

St Mary's Newsletter

Spring Term – Friday 14th January 2022

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Website: www.stmaryssw.org.uk

Attendance Weekly - 96.4%

Attendance Year - 96.2%

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

Friendship
Trust

Truthfulness
Compassion

Perseverance
Respect

Dear Parents. Carers and friends of the school,

As we approach the end of our second week of the Spring Term, you will no doubt be aware that we are currently experiencing increasing numbers of COVID cases amongst pupils and staff at St Mary's. In this week's Friday Newsletter we have included some of **the latest advice around changes to the isolation period**, as well as some information about the **Census Dinner on Thursday 20th January (next week)**. There is also an introductory letter from our **new Chair of Governors, John Westnedge** later on in the newsletter, as well as the return of our popular class updates! Please read and enjoy!

Changes to the self-isolation period for those who test positive for COVID-19.

From **Monday 17 January**, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#). If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.

Further [information on self-isolation for those with COVID-19](#) is available.

Census Lunch

We are very excited about our Census lunch next Thursday; after lots of feedback the menu will be pork sausages (or Quorn sausages), scrambled eggs, hash browns, baked beans, mushrooms, tomatoes, followed by a delicious chocolate brownie and ice cream – yum! The **more children that have school dinners** next Thursday on Census Day, the **more funding the school will get**. In previous years we have **missed out on over £7,000 worth of funding** due to some **children having packed lunch on Census Day** so we hope this tasty menu can entice all next week and help us to get as much funding as we can!

Inappropriate language

Earlier this week we received reports of parents/carers using inappropriate language whilst in conversation, outside the school gates. May I ask that all members of the school community to avoid the use of swear words and think carefully about any language used – especially in front of our pupils.

Thank you for your support in this matter.

Please do have a lovely weekend.

Best Wishes

Mr C. D. Jarmain

Headteacher at St Mary's

To all parents and carers



May I wish you all a happy and healthy new year and let's hope there are more reasons to be cheerful in 2023.

First I'd like to thank Mr Jarmain for introducing me to you in his last newsletter and to echo his thanks to Mrs. Boraster-Sharpe for the great job she did as Chair of Governors for the last few years. Vicky brought the essential thoughtfulness and balance to the role and she will be missed.

Governance means lots of things to lots of people so I thought I'd kick off my tenure as Chair of Governors by offering you my view. Governance is about setting strategic direction where, in practice, strategic means looking forward two to five years and having a vision of what you want the school to look like. It's also helping the School Leadership Team (SLT), using the Board's knowledge and experience, to remove barriers which prevent them working most effectively, like budget and space issues. Never easy, as you can imagine. Finally, I think it's about making good decisions consistent with achieving the strategic vision and aims. This means being supportive of SLT but also challenging them to get the best from the resources the school has at its disposal.

We have a talented Board of Governors who, I promise, will continue to do their best to make St. Mary's a great place for your children to learn. There's more about what we do and who we are on the school website.

Best Wishes

John Westnedge

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



ALL DAY BREAKFAST

- **PORK SAUSAGE (OR QUORN SAUSAGE)**
- **SCRAMBLED EGGS**
- **HASH BROWNS**
- **BAKED BEANS**
- **MUSHROOMS**
- **TOMATOES**

DESSERT

- **CHOCOLATE BROWNIE
& ICE-REAM**

CENSUS DAY LUNCH

Thursday 20th January 2022

Diary Dates



Monday 10th January	-	After School Clubs start
Tuesday 11th January	-	Year 3 Botanical Garden Visit (Cambridge)
Tuesday 11th January	-	Year 1 Local Museum Trip
Friday 14th January	-	Year 4 Swimming starts
Thursday 20th January	-	Special CENSUS Dinner Menu
Tuesday 25th January	-	Tinies visit St. Mary's Church
Thursday 3rd February	-	Reception class - Library Visit
Tuesday 8th February	-	Parents Evening (3.30-6.30pm)
		NB - After School clubs are now moved to Tue 22.02.222
Thursday 10th February	-	Parents Evening (3.30-6.30pm)
		NB - After School clubs are now moved to Thu 24.02.222
1st-28th February	-	LGBT History Month
2nd February	-	Year 4 Rivers Trip (Epping Forest)
Wednesday 9th February	-	Lego STEM Day
Mon 14th Fri 18th February	-	Half-term
Mon 7th - Fri 11th March	-	British Science Week
Tuesday 15th March	-	Tinies visit St. Mary's Church
Friday 1st April	-	INSET Non Pupil Day
Mon 4th - Mon 18th April	-	Easter Holidays

change

www.nhs.uk/healthier-families/



Eat well Move more Live longer

Change4Life have a new name and look but don't worry – they are still there to help you and your family eat better and move more.

The website has a great page on **healthier food swaps** and guidance on healthy snacks for break time.

It is also that time of year when we cannot make enough vitamin D from sunshine.

To keep bones and muscles healthy, it's best to take a vitamin D supplement every day between October and early March.

Just 10 micrograms a day is all you need – it's the same for children and adults.

For further information please visit www.nhs.uk/healthier-families

Mrs Jo Crocker

Welfare & Support Officer