



St Mary's Catholic Primary School School Bulletin

Friday 25th September 2020

SUBJECT	YEAR GROUPS RELEVANT TO	STAFF CONTACT
Something to Share	All	Liz Hills

I just wanted to begin the school bulletin this week with a short prayer that Catherine Heathcote shared with the school staff on Tuesday morning at our weekly staff prayers. After a week of more change and uncertainty for us all, I hope that you too find some comfort in these words

*Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of your peace,
the beauty of your peace.*

*Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire,
speak through the earthquake, wind and fire,
O still small voice of calm,
O still small voice of calm!*

John Greenleaf Whittier (1807 - 1892)

Meet the Teacher – Don't Forget	Years One to Six	Class Teachers
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Please don't forget the Meet the Teacher meetings next week – we would love to see you there if you can make it.

Guidance for Meetings:

- Only one parent/carer to attend for each child please.
- Before entering the hall, sanitise your hands and put on a mask/face covering (if you are able to).
- Take a chair from the stack and place it at a safe distance from other people in the hall.
- Where possible, please avoid bringing younger children to the meeting. If this is not possible, please ensure you bring something quiet for them to do and keep them with you at all times.
- Leave your chair where it is when you leave. Do not stack the chairs, as they will need to be cleaned after use.
- Leave the building through the hall door and sanitise your hands on exiting.

Meeting Times:

Class	Year Group	Teacher/s	Day	Time
Orange Class	One	Miss Heathcote/ Mrs Tabassi-Gill	Thursday 1/10/20	9.20 am
Yellow Class	Two	Mrs White	Monday 28/9/20	9.20 am
Green Class	Three	Miss MacMillan	Monday 28/9/20	2.40 pm
Blue Class	Four	Mrs Searle	Wednesday 30/9/20	9.20 am
Indigo Class	Five	Mrs Lawlor	Tuesday 29/9/20	9.20 am
Violet Class	Six	Miss Ticehurst / Miss Russell	Wednesday 30/9/20	2.40 pm

Congratulations	All	Liz Hills
<p>I would like to extend my congratulations to Michelle Williams (EYFS Lead and Reception Class Teacher) who has been accepted onto the East Sussex Early Years Lead Practitioner Team. This is a fantastic achievement for Michelle, especially in light of the high number of applicants for this role this year. Michelle will be working to support EYFS practitioners in schools across East Sussex and in so doing will develop and extend her own practice in EYFS, benefitting the children in her class too. St Mary's has a strong history of promoting and providing school to school support and it is really wonderful to continue to build on this with Michelle providing support for colleagues in her area of expertise. Michelle will be released from her teaching commitments on occasions over the course of the year in order to complete her work on the EYFS Lead Practitioner Team.</p>		
Morning Drop Off / Afternoon Collection	All	Liz Hills
<p>Staying Safe As we work through our phased approach to returning the morning drop off and afternoon collection on to the school site (in advance of the wintery weather) please can we remind people that we have requested that only one parent/carer comes onto the school site and that dogs are not brought onto the school driveway at any time. We have asked that parents/carers wear a mask or face covering whilst on the school site. We appreciate that for some people in our community it is not appropriate to wear a mask or face covering. If anyone has concerns regarding this, please do not hesitate to contact the school office to discuss this matter or contact Liz Hills directly (head@stmarysrc.e-sussex.sch.uk) if you wish to discuss anything in confidence. We would like to thank you all for your support in ensuring we do all we can to keep the school community safe at this time and for your consideration of other people's personal needs.</p> <p>Morning Drop Off Thank you all so very much for your support in the final amendment to our morning drop off routine this week. We have reviewed this new routine over the course of the last few days and are confident that, with the support and sensible actions of parents/carers, we can continue with the morning drop off at the top of the school drive. Please remember that the school site is not supervised until 8.45 am and so we ask that people refrain from gathering at the top of the drive before this time. If people are able to, please ensure that you take full advantage of the ten-minute drop off window and avoid overcrowding the drive – it will help to ensure that everyone remains safe. Please do not feel rushed at this point in the day. We ask that you take your time and approach the drop off point when you feel it is safe to do so. Your considered and careful response is important in enabling us to action the next stage of the plan - to return afternoon collection to the school site. Thank you all for your continued support as we work towards returning as many operational matters to 'as normal as possible' at this unusual time.</p>		
Facebook – Something to Celebrate	All	Liz Hills
<p>With the bulletin replacing our newspaper, please can I remind you that we are celebrating the children's learning and achievements on our Facebook page and are providing opportunities for you to share in school life through this platform. Please take some time to check out what has been happening in school this week.</p>		
Macmillan Tea	All	Liz Hills
<p>A huge thank you to everyone who supported our very special 'Macmillan Tea' today. The children really enjoyed the opportunity to indulge in a treat and spend time chatting to their friends and classmates. Thank you to everyone for your generous donations – we will let you know how much money we have raised once the count is complete. Thank you to Mrs Botterman for sorting refreshments for all the children and to the Friends of St Mary's whose past fundraising efforts helped to fund this treat for the children. I am so proud of all the children over the last few weeks for the excellent way in which they have settled back to school life and what a joy it was today to have the opportunity to treat the children and raise money for such a fantastic cause at the same time. Well done Team St Mary's!</p>		
Checking if your Child has Coronavirus Symptoms	All	Liz Hills
<p>Please refer to the document sent out with today's school bulletin if you have concerns as to whether or not your child is displaying symptoms of the coronavirus. There are many documents available on social media platforms detailing symptoms. At St Mary's we are following Government guidance on all matters regarding our Covid19 response, including when assessing children's health. As already stated – if you have concerns regarding your child's</p>		

