

St Mary's Newsletter

Spring Term – Friday 16th December 2022

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Attendance Weekly - 82.8%

Attendance Year - 93.8%

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,

Wow! What a wintery week we have had here at St Mary's!

Let it snow!

Monday began with a flurry of snow as the roads and pavements and the entirety of the school site was coated in the coldest precipitation. As the week has progressed we have experienced sub-zero temperatures on every single day of this week—with some readings dropping as low as -8 and even -11 as I was driving in this morning to work. Chilly to the say the least!

The week the school has put into operation our 'flexi' morning and after school arrangements—meaning that families were able to drop off their pupils a little later in the morning and pick them up a little earlier (if they wished to do so) so as to make the mornings and afternoons that little bit safer—and to stop so many people being on the pavements and roads at the same time. As ever, thank you for your support during these more challenging occasions!



Please note that next week, as the weather is due to get significantly warmer—and we are even due to get some rain—we are going to revert back to our normal arrangements for using both entrances/exits (the Main Gate and Caton's Lane Gate) when dropping pupils off between 8.30am and 8.45am in the mornings and when picking up all pupils from both entrances at 3.15pm.

Eco-garden competition winners announced in local press

As you may be aware (from local press releases this week), we are delighted to announce that the school has won a share of £60,000 in Stansted Airport's eco-garden competition, which took place earlier this term. Seven green-thinking local primary schools (in Essex and Hertfordshire) within ten miles of

the airport were encouraged to submit designs for gardens or green spaces that improve biodiversity to compete for the cash prizes. A prize fund of £45,000 was initially offered by the airport for the competition but due to the high quality of entries, it was decided to award grants to all shortlisted schools, resulting in a total prize pot of **£60,000.**

The designs were assessed by a panel which included representatives of the airport's corporate social responsibility team and the Stansted Airport Community Trust. Various layouts were submitted, including proposals for ponds, outdoor classrooms, sensory gardens, food growing areas, and accessible green spaces. Bishop's Stortford's Hertfordshire and Essex High School, Hockeril Anglo-European College, Richard Whittington Primary School, Thorn Grove Primary School, Windhill 21 Primary School, **St Mary's C of E Primary School in Saffron Walden** and Great Easton Primary School are the seven schools sharing the £60,000 prize pot.

Quote from Daniel Burford, Stansted Airport's Community Engagement Manager, said: "We had some really fantastic ideas on our shortlist, and it was really tough to narrow it down, so we decided to award cash prizes to all of the shortlisted schools, increasing the total prize pot from £45,000 to £60,000. We are really pleased with how many entries we had, and the winners should be proud of themselves. We hope that the prize money will make a difference and allow the schools to bring their brilliant ideas to life. These ideas will not only lead to the creation of new wonderful and rich green spaces and provide children with an excellent learning experience, but it will also contribute to their mental and physical well-being and highlight how important it is to respond to today's climate challenge. Addressing this is one of our key priorities as the airport continues its recovery from the pandemic. We are fully focused on how this can be achieved sustainably and to help accelerate our progress towards becoming a Net Zero Carbon business by 2038, and a Net Zero Carbon industry by 2050."

Quote from Mr Chris Jarman, Head Teacher at St Mary's Primary, said: "We were absolutely delighted to receive this exciting grant to create an Eco-Garden for our school, St Mary's, in Saffron Walden. This award will give our pupils the opportunity to broaden their knowledge of managing and maintaining a garden and its tools safely. It will also help the children to understand where food comes from and how to eat healthily and sustainably. This new area will boost the physical and mental wellbeing of the children as well as their resilience, allowing them to connect with nature in all weathers. **Thanks to our Forest School Leader and Sports Leader, Mrs McInnes as well as our Year 6 Eco Committee** for putting in all of the hard work on this incredibly important project, which will have so many benefits for our school children for years to come. A truly long-lasting legacy!"

With the large pot of money that we will be receiving, the school will be supported by the Stansted Airport Community Engagement Team to design and construct our very own Eco-Garden in the new year. How exciting! The link to the Saffron Walden Report article can be found here: <https://www.saffronwaldenreporter.co.uk/news/23187881.saffron-walden-school-wins-prize-stansted-airport/>

Reverse Advent Calendar:

Thank you to everyone who took part in our Reverse Advent Calendar this year and made donations for Uttlesford Foodbank. All of the donations are really appreciated.

On Thursday we took five large boxes and 6 bulging carrier bags up to the Uttlesford Food bank and I know that these will soon be shared amongst lots of families throughout the Christmas period. Another excellent example of the compassion and generosity shown by our St Mary's community.



Christmas Lunch Day:

On Wednesday this week, St Mary's held our annual Christmas Lunch Day in the School Hall. I am pleased to say that it went really well and was superbly organised by Riina Driscoll, our Kitchen Manager, and Rose Dye, our head of Midday, alongside their hard-working team. Classroom staff, as well as Finance Officer Claire Burgess, supported the midday and kitchen team to bring a festive lunch to each of our children as they got to pull crackers, don colourful hats and recount terrible jokes (with a bit of help from the adults!) which had been found within their crackers. Thank you also to all involved—the children had a truly lovely time!



