

St Mary's Newsletter

Spring Term – Friday 20th September 2024

Telephone 01799 523384

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

Website: www.stmaryssw.org.uk

Attendance Weekly 97 %

Attendance Year 97.1 %



Our motto: Let Your Light Shine... as You Grow inspired by Matthew 5: 15-16

Friendship

Trust

Truthfulness

Compassion

Perseverance

Respect

Dear parents, carers and friends of the school.



Drumming Workshop (article by Vivien, Penny and Isla):

On Tuesday this week, St Mary's was blessed with a visit by Jeff Rich, the former drummer of British iconic pop-rock band Status Quo. Jeff, who originally hailed from Hackney in East London, spent the morning at St Mary's talking to our pupils about his background, including how he first got into playing the drums. Jeff explained that he first started playing the drums at the age of 9 and how he helped to pay for his lessons by taking up a paper round and by washing cars. He talked about how he had spent

his life touring around the world and appearing at some huge venues and even Top of the Pops (one for the mums and dads there!). Jeff also introduced the children to different types of drums, including the Talking Drum, Tabla, Tabor, Timpani, Marching Snare and many others. He demonstrated using them and then some of our

lucky pupils also got to have a go, using some of these types of drums and at the end all of the pupils and the staff took part in a Percussion Orchestra, whilst Jeff played his impressive drum set alongside us. All of the staff and pupils agreed that it was an absolutely amazing experience and we look forwards to our next Cultural experiences as the year progresses!



To St Mary's Primary School
1 Page Wishes

Sept '24

Stars of the Week!

Freya - For being brave and coming into school with a smile.

Sophie - Demonstrating school values

Noah - Demonstrating school values

Theo - For his fantastic counting in maths.

Mohammad - Settling into school so well

Ranveer - Showing fantastic engagement in all his work

Cassia - Great effort in all lessons

Ava - Being kind and polite to her peers & teachers

Jesse - Being a patient and supportive buddy

Henry - challenging himself in maths

Mohana - Sharing her expert weaving skills with her classmates

Teddy - Having a fantastic work ethic



Bags2School:

Just a reminder that the Bag2School Initiative is now firmly underway. All clear bags have been sent home with the children earlier this week. Please do fill these in and bring to school, where they will be collected on the morning of Tuesday 8th October. All proceeds raised will go towards our **fundraising objective for this year: new**

computing equipment.



School Games Platinum Award:

I am delighted to report that this year St Mary's School has been awarded the **School Games Platinum Mark**. This award is the highest level a school can achieve and one step above the School Games Gold Award. The Platinum award is for consistently achieving the following criteria in our PE and Sports provision:

- ⇒ Maintaining and growing our school's engagement in the School Games and our delivery of the Chief Medical Officer's (CMO) 60 active minutes for every child or 20 minutes for SEND young people;
- ⇒ Delivering and engaging in competitions that has clear intent & creates positive experiences based on the motivation, competence and confidence of your young people that need support the most;
- ⇒ Supporting the personal development of targeted young people through youth engagement and leadership;
- ⇒ Advocating and engaging key stakeholders on the value of the School Games to support local provision and improve the experiences for our young people and their families;
- ⇒ Ensuring there are equal opportunities for all our young people regardless of their gender;
- ⇒ Understanding the concept of physical literacy and working to develop our practice in this aspect.



I would like to extend a special thank you to Ms Driscoll (our current PE Lead and Sports Coach) and Mrs McInnes (our former PE Leader) for all of their outstanding leadership over the last few years, as well as the hard work of all of our school staff in striving to develop this vital area of our curriculum provision. I have seen, very clearly, the journey that this school has been on and our undoubted progression in this area.

House triumphs!

In 1st place with 83 points was Water House (blue); in 2nd place with 81 points was Earth House (green), in 3rd place was Fire House (red) with 58 points; and in 4th place with 55 points was Air House (yellow). Well done everybody!



**1st place
(83 points)**



**2nd place
(81 points)**



**3rd place
(58 points)**



**4th place
(55 points)**

Harvesting our Crops - at our Eco Garden

On Thursday this week, Mrs McInnes, our Forest School Leader, utilised the skills of the Reception and Year 1 pupils in digging over our Eco Garden area and whilst there dug up the potatoes that were planted by the reception pupils before the summer holiday. They had a brilliant time collecting all of their home-grown spuds and each child in Year 1 was given one to take home. Those that were left were given to George in the school kitchen who is going to turn them into a culinary masterpiece to give back to our pupils. I am so delighted that this part of our curriculum is starting to develop and grow (if you pardon the pun!).



Big thanks to Mrs McInnes for driving this initiative forwards!

Regularity of morning meal strongly associated with life satisfaction – new study

According to a study of nearly 150,000 young people across the world, children who frequently miss breakfast have lower life satisfaction than those who regularly eat a morning meal, [The research](#),



published in the *BMC Nutrition Journal*, was led by Anglia Ruskin University (ARU). Children in England had the fifth lowest mean life satisfaction scores, behind only Romania, Hungary, Germany and Austria.

