

St Mary's Newsletter

Spring Term – Friday 12th January 2024

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Website: www.stmaryssw.org.uk

Attendance Weekly 97.1%

Attendance Year 95.2%



Our motto: 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,

Welcome back!

Happy New Year and a very warm welcome back to our Spring term, at St Mary's! It has been lovely to see you all back after the Christmas break—I hope you all managed to get a good rest and enjoyed your Christmas gifts! I hope you were all on your best behaviour for Santa! It has also been a rather eventful week here at St Mary's—what with the fire on the school roof on Wednesday—but fortunately we got the fire under control relatively quickly and the school was evacuated promptly and efficiently and no-one was harmed! A HUGE thank you to Dean, our Site Manager, as well as the School Staff who made sure the children were looked after and kept safe at all times.

In this week's newsletter we have a full page dedicated to the clubs we are offering this term—don't forget to get your requests in as quickly as you can - places will go fast! Another key date to note is for the Spring Census lunch entitled 'Dolce Diner' which is on Thursday 18th January (advertised on page 5 of this newsletter). We have also included a page about Childhood Illnesses (as we have had a few requests about this), as well as a fact page about e-bikes/scooters. Also, on the very last page you will find the key dates for the academic term—please make sure you make a note of any key dates relevant to you or your child/ren.

Coats, hats, scarves and gloves:

Just a quick reminder... please can our fantastic parents and carers ensure their children come to school with their coats, as well as scarves, gloves and hats. The weather has noticeably taken a turn for the worse in the last week and it is obviously really important that the children are wrapped up warmly at breaktimes and lunchtimes! Please also note that winter uniforms should be worn, therefore no shorts or summer dresses. Can we also ask that all garments are clearly labelled with the child's full name (and if possible the child's class) so that if found they can be returned to the correct pupil! Thank you for your support in this matter!



School uniform, smart watches and jewellery :

Please can we remind you of the rules regarding jewellery at school as outlined in our Uniform policy which you can find on our website by following this link: <https://www.stmaryssw.org.uk/uniform-information/>

Jewellery

- No jewellery other than an analogue or digital watch should be worn
- A Smartwatch of any variety must NOT be worn at school.
- One set of **plain stud earrings** in each earlobe is acceptable.



For health and safety reasons earrings are to be removed prior to PE/sport. If your child is unable to remove their own earrings they should not be worn to school on that day.

As you will know, Smart Watches are becoming increasingly more and more popular. However, sadly, they are not appropriate for use in a primary school setting due to the risks of loss and damage and of misuse - in the same way as mobile phones or tablets – ie through the taking of photographs, video recording, accessing the internet and sending messages etc. Therefore, as per the school policy, we are ask that these devices are not sent into school with your child. If we see these in school, we will ask the children to remove them and they will be kept safe until the end of the school day. Thank you for your support in this matter.



Essex Library Service would like to make you all aware of their Winter Reading Challenge and they would love your support to help us get as many children involved as possible!

As you may already know, the challenge is inspired by the famous Summer Reading Challenge, and this year the theme is **Endangered Animals**. Children aged 0-11 will receive a booklet full of various activities involving literacy and creativity, which they can complete to earn stickers and have fun while learning!

Children can also learn about endangered animals as they go along by following the [challenge storyline on our YouTube](#), where they will travel around the world with Lyra the penguin.

A link to their website where you can find out more information about the challenge can be found here at: <https://libraries.essex.gov.uk/news/winter-reading-challenge>

Children can take part in the Winter Reading Challenge until Saturday 3rd February.

It would be great if as many of pupils as possible could join in the fun - if they haven't already!

Stars of the Week

Well done to the following Key Stage 2 pupils for their sterling work in class since we have returned:

Year 3 - Christianus : for reading in front of the class and showing effort in all subjects.

Millie: for persevering in all lessons and doing amazing homework.

Year 4 - Cali-Mae: for pushing herself in her writing this week.

Claudia: for her effort in editing her writing.

Year 5 - Henry: for a great attitude to his learning.

Ruby: for putting in lots of effort in her work.

Year 6 - Molly: for improving her self-control in class

William: for showing compassion to his classmates during the fire alarm.



Attendance

At St Mary's (VA) primary school, we believe in developing good patterns of attendance and set high expectations for the attendance and punctuality for all our pupils. It is a central part of our school's vision, values, ethos, and day to day life. We recognise the connections between attendance, attainment, safeguarding and wellbeing.

