

# St Mary's Newsletter

Spring Term – Friday 28th January 2022

Telephone 01799 523384

Email: [info@st-maryscofe.essex.sch.uk](mailto:info@st-maryscofe.essex.sch.uk)



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

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

**Friendship**  
**Trust**

**Truthfulness**  
**Compassion**

**Perseverance**  
**Respect**

## Message from the Headteacher:

Dear Parents. Carers and friends of the school,

It has been another busy but productive week here at St Mary's. As you will know we have been experiencing a rather large COVID outbreak since Christmas which has also affected our staffing levels. Our entire Reception staffing team have been isolating this week as have many other teachers, teaching assistants and learning support assistants throughout the school, so I am extremely grateful to those staff members who have kindly stepped in to fulfil vital roles in school.

At the start of this week, we welcomed a genuine (and fantastically engaging) explorer called James Ketchell, who spent the whole of Monday speaking to all of our classes about his extraordinary experiences and the skills he needs to travel the globe; he even volunteered to video call the pupils whilst in school later on in the year, when he embarks on his next intrepid expedition!

I am delighted to report that we have already had some lovely feedback from pupils and parents/carers. Please read on to find out more about his visit to the school. Thanks also to Mrs McInnes for organising this amazing experience for our wonderful pupils.

*Mr C. D. Jarmain*

Headteacher of St Mary's, Saffron Walden

# ST MARY'S PTA NON-UNIFORM DAY

FRIDAY 11TH FEBRUARY

Children are welcome to come to school in their own clothes, in return, we are asking for donations towards the school Rainbow Easter Raffle.

Each class is assigned a colour of the rainbow and should bring in a small donation of anything in that colour.

It can be sweets, biscuits, toiletries, a candle, drinks for adults or children, toys, stationary, or any small new gift item that you can spare.

We will then create some lovely hampers as prizes for a colourful Easter Raffle.

As this is a raffle for parents, friends and family, donations do not have to be nut-free, as this is not a school time event for the children.

Thank you for your support.



## Free Bikeability Family Training.

February half term Monday 14<sup>th</sup> to Friday 18<sup>th</sup> February 2020 training time 9am – 3-30pm

The Bikeability trust has created a new family course for families to learn to ride safely together. This 2hour training is offered to run from SWCHS during half term and is free to any family in Uttlesford.

Riders **must** be able to cycle (i.e. Set off, pedal, slow down and stop) prior to training,

By the end of the course, at least one adult householder should have demonstrated National Standard assessment criteria to least to Bikeability Level 2. They should be able to plan group rides and help others develop their cycling skills and confidence.

1:6 maximum ratio (minimum 2 riders), all riders **must** be from the same household. Families will meet at SWCHS and firstly train off road to get confidence and learn from the individual tutor. The trainer will then cycle with the family around Walden to increase their cycling skills and road safety knowledge.

The times of the courses are as follows – Monday to Friday

9am – 11am

11-10- 1pm

1-30pm – 3-30pm

If you would like to attend one of these sessions please can you email [jcoleman@swchs.net](mailto:jcoleman@swchs.net). Please could you select your preference to day and time for the course.



## Parents Evening

The booking system for parents evening is now open - please use the link below to make a booking. These meetings will take place in person in the school hall.

If your child is in receipt of a One Plan, these meetings will be organised separately for the week beginning 28th February.

<https://www.stmaryssw.org.uk/parents-evening-february-2022/>

Please note some changes

- **Reception, Years 1, 2, 3, 4 and 6 are on Tuesday 8th February and Thursday 10th February (3.30pm - 6.30pm).**
- **Year 5 - Tuesday 8th February and Wednesday 9th February (3.30pm - 6.30pm) Clubs**

Due to the change of the parents evenings dates - there will no clubs the week beginning 7th February (except for Dance and Karate). See the revised clubs timetable below

<https://www.stmaryssw.org.uk/clubs/>

If you have any questions regarding booking an appointment, please do not hesitate to contact the school office by email; [info@st-maryscofe.essex.sch.uk](mailto:info@st-maryscofe.essex.sch.uk)