health and whether they should be in school, please contact the school office team who will ensure you are given advice from the SLT of the school.

Coronavirus Testing

All

Office

Please find more information about getting a coronavirus test at the following link:

https://www.gov.uk/get-coronavirus-test?utm_source=23%20September%202020%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19

Test and Trace

All

Office

Sharing of Personal Data

Please note: personal data of employees, parents, pupils and visitors to the school may be shared with NHS/Public Health Agencies where relevant to the Covid19 pandemic.

NHS Test and Trace COVID-19 App

This week NHS Test and Trace has launched the NHS COVID-19 app. The app has been launched to help control the spread of coronavirus (COVID-19). It will do this by alerting people who may have been exposed to infection so that they can take action. The app is available to download on smartphones for anyone aged 16 or over. NHS Test and Trace has published guidance and resources to support the use of the app which are available at the following link:

<https://www.nhs.uk/apps-library/nhs-covid-19/>

Translation of guidance for parents and carers on early years providers, schools and colleges in the autumn term

All

Office

Please note: The Government have now translated their [guidance for parents and carers with children in nursery, school, or college in the autumn term](#).

The guidance is now available in the following languages:

- [Arabic](#)
- [Bengali](#)
- [Chinese – traditional](#)
- [Chinese – simplified](#)
- [French](#)
- [Gujarati](#)
- [Polish](#)
- [Portuguese](#)
- [Punjabi](#)
- [Romany](#)
- [Somali](#)
- [Turkish](#)
- [Urdu](#)

School Health Service Support

All

Office

The School Health Service are working hard to ensure that they can continue to provide healthy lifestyle support to families in a safe and engaging way. [Ready, Steady, Go](#) is their free 8 week programme for children aged 4-11 and their families. The focus of the programme is to help families achieve and maintain a healthy weight by making small and achievable lifestyle changes. Further information about the programme, to include frequently asked questions can be found [here](#).

In response to the COVID-19 pandemic, the service is currently delivering a virtual programme, with weekly sessions lasting up to an hour. The programme covers a range of important lifestyle topics including healthy eating, being active, sleep and screen time. Within the sessions, families will be able to interact in group discussions, ask questions and give opinions, as well as take part in a variety of challenges and activities.

In addition to attending the group sessions, families will also have the opportunity to access 1:1 support throughout the duration of the programme where they can discuss their individual progress.

The next groups will start the week commencing 5th October 2020.

Families can contact the service for further information about the programme on 0300 123 4062 or can self-refer via our online referral link at <https://www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/>

Census day – Change of Menu	All	Office
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Please note that next Thursday 1st October is School Census day. To encourage as many children as possible to enjoy a school meal on this day there is a menu change. The school receives funding for the year based on the number of meals taken on this day.

