

St Mary's Newsletter

Spring Term – Friday 24th November 2023

Telephone 01799 523384

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

Website: www.stmaryssw.org.uk

Attendance Weekly 94.7%

Attendance Year 95.5%



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.

It has been a very busy week for sport here at St Mary's with lots going on! On Tuesday we had our Inter-House Clubbercise session which was facilitated by the fabulous Jen Shackleton (please see all of the amazing pictures on page 2 of this newsletter to see some of our pupils in action).



Wow, what a week our pupils have had in sports! A huge success and memories made by them all!

Year 6 had a fantastic morning at dodgeball and won some great games. They displayed a huge amount of resilience and determination. Overall they finished 4th, I couldn't have been any prouder of them. Our last dodgeball tournament together was very memorable.

Year 3 and 4 swiped all the medals in Archery...Gold, Silver and Bronze. The whole of Year 5 represented the school during the afternoon tournament, claiming 1st and 2nd place. They will now move onto the next level and play again in the spring.

Miss Driscoll



Our first ever Word Parade was a big hit!

Thank you to everyone who got involved in the PTA-led Word Parade on November 22. All of us at the school were so impressed with the creativity and thoughtfulness shown in coming up with words to dress up as. Even the teachers and staff enjoyed taking part! The PTA team were supposed to select one overall winner per key stage group, but in the end could not decide, instead awarding two certificates per year group. Congratulations to all the 'finalists' who came to the hall and did such a confident job explaining their words/costume to the PTA team. And well done to: 'question', 'leaf', 'explorer', 'kindness', 'extinct', 'blizzard', 'nocturnal', 'love', 'metamorphosis', 'shadow', 'pilot', 'teacher', 'arty' and 'despicable' - very worthy winners indeed. The event raised just over £200 for the PTA funds. A HUGE thanks to the PTA team of Neil Griffiths, Ada Sula Walker and Hayley Leverett for all their work and creativity on organising this event .

Inter-House Clubbercise



Brilliant breakfasts

Breakfast is a very important meal. You've probably heard that before, but do you want to know why? After going 10 - 12 hours overnight without food, your energy reserves are low. Your body and brain now need fuel!

Breakfast keeps you going until lunchtime. This helps children do better at school. It also stops children from feeling hungry mid-morning.

We know mornings can be tricky at times but if you are struggling for ideas for breakfast please visit: www.nhs.uk/healthier-families/recipes/breakfast/

If the cost of living crisis is impacting you, please let us know and we can ask the foodbank for help on your behalf.

Fact: A 12 year-old who skips breakfast has the same brain power of a 70-year-old in the classroom.

Children who eat healthy breakfasts are able to solve problems better and can think faster and more clearly. (info from GOSH & NHS)

Have a lovely weekend!

Kind regards

Mr C. D. Jarman

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

Head Lice

Recently, cases of head lice have been identified across the school and we wanted to make sure you were kept informed.

Whilst head lice are harmless, it is important that children are checked regularly so that any head lice can be dealt with quickly and before they are allowed to spread.

As there has been an outbreak, we suggest that you check your child's head as soon as possible.



Here is some simple advice you may wish to follow to keep head lice outbreaks to a minimum.

- Check your child's hair regularly
- Treat head lice as soon as you spot them
- You should check everyone in the house and start treating anyone who has head lice.
- Wash clothing and bedding in a 90 degree wash.

Further advice on the treatment of head lice can be found on NHS website.

<https://www.nhs.uk/conditions/head-lice-and-nits/>

Christmas Menu

Monday 18th December

Roast Turkey Lunch
Plant Based Christmas Cracker (VG)
Jacket Potato (Choice of Fillings) (GF)

Accompaniments

Skin on Roast Potatoes
Carrots
Brussels Sprouts
Garden Peas
Sage and Onion Stuffing (VG)
Gravy (VG) (GF)

Festive Chocolate and Orange Rocky Road (VG)
Snowball Cookie (VG)
Fresh Fruit (VG) (GF)

Order to be placed by the School Grid no later than 8.30am Monday 18th December





Reverse Advent Calendar

The Reverse Advent appeal is a way for you to give to others at what can be for some a difficult time of year. This year we will aim to give out 300 Christmas hampers. This year because our stocks are so low we are asking for essentials as well as Christmas items.

Every time you shop just choose an item from the list!
Please make sure all collections are with us
by **Wednesday 13th December at the latest.**
For more info please call Sophie on 07971 631606

Please note we can't accept anything containing alcohol.

Thank you for your kindness!

For a list of drop off points please check our website here
<https://uttlesford.foodbank.org.uk/give-help/donate-food/>



www.uttlesford.foodbank.org.uk [facebook.com/uttlesfordfoodbank](https://www.facebook.com/uttlesfordfoodbank)
info@uttlesford.foodbank.org.uk tel: 07971 631606

Uttlesford Foodbank is a registered charity 1176230 | Registered in England and Wales



Reverse Advent Calendar Shopping list

Every time you shop just choose an item from the list:

| | | |
|----------------------|-------------------------|----------------------|
| Tinned salmon/ham | Tinned vegetarian meals | Tinned fruit |
| UHT milk | Cheese crackers | Tinned vegetables |
| Gravy/stuffing | Biscuits | Tinned meat in sauce |
| Tinned meat in sauce | Festive puddings | Vegetarian options |
| Chocolates/sweets | Custard | Washing up liquid |
| Christmas cake | Toiletries | Tinned potatoes |
| Fruit juice | Jam | Savoury snacks |

Thank you for your kindness!

For a list of drop off points please check our website here
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Diary Dates



Key Dates for the Autumn Term 2023:

| | |
|-------------------------------|--|
| Tuesday 21st November | - Inter-House Clubbercise Challenge |
| Wednesday 22nd November | - PTA Word Parade |
| Thursday 23rd November | - Flu vaccines (delivered by NHS Immunisation Team) |
| Saturday 2nd December | - Spirit of Christmas Choir Performance (St Mary's Church) at 1.30pm |
| Tuesday 5th December | 1.30pm School tour for Reception 2024 pupils |
| Wednesday 6th December | - PTA Panto |
| Friday 8th December | - Christmas Jumper Day |
| Friday 8th December | - PTA Key Stage 2 Christmas Disco 5.00pm-6.30pm |
| Tuesday 12th December | - EYFS & KS1 Nativity Performance in St Mary's Church at 6pm |
| Thursday 14th December | - Year 3 Egyptian Day |
| Monday 18th December | - Christmas Lunch (Special Menu) |
| Tuesday 19th December | - Carol Service at St Mary's Church (time TBC) Parents/Carers Invited |
| Wednesday 20th December | - 1.30pm—school breaks up for the Christmas holiday |
| 21st December—5th January | - Christmas holiday closure period |
| Monday 8th January | - Pupils return to school for the Spring term |
| 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) |
| 19th February—23rd February | - HALF TERM |
| Friday 22nd March | - Year 1 Dance Festival |
| Friday 29th March—12th April | - END OF TERM HOLIDAYS |
| Monday 15th April | - INSET DAY |