



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 2nd December 2024

The post box is filling up with the Christmas cards and it was lovely to see Callie's Nativity scene, which reminds us of the coming of Jesus! Well done, Callie! We really are counting down to Christmas with our Advent wreath and all our Christmas celebrations. We are looking forward to the Christmas productions over the next couple of weeks. Please ensure you have your tickets for this.



Church Links

St Mary's Church - Christingle Service – Thank you to everyone who came to the Christingle Service at church. It was lovely to see so many families joining us for this service. Well done to the Griffiths family for lighting the star this year – it shines brightly over Pulborough.



India and Italy – St Mary's Church for worship – Italy and India class went to meet with Fr Paul today at the church. They talked about Advent and John the Baptist.



Monday worship – We looked at the Advent wreath and thought about the meaning of the different candles.

Reflection - This week's reflection, thank you so much to Mrs Smith for putting this together for our school community. [Advent 2024](#)

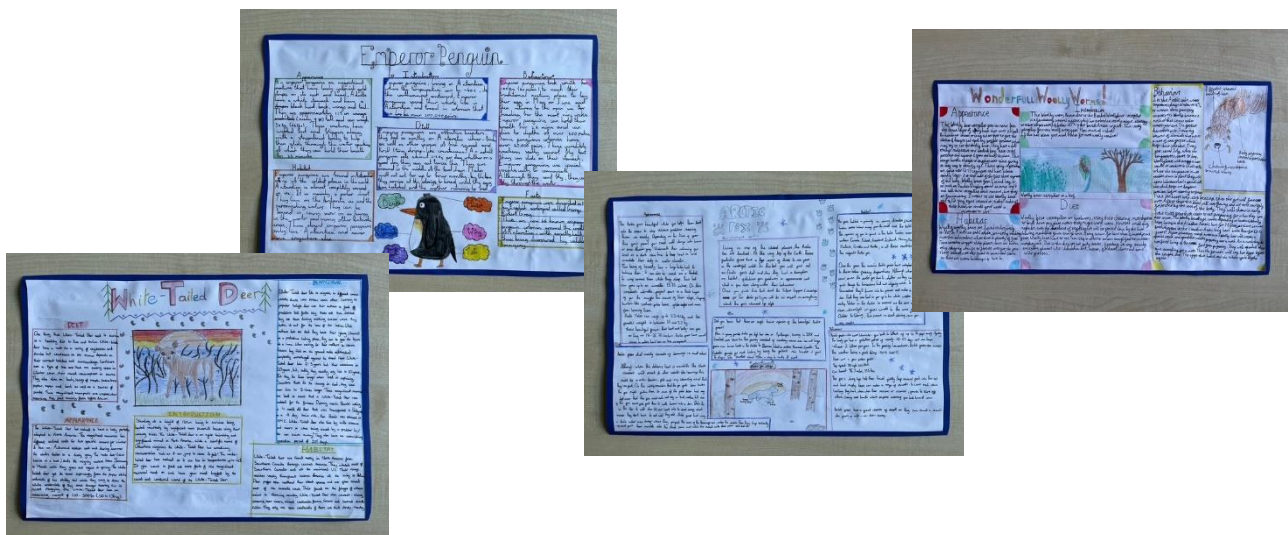
Messy Church - Christmas Meal and Activities - Saturday 14th December 3-5pm - Pulborough Village Hall

It is your last opportunity to book your family into the free Messy Church Christmas Meal and Activities today, Friday 6th December. Text Judith Ellis on 07551323583 with your name, the number of adults and children attending and any special dietary requirements you may have. Thank you. Happy Christmas from Pulborough Brooks Baptist Church!



Learning

Polar animals - Year 6 reports – As part of our 'Frozen Kingdom' topic, Year 6 have been researching polar animals, including Arctic foxes, penguins, polar bears, white tailed deer, wolves, moose and even a woolly bear caterpillar! They have produced some amazing non-chronological reports describing the appearance, behaviour, habitat and diet of their chosen creature.



Clarinet - Year 4 – Well done to the children in Year 4 for their clarinet recitals to parents and families – they have worked very hard and should be very proud of learning a new skill this term; their efforts really showed in their performances. Thank you to all that were able to attend, it was lovely to see so many of you here.



Craft & Cake Sale for EWA – Well done to Sierra Leone class for the craft and cake sale today for Education West Africa- at the time of writing they had raised £170.54.



News

Film Night – The children in Years 4, 5 and 6 got into the Christmas spirit by watching 'Elf' at our Christmas Film Night this week! We raised an amazing total of £550 which will all go towards next summer's Big Top production. A huge thank you to everyone that attended and supported the event. Many thanks also to the Year 6 class reps and the fundraising team of parents for setting up the hall and organising the tuck shop!