Nativity Performance:

On Tuesday, at 6pm, the school was treated to a wonderful nativity performance by our EYFS and Key Stage 1 pupils, in St Mary's church. If you attended this performance, I am sure you would all agree that it was really lovely and a great opportunity for our youngest pupils to practise singing and speaking in front of a large audience of grown-ups; I am sure that you will all agree that they did us proud. Particular thanks must go to the EYFS



and KS1 team for the preparation that went into this important event, as well as all of the help from parents and carers for the many, many costumes and no doubt line practising at home (and listening to the nativity songs being sung morning, noon and night for the last few weeks!). Thanks also to the St Mary's parish team for letting us use St Mary's Church for this wonderful event—we are very privileged to have such a magical and spiritual location to perform in.

Thank you everyone!

Bad language:

Over the past few weeks, school staff have been made aware of some of our pupils—particularly those in our youngest classes—using some swear words and other poor choices of language around other children in the school. Just a reminder—but please be really, really careful about what you are saying around your children—as you will know they are like sponges and young pupils will often 'parrot' words they are hearing and repeat them in front of their peers! As you will know, St Mary's has a zero tolerance policy towards using inappropriate language and we will immediately address this wherever we become aware of this.



Thank you for your support in this matter.

Christmas Service and end of term arrangements:

A quick reminder that the school will be holding a **Christmas Carol Service in St Mary's Church at 1.30pm on Monday 19th December** next week. We are looking forward to welcoming our parents, carers and friends of the school to the church to listen to our children singing and sharing prayers and parts of the Christmas story, as we mark this important Christian time of year.

Don't forget that the end of term is at **1.30pm on Tuesday 20th December**. We look forwards to welcoming our pupils back to school on **Thursday 5th January from 8.30am**.

Well done to all for another busy and successful week.

Kind regards

Mr C. D. Jarman

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

Bag2School collection: 27.1.23

After the Christmas break, St Mary's is partnering with Bag2School, a charity that brings clothes to those who may not be able to buy their own.

The charity will weigh all the clothes that we collect and then St Mary's will be given money in exchange for how heavy the bags are!

So the St Mary's school council asks that you not throw away those old clothes that might be replaced by some new presents at Christmas; give them to us instead so we can help others and the school at the same time!

At the start of the spring term, your child(ren) will be given a bag each to fill up (but if you have extra please feel free to burden the school with extra bags!) and Bag2School will be coming on the **27th January** to weigh and pick up the school's collection!

Please note: no school uniform nor work uniforms will be allowed as part of the collection.

Yours sincerely,

St Mary's school council



Brought to you by
St Mary's School Council!

Don't forget to book your child in one of our **Spring Term clubs**. Information about which clubs are running can be found on our Facebook page or the school website. To request a place for your child/ren please use the online form which has been sent out via Teacher to Parents or contact the school office. Requests must be submitted by **Wednesday 19th December**.

Please note that afternoon clubs will be finishing at the new time of 4.00pm.



Scarlet Fever (Strep A)

Although scarlet fever is usually a mild illness, it should be treated with antibiotics to minimise the risk of complications and reduce the spread to others.

The **symptoms** of scarlet fever include a sore throat, headache, fever, nausea and vomiting. This is followed by a fine red rash which typically first appears on the chest and stomach, rapidly spreading to other parts of the body. On more darkly-pigmented skin, the scarlet rash may be harder to spot, but it should feel like 'sandpaper'. The face can be flushed red but pale around the mouth.

If you think you, or your child, have scarlet fever:

- see your GP or contact NHS 111 as soon as possible
- make sure that you/your child takes the full course of any antibiotics prescribed by the doctor.
- stay at home, away from nursery, school or work for **at least 24 hours after starting the antibiotic treatment**, to avoid spreading the infection.

Complications

Children who have had **chickenpox** recently are more likely to develop more serious infection during an outbreak of scarlet fever and so parents should remain vigilant for symptoms such as a persistent high fever, cellulitis (skin infection) and arthritis (joint pain and swelling). If you are concerned for any reason, please seek medical assistance immediately.

If your child has an underlying condition which affects their immune system, you should contact your GP or hospital doctor to discuss whether any additional measures are needed.

You can find more information in the attached factsheet



Streptococcal infections (Scarlet fever, impetigo, etc)

February 2019

Authors: Caesar Mensah and Tracy Sharpe

Version 2

The term streptococcal infections, covers a variety of diseases caused by certain bacteria called group A streptococci (strep). The commonest conditions are sore throat, and impetigo, which is a skin disease.

Sore throat is also caused by many other organisms, the commonest being viruses.

Scarlet fever usually follows a sore throat (strep throat) or skin infection (impetigo) caused by particular strains of group A strep. The scarlet fever rash occurs when the bacteria release toxins that make the skin go red.

You will only develop the symptoms of scarlet fever if you are susceptible to the toxins. Scarlet fever tends to be most common in winter and spring and commonly affects children aged between two and eight.

What are the symptoms?

It takes around one to four days to develop symptoms after being infected.

