

# St Mary's Newsletter

Spring Term – Friday 20th May 2022

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Website: [www.stmaryssw.org.uk](http://www.stmaryssw.org.uk)

Attendance Weekly - 96.5%

Attendance Year - 95%

*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,

## Head's Lines

### Help needed!

Are there any **landscape (or keen) gardeners or handy-people** out there in our school community who would be able to assist the school with some redevelopments to the school site? We have some aging fences and posts and we need some new post holes to be dug and some fence work to be carried out. If you are interested and handy with a spade, a post hole digger, a saw and a sprit level (or you know someone else who could help) please contact us via the school's email address on [info@st-maryscofe.essex.sch.uk](mailto:info@st-maryscofe.essex.sch.uk) and we will be in touch. Thank you for your continued support in all areas of school life!



### Parent and Carers Survey for 2021 to 2022:

We have decided to keep the annual online **Parents and Carers survey open until 5pm on Monday 23rd May**, for those Parents and Carers who may wish to complete this over the weekend. If you would like to complete this important survey please use the following link: <https://schoolwork.space/T/EFydI6WsykCSTNkYIO> If you are not able to access an online device (such as a computer, Ipad or mobile phone) to complete this survey, please contact the school office on [info@st-maryscofe.essex.sch.uk](mailto:info@st-maryscofe.essex.sch.uk) (or, alternatively, pop in to see Xenia or Sonya and they will be happy to provide you with a printed copy). I would please urge you to take the time to complete this survey – as it will help the school to reflect upon its priorities for the next few years. In this survey you can tell us what you think we are doing well and where you think we can improve, including opportunities for suggestions throughout the survey. After the closing date on Monday 23rd the St Mary's Senior Leadership Team, in partnership with our school governors, will carefully analyse the survey results over the next few weeks and we will then respond to our parents and carers with your ideas, comments and suggestions.

### Goodbye and good luck!

Next Friday (27<sup>th</sup> May) will be Miss Bennett's last day at St Mary's. Lizzie is a St Mary's Learning Mentor; Learning Mentors offer support and guidance to children, young people, and sometimes adults, who experience difficulties with their learning; they also work closely with individuals who are struggling with social, emotional or behavioural problems that affect their ability to learn. Over the last few years that Lizzie has worked at St Mary's she has done a brilliant job at supporting the pupils that she has worked with.

I am sure you will join me in wishing her the very best of luck in her new career as a groom at Audley End—which is another of Lizzie's passions! We will be recruiting for this vacant position ready for September.

#### E-Safety message:

Every week in our round up we talk about the need to have open and honest conversations with your children about their online world - research shows that children will often hide their online activities from adults because they fear their online world will be removed or taken from them (for example, removing a phone or tablet to play Minecraft on). The NSPCC advice is clear, to maintain an open dialogue with your child, you should: **Reassure them that you won't overreact – you're just looking out for them** This weekend why not start a conversation with your child about their online activity. For more advice or support on how to do this visit: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/>

Kind regards

*Mr C. D. Jarmain*

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

### 2022 Challenge – extended deadline

We have heard about some great fundraising ideas from the St Mary's children, with garage and bake sales, as well as sponsored sports events as part of the 2022 challenge. We hope everyone is enjoying coming up with inventive ways of raising £20.22 as a group, family, or individually, and well done to those who have already reached their goal. Some parents have asked if we can extend the deadline to the end of half term, to give children some time in the break to carry out their events, so this has been extended to the 8<sup>th</sup> June. The GoFundMe link is live now (<https://gofund.me/8d24d9bf>), so that you can either send the link to friends and family to sponsor your child's fundraiser, or you can upload any funds digitally. You can still send the sponsorship form in to school with cash if you would prefer. On this note, Scarlett Fitzpatrick in year 5 has been given school permission to sell ice pops after school tomorrow, please bring **25p to buy an ice pop tomorrow**.

### Quiz Night - 10<sup>th</sup> June

Our School Quiz Night for parents in on the 10<sup>th</sup> June @ St Mary's school, and it's a really lovely opportunity to get together with other parents, or bring family and friends. The last one pre-Covid was a great success. The cheeseboards are more of a meal than a snack, and they aren't just cheese and biscuits. There will be wine, and a selection of beers on sale, a raffle, and some great prizes to win for the quiz itself, so it's a really good night as well as a fundraiser. Tickets go on sale tonight through Classlist, so please do make sure you book your ticket, and let us know who else is on your team by emailing [pta@st-maryscofe.essex.sch.uk](mailto:pta@st-maryscofe.essex.sch.uk)

### Jubilee celebrations - Friday 27<sup>th</sup> May

As per the school's email earlier, the children will be enjoying a day of fun Jubilee related activities to make a fun day on the last day of school. As part of this the PTA are holding a **CROWN COMPETITION** which is free to enter, and just a bit of fun, with a fab prize of £20 GAME ON voucher, among other treats. We are also holding a **JUBILEE THEMED BAKE SALE AFTER SCHOOL**, so please bring some money to buy some cakes, but also (and more importantly) please can parents and/children bring in some cakes or biscuits, home made or shop bought, for us to sell on the day to fundraise for the school.

