

SJF CHAMPIONS

Our Healthy Minds Newsletter

June 2023 (Issue 8)



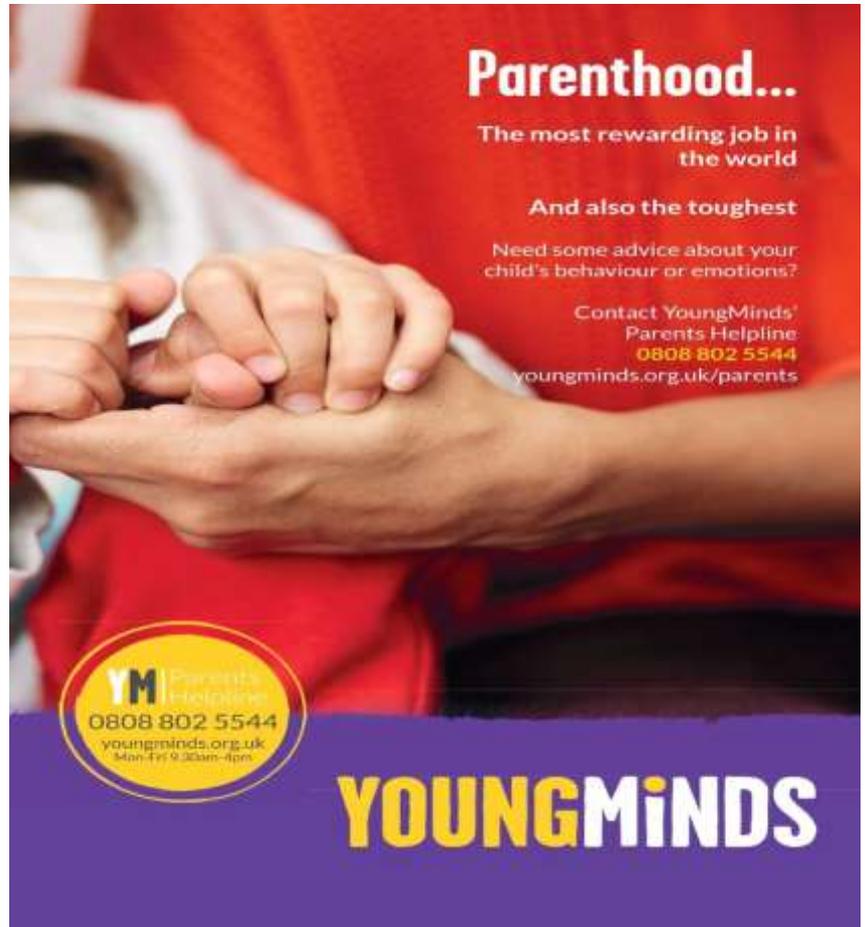
"We can help sad people and they will be on duties to help out. Healthy Minds have these duty vests and we are always on duty if you are feeling sad or anything. Come to us!" Mateusz K (Y6)

Introduction

Hello SJF! We *Champions* think that being a parent is the most wonderful and rewarding job in the world... but equally, we realise that it can also be the toughest.

That's why we think **YoungMinds** is a fantastic resource for parents who may be struggling to help their children through tricky times, or through school in general.

The Parents Helpline and Webchat is available weekdays, between 9.30am and 4.00pm. It provides detailed and advice, emotional support and signposting about an child or young person up to the age of 25 years.



Competition

Just a gentle reminder that if you'd like to enter our new Art competition – which is open to all SJF children – then time is running out! Lily R & Mateusz K in Y6 have asked you to design a new poster for us to use in our future newsletters. We look forward to seeing your entries.

Our Departing Champions

As we say goodbye to our Y6 class, we'd also like to acknowledge the *Champions* who will be leaving us to move on to their new secondary schools. So, we'd like to start by saying a huge *thank you* to **Mateusz, Natalia, Lily and Y6 Edie** for all your input and hard work! You will all be missed deep, but your contribution to our school will remain. We wish you all the best in your new adventure!





HMC Interview

Every month, we will interview one member of our school community to help us find out a little bit more about them. This week: **Mr Ramsden**.

What made you want to work here at SJF? The challenge.

What is your favourite place to visit? The seaside.

What do you enjoy most about your job? Doing a job successfully and to the best of my ability.

What is your favourite takeaway? Chinese food.

