



We ended the first half of Spring Term with a focus on Children's Mental Health Week. All classes enjoyed learning about taking care of their physical and mental health with a range of activities designed to promote positive wellbeing and kindness to ourselves and to others. There are many sources of support for families, including the following websites: <https://www.childrensmentalhealthweek.org.uk/families/> and <https://parentingsmart.place2be.org.uk/>. As always, if you need a listening ear or any support, we are here to help.

During half term, the season of Lent began with Ash Wednesday. During Lent, we are called to live at a slower pace, making more time for God in prayer, fasting and stewardship or almsgiving. We will be hosting family prayer times during Lent which everyone is welcome to join. If you would like our school community to share your prayers, please add to our Lent prayer tree by the hall.

We look forward to the second half of Spring Term, with lots of exciting learning and opportunities to shine and live out our school values.

**Congratulations to our Value, Deputy Headteacher and Headteacher award winners this week!**



Congratulations to Lucy, Karmen, Brooke, Miriam, Nahum, Florence, Emilia, Elias, Oliver, Austin, Tamar, Cassie, Rosie, Annie, Ammar, Kabiell, Olivia, Harper, James, Amen, Evan, Archie and Joshua! We are very proud of you!

St John's Church of England Academy  
Winsford Avenue,  
Coventry,  
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02476 674092  
Headteacher: Mrs Laura Stevenson



**The Diocese of Coventry**  
**Multi Academy Trust**  
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*Dates for your diaries*

Monday 19 <sup>th</sup> February	INSET Day
Tuesday 20 <sup>th</sup> February	First day back for all classes
Wednesday 21 <sup>st</sup> February	9.00 – 10.00: Year 4 Come and Share Pm: Year 4 SPARKS visit (Fire Safety) 3.40 – 6.30: TLC meetings
Thursday 22 <sup>nd</sup> February	3.40 – 6.30: TLC meetings
Friday 23 <sup>rd</sup> February	9.00: Celebration Worship – please join us to celebrate together 10.00 – 11.00: Mental Health in Schools Team coffee morning – emotional regulation Pm: First Aid workshops for Years 5 & 6 led by Red Cross First Aid
Monday 26 <sup>th</sup> February	Reception and Year 6 'Heights and weights' check with school nursing team
Tuesday 27 <sup>th</sup> February	Dog's Trust workshops for Years 1, 2, 3 and 4
Wednesday 28 <sup>th</sup> February	9.30 – 10.00: Years 3 and 4 Lent prayer time – all welcome to join us in the hall 2.30 – 3.00: Years 5 and 6 Lent prayer time – all welcome to join us in the hall 5.00: Viney Hill meeting for Years 4 & 6
Thursday 29 <sup>th</sup> February	Governor Visit Day 9.00 – 10.00: Group 1 Phonics Come and Share in Reception (details to follow) 9.30 – 10.00: Years 1 and 2 Lent prayer time – all welcome to join us in the hall 1.30 – 2.30: Year 2 Come and Share 2.30 – 3.00: Reception Lent prayer time – all welcome to join us in the hall
Friday 1 <sup>st</sup> March	9.00: Celebration Worship – please join us to celebrate together 9.00 – 10.00: Group 2 Phonics Come and Share in Reception (details to follow)
Sunday 3 <sup>rd</sup> March	10.00: Pop Box All Age Service at St Christopher's Church
Monday 4 <sup>th</sup> March	
Tuesday 5 <sup>th</sup> March	9.00 – 10.00: Year 1 Come and Share Dog's Trust workshops for Years 5 and 6
Wednesday 6 <sup>th</sup> March	
Thursday 7 <sup>th</sup> March	World Book Day
Friday 8 <sup>th</sup> March	
Monday 11 <sup>th</sup> March	
Tuesday 12 <sup>th</sup> March	9.00: Year 1 leading worship on the value of Excellence Year 6 trip to Holdenby House for WW2 topic
Wednesday 13 <sup>th</sup> March	
Thursday 14 <sup>th</sup> March	
Friday 15 <sup>th</sup> March	Comic Relief

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**SYMPTOMS**

Rash

High temperature

Runny nose

Sore red eyes

Cough

**NHS**

# Measles:

## Protect yourself and your family

- Measles, mumps and rubella (MMR) vaccination is the safest protection against measles.
- Two doses of MMR offers the best protection against measles and is free.
- If you have not had two doses of MMR, you can ask to get them from your GP surgery.
- Check to see whether your child has had their two doses just after their 1st birthday and again before starting school.
- For people who do not touch any pork products, there is a version of the MMR vaccine which does not use porcine gelatin in its production.
- Know the symptoms and keep people with symptoms away from others.  
Visit [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles) for more measles information.

**SPEAK TO YOUR GP IF:**

- Your child or someone in your family has missed their first or second dose of the MMR vaccine.
- You or someone in your family show symptoms of measles.

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# Measles

## is circulating

- Measles is extremely infectious and can be serious
- Unvaccinated young children, pregnant women and people with weak immune systems are at greatest risk of severe health complications if they catch measles.
- Symptoms include:
  - high temperature (fever)
  - cold like symptoms such as runny or blocked nose, sneezing or coughing
  - sore, red, watery eyes
  - a blotchy red brown rash, which usually appears a few days after cold like symptoms (sometimes starts on the face before spreading to the rest of the body). The rash may be harder to see on darker skin tones.
  - small white spots inside cheeks and the back of lips (may appear for a few days)
- If you or your child have symptoms of measles, stay at home and phone your GP or NHS 111 for advice – as you could easily spread the virus to others
- If you need to visit your GP or hospital, call ahead to let them know that it could be measles – they will make special arrangements for your arrival to help keep other patients and staff safe.

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