



St Mary's C of E (Aided) Primary School



# NEWSLETTER

"A Christ-centred school with a child-centred curriculum through wisdom and love"  
Jesus said, 'Love one another as I have loved you.' John 15 v 12

Telephone: 01798 872007

WB 6<sup>th</sup> January 2025

Happy New Year! I hope that you all had a lovely Christmas and New Year with family time and time to make precious memories. The school has settled back to learning and has been keen to know more, remember more and do more! The weather has been lovely this week with cold and crisp weather and there was a threat of snow this week although it didn't amount to much. The snow plan for the school is on the website if you would like to know more about arrangements should we get snow!

**INSET Day** – The teachers met together on Monday 6<sup>th</sup> January and focussed on Dyslexia and Dyscalculia and what strategies can be used to support our young people in the classroom. The teachers are so keen to identify these difficulties early on and help and support the children.

## Church Links

2025 is the year of celebration of the Christian faith across Sussex. It marks the 950th anniversary of the formation of the Diocese of Chichester and Chichester Cathedral and 1700 years since the Nicene Creed first emerged. There will be various celebrations across the Diocese.

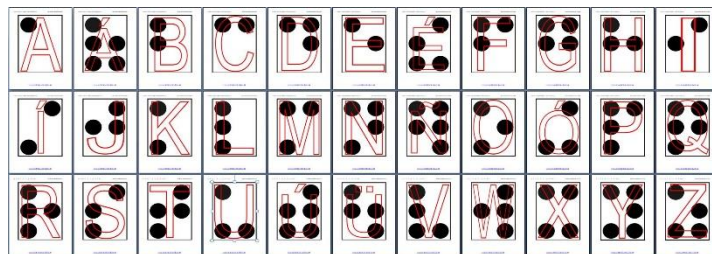
**Reflection** - This week's reflection, thank you so much to Mrs Smith for putting this together for our school community. [Happy New Year 2025](#)

## Learning

**New Themes** – We are already engaged in new learning! UK and Thailand are looking at Flight, Italy and India are thinking about The Great Fire of London, NZ, SL and USA are focussing on Temples, Tombs and Treasures. Mexico and China are focussing on Peasants, Pestilence and Princes and South Africa and Japan are looking at Explorers and Adventurers.

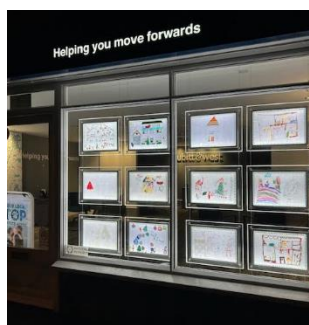
The class newsletters will be up on our website by Friday this week with the class knowledge organiser and homework grid – it would be brilliant if the children could learn these facts for their themes!

**Braille** – The 4th January was World Braille Day. We celebrated this at the start of term. Alicia (Mexico class) is visually impaired and was able to tell the school about how she is learning Braille and what this means to her. Mrs Flinders and Mrs Hayes spoke to the school about it too as they are learning alongside Alicia. We are very proud of inclusion within our school and it was good to share our learning with everyone. Thank you, Alicia!



## News

**Cubitt and West** – It was lovely to see the Homes at Christmas in the window on Lower Street. The staff at the agency were very impressed by the children's artwork Well done to Ella (Mexico) for 1st prize, Elena S (Ita) for 2nd prize and Macie S (Ind) for 3rd prize.



## Things to know...

**End of day** – Just a reminder that there shouldn't be any bikes or scooters on the playground at the end of the day. Thank you for your cooperation with this.

**Parking** – We have sent out a letter regarding parking following some comments on social media. Please can I ask that you refer all concerns to [www.operationcrackdown.co.uk](http://www.operationcrackdown.co.uk)

**Chartwells' meal choices** – Please could we ask that when ordering your child's meal choice, you sit down together and choose their preferred option. We have had a number of children refusing to eat what was ordered for them and, as a school, we only receive what you have ordered to reduce food waste.

January Cut off Dates

Thur 16/01 w/c 27/01



February Cut off Dates

Thur 23/01 for w/c 03/02

Thur 30/01 for w/c 10/02

HALF TERM

**Dyslexia - Does your child have Dyslexic tendencies?** Building Resilience in Dyslexic Children and Young People: This is an excellent webinar about Stress and Anxiety but through the lens of a Dyslexic person, delivered brilliantly by an emotions coach with her own lived experience of living with Dyslexia. Well worth a watch!  
<https://www.youtube.com/watch?v=xt6tO2YxaaU>

**NHS Pharmacy First Service** - I am writing to let you know about an NHS service, which is available in pharmacies across England, called the **NHS Pharmacy First Service**.