### Break the rules day - Thursday 26<sup>th</sup> May

Thurs 26<sup>th</sup> May is a non-uniform day, or a 'Break the Rules' day, which is a bit of fun for the children. This is not a PTA event, but for a great cause, so please send your child into school in their choice of clothes, with a donation in support of Breast Cancer.

Thanks as always for your support everyone.

Best wishes

St Mary's School PTA



## Be Cool Getting to School

We have recently had some concerned comments from the general public as they have heard raised voices from parents who appear to be angry and shouting at their children either on the way to school or after pick up when walking home. We have also had reports that some younger children are unsupervised and are running off from their adults.

We know the school run can be stressful, as parent / carers we have a number of things that have to get done. Add to this the fact that we sometimes feel the children don't appreciate the ticking clock while trying to get everyone to school and you've got yourself a fizzy can of pop ready to explode which at its worst, leads to yelling, tears, and forgotten lunches.

We know that lots of children struggle with transitions and mornings are full of them which adds to the stress levels. If a child leaves the house in the morning without the right shoes, or PE clothes, or without eating breakfast, as well as being shouted at for not walking fast enough or for forgetting their school bag, it can contribute to problems during the school day and it can take them a long time to regulate their emotions and focus on learning. If you can, try to plan ahead and organise the night before, this will make the mornings a little bit calmer and not cause your or their stress levels to heighten when you can't find that lost school shoe.

### **The best advice is to stay calm**

As parents we need to think about ways to deescalate the situation before shouting and arguing. When we are calm the children stay calm, when we get anxious and stressed the children can become anxious and stressed. Staying calm when you're wound up isn't easy and takes practice, so don't be too hard on yourself, all parents lose their temper sometimes, but you can set a positive example to your child by saying sorry if you do.

**Remember that you're not alone – all of us struggle from time to time. If you need some support please let the school office know, they will direct you to someone in school who can help or speak to The Essex Child and Family Wellbeing Service by calling 0300 247**

**QUEEN'S PLATINUM JUBILEE  
PICNIC LUNCH**

Selection of Sandwiches and Rolls  
 Mini Scotch Eggs  
 Crisps  
 Mini Sausage Rolls  
 Vegetable Sticks & Salads

Meringue Nest  
 with Berries & Cream

**FRIDAY 27 MAY**



## Queen's Platinum Jubilee

**Friday 27th May**

Children to wear **red**, white  
and/or **blue**

Brought to you by St Mary's School Council!

All proceeds are going to Breast Cancer Support!

# BREAK the RULES DAY

**Rules to be broken include:**

- 1) No hair dye
- 2) No nail varnish
- 3) No makeup
- 4) No unhealthy snacks
- 5) School uniform **MUST** be worn!
- 6) No temporary tattoos
- 7) No squash in your water bottle

Here's how it works:

**£1 per rule!**

**Please pay in class on the day**

**When?**  
Thursday  
26th May

St Mary's School Fundraising

# QUIZ NIGHT

Friday 10<sup>th</sup> June - 7.00 for a 7.30 start  
 Includes our 'famous' cheese boards  
 Licensed bar with alcoholic and soft drinks

£10 per ticket – for sale on Classlist  
 Please email [pta@st-maryscofe.essex.sch.uk](mailto:pta@st-maryscofe.essex.sch.uk) with team name/ members to reserve your table  
 Up to 8 per team (smaller groups can join up)

Parentkind  
Member Association

# Diary Dates



Tuesday 24th May	-	Cricket Tournament (Y5&6 Girls)
Wednesday 25th May	-	Year 6 Crucial Crew 1pm at SW Town Hall
Thursday 26th May	-	Break the Rules Day
Friday 27th May	-	Queens Platinum Jubilee Celebration - Dress up in red, white & blue - Picnic Lunch
Mon 30th May - Fri 3rd June	-	Half-term
Wednesday 8th June	-	New Reception 2022 Parents Information Meeting
Thursday 9th June	-	Kittle Photography Visit - Class Photos
Friday 10th June	-	PTA Quiz Night 7pm
Tuesday 14th June	-	Governor Day
Wednesday 15th June	-	Year 6 SWCHS Transition Workshop
Wednesday 16th June	-	Reception Boydells Dairy Farm Trip
Thursday 16th June	-	KS2 French Theatre Company Visit
Thursday 23rd June	-	Year 6 SWCHS Moving Up Session
Mon 20th - Thu 23rd June	-	Y5&6 Bikeability
Friday 24th June	-	INSET Day - School Closed
Wednesday 29th June	-	KS2 Athletics @Carver Barracks
Thursday 30th June	-	SCARF Life Education Visit (Reception, Year 1, 2 & 3)
Monday 4th July	-	Year 5 &6 Performance Dress Rehearsal
Tuesday 5th July	-	Year 5 &6 Performance 6pm - Parents Invited
Wednesday 6th July	-	Sports Day (parents, carers & friends of the school welcome)
Mon 11th - Wed 13th July	-	Parents Consultations for Reception - Year 5 (Timings TBC)
Mon 11th Jul - Thu 14th Jul	-	Year 6 Residential - Danbury
Thursday 21st July	-	Year 6 Leavers Service - 9.30am @St. Mary's Church
Thursday 21st July	-	Last day of term - 1.30pm finish