Sore throat: The throat feels sore and there may be fever, headache and enlarged tonsils with pain on swallowing.

Impetigo: The skin lesions consist of blisters and thick, yellow-brown crusts, which scab and then fall off leaving no scars. They usually start on the face, around the nose or mouth, and may spread to other parts of the body.

Scarlet fever: The symptoms of a sore throat develop and, after 12 - 48 hours, a rash that looks like sunburn (it feels like sandpaper to touch) appears. **Typically**, this first appears on the chest and stomach but soon spreads to other parts of the body. It may itch and is usually accompanied by other symptoms such as swollen neck glands, headache, nausea, fever and generally feeling unwell.

There may be flushing of the cheeks and a white coating on the tongue, which peels a few days later leaving the tongue 'strawberry red' and swollen.

The rash lasts for six days and then fades. Outer layers of skin, usually on the hands and feet, may peel for up to six weeks after the rash has faded.

There is no evidence that catching scarlet fever when pregnant will put your baby at risk. However, pregnant women should inform healthcare staff if they are in contact with streptococcal infections, such as scarlet fever, around the time of their delivery.

If you think you/your child may have a streptococcal infection, speak to your GP.

If you/your child feel very unwell with high fever, severe muscle aches, diarrhoea or vomiting, seek urgent medical help to rule out other more serious infections caused by these bacteria, which can be easily treated if caught early.

How are these infections treated?

- The infections are treatable with antibiotics, usually taken for 10 days. It is important to take the full course of prescribed antibiotics.
- Most people recover after four to five days

How does spread occur?

The disease is very contagious and can be caught by:

- breathing in the bacteria in airborne droplets from an infected person's coughs and sneezes
- direct or close contact with infected persons or persons carrying the bacteria in their nose, throat or on the skin
- sharing contaminated towels, baths, clothes or bed linen
- sharing contaminated drinking glasses, plates or other utensils.

It can also be spread by people who have the bacteria in their throat but do not show any symptoms (they are known as carriers).

How can infection be prevented?

- If your child has an infection, do not let them go to school/nursery and keep them away from other people until they have been on treatment for 24 hours.
- Bacteria can be transmitted by touching someone with a streptococcal skin infection or by sharing contaminated eating utensils, cups and glasses, clothes, baths, bed linen or towels. Don't share these items.
- All tissues and handkerchiefs that someone with scarlet fever has coughed or sneezed into should be washed or disposed of immediately.
- Good personal hygiene, especially hand washing, is important. Wash your hands thoroughly with soap and water, especially if you have touched any contaminated items.

Complications

Scarlet fever can be complicated by chickenpox. Children who have had **chickenpox** recently are more likely to develop more serious infection during an outbreak of scarlet fever. Parents therefore should remain vigilant for symptoms such as a persistent high fever, cellulitis (skin infection) and arthritis (joint pain and swelling). If you are concerned for any reason, please seek medical assistance immediately.

COMMUNITY SCHOOL NURSE DROP IN SESSIONS

Drop in sessions held once a month around the Uttlesford District, support and advice offered by a School Nurse and the 5-19 Healthy Family Support Practitioner.

Parents can ask advice about behaviour and emotional needs, bed wetting and soiling issues plus other health needs that may be impacting on both home and school life.

6.12.22

15.30hours to 17.00hrs

Little Goslings, North Street, Great Dunmow

Contact phone number for 5-19 team 0300 247 0122





St Mary's Christmas Events

Tuesday 13th December - 6pm

Nativity Performance for parents/carers in St Mary's Church

Wednesday 14 December

Christmas Lunch

Friday 16th December

PTA Non-Uniform Day (Sweet/Chocolate donations)

Monday 19th December—1.30pm

Christmas Service in St Mary's Church (Parents/Carers welcome)

Tuesday 20th December

PTA Sweet/Chocolate Raffle

Last Day of Term (1.30pm finish)



Winter

Reading Challenge

Saturday 26 November to
Saturday 28 January



**Pick up your booklet from any Essex library, and
complete six challenges for a free reward!**

Find out more at libraries.essex.gov.uk

Essex Year of
Reading



Essex County Council

Max's Marvellous Journey to the Moon



Saffron Walden Library
Thursday 22 December
11am to 12noon

Join local children's author Maria Sproule
along with Professor Boggle on an
interactive journey to the Moon

Suitable for primary school age children

libraries.essex.gov.uk/events


Essex County Council

Diary Dates



- Monday 12th December - Nativity rehearsal to the school at 9.30am
- Tuesday 13th December - Nativity Performance for parents/carers in St Mary's Church (at 6pm)
- Wednesday 14 December - Christmas Lunch
- Thursday 15th December - Library visit to for Year 4 (10am—11am)
- Friday 16th December - PTA Non-Uniform Day
- Monday 19th December - Christmas Service in St Mary's Church at 1.30pm (Parents/Carers welcome)
- Tuesday 20th December - Last Day of Term (1.30pm finish)
- Thursday 5th January - Spring Term Commences at 8.30am
- Friday 13th January - Year 4 Swimming commences