### **What is Pharmacy First?**

The NHS-funded service enables children and adults to get convenient access to advice and treatment where appropriate for seven common conditions, without the potential delay of having to wait for a GP appointment. Accessing the service may mean that children feel better and back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service. There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service.

The service supports with the following conditions for people in the age groups specified below:

- **Earache** (aged 1 to 17 years)
- **Impetigo** (aged 1 year and over)
- **Infected insect bites and stings** (aged 1 year and over)
- **Sore throats** (aged 5 years and over)
- **Sinusitis** (aged 12 years and over)
- **Uncomplicated urinary tract infections** (UTIs) in women (aged 16 to 64 years)
- **Shingles** (aged 18 years and over)

The person will see a pharmacist in a private consultation room. The pharmacist will provide advice and, if clinically appropriate, offer to supply treatment for the condition\*. If treatment is provided, an electronic message will be sent to the person's GP surgery so their health record can be updated.

### **Dates for your diary - SPRING TERM**

Thur 16<sup>th</sup> Jan – Explorer and Adventurer Day Y6  
Thur 16<sup>th</sup> Jan – Prayer meeting 3.15pm  
Mon 20<sup>th</sup> Jan – Young Voices concert 02, London  
Wed 22<sup>nd</sup> Jan – Service at Steyning Grammar school for Year of Faith  
Mon 27<sup>th</sup> Jan – Little Lifesavers – First Aid Y5  
Tues 28<sup>th</sup> Jan – Little Lifesavers – First Aid Y6  
Tue 11<sup>th</sup> Feb – Egyptian Day NZ/SL/USA – Costumes if you wish  
Fri 14<sup>th</sup> Feb – INSET DAY  
Mon 17<sup>th</sup> to Fri 21<sup>st</sup> Feb – HALF TERM  
Mon 3<sup>rd</sup> March – African Drumming Y6 and Ukulele workshop Y5  
Thur 6<sup>th</sup> March – World Book Day  
Fri 21<sup>st</sup> March – Reports come home  
Tue 25<sup>th</sup> and Thur 27<sup>th</sup> – Parents Evenings  
Fri 4<sup>th</sup> April – Last Day of term

## Celebrations

**Kindness shield** – Bertie Peskett – In all the time that you have been at St Mary's, we have never known you be anything but KIND! You are so humble but you always offer your friends so much. You always come alongside them, play with anyone and you offer a listening ear. You should be so proud of yourself and these achievements.



**Class Assemblies** – These are the dates for class assemblies for this term. Please come and celebrate the children's achievements with them. These will start at 9am.

Thur 6<sup>th</sup> Feb – Mexico

Thur 13<sup>th</sup> Feb – Italy

Wed 26<sup>th</sup> Feb - USA

Thur 27<sup>th</sup> Feb – SL

Wed 5<sup>th</sup> Mar – New Zealand

Thur 13<sup>th</sup> Mar – Japan (main hall) Thailand (Small Hall)

Wed 19<sup>th</sup> Mar - UK

Thur 20<sup>th</sup> Mar – India

Thur 27<sup>th</sup> Mar – China

Thur 3<sup>rd</sup> Apr – SA



**Vine leaves** – **Josh D (SL)** – Perseverance - Josh has persevered in all areas of his learning this week and joined in class discussions with some great responses. **Addie (Ita)** - Humility - you are being a brilliant friend and putting others before yourself. **Emilia V-F (Ita)** - Wisdom - for working hard on your phonic knowledge to support your writing. **Santi M (Ita)** - Perseverance - it has been great to see you trying so hard in your learning, keep it up! **Freddie B (Jap)** - Perseverance - as he will know the Young Voices songs perfectly! He is determined in all that he does. **Ethan L (Chi)** – Service – for assisting someone in our community when they were hurt. **Lincoln B (Chi)** – Perseverance – for making a huge effort to improve his handwriting

## **Achievements –**



**Ava M (NZ)** –  
Passed Stage 4  
swimming

**Victoria C (Mex)** –  
Qualified in Grade  
1 Piano



# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

### Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



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