NJK School Newsletter

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

Friday 18th September 2026



Promoting Health and Wellbeing and Physical Activity

At NJK we are committed to supporting every child's health and wellbeing by helping them enjoy an active and healthy lifestyle. Regular physical activity plays a vital role in children's physical, mental and emotional wellbeing, helping to improve fitness, strengthen muscles and bones, develop confidence, support learning, and promote positive mental health.
This week, we are sharing the attached Physical Activity Guidelines poster, which highlights the recommendation that children and young people should aim for an average of at least 60 minutes of physical activity each day across the week.
We are proud to provide plenty of opportunities for children to be active throughout the school day. These include:

- Two one-hour PE lessons each week
- An active Breakfast Club
- A range of After-School Clubs
- Daily opportunities for active play through our OPAL programme
- A variety of extra-curricular sporting and physical activity clubs throughout the week

Together, these opportunities help us ensure that our pupils achieve at least 60 active minutes during the school day, while developing important skills, building confidence, and having fun with their friends.
We also encourage families to continue promoting active lifestyles at home, particularly at weekends. Whether it is a family walk, bike ride, swimming session, trip to the park, dancing, scooting, or simply enjoying active play outdoors, every minute counts towards helping children stay healthy and active.
Thank you for supporting us in encouraging children to get strong, move more, and enjoy being active every day!

Worcester Foodbank
Together with Trussell

Harvest

Assistant Minister, Libbirty visited on Wednesday morning to lead worship. She shared the following prayer:

Dear God,
Thank you for bringing us back together for a new school year.
Thank you for our school, our teachers, our friends, and our families.
When we feel nervous, give us courage.
When things are difficult, help us to keep going.
When someone needs a friend, help us to care.
And when we have more than we need, help us to share.
Thank you for all you have given us.
Amen.

Earlier this week, a letter about our Harvest Foodbank Collection was sent home. We would like to invite all families to join us for our Harvest Service at school on Friday 2nd October at 9:10am, and also for the Harvest Celebration Service at St Mary's Church, Kempsey, on Sunday 4th October.
We look forward to celebrating Harvest together and supporting those in need within our community.

Homework

Homework will be set every Friday and you will receive a notification via Arbor. Please remember to check your Arbor account each Friday for the latest homework tasks from your child's class teacher.
We kindly ask that all homework is completed and returned by the following Friday.
Thank you for your support in helping your child develop good homework habits.
Seesaw is no longer in use for homework or sending messages home.



Nut-Free Policy

NJK is a Nut-Free school. The school aims to protect children who have allergies to nuts while also helping them as they grow to take responsibility for what foods they can safely eat and to be aware of what foods may put them at risk. We do not allow nuts or nut products in school lunch boxes or for after school club snacks.
REMINDER: Snack policy. Fruit or vegetables for breaktime.

Breakfast and After School Clubs

A reminder of the drop off times for Breakfast Club: 7.45am by prior arrangement. 8.00am and 8.15am. No other times in between due to staff supervising the pupils.
All children are expected to behave well, show respect, be polite, look after equipment and resources, be co-operative and courteous to staff and to each other. The school's policy on behaviour is followed to ensure consistency for the children at the clubs. Parents will be contacted and asked to collect their child if the child is not meeting the school's expectations and despite staff intervention and support, reaches Stage 4 of the Behaviour Policy. If this occurs on more than one occasion, the school reserves the right to withdraw the child's place.
A copy of our Breakfast Club and After School Club Policy is on the school website.

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Front



Front is the Word of the Week for pupils in Willow Class.

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



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



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

