



St Mary's Catholic Primary School

School Bulletin

Friday 4th December 2020

SUBJECT	YEAR GROUPS RELEVANT TO	STAFF CONTACT
We are Tired!	All	Liz Hills

Standing on the drive at the beginning of the day to welcome the children to school is one of the most important and precious moments in my day. It gives me a wonderful opportunity to remain connected with our parent/carer body, whom we have missed so much since we had to restrict access to the site at the start of the pandemic. It also affords me the chance to greet the children and assess their wellbeing. It is such a pleasure to see their smiling faces and the excitement in their eyes as they start a new day. However, over the course of this week there have been fewer smiley faces and cheerful greetings. When asked how the children are, many have responded that they are tired, and there is no doubt that they are. If we take a moment to consider how significantly the children's lives have changed over the course of the last few months and the impact of the Covid19 response on our own family lives, on our community and on our nation as a whole, it is not surprising that the children are tired. Indeed, I think it is safe to say that we are all feeling the strain of the continual changes to our lives and the uncertainty of our futures. It has been a challenging few months and it is 'normal' that we are all feeling tired.

For children, feeling tired can have far reaching effects on their mental health and wellbeing, their physical fitness, their behaviour and attitude and in their ability to regulate their emotions in a positive and successful way. We are seeing some of these effects in school at the moment and I am sure a number of parents/carers are seeing some impact from the increased levels of tiredness in their own homes too.

Although we are not able to control the pandemic and the Covid19 response, I would like to remind parents and carers of some really basic ways in which you can support your child/children over the course of the next few weeks, as we all work together to support the children through the remainder of the term.

SLEEP

Sensible, age-appropriate bedtimes are really important. Bedtimes need to be consistent and provide children with the time and space away from other distractions to settle and be calm. Younger children benefit greatly from time spent with parents/carers sharing a story in a quiet space. Older children often sleep better when given the time to read in bed before lights out.

FOOD

Encouraging your child/children to eat breakfast is important as they need the energy this meal provides to support them through their morning at school. Children in Key Stage Two (Y3 to Y6) would also benefit from bringing in a healthy midmorning snack to keep them going until lunch.

TECHNOLOGY

Limiting children's use of technology before and after school can also help. It is recommended that children have access to technology removed an hour before they go to bed. It has come to the attention of school staff that a number of children have access to their phones/tablets in their bedrooms late into the evening or right through the night and we are aware that some children are continuing to engage online with their peers in the evenings. I would advise all parents/carers to review their child/children's access to technology over the coming weeks as we are aware that for a number of children, excessive and inappropriate use of technology is having a significant negative impact on their sleep.

SPACE

Due to the Covid19 response the children continue to remain in their class groups at all times during the school day. I would suggest that there is no need for children to continue to engage with their peers after school through online platforms. It is important, with the class groups being so limited for the children, that the children are supported in taking a break from engaging with each other online after school. The class grouping maintained in school are limiting children's interactions and understandable causing some friction at times. Therefore, the unsupervised

interactions between children online is sometimes becoming negative and this negativity is coming into school with the children. Dealing with these matters is taking up staff time which would be far better spent focused on the children's learning and development. If your child has a WhatsApp account please can I ask you to take some time to review your child's interactions on this platform and that you review the age restrictions at the following link: <https://faq.whatsapp.com/general/security-and-privacy/minimum-age-to-use-whatsapp/?lang=fb>

TEAM WORK

Please do remember that your child is likely to be hungry and tired after a full day at school and so may not want to discuss their school day with you or may struggle to identify the positive aspects of their day if something has upset them. Just like adults, children can have a tendency to focus on the negative when feeling tired and fed up. Please remember that we are here at school to support your child/children and we want them to have positive experiences whilst at school. If your child is sharing worries or concerns with you about events at school, please can we ask that you bring those directly to your child's class teacher who will be able to find out more and establish a full picture of events. Please can I remind parents/carers that it is important that children speak directly to members of staff if they are upset or unhappy at school immediately so that situations can be sorted and resolved effectively. Therefore, we appreciate parents/carers working with us to stress this message to children – speak to an adult at school.