Staffing – We are looking forward to welcoming Mrs Martin-Wells back on the 19th December. She will be working alongside Mrs Callender for a handover. In January Mrs Gowland will be teaching on Monday and Tuesday and Mrs Martin Wells will be with us on Wednesday, Thursday and Friday.

Thought-Full – Thank you to the parents who came to the Thoughtfull Tea and Chat session.

Things to know...

Christmas Card competition – We have sent a wide selection of wonderful drawings done by the children to the office of Andrew Griffith MP at Westminster. In the past we have had a runner-up, so fingers crossed for this year. Mr Griffith sends his card to many constituents and also to His Majesty King Charles.

Christmas Postbox – Our Christmas Postbox will be running from 1st December. All cards should be posted in the box, which will be in the reception office, and these will be delivered daily by the Year 6 prefects – please ensure you put the child's full name and class on the envelope.

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 26/12 for w/c 06/01
Thur 02/01 for w/c 13/01
Thur 09/01 for w/c 20/01
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

The Chartwells catering team would like to wish everyone a Merry Christmas, and very much look forward to seeing all the children again in the dining hall in the New Year.

You can order now for January 2025 as we are sure you will all be very busy organising Christmas.

Please be advised that due to an error by the telephone line operator, the Chartwells West Sussex office telephone number(s) has changed with immediate effect.

The new telephone number is **01243 774175**



Dates for your diary – AUTUMN TERM

Mon 1st Dec – Cubitt and West - Homes at Christmas competition starts
Thur 12th Dec – UK/Thailand Christmas Nativity performance – 2pm and 5pm
Mon 16th Dec India/Italy Christmas Production – ‘Cock-a-doodle Christmas!’ 5pm **and Tue 17th Dec** – 2pm and 5pm
Wed 18th Dec – Chartwell’s Christmas lunch
Wed 18th Dec - PTA Christmas Disco 5pm – 6pm EYFS/KS1 and 6.15pm – 7.30pm KS2 £1.50 entry
Thur 19th Dec – Pantomime in school – Jack and the Beanstalk
Fri 20th Dec – Class Christmas Parties PM
Fri 20th Dec – Last day of the Autumn Term – Christmas Jumper day for all – normal school uniform but with a Christmas jumper - no contribution needed

Celebrations

Class Assemblies – All of our class assemblies have taken place this term and it has been brilliant to be able to share so much learning. Thank you to all the parents that attended and shared this with the classes.



Vine leaves – **Leah S (NZ)** – Courage – Leah was so nervous about saying her line in our class assembly but she overcame her fear and spoke beautifully. **Elena S (Ita)** – Service - she is always volunteering to help around the classroom and take on responsibility. **Cody R (SA)** – Generosity - volunteering to help with jobs around the classroom and also working with focus to produce some excellent writing this week. **Teddy M (SA)** -

Perseverance - responded positively to feedback and worked extremely hard to produce a detailed non-chronological report about wolves. **Esme H (SA)** and **Beau L (SA)** – Kindness - worked brilliantly to help others with a computing task. **Rex E (SA)** – Kindness - gave up your lunchtime to help another child find a cycle helmet which had been misplaced. **Elba S (SA)** – Wisdom - you have made great strides in your reading this term! **Desire I (USA)** – Kindness - she is breath of fresh air in the morning with her smiley face and greeting staff by their name. She's put a smile on my face every day. **Emily P (Chi)** – Kindness – for sharing beautifully with her friends at forest school. **Josh W (Chi)** – Service - he displays endless positivity and politeness which he shows everyone in school. **Freya C (Chi)** and **Ethan L (Chi)** - Creativity - for writing highly creative and exciting Greek myths.

Achievements -



Teagan R (SL) –
Achieved her Level
4 swimming badge
and her yellow belt
in Karate



Christmas

GIFT AND CRAFT FAIR



10th December

5.30-8.30pm

The Weald School

Carols with the school choir

Refreshments available

The Weald School. Station Rd, Billingshurst RH14 9RY

Supporting The Weald School Charitable Trust

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

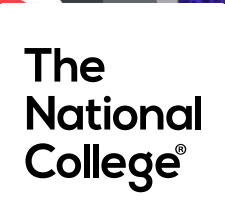
Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



FITNESS

- PULBOROUGH BOOT CAMP
- MUM FIT CLASSES
- PARENT FIT CLASSES
- PERSONAL TRAINING SESSIONS
- WALK AND TALK SESSIONS

VISIT US ON FACEBOOK FOR ALL
UPDATES HERE



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