## Community News

Please take a look at our newest addition to our school website; a Community News page, where you will find information on local events and services. See link below:

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



## Long COVID information for children and young people

### What is long COVID?

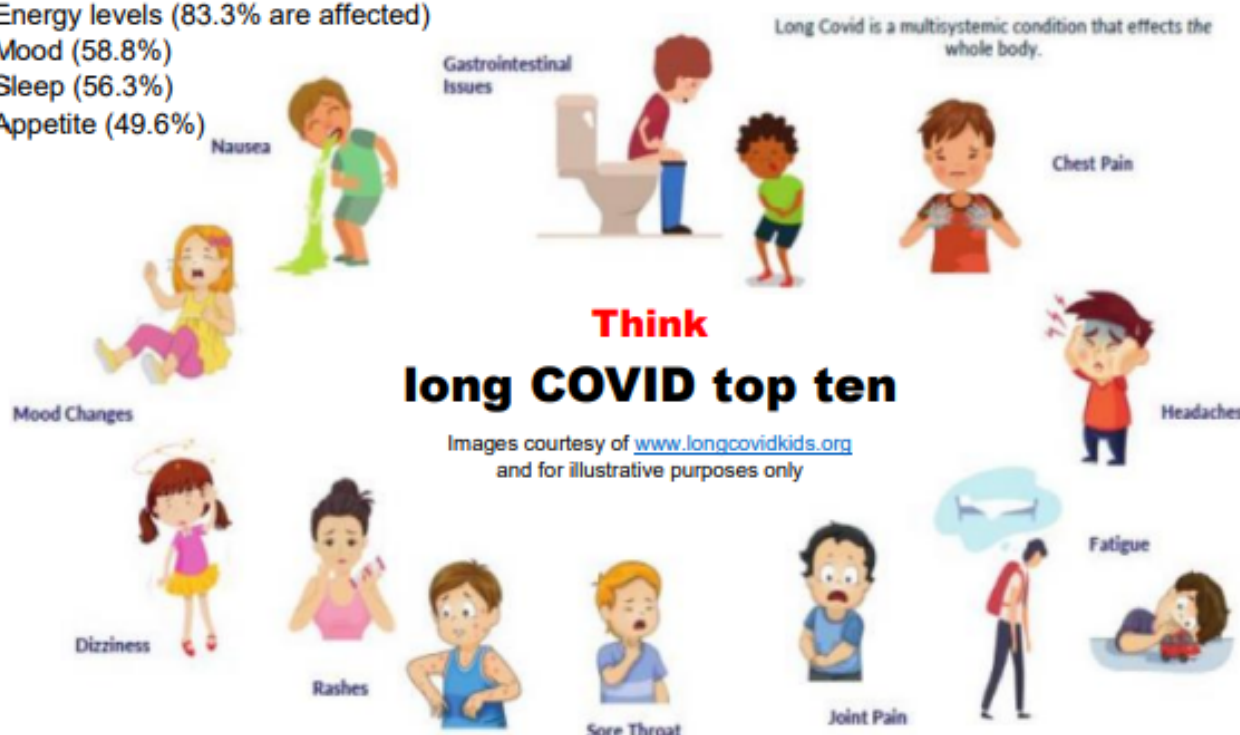
The term "long COVID" is commonly used to describe signs and symptoms that continue or develop after acute COVID-19. It includes both ongoing symptomatic COVID-19 (4 to 12 weeks after the infection started) and "post-COVID-19 syndrome" (symptoms lasting 12 weeks or more).

Anyone infected with COVID-19 can get long COVID – even if the original symptoms were mild. This includes young people aged 0 to 25 years. Research shows that between 1.8% and 53% of children who tested positive for COVID will have at least one symptom suggesting long COVID.

### What are the symptoms?

The most frequently reported symptoms are changes in a young person's:

- Energy levels (83.3% are affected)
- Mood (58.8%)
- Sleep (56.3%)
- Appetite (49.6%)



Remember, children may experience these difficulties in different ways from adults.

### I think my child may have long COVID – what should I do?

If you are worried that you or your child have any of these symptoms and it is affecting how they live and function, please book an appointment with your GP. Ask for a referral to the long COVID team. Your GP might need to do some tests to rule out other conditions.

### What do the long COVID team do?

We are a multi-professional team of doctors, nurses, physiotherapists, associate practitioners, other allied health professionals and administrators who deliver treatment aimed at promoting recovery, restoring function – and helping you, your child and their school manage the condition. We do this through assessment, support groups, education and rehabilitation.

### Where can I find out more?

- [www.provide.org.uk/service/mid-and-south-essex-long-covid-team](http://www.provide.org.uk/service/mid-and-south-essex-long-covid-team)
- [www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk) or [www.longcovidkids.org](http://www.longcovidkids.org)