For our children to gain the greatest benefit from their education it is vital that they attend regularly and be at school, on time, every day the school is open unless the reason for the absence is unavoidable. It is a rule of this school that pupils must attend every day, unless there are exceptional circumstances and it is the headteacher, not the parent, who can authorise the absence.

We know that illness at this time of year increases. Please see the attached information on what to do – advice on childhood illnesses.

Our current whole school attendance is **95%**. Please help us to improve this by getting your child / children to school on time, every day.

Have a great weekend and make sure you wrap up warmly!

Kind regards

Mr C. D. Jarmain

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

HERO

Here, every day, ready and on time

Minutes lost per day

5 minutes	10 minutes	15 minutes	20 minutes	25 minutes
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equates to a yearly loss of:



Five minutes late per day adds up to three learning days lost in a school year

If 15 minutes late each day you will miss two full weeks of school in one year

Poor timekeeping means less chance of success!

What to do

Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
Asthma flare up	Worsening of usual symptoms		Follow your care plan	Stay off school if feeling too unwell
Chicken pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
Common cold	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading*
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
German measles/ Rubella	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards		GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
Glandular fever	High temperature, swollen glands, sore throat; usually more painful than any before		GP	*
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP	Attend school while monitoring symptoms
Head lice	Itchy scalp (may be worse at night)		Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness		GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, watery inflamed eyes, rash		GP	Back to school four days from on-set of rash, and if feeling well enough
Ringworm	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty		Pharmacy	
Scabies	Itching rash, commonly between fingers, wrists, elbows, arm		GP	Back to school after first treatment
Scarlet fever	Fever, unwell, red tongue, sandpaper rash		GP	Exclusion period during first 24 hours of antibiotics*
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus		Pharmacy	Ensure good hand hygiene
Tonsillitis/ Strep throat	Intense sore throat for more than 1 day		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
Whooping cough	Violent coughing, with a 'whoop'		GP	Exclusion period during first five days of antibiotics
Covid				Visit www.nhs.uk for latest guidance

*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Working in partnership with

Should my child go to school/nursery today?

Hertfordshire and West Essex Healthier Together for further information

<https://www.hwehealthiertogether.nhs.uk/parents/carers>



Dolce

DINER

DAY

THURSDAY 18TH JANUARY 2024

= Mains =

BIG CITY BURGER
ROUTE 66 NUGGETS (UG)
HAND STRETCHED HAWAIIAN PIZZA
BROOKLYN BAKED POTATO BAR (V) ✨
KETCHUP

= Sides =

AMERICAN FRENCH FRIES
BOSTON BAKED BEANS
SWEETCORN
STARS & STRIPES SALAD BAR
FRESH BREAD (V)

✨ *= Desserts =* ✨

ICE CREAM & WAFFLE BITES (V)
SNICKERDOODLE COOKIE (UG)
FRESH FRUIT



dolce



KNOW YOUR E-BIKES



Did you know?

Only some e-bikes are road legal

The official term for a legal e-bike is an EAPC (Electrically Assisted Pedal Cycle).

What makes a legal e-bike?

- A maximum continuous power output of no more than 250 Watts.
- A motor that may only provide assistance while the rider is pedalling.
- The motor may not provide assistance over 15.5mph.
- Must be fitted with a plate showing manufacturer, maximum speed and maximum continuous power output.
- May only be ridden by persons aged 14 years and over.

The safety advice for traditional bicycles also applies to EAPCs, this means riding in a position that helps drivers see you, wearing a helmet and using lights and reflectors in low light conditions.

Don't block your exit when charging e-bike batteries. Store them in a shed or garage where possible. Keep an eye out for warning signs that your battery might be failing and becoming a fire risk.

An unsafe, illegal e-bike



Non-road-legal e-bikes often have power outputs of 500-1,000 watts, propelling riders to maximum speeds in the range of 25-45mph, without pedalling. These include imported complete bikes and kits for converting standard bikes.

While they may look like normal bicycles, these are classed as electric mopeds. However, these bikes are not constructed to a standard where they could obtain MOT or insurance, so it is not possible to make them road legal.

Know your e-facts



Non-road-legal e-bikes pose additional risks:

- Capable of speeds in excess of those attained by standard pedal cycles.
- These speeds are normally only experienced on two wheels by motorcyclists, who wear full crash helmets and (should) also wear protective gloves, boots, trousers and jackets.
- Handling, grip and braking of the bike is inadequate to cope with the power of the motor.

