



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 27th January 2025

There are daffodils appearing in the school grounds and we know that this is always the first sign of spring! We are looking forward to seeing the sunshine appear more and we can begin to see more signs of spring.

NUT FREE SCHOOL – A reminder that we are a nut free school – we have a number of children with severe allergies. Please check snacks and lunch boxes carefully and ensure that all snacks and lunches are free from all types of nuts.

Church Links

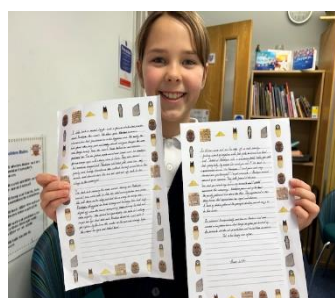
SPLASH – A huge thank you to SPLASH for our worship on Monday. We talked about Teamwork, the worship talked about the formation of Geese flying together, we linked this with our vision of our school community swimming together. The children looked at the 12 disciples that Jesus had and why they were unique and special to Jesus. We sang together accompanied by the ukulele and prayed that we can work together to help and support each other.



Reflection - This week's reflection is about humility, thank you so much to Mrs Smith for putting this together for our school community. [Humility – part 2](#)

Learning

Egyptian Cinderella Story – Year 4 – Bowie and Victoria came and read their Egyptian Cinderella Stories. What a brilliant piece to share and they should be very proud of their achievements.



Science – In Science this week, we have been learning about refraction and Isaac Newton's work on the Theory of Colour. The children discovered how prisms split a ray of light into the colours of the Visible Spectrum, enabling us to see different colours. Our practical work enabled us to see how although light looks white, it is actually made up of all the colours of the rainbow!



Little Lifesavers – We loved having Little Lifesavers come in and work with the Year 5 and Year 6 children. They covered CPR, choking and the recovery position. We are very grateful to Little Lifesavers who ran this session for free – imagine if someone now saves a life!



Sport

Sussex Boys Football, Lancing – Champions!! Following their Central Area League win in the Autumn Term, our Year 6 boys were invited to the Sussex U11 County Primary Finals at the Sussex FA Headquarters in Lancing against the other top teams in the county – and they won! They now go on to the regional finals to represent Sussex. An amazing achievement with superb teamwork and resilience from a very special group of footballers. Their journey will continue...Well done to the whole squad Ollie G (c), Toby H, Rex E, Jack B, Freddie B, Noah J, Eric K, Sen H and Oscar D. Huge thanks to Mr Coomber for coaching and supporting the team. We celebrated as a school and shared in their success – they should be very proud!



Things to know...

International Day – Huge thanks to the parents that have offered to come into school and share their knowledge and experience of various countries and languages with the children on International Day. We are very lucky to have a wide variety of cultures and traditions within our community and we are very much looking forward to learning more about them. If you are able to volunteer a couple of hours to come and share some information with our children on 28th February 2025, we'd love to hear from you and have you join us for what is sure to be an enriching day for all.

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.



February Cut off Dates

Thur 30/01 for w/c 10/02

HALF TERM

Dates for your diary – SPRING TERM

Mon 10th Feb – Children's Mental Health – children to wear something yellow that is an accessory (bow, sock, bracelet, ribbon etc to raise awareness of this day.

Tue 11th Feb – Egyptian Day NZ/SL/USA – Costumes if you wish

Wed 12th Feb – Tudor Dress up day for India and Italy

Thur 13th Feb – Italy celebration assembly

Fri 14th Feb – INSET DAY

Mon 17th to Fri 21st Feb – HALF TERM

Mon 3rd March – African Drumming Y6 and Ukulele workshop Y5

Thur 6th March – World Book Day

Fri 21st March – Reports come home

Tue 25th and Thur 27th March – Parents Evenings

Fri 4th April – Last Day of term

Celebrations

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 6th Feb – Mexico

Thur 13th Feb – Italy

Wed 26th Feb - USA

Thur 27th Feb – SL

Wed 5th Mar – New Zealand

Thur 13th Mar – Japan (main hall) Thailand (Small Hall)

Wed 19th Mar - UK

Thur 20th Mar – India

Thur 27th Mar – China

Thur 3rd Apr – SA



Vine leaves – **Nelly W (Ind)** - Courage – for her courage and resilience over the last week. **Ralph D (Ind)** - Friendship – for making sure a class member was okay after a medical procedure and trying his best to make her smile. **Arlo H (NZ)** - Perseverance - for persevering with his writing, he has been unstoppable this week! **Isaac N (Ita)** - Wisdom - for sharing your knowledge about planets with others. **Cameron L (SA)** - Wisdom – for being the only member of Year 6 to score 100% in all of his Accelerated Reader quizzes! **Deborah A (SA)**, **Lucy C (SA)** and **Leo F (SA)** - Responsibility - for collaborating brilliantly during GPS and helping each other. **Rosa W (SA)** - Resilience - for approaching learning on fractions with admirable determination and are now contributing to whole class discussions with confidence. **Sid N (SL)**, **Miller (USA)**, **Savannah U (USA)** and **Harrison (NZ)** - Service - for putting away the equipment at end of playtimes to help keep the school tidy. **Victoria (USA)** – Kindness – for being a thoughtful friend. She always shows great kindness to all. **Freddie O (USA)** – Perseverance - for putting maximum effort into all his school work even when he finds it tricky. Freddie shows great perseverance. **Oakley S (Tha)** and **CJ R (Tha)** - Perseverance -for resilience as they are both coming in to school so confidently and happily. **Violet H (SL)** - Courage - for remaining cool, calm and collected when she hurt herself. **Lincoln B (Chi)**, **Tai N (Chi)** and **Alfie P (Chi)** – Perseverance – for making great effort in their learning this week

Achievements –



Happy Birthday Library!

Join us to celebrate 100 years of West Sussex Libraries with birthday themed stories and crafts!



Wednesday 19 February
2.30-3.30pm

Suitable for children aged 4+ years

Booking essential – please speak with staff to reserve a place.
Parents and carers must remain with their child during this activity.

Pulborough Library

Brooks Way, RH20 2BQ

01798 872891

pulborough.library@westsussex.gov.uk

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College