead Road, Newton Abbot, TQ12 1PT

Tel: 01626 352559 Email: [admin@sjna.uk](mailto:admin@sjna.uk)

Kelly Dunne: Headteacher

**St. Joseph's School is committed to safeguarding children.**

Designated Child Protection Officer: Kelly Dunne Deputy Child Protection Officer: Emma Wilson

Named Governor for Child Protection: Tim Van Kroonenburg