

w/c 20th January 2025

Message from the Headteacher

Thank you to the Year 5 parents and carers who joined us for their year group mass on Friday. Father John led a lovely sermon about the importance of kindness during this Jubilee Year and how as Pilgrims of Hope we can spread hope to others by simply being kind and more considerate of other's needs. A big thank you to Fr John for purchasing Jubilee banners for our school.

This half term our Catholic Social Teaching (CST) theme is **SUBSIDIARITY**. Subsidiarity means that we listen to the views of others, especially the weak and vulnerable. As the world sees the inauguration of Donald Trump as US President this week we must pray even harder for world peace and that all world leaders listen to the voice of their people and consider how to make our planet a peaceful and fair home for all people.



Important Dates

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|-----------------------------------|---------------------------------------------------|
| Friday 31st January – 09:00 | Year 3 Mass (parents invited to attend) |
| w/c 3rd February | Children's Mental Health Week |
| Thursday 6th February - 14:30 | Year 2 Liturgy (parents invited to attend) |
| Tuesday 11th February | Safer Internet Day |
| 17th to 21st February | Half Term Break |
| Monday 24th February | INSET Day |
| Wednesday 26th February 16:00 | Books at Bedtime |
| Friday 28th February - 28th March | Class 4Lo swimming lessons |
| Week commencing 3rd March | Book Week |
| Thursday 6th March | World Book Day |

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|------------------------------------|----------------------------------------------------------------------------------|
| Monday 10th March 15:30/18:00 | Parent/Carer Information sessions -Times Table Checks 15:30/Y6 SATS 18:00 |
| Week Commencing Tuesday 11th March | Book Fair in school |
| Thursday 13th March | CAFOD Family Fast Day |
| Monday 17th March 15:30 | Parent/Carer Information session - Phonics Screening – Year 1 |
| Thursday 20th March 2025 - 14:30 | Year 1 Liturgy (parents invited to attend) |
| Friday 21st March 2025 | World Down Syndrome Day - Fundraiser |
| Tuesday 25th March 15:30 | Parent/Teacher Consultations |
| Thursday 27th March - 15:30 | Parent/Teacher Consultations |
| 7th to 21st April | Easter Break |

Announcements

Donations

We are seeking donations again of comics and magazines for wet play or good condition jigsaw puzzles or unwanted fidget toys. We are also looking for good quality baskets of any shape or size. Please bring any donations to the main office. Thank you.

Safer Internet Day

Safer Internet Day this year is on Tuesday 11th February. We constantly remind children in school about how to keep safe online. How can parents help children to stay safe on online games and apps? It is natural to worry about the dangers of online games and apps. But you can help your child learn how to keep themselves safe by following these steps:

- Take an interest
- Teach your child how to stay safe online (such as the SMART rules)
- Check if a game/app is appropriate
- Use parental controls
- Make time for other activities
- Be open



Reminders

Parking

We continue to be concerned about the risks cars present to pedestrians in Devon Road before and after school. Many thanks to the vast majority of parents who park a short distance from school and walk up Devon Road to collect their children. We politely request that Devon Road is a traffic free area to enable all pupils to leave site safely. Please do not drive up Devon Road to use the school entrance as a turning point – this puts pedestrians at risk and this week we had a near miss!

What age can my child walk to school?

We give permission to pupils in Year 5 and Year 6 only to walk to and from school – we must receive written permission from the parent / carer for the child to be released. In the event of a local police alert we contact the parents of all walkers.

What should my child bring to school?

- During these cold months children should bring a warm coat, hat and gloves to school. We encourage learning and play outdoors so they need to stay warm.
- A small rucksack (KS2) or a school bookbag (Year R to Year 2)
- Their reading log and home learning logs including reading books.
- Do not bring in toys from home – we cannot take responsibility for them.
- Mobile phones are only permitted for Upper KS2 who walk or take the bus – all phones are securely stored during the school day.
- No smart watches are allowed in school.
- A named water bottle – containing water only. Please NO GLASS bottles.

Uniform

Uniform matters - we pride ourselves on high standards of presentation. All pupils should wear the correct school uniform including a jumper or cardigan with the school logo.