 **schoolcloud**  
Parents Evening

## School Facebook Page

facebook



Please check out our school Facebook page for lots more information including local holiday clubs - on the following link:

<https://www.facebook.com/groups/329775704409996>

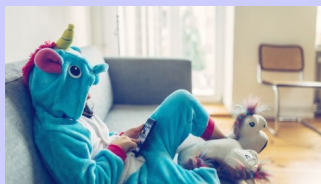
## Reporting Pupil Absences

Please report all absences to the school office by 8.50am by calling us on 01799 523384 or emailing Xenia on [info@st-maryscofe.essex.sch.uk](mailto:info@st-maryscofe.essex.sch.uk)

Reporting  
Absences



## Screen Time - Well-being



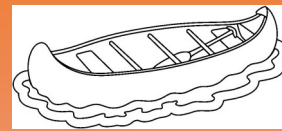
With so many of our children being 'tech savvy' a recent report has shown increased screen time has multiple risks for children's psychosocial well-being.

The article states "These risk factors might accumulate in the long term and cause problems in children's socio-emotional development later on"

"One possible mechanism accounting for the result might be that the time children spend on e-media reduces the time spent on constructive activities such as interactions with family members, reading and playing"

<https://news.sky.com/story/toddler-tablet-and-phone-use-linked-to-behavioural-and-social-problems-12249474>

For ideas of some fun activities to do with your children please visit: <https://www.nhs.uk/healthier-families/activities/>



Mary's were very excited to welcome **James Ketchell, explorer extraordinaire**, to the school this week. James wowed the children with his thrilling stories of adventures around the world by land, water and air. He is the master of Triathlons on another level as he is the only person to have climbed Mount Everest, cycled around the world and rowed solo across the Atlantic in succession. He is now determined to complete another unbelievable triathlon as he has cycled around the world, flown around the world and in 2023 hopes to sail around the world. Keep an eye out for him – details below.

It was wonderful to see how engaged the children were in James's stories. He brought along lots of his kit for them to try on and they even got to try some of his special dried adventurer food! James also talked at length about the crucial importance of your attitude to life - being resilient, persevering and kind. No matter what scrape you are in, it is always possible to find a positive and a way through. He helped the children to see that if you can truly believe in yourself then you can achieve anything.

James was very impressed with the children's behaviour, enthusiasm and thoughtful questions. He loved their final challenge of getting him to dance! He hopes to stay in touch with us and we may even manage a satellite phone call to James at the ice cap as he skis his way across Greenland in April.

<https://jamesketchell.net/>

<https://www.instagram.com/ketchelljames/>

<https://twitter.com/captainketch>

My books *The Ultimate Triathlon* and *It's All Mental* are available here

<https://jamesketchell.net/merchandise/>





# Diary Dates



1st-28th February	-	LGBT History Month
Tuesday 8th February	-	Parents Evening (3.30-6.30pm)
		NB - After School clubs are now moved to Tue 22.02.222
2nd February	-	Year 4 Rivers Trip (Epping Forest)
Thursday 10th February	-	Parents Evening (3.30-6.30pm)
		NB - After School clubs are now moved to Thu 24.02.222
Wednesday 9th February	-	Lego STEM Day
Friday 11th February	-	PTA Rainbow Non Uniform Day
Mon 14th—Fri 18th February	-	Half-term
Thursday 24th February	-	Y3 Rocks & Fossil Workshop
Thursday 3rd March	-	KS1 Explorer Day Workshop
Thursday 3rd March	-	World Book Day
Mon 7th - Fri 11th March	-	British Science Week
Tuesday 15th March	-	Tinies visit St. Mary's Church
Thursday 17th March	-	Y5&6 Hindu Temple Visit
Thursday 24th March	-	Y3 Colchester Zoo Trip
Wednesday 30h March	-	Y1 Stansted Mountfitchet Castle Trip
Friday 1st April	-	INSET Non Pupil Day
Mon 4th - Mon 18th April	-	Easter Holidays