



One Family in Christ

St John the Baptist RC Primary School

Headteacher: Mrs L. Campbell

Newsletter

30th January 2026

The children were superstars this week, as we welcomed children from a local school who wanted to learn from how we worship. They planned, led and evaluated their whole school worship and shared with the visitors how they do this. All the children were fantastic and showcased our wonderful school brilliantly!

#onefamilyinchrist
© Mrs Campbell



Head-teacher awards	Qualities of the class 'woman of the Bible'	Celebration of Talent spotting
Nursery (Jochabed)	Raaya	Eghosa Orshina
Reception (Miriam)	Colleen	Hussain Nurgis
Y1 (Elizabeth)	Nevaeh	Kore Omari
Y2 (Prisca)	Tiana	Moria Ademide
Y3 (Sheba)	Kendra	Waleed Peniel
Y4 (Deborah)	Sophia	Perfect Andrea
Y5 (Esther)	Margarida	Gael Lucas
Y6 (Lydia)	Linola	Aryan Zak

Class	Reception	Y1	Y2	Y3	Y4	Y5	Y6
Attendance: week beg 26.1.26	99.1	95.8	97.1	97.4	97.5	96.9	97.2

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Catholic Life

Gospel: Matthew 4:12-17

When Jesus heard that John had been put in prison, he went away to Galilee. He did not stay in Nazareth, but went to live in Capernaum, a town by Lake Galilee, in the territory of Zebulun and Naphtali. This was done to make what the prophet Isaiah had said come true:

“Land of Zebulun and land of Naphtali,
on the road to the sea; on the other side of the Jordan,
Galilee, land of the Gentiles!
The people who live in darkness will see a great light.
On those who live in the dark land of death
the light will shine.”

From that time Jesus began to preach his message: “Turn away from your sins, because the Kingdom of heaven is near.”



We all live in one world, with the same sun shining down on us. We are all God's children and belong to one global family. Jesus asks us to care for one another. By doing this we can help the light of Jesus to shine in the world. What will you do to share the light of God's love for us all this week?

Love of learning and playing together. One community, aiming high, helping each other and praying together. On our journey with Christ.

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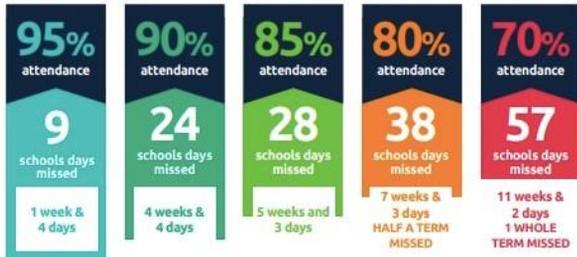
The Importance of Attendance

Our attendance this week is 97.6% - up on last week! Well done everyone! Thank you for your support in ensuring your child is in school every day.

Our pastoral lead, Mrs Robinson, is available to support families in overcoming any barriers to attendance. She will call and invite parents and carers into school to see how we can work together as a team for your child's attendance. We aim for every child to be above 96% so they don't miss any learning. Please call on 01706 647195 if you would like to speak to Mrs Robinson and you will get a very warm welcome 😊



Every day in school counts...



and every minute counts...



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Parental support: Developing healthy sleep patterns

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, tablets, laptops, tablets and apps can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruption during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals fighting them back up.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, featuring an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to establish a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (overcoming anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- MILITARY SLEEP METHOD**
Look up "the military sleep method": it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert
Mindz Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Helen Wilkie – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday®

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Strength Training

Some of the pupils from year 6 have been focussing on improving their strength. They are learning about reps as well as the importance of resting between sets.



Ski Walking

Some of the younger children tried their hand at ski walking this week. The emphasis was on teamwork and coordination as they attempted to move in unison.



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Early Years Foundation Stage and Key Stage 1



In Forest School this week as part of their arctic focus, the Y2 children built their own compasses. We discussed how a compass works and reasons why we may need one. In groups, the children magnetized their needle, created a raft for it and lay it in a pool of water. The children used a rhyme they learnt in their lesson to help them remember the compass points. They then had great fun exploring the forest school area using their compass to help guide their team. Well done Year Two.



Reception explored Indian spices in the sensory area. We named the different spices and loved crushing them to smell the aromas. Most popular was cinnamon and cardamon. " I like cinnamon and my mums puts cinnamon in the tea".

We also completed our Geography fieldwork trip; we used our observational skills to see which types of transport we could see from our school grounds. We worked with our friends to record our observations on a tally chart.



“Love one another as I have loved you.” John 15:12

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LKS2



In Design and Technology this week, Year 4 have been making wind turbines using their creative skills!

UKS2

As part of their Antarctica focus, Y6 children studied images of igloos; they discussed the features such as: shape and size and what makes them strong. Using resources they had collected, they were then asked to create their own models. In their groups the children marked shapes on various recycled bottles, using scissors to cut along the lines made. The children studied the curves of the bottles to help them to create the shape needed. They then secured the pieces together by using tape.



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