VISION ZERO
NO ROAD DEATHS

www.saferessexroads.org

SAFERESSEX
roads partnership

The key points:

1. Privately owned e-scooters are illegal to ride on the highway. Ones you can buy from shops like Halfords can only be used on privately owned land, with the landowner's permission.
2. Trial hire scooters can only be ridden by people 18 years plus, with a driver's licence. These scooters can only be used by the person who create the Tier account.
3. Students storing e-scooters on school grounds can cause a fire risk with lithium battery fires.
4. Riding an e-scooter puts the rider at much higher risk on the roads, any collision may be more serious.

Safer Essex Road priority is making Essex a safer place to live. We can only achieve Vision Zero, zero road deaths and serious injuries by 2040, together.



KS2 Indoor Athletics – Tuesday 3.15pm – 4.00pm (9/01/2024 – 06/02/2024)

Miss Driscoll will be running a 5-week Indoor Athletics club. We will also be scouting for a new school team to take part in the indoor athletics competitions in January.

KS2 Choir – Tuesday 12.30 – 1.00pm (16/01/2024 – 26/03/2024)

Come sing some songs and show off your musical skills! Mrs Potter will be hosting our choir with Miss Hunter accompanying.

KS2 Drama—Wednesday 12.30 – 1.10pm (10/01/2024 – 27/03/2024)

Mrs Harvey will be back in ‘full swing’ running Drama. A fantastic way to gain some confidence. Payment will be made directly to Mrs Harvey once you have been allocated your space (see club timetable for contact details).

KS1 (Years 1 and 2) Gymnastics Club Thursday 3.15pm – 4.00pm (11/01/2024 – 21/03/2024) NO CLUBS 07/03/2024

Premier Education will be returning in the Spring Term to run our KS1 Gymnastics Club.

KS2 Chess Club Thursday 3.15pm – 4.00pm (18/01/2024 – 21/03/2024) NO CLUBS 07/03/2024

Mr Clarke will be running the chess club this term. Children will learn the moves and skill needed to play chess and will have the opportunity to practice what they have learnt.

Karate – Years 1 - 6 Friday 3.15 – 4.00pm (19/01/2024 – 22/03/2024)

Sensei Chelsea will be back running her Karate club on Fridays. Contact Sensei Chelsea directly to book and make a payment (see club timetable for contact details).

For safeguarding purposes, please ensure that you inform the school office if your child is unable to attend a club on any given day. We reserve the right to cancel clubs due to poor weather conditions, where possible we will do our best to accommodate all children and offer them an alternative activity to participate in.

Spring term clubs will begin on the week beginning **Monday 15th January 2024 (KS1 Gymnastics Thursday 11th January, 2024)**. Payment for clubs is required by **Thursday 4th January 2024** before your child starts or they will not be able to attend. Please see the club timetable for the full list of Spring Term Clubs dates and prices.

To secure a place on any of the paid above clubs, you must make a payment via School Money (this will be your confirmation that your child has a place). Payments can be made from 3.00pm Friday 15th December. If you are unable to make a payment this will mean that the club is full. Please do not hesitate to contact the office with any questions regarding payments of clubs.

Children in receipt of Pupil Premium will be offered one free club, this is not offered to clubs run by an outside company (contact the school office directly to book a place).

Please be aware that if your child starts a club and then changes their mind, we will not be able to offer a refund.



Diary Dates



Key Dates for the Spring Term 2024:

- | | |
|------------------------------|--|
| Monday 8th January | - Pupils return to school for the Spring term |
| Tuesday 9th January | - Year 1 Saffron Walden Museum Visit |
| Friday 12th January | - Year 3 Swimming (12/1/2024—9/2/2024) |
| Monday 15th January | - Closing date for Reception 2024 admissions |
| Wednesday 24th January | - Years 5 & 6 Indoor Athletics Tournament (12.30—4.00pm).
(Teams to be decided) |
| Monday 29th January | - Year 6 Bikeability (29/1/2024—1/2/2024) |
| Wednesday 31st January | - Years 3 & 4 Indoor Athletics Tournament (12.30—4.00pm)
(Teams to be decided) |
| Friday 2nd February | - Year 1 Learn to Ride |
| Friday 16th February | - Year 4 Swimming (16/2/2024—22/3/2024) |
| Friday 16th February | - Reception & Year 1 'Little City' visitors/event - TBC |
| 19th February—23rd February | - HALF TERM |
| Friday 8th March | - Bringing Books to Life Workshops (Whole School) |
| Friday 22nd March | - Year 1 Dance Festival |
| Friday 29th March—12th April | - END OF TERM HOLIDAYS |
| Monday 15th April | - INSET DAY |