Breakfast is so important for all of us but especially for young children. Those who have a good breakfast are often more focused and ready to learn when arriving at school.

Breakfast doesn't have to be a battle and there are many alternatives to consider for breakfast for example:

Drinkable breakfasts: [Smoothies](#) are a good way to start the day if you do not have much appetite in the morning. Frozen fruit, yoghurt and milk work well.

Have you considered a sandwich, bagel or muffin for breakfast? Ham, cheese, peanut butter, tuna, chicken. Can be made the night before and eaten on the go.

[For more on the go ideas click here.](#)

Joanna Crocker
Welfare and Support Officer, DDSL
Inclusion Team

Have a lovely weekend.

Warm regards

Mr C. D. Jarmain

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

HOLIDAY COURSES

Bikeability Level 1, Level 1 & 2 and 3 and Learn to ride courses

To book, please visit link

essex.cycleready.co.uk/publicbooking

There is a £15 non-refundable booking fee



**SAFER
GREENER
HEALTHIER**



Essex County Council

PRO-KARATE ACADEMY ST MARY'S PRIMARY SCHOOL

EVERY FRIDAY AFTER SCHOOL (term time)
3.15PM-4.00PM IN THE SCHOOL HALL
First come first served basis (only 20 spaces available)

Karate fees exclusive to St Mary's Primary School are at a discounted rate of just £30 per student based on a 6 week course. Some courses are 7 weeks long depending on the school term but the fee will stay the same. Classes from 4+ years.

Full time classes also available at Pro-Karate Academy.

Taught by England Senior International
SENSEI CHELSEA SYDES

PLEASE CALL OR EMAIL TO BOOK A PLACE IN ONE OF OUR CLASSES

07545 583 389
senseichelsea@yahoo.co.uk
www.pro-karate.co.uk



20 Years Experience
CRB Checked
First-Aid Trained
FULLY INSURED



Harvest Festival Donations

Uttlesford food bank have reached out to us at St Mary's, asking for donations this harvest festival. With the cost of living crisis, they've had a huge amount of strain on their supplies. They do fantastic work in the community and we'd love to help them continue to do so!

We ask for you to please donate if you are in a position to do so. Please see attached for some ideas of items they are in sorest need of.

Please bring donations directly to the School Office from Monday 16th September.

Thank you,



Thank you!

Uttlesford
foodbank

Harvest Festival List

- Suggested items:
- Tinned fruit & vegetables
- Tinned meat & fish
- Cooking & pasta sauces
- Rice (inc. microwave) & noodles
- Tinned potatoes & instant mash
- Tinned pasta (e.g. ravioli etc.)
- Cereal & oats
- Tinned rice pudding & custard
- Fruit squash & long life juice
- Shampoo & soap (adult & baby)
- Toothpaste (adult & child)
- Toilet roll & sanitary items
- Unfortunately, we cannot accept fresh produce, baby formula or prescribed items



BAG 2 SCHOOL



Our next Bag2School collection
has been arranged for
Tuesday 8th October

*Any questions, please speak to the
School Office*



Diary Dates



Key Dates for the Autumn Term 2024:

Tuesday 17th September	- Whole school drumming workshop with Jeff Rich
Thursday 26th September	- Yrs 3 & 4 Girls Football Tournament (9.00-12.30)
	- Yrs 5 & 6 Girls Football Tournament (12.30-3.30)
Monday 7th October	- Harvest Festival at St Mary's Church at 9.30am
Tuesday 8th October	- Bags2School pick up date
Monday 14th October	- Individual/Sibling Photos
Friday 25th October	- Light Day—non uniform day (wear colourful clothes)
Monday 28th October to	- Half term
Friday 1st November	
Monday 4th November	- INSET training day for staff members
Tuesday 5th November (8.30am)	- Pupils back to school
Thursday 7th November	- Parent/Carer book look 8.30—9.00 and 3.15—4.00
Friday 8th November	- Remembrance Service at St Mary's Church 11.00am
Tuesday 12th November	- Parent/Carer Consultations (School Hall) 3.15pm-6.00pm
Thursday 14th November	- Parent/Carer Consultations (School Hall) 3.15pm-6.00pm
Monday 18th November and	- Reception 2025 Open Morning 9.30—11.30
Tuesday 26th November	- Reception 2025 Open Morning 9.30—11.30
Wednesday 4th December	- PTA Pantomime
Friday 6th December	- Christmas Jumper Day
Tuesday 10th December	- EYFS & KS1 Nativity at St Mary's Church 6.00pm - 7.00pm
Thursday 12th December	- Flu Immunisation
Monday 16th December	- Christmas lunch
Thursday 19th December	- Carol service at St Mary's Church 9.30am—10.30am
Friday 20th December	- Last day of term—1.30pm

Please note all new or changed dates are in blue.