Attached to this bulletin is a poster for the menu for Thursday. This is a swap from Friday, so Thursday's options of the Veggie Sausage and Mash will be served on Friday 2nd October instead. The baguette and jacket potato options are also available on both days as usual.

Please encourage your child to try a hot school meal if they have not done so before. Enjoying a nutritious two-course school meal at lunchtime supports academic attainment, helps children to concentrate better and has a positive impact on behaviour in the classroom. It will also save you time in the mornings to sit down for a family breakfast and save money by reducing the times you might have to go shopping for lunch ingredients.

School meals are free for children in Reception, Year 1 and Year 2. For Years 3, 4, 5 & 6 the charge is £2.05 per day payable through ParentPay www.parentpay.com. If you have not previously set up a ParentPay account in the past, please contact the school office for assistance. Thank you.

Friends of St Mary's AGM	All	FSM
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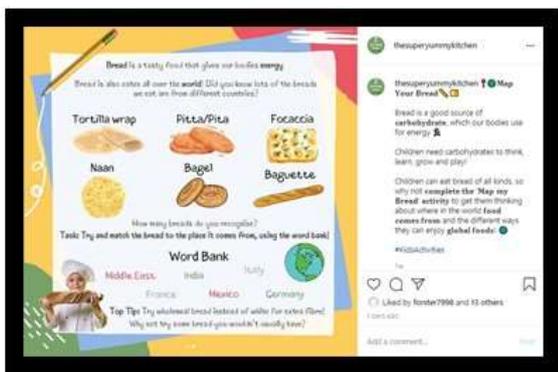
The Friends of St Mary's has set a date for their Virtual Annual General Meeting. This will be on Thursday 22nd October at 7.30pm. Please note your diaries, all welcome. Further details to follow.

Transition to Secondary School	Year Six	Office
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Sent out with this week's bulletin is a flier from East Sussex regarding applying for secondary school places. Please ensure you read this carefully and action by the deadline: **31st October 2020**.



Let's Get Cooking in East Sussex!	All	Office
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Welcome back, let's get cooking East Sussex!
 Pleased join us on [Facebook](#), [Instagram](#) and [Twitter](#) to find 6 weekly posts on **foodie facts, activities recipes and more!**

Facebook:
<https://www.facebook.com/thesuperyummykitchen/>
 Instagram:
<https://www.instagram.com/thesuperyummykitchen/>

Ever thought about your child's mental health and emotional wellbeing like this

THE EMOTIONAL CUP

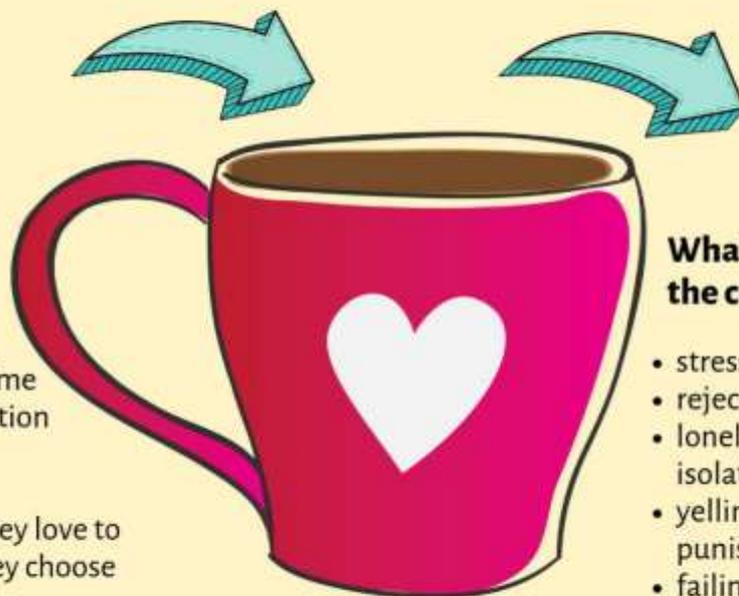
Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbility

Publisher of Therapy Resources