The week ahead @ Saint James

"Be strong and courageous and do it!" 1 Chronicles 28:20

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acknowledging an impressive effort by Sophia in Year 5 to swim 5 kilometres and raise over £1500 towards an assistance dog for her friend Lily. What a start to the new year!

An amazing achievement and two inspiring individuals



To our knowledge, over 130 editions in its current format, we have never been beaten to an article about children in our school by local press and radio coverage. Although we are starting 2025 with that unusual anomaly, when the enormity of the event becomes apparent it is perhaps unsurprising!

In the last edition before Christmas, we told you about Sophia and her intention to swim 5 kilometres to help fund an assistance dog for her friend Lily. News of this impressive challenge had reached former Olympian and World champion swimmer, Katy Sexton, who held a personal coaching session with Sophia prior to her challenge on the 21st December.

Since the beginning of the Christmas holidays and our return to school, at the start of this week, Sophia completed her challenge and, along with Lily, became something of a local media celebrity! In her training Sophia had already posted a time for 4k on the Saturday prior to her ultimate challenge. This time, of 1 hour and 57 minutes, impressed us all when we learned of it just before Christmas. You might have expected that Sophia would have paced herself, when aiming to swim a further 1000 metres. However, this was clearly not the case; she smashed her record by a full 17 minutes, as she went on to complete the whole distance in 2 hours, 3 minutes and 40 seconds!

Beginning her challenge just after 6 o'clock in the morning, she finished shortly after 8am, obviously ready for a hearty breakfast! So, what do young philanthropists and champion swimmers eat as for breakfast? Ice cream, of course! We are assured this was a treat in recognition of her challenge and we can only concur that it was thoroughly, well-deserved. Sophia did admit that she had bad cramp at one point during her challenge although determinedly pushed through the pain barrier to finish in record time. In hindsight, we imagine she is pleased that she opted to eat breakfast after the challenge, rather than before!

Obviously, this feat of endurance is impressive for anyone, let alone a 10-year-old primary school pupil, but breaking records for her swimming was not Sophia's ultimate goal. Sophia's foremost desire was to raise as much money as possible towards funding an assistance dog for her friend Lily. We are pleased to report that Sophia achieved this too, raising a staggering £1,649! (continued overleaf)



Collective Worship

This week's theme: **Epiphany** This week's bible story: The baptism of Jesus

Matthew 3:13-17

Perhaps with these achievements it is no surprise that both the Daily Echo and BBC Radio Solent, got hold of the story and featured it prominently in their newsprint and broadcasting, respectively.

In addition to raising vital funds towards the £23,000 needed for a trained assistance dog, Sophia's challenge has also helped raise awareness of Wiedermann-Steiner Syndrome and, in particular, Lily's struggles. The aforementioned syndrome is a rare genetic condition that only affects 2000 people worldwide and brings with it a number of challenges including bone abnormality, bowel incontinence, dental issues and learning difficulties. These all impact on Lily's daily life.

Lily is a delightful and popular member of Saint James Primary School, however, as she is getting older, friendships are becoming harder because she doesn't engage typically with her peers. Despite being very socially driven and wanting to be friends, maintaining relationships can be hard for Lily so an assistance dog will be a huge benefit for her.

The headline in the Daily Echo used the word 'inspiration' when referring to Sophia's extraordinary swim. We cannot think of a more appropriate word to use when describing out two remarkable members of Year 5.

If you would like to read the Daily Echo article about Sophia's swim, you can click on the link below:

https://www.dailyecho.co.uk/news/24813091.girl-10-completes-5k-swim-friend-genetic-condition/

Donations can still be made via Sophia's JustGiving page using the following link: https://www.justgiving.com/crowdfunding/sarah-hill-980



Carriageway Repairs due on Moorgreen Road

As part of the annual programme of works being undertaken by Hampshire County Council, carriageway surface repairs are due to be completed on Moorgreen Road between Tuesday 21st January and Friday 24th January. Although work will typically take place during the evening and through the night, between the hours of 19:00pm and 6:00am, there may be time when these time periods need to be adjusted.

While the works are carried out, the road will be closed to vehicular traffic, however access for residents will be maintained wherever possible. Pedestrian access will always be available. If you need to make a journey during the period that these works are taking place, please allow a little extra time.

If you live on Moorgreen Road, please ensure that no vehicles are parked on the road on the days when work will be taking place. In addition to slowing down the repairs, dust created by the work may settle on stationary vehicles.

To find out more information regarding these works, please click on the following link: <u>https://one.network/?GB141150940</u>

Supporting Children With SEN: Managing Anxiety Together

We have been made aware of a free, online seminar to support parents and carers of children with Special Educational Needs who struggle with their anxiety. The objective of this webinar is to explore simple yet effective strategies for parents and carers who are seeking support and advice for managing their child's anxiety. It will also share how to create a calm, safe and supportive environment for helping your child when they are feeling overwhelmed, plus, ideas for helping your child to learn how to self-soothe, self-regulate and self-calm.

Date: Wednesday 5 February

Time: 10am - 11am

https://www.witherslackgroup.co.uk/resources/supporting-children-with-sen-managing-anxiety-together/



This year, the Eastleigh Fun Run will be on Sunday 23 March 2025, providing children from 4-12 years old with the chance to have fun and take part in a one of the largest fun running events in the area; a run of 1.2km around Fleming Park in Eastleigh and the opportunity to earn a medal.

2025 sees a celebration of 40 years since the first Eastleigh 10k and fun run and a special commemorative medal and £5 gift voucher will be given to all fun run entrants.

The Fun Run starts at 11.00am with a staggered start:

11.00am for the 9-12 year olds

11.15am for 4-8 year olds

If you would like to enter this event, please use the following link: https://racesignup.co.uk/eastleigh-fun-run-2025





Clothing donations

Thank you to everyone who has donated clothing in either of the clothing banks situated at the front of the school. If you suddenly have a surplus of out-grown clothing after Christmas, or are wanting to make room in the wardrobe for any clothes you've received as presents, you'll be pleased to know that the donation banks have now been emptied; ready for any new contributions.

Unfortunately, among the many items of quality, pre-loved clothes emptied from the banks, we discovered a soiled nappy. As well as being an unpleasant revelation for the unfortunate volunteers collecting the clothing, it also rendered many of the otherwise high-quality items around it unusable. Although we really do appreciate your donations, please only place useable garments, in good condition, into the clothing banks.