What do you like to do in your spare time? Visit family and friends.

What's your favourite biscuit? Chocolate hobnobs.

Have you ever met anybody famous? If so, who? Derek – Bangers & Cash.

Do you have a secret passion? Yes – to fly a hang glider.

What's your favourite film? Up.

What song would you be and why? My Way – we all choose our own paths through life.

Thank you, Mr Ramsden.



Self-care summer is back! In the lead up to this year's summer break, we want to get children, young people and education staff thinking about how to practise self-care during the holidays. We have resources for primary school children and secondary or college age young people to help them create their own self-care plans.

[Download the free resources](#)

Please read the helpful information on the next page which is being shared by our School Link Intervention Worker, Jodie Dickin, who is based at the Family Intervention Service (formerly known as MAST).



Sheffield family hubs & Start for life

Family Hubs are launching in Sheffield

Free launch events on **Wednesday 14th June 2023**

<https://www.sheffielddirectory.org.uk/children-and-families/family-hubs/sheffield-family-hub-launch-events/>

As part of the Government's new Family Hub & Start for Life programme, our current Family Centres will be transformed into Family Hubs, building upon the existing services that are in place to support families from pregnancy through a child's early years and until they reach adulthood.

We are inviting all Sheffield Families to join us at our Family Hubs across the City for our free launch events on Wednesday 14th June 2023

Additional local activities will be taking place throughout June.

Come and hear from the services we have available, learn about what's on offer in your local community and have some fun with activities and entertainment. Open to all families in Sheffield with children of any age, as well as expectant parents.

There is no need to book, just turn up at your local Family Hub between 1pm and 5pm.

- Early Days Family Hub, 71 Palgrave Road S5 8GS
- First Start Family Hub, 441 Firth Park Road S5 6HH
- Darnall Family Hub, 563 Stanforth Road S9 4RA
- Shortbrook Family Hub, First Floor Shortbrook Primary School Site, Westfield Northway S20 8FB
- Sharrow Family Hub, Second Floor, Highfield Library, London Rd. S2 4NF
- Valley Park Family Hub, 100 Norton Avenue, S14 1SL
- Primrose Family Hub, Creswick Street, S6 2TN

Register here to join your local Family Hub

Find out more: <https://www.sheffielddirectory.org.uk/children-and-families/family-hubs/sheffield-family-hub-launch-events/>

Find us on social media

Sheffield Family Hubs Sheffield Family Hubs @SheffFamilyHubs

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Our Joke of the Month!

Why are basketball courts always wet? Because the players dribble!



Our Film of the Month!

Peter Pan & Wendy | Rating: PG | Release Date: 2023 (1hr 46min)

Follow the adventures of Peter Pan, a boy who does not want to grow up, and how he recruits three siblings in London, and together they embark on a magical adventure on the enchanted island of Neverland. Wendy Darling, a young girl looking to avoid boarding school, meets Peter Pan, a boy who refuses to grow up. Wendy, her brothers, and Tinker Bell travel with Peter to the magical world of Neverland, where she encounters an evil pirate captain.



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DAYS IN THE MONTH

World Milk Day

National Donut Day

Longest Day of The Year

National Yo-Yo Day

Rose

Flag Day

Father's Day

Goodbye Spring

Hello Summer

Astrology Signs

Gemini

Cancer

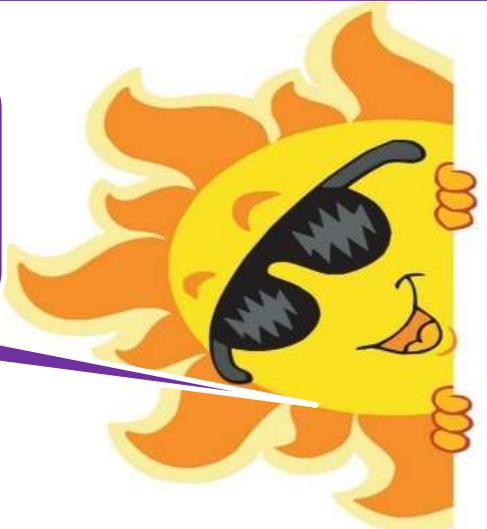
Pearl Birthstone

th Month of The Year

JUNE FUN FACTS

MADEWITHHAPPY.COM

Thank You for reading! We'll see you again in September!



Word of the Month:
Plausible - believable or reasonable