



# NJK School Newsletter

'Together, with the love and joy of God, we will discover, develop & maximise our unique potential.'

Wednesday 13th May 2026



## Ofsted Inspection – 21 and 22 April

As you are aware, a team of His Majesty's Inspectors (HMI) and Ofsted Inspectors visited the school on 21 and 22 April. The pupils were exceptional throughout the inspection. They spoke confidently about their learning, clearly explained and demonstrated the impact of the school's work and behaved impeccably at all times. They were a real credit to themselves and to the school.

Thank you to all parents and carers for your continued support. Thank you also to the NJK team, who have worked extremely hard since our previous inspection to continue moving NJK forward and to ensure we provide a good quality education for all our learners.

The inspection report takes some time to be finalised and published. We will inform you as soon as it becomes available to read.



## Mental Health Awareness Week 11th–15th May

This Mental Health Awareness Week, our School Council, Anti-Bullying Ambassadors and Head Pupils are encouraging everyone to take action to support positive mental health.

Small actions can make a big difference and help us feel better.

Our pupil representatives have been sharing their Top Tips for quick mood boosts as well as ideas to help build healthy habits over time. There are lots of simple things we can do every day to improve our mental wellbeing.

To raise awareness and show our support, our pupil leaders are inviting everyone to wear a small item of green with their school uniform on Friday 15th May (a green sock, hairclip, bracelet etc).

Let's come together as a school community and take steps towards better mental health for all.

**ACTION**  
FOR YOURSELF.  
FOR SOMEONE ELSE.  
FOR ALL OF US.



## Ten quick actions to boost your mental health

Quick, easy daily habits are a great way to boost your mood and wellbeing, even on days when your energy levels might be low.

Here are ten quick actions to try that may improve your mood and mental wellbeing.

### 1. OPEN THE WINDOWS

For a quick mental health boost, try opening your windows. Letting fresh air in and stale air out can allow natural light to come in, help you feel closer to nature and lift your mood.



### 2. TRY CHAIR YOGA

Chair yoga lets you enjoy the health benefits of yoga while sitting down. It's a great way to reduce stress quickly, help you sleep, and improve mood fast.

### 3. HEAD OUTSIDE

Spending time in nature is linked to lower stress levels, improved mood and better concentration. Even brief outdoor activities like a walk in a local park, gardening or sitting in a green space, can provide real benefits.



### 4. TRY A MINUTE OF MINDFULNESS

When we're stressed or anxious, mindfulness can be a great way to break the cycle and bring ourselves back into the moment. You don't have to spend ages doing it to feel the benefits.



### 5. DRINK WATER

Staying hydrated can help you concentrate, improve short-term memory, and boost your overall mood, making it one of the simplest mental wellness tips.



### 6. PHONE A FRIEND

Call a friend, family member, or loved one for a catch-up, some fun conversation, and emotional support.



### 7. TRY A BREATHING EXERCISE

Deep breathing exercises can bring instant stress relief and relaxation, as well as help you get a better night's sleep.



### 8. CREATE A RELAXING BEDTIME ROUTINE

Good quality sleep helps your brain work better, improves your mood, and is good for your overall health. Having a pre-sleep ritual, something as simple as settling down in bed with a book and a warm decaffeinated drink, can help you wind down ready for sleep.



### 9. PRACTICE GRATITUDE

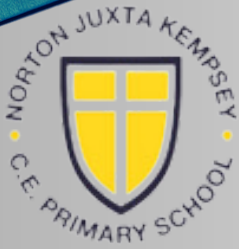
Remember yourself each day of three things you are grateful for.



### 10. BE KIND TO YOURSELF

If you're finding it hard to cope in the moment, try not to beat yourself up. Instead, aim to appreciate or celebrate the smaller things you've done.





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Twinkling is the Word of the Week for pupils in Rowan and Hazel.

**Word of the Week**  
twinkling

**Meaning**  
A light that keeps getting brighter and then less bright.

**Challenge**  
Think of two objects that you can describe as **twinkling**.

CELEBRATING WORDS

## Empty



Empty is the Word of the Week for pupils in Willow.

Saunter is the Word of the Week for pupils in Maple and Elm.

Ashamed is the Word of the Week for pupils in Oak and Ash.

**Word of the Week**  
ashamed

**Meaning**  
To feel embarrassed or guilty because of something you have done.

**Challenge**  
If someone is feeling **ashamed**, what might have they done?

CELEBRATING WORDS

**Word of the Week**  
saunter

**Meaning**  
Walking slowly, in a casual way.

**Challenge**  
Ask someone to show you how they would **saunter**. Then you do it too. When is it good to **saunter**?

CELEBRATING WORDS