PE uniform has slipped this term and we remind all parents that we expect all pupils to wear correct school PE uniform:

- House coloured PE shirt
- Plain navy blue shorts
- Plain navy blue tracksuit bottoms (not leggings)
- Plain navy blue track suit top (one piece or zip up)
- **NO black / other colours or logo wear is allowed.**

During this **cold weather** spell please ensure your child has **extra layers**, such as a thermal vest. The heating is on in school throughout the day, but to ensure we have good ventilation, some classroom windows will be open throughout the day.

Be Here, be Ready

Every Moment Matters!

In school we often say '**every moment matters**' - teachers plan every moment and it is always difficult for some children to catch up if moments, days, even weeks are lost due to lateness of school absence. Some absence cannot be avoided, i.e. sickness or family bereavement; however, please avoid booking holidays or trips to home countries during term time.

We follow strict UK Government guidelines in which there are very few circumstances for which absence may be authorised.



| ABSENCE = LOST OPPORTUNITY | | |
|---------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|
| Did You Know... ? | | |
| <small>If Your Child's Attendance During the School Year...</small> | <small>Your Child Would Have Lost Approximately...</small> | <small>or They Would Have Missed Approximately...</small> |
| was 95% | 9 Days from School | 50 Lessons |
| was 90% | 19 Days from School | 100 Lessons |
| was 85% | 29 Days from School | 150 Lessons |
| was 80% | 38 Days from School | 200 Lessons |
| was 75% | 48 Days from School | 250 Lessons |

Getting Your Child to School Really Matters

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|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| 190 days in school | 10 days absent | 19 days absent (almost 4 weeks missed) | 29 days absent (about half a term missed) | 38 days absent (8 weeks missed) | 47 days absent (Almost 10 weeks missed – over a quarter of the school year) |
| | 180 days in school | 171 days in school | 161 days in school | 152 days in school | 143 days in school |
| 100% attendance | 95% attendance | 90% attendance | 85% attendance | 80% attendance | 75% attendance |
| Excellent record | Good record | Needs to improve | Cause for concern | Poor | Very poor |
| Gives the best possible opportunity for success! You are likely to achieve your potential and meet or exceed your targets! Well done! | | Gives less chance of success. You are less likely to achieve your potential and meet your targets. | | Much less chance of success. You are unlikely to achieve your potential and meet your targets. | |

Spotlight

Good Mental Health



Children's Mental Health Week 2025 is taking place from 3-9 February 2025. This year all schools are exploring the theme Know Yourself, Grow Yourself in partnership with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters. Parents and carers play an important role in their child's mental health. Tips for supporting children's mental health include:

1. Get moving – walk and get fresh air enjoying the outdoors.
2. Put devices down and talk face to face – ask about your child's day.
3. Eat healthily – less junk food and more fruit and vegetables.
4. Get plenty of sleep – agree bedtimes and try to stick to them!
5. Be grateful for the small things – sometimes we all need reminding of this.
6. Try asking your child the following three questions every day: What have you enjoyed today? What are you proud of today? What are you grateful for today? 😊

TIPS FOR FAMILIES

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)

Mission Moments



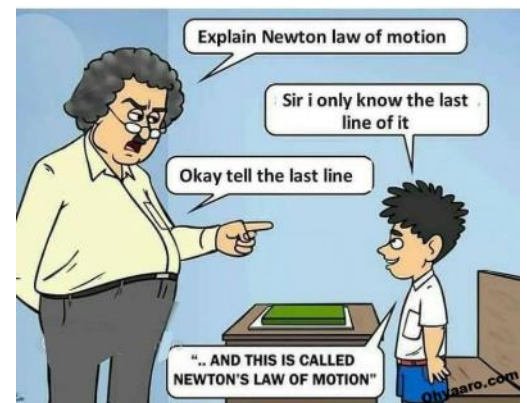
Ralph from Year 4 has been chosen for showing kindness and care to others during outside play. **#kindnessisbest**

Final Word

Q: Who's the king of the classroom? **A:** The ruler.

Q: What did the pencil sharpener say to the pencil?

A: Stop going in circles and get to the point.



Have a good week.

St Mary's Catholic Primary School

Headteacher: Mrs Clare Tickel

Diocese of Plymouth



CELEBRATING 10 YEARS OF TRUSTED CATHOLIC EDUCATION