PATIENCE and UNDERSTANDING

Finally, a gentle reminder of the importance of patience and understanding at this time. Please acknowledge that your own wellbeing will have a direct impact on your child's and that your management of them will be affected by your own state of mental and physical health and emotional wellbeing. Be patient with your child/children, stay calm and in control and try to understand their situation. Remember that you are human too and will not always get it right and be gentle on yourself and forgiving.

If you are available there are some excellent evening opportunities, detailed in the attached flier, being run by the TripleP Team to support parents in the management of their children. Even if your child is settled at this time, things can change and having a bank of strategies available to support you in your parenting is a great advantage. I have worked with parents and carers who have engaged in sessions run by the Triple P Team in the past and the feedback has been very positive. Please take some time to check out the flier and to carefully consider if you might benefit from any of the opportunities for some support.

There are just two weeks to go before the end of term. Please work with us to support your children through these weeks to ensure they remain calm, peaceful and purposeful.

Crazy Hair Day	ALL	FSM
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Thanks to all those that joined in the fun last Friday for Crazy hair day, I am sure you all enjoyed seeing a selection of the amazing and crazy hair designs on our St Mary's School Facebook page. The Friends of St Mary's are pleased to announce that a grand total of £267.26 was donated to be added to the Friends ongoing fundraising efforts for our school. Thank you for your generosity which is most appreciated.

FSM Festive Fun Run	ALL	FSM
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We are delighted to announce the Friends of St Mary's have organised a Festive Fun Run on Friday 11th December. We're hoping to have a couple of surprises on the day too. Please see attached poster for more information.

Thank You	ALL	
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Thank you for all your wonderful donation of Christmas trees, lights and decorations – The school looks amazing and there is a little bit of Christmas cheer all over the place! We really appreciate all of your contributions.

Masses at St Mary's Church	ALL	Church
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Fr Dominic is pleased to announce the resumption of masses at St Mary's Church this week.

Saturday Vigil 6pm and Sunday Morning at 9.30am Masses can be attended. Numbers are limited so tickets must be booked in advance using the following links. A ticket is required for each attendee, including children. New tickets are required for each Mass. Please book in good time.

Saturday evening Vigil Mass at 6pm booking link

<https://www.eventbrite.co.uk/e/saturday-evening-vigil-mass-at-6pm-at-st-marys-rc-church-crowborough-tickets-130904503895>

Sunday morning Mass booking link

<https://www.eventbrite.co.uk/e/sunday-mass-at-930am-at-st-marys-rc-church-crowborough-tickets-125810914833>

Please see the attached poster with further details.

Advance notice of the link for booking the Christmas Vigil 5pm Mass on 24th December is

<https://www.eventbrite.co.uk/e/christmas-eve-vigil-mass-at-5pm-at-st-marys-rc-church-crowborough-tickets-130905783723>

The other Christmas Masses will be going live on the Parish website shortly.

<https://www.stmaryscrowborough.org.uk/home>

Admissions Deadline for Applying for a Place in September 2021

Parents of children due to start school in September 2021

Office Team

The deadline for applying for reception places for September 2021 is **15 January 2021**. Please check out the links below if you have yet to apply for a place for your child at school.

- [E-leaflet- starting school for the first time \(4+\)](#)
- [Starting school for the first time \(4+\)](#)

Diary Dates / INSET days

All

Office Team

The remaining three INSET days for the 2020/21 academic year will be held on

- Friday 12th February 2021
- Friday 28th May 2021
- Monday 12th July 2021

School will be closed to all pupils on these days, please note your diaries.

Please Keep Us Safe

All

Liz Hills on behalf of the St Mary's Children

On behalf of all the children of St Mary's, please can I ask all parents/carers who drive their children to school to park with care and consideration for our safety. We want to get to school safely each day so we can learn and grown. We want to get home safely each day to spend time with our families. We want to have the futures we deserve. Please drive carefully in the area surrounding our school and park in safe places. Please be mindful of us all, our lives and our futures when you drive and park near our school.