

St Mary's Newsletter

Spring Term – Thursday 21st July 2022

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Email: info@st-maryscofe.essex.sch.uk

Website: www.stmaryssw.org.uk



Attendance Weekly - 92%

Attendance Year - 94.9%

Let Your Light Shine... as You Grow Matthew 5: 15-16

Friendship

Trust

Truthfulness

Compassion

Perseverance

Respect

Dear parents and carers and friends of the school,

Thank you all:

Today marks the end of this academic year at St Mary's and it certainly feels like one of the busiest I can remember in over 24 years of education, but it has certainly been a most rewarding one. It is great to see how much progress the pupils are making in their academic studies, as well as in their friendships, in their independence, as well as their increased levels of responsibility, and finally in their interactions with their peers. Most notably, it has been great that we have managed to keep all of our children in school for the whole of this academic year—without any COVID enforced lockdowns—which is certainly something to celebrate over the long Summer break.

I would like to take this opportunity to thank you all for your outstanding and continued support of the school; one of our key strengths is undoubtedly our strong St Mary's community with the school working closely in partnership with our parents and carers and the spirit of togetherness and support for one another that makes this such an amazing school.

I wish everyone from the St Mary's community a very well deserved rest (if that is possible) and some time together with your children before we all meet again, for another jam-packed academic year in September.

Message from Mr John Westnedge, Chair of Governors.

Along with this newsletter you will find a letter from our Chair of Governors, Mr John Westnedge. Please do take the time to read this.

End of term:

Please remember that the school **breaks up today at 1.30pm** for the last day of term. Please note that there **are two INSET days for staff at St Mary's on Thursday 1st September and Friday 2nd September** and the children will return for the new academic school year **on Monday 5th September** and we will look forward to welcoming you all back from 8.30am on that day. Please note that term dates for this year and the next academic year are available on the school website.

Have a lovely Summer break, whatever you choose to do, and we look forward to welcoming you all back on Monday 5th September at 8.30am.

Kind regards

Mr C. D. Jarmain

Headteacher of St Mary's Church of England Primary school, Saffron Walden

Online safety – Summer 2022

Children and young people today are growing up in an increasingly complex world, living much of their lives online. The internet provides many opportunities for our children, but also brings with it risks. We need to help our children understand these risks and equip them with the skills to keep themselves as safe as possible online. We also need to be confident that they understand how to report online harm and where to access help and support if they need it. Any child can be vulnerable online, and their vulnerability can fluctuate depending on their age, developmental stage and personal circumstance.

It is important to teach children how to navigate the online world and equip them with sufficient knowledge and understanding to keep themselves safer online. General messages about online safety are appropriate, as to refer to specific potential harmful websites and apps can increase risk. The key to help children and young people develop are:

How to evaluate what they see online – children need to be able to assess and make judgements about what they see online, and not automatically assume that what they see is real or appropriate

How to recognise techniques used for persuasion – children should understand the techniques that are often used to persuade or manipulate others

Online behaviour – children should understand what acceptable and unacceptable online behaviour (in themselves and others) looks like. They should apply the same standards of behaviour and honesty on and offline, including respect for others.

How to identify online risks – children should be able to identify possible online risks and make informed decisions about how to act

How and when to seek support – children should understand safe ways in which to seek support if they are concerned or upset by something they have seen online, and also how to report online harm

Resources for parents and carers:

[Internet Matters](#) – a not-for-profit organisation set up to empower parents and carers to keep children safe in the digital world. Their support for parents includes a range of downloadable guides covering subjects such as transition to secondary school, Vlogging & livestreaming, online gaming and cyberbullying

[NSPCC](#) - includes a range of resources to help parents keep children safe when they're using the internet, social networks, apps, games and more

[Parent Info](#) - from CEOP and Parent Zone, Parent Info is a website for parents covering all of the issues amplified by the internet. It is a free service which helps schools engage parents with expert safety advice, endorsed by the National Crime Agency's CEOP command. This website provides expert information across a range of online harms

[Parent Zone](#) - offers a range of resources for families, to help them meet the challenges of the digital age, including parent guides on the latest digital trends and platforms.

Resources for pupils:

[BBC Own It](#) - support for young people to take control of their online life, including help and advice, skills and inspiration on topics such as friendships and bullying, safety and self-esteem

[Childline](#) – includes information for pupils on sexting, gaming, grooming, bullying, porn, relationships.

There are further resources for schools on [Essex Schools Infolink / online safety](#), The Essex Safeguarding Children Board also has a lot of information about [Online Safety \(escb.co.uk\)](#) and parents can be directed to the website.

KIDS EAT FOR FREE OR LESS DURING SUMMER 2022



MORRISONS

Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

ASDA CAFE

Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022.

DUNELM

One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

YO! Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.

BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am-12pm daily.

IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

BELLA ITALIA

Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

DOBBIES

Kids eat free with an adult main meal.

TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

MORE TO COME!!

M&S, TESCO and more expected soon, see websites for latest information.

Diary Dates



Thu 1st & Fri 2nd Sept	-	INSET Days
Monday 5th Sept	-	Autumn Term Begins - Pupils Return
Monday 5th Sept	-	Parents Picnic for New Reception Class
Mon 24th - Fri 28th Oct	-	Half-Term
Tuesday 20th Dec	-	Last Day of Term (1.30pm finish)
Thursday 5th Jan	-	Spring Term Begins - Pupils Return

Community News

<https://www.stmaryssw.org.uk/community-news-and-events/>

Forest School

<https://www.stmaryssw.org.uk/forest-school/>

Term Dates 2022-2023

<https://www.stmaryssw.org.uk/school-opening-hours-term-dates/>

Essex Child and Family Wellbeing Service - Support & Advice

The summer holidays can bring a mix of emotions, for some it is full of fun and excitement but for others it isn't so easy. 6 weeks with no school can be challenging for many different reasons.

If at any point during the holiday.s you need some support or advice please remember that the Essex Child and Family Wellbeing service offers a duty line which is open Monday – Friday.

The duty number is 0300 247 0122 (West Essex / Uttlesford) The duty worker will call you back within 48 hours.

Or visit www.essexfamilywellbeing.co.uk





St Mary's C. E. (VA) Primary School Term and Holiday Dates for the Academic Year 2022-2023

September 2022							October 2022							November 2022							December 2022						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
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							31																				
January 2023							February 2023							March 2023							April 2023						
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9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28					27	28	29	30	31			24	25	26	27	28	29	30	
30	31																										
May 2023							June 2023							July 2023							August 2023						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			
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- = Schooldays
- = School holidays
- = Bank holidays
- = Weekends
- = School INSET Days (non-pupil days)

In addition, schools allocate five non-pupil days out of the school days indicated, or the equivalent in disaggregated twilight sessions.

Autumn Term:	Thursday 1 September 2022 – Tuesday 20 December 2022 <i>Half Term 24 October – 28 October</i>	74 days
Spring Term:	Thursday 5 January 2023 – Friday 31 March 2023 <i>Half Term 13 February - 17 February</i>	57 days
Summer Term:	Monday 17 April 2023 – Friday 21 July 2023 <i>Half Term 29 May – 2 June, and May Bank Holiday - 1 May</i>	64 days
		195 days