

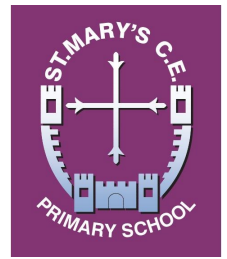
# St Mary's Newsletter

Spring Term – Friday 26th September 2025

Telephone 01799 523384

Email: [info@st-maryscofe.essex.sch.uk](mailto:info@st-maryscofe.essex.sch.uk)

Website: [www.stmaryssw.org.uk](http://www.stmaryssw.org.uk)



Attendance Weekly 96.4%  
Attendance Year 97%

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

<b>Compassion</b>	<b>Friendship</b>	<b>Perseverance</b>
<b>Respect</b>	<b>Trust</b>	<b>Truthfulness</b>

Dear parents, carers and friends of the school,

## Stars of the week

**Lena**—for her brilliant contribution during class discussions across all subjects

**Teddy**—for his fantastic cutting in Art this week

**Millie**—for showing kindness and compassion to others

**Oli**—for a fantastic effort in his writing this week

**Theo**—for working very hard in lessons

**Noah**—for always showing respect and working hard

**Eva**—for showing kindness to others in her class

**Phoebe**—for amazing effort in her reading and quizzes

**Aydin**—for working hard in English

**Bertie**—for showing good maturity during dodgeball

**Esther**—for always demonstrating our school values and being an excellent role model

**Filip**—for excellent effort in English and producing some wonderful writing



## E-Safety Update by Joanna Crocker, Welfare and Support Officer (DDSL & SMHL)

The UK has recently introduced new rules under the **Online Safety Act** to help protect children online.

From **July 2025**, websites and apps must put stricter checks in place to prevent children from accessing harmful content, such as violent material or self-harm encouragement. Many platforms will now use **age-verification and filters** to keep young people safe.



**Parents and carers still play the most important role.** It is your responsibility to monitor what your child is watching, playing, or accessing. Allowing children to view films or play games with adult themes or content can **cause real harm to their wellbeing.**

The online world is changing fast, so please **stay informed, check settings regularly, and keep talking openly with your child** about what they see and do online.

### Top Tips for Parents:

- **Check age ratings** on films, games, and apps before allowing access.
- **Use parental controls** and content filters where available.
- **Watch or play content together** whenever possible.
- **Keep open conversations** about online experiences and anything that worries your child.
- **Stay up to date** on new apps, trends, and online safety news.

## House triumphs!

These are the results for this week: in joint 1st place with 108 points was Water and Fire Houses; in 2nd place with 97 points was Air House, and in 3rd place with 96 points was Earth House. Well done everybody!



**1st place  
(108 points)**



**2nd place  
(108 points)**



**3rd place  
(97 points)**



**4th place  
(96 points)**

## Census Day Lunch—Thursday 2nd October



On Thursday 2nd October, our school will take part in the Autumn Census Day. This is an important date for all schools, as the number of children having a school lunch on the day directly affects the funding our school receives for the coming year.

To help us secure the best possible funding, we will be encouraging every child to have a school dinner on this day. If your child usually brings a packed lunch, you are welcome to send one in as well if you wish.

Please log in to School Grid and select your child's meal preference by Friday 26 September so that we can place the correct food orders in advance. The menu can be found on the school website, newsletter and

facebook page.

Thank you for your support in ensuring our school receives the resources it needs to continue providing high-quality education and care for all our pupils.

Have a lovely weekend.

*Mr C. D. Jarman*

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

## Little Wandle Workshop—30th September




We are pleased to invite Reception, Year 1 and Year 2 parents to an Information and Encouraging Independence Workshop to help you understand the Little Wandle reading scheme we use in school.

These sessions are designed to give you key information and practical tips so you can confidently support your child's reading at home.

### **Workshop Details**

 Date: Tuesday 30 September

 Times: 9:00am—10am or 6:00pm—7.00pm

 Location: School Hall

**Please note:** These sessions are for parents and carers only, so we politely request that children do not attend.

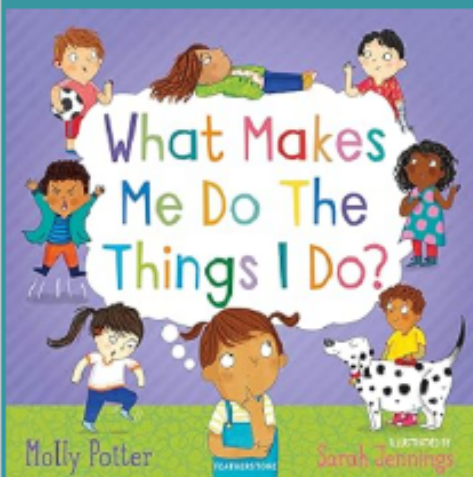
To help us plan, please complete the form send out earlier this week to indicate whether you will be attending and which session you will join.

Thank you for your support in helping our children become confident readers. We look forward to seeing you there!

# MHST Book Club



## Wellbeing Books of the term - Overview

Autumn Term 2025



### What makes me do the things I do? - Molly Potter

This book explores different behaviours and the impact they may have. Across each double-page spread, it shows behaviours with their corresponding opposite behaviours (for example telling lies or being honest; losing your temper or staying calm) and invites reflection on how behaviours can have positive or negative consequences.

  Themes: behaviour, emotions, choices

5-7 yrs

### Planet Omar: Ultimate Rocket Blast - Zanib Mian

This book is perfect for children who love science, silliness, and solving problems with friends. It is an exciting story where Omar and his friends take on a big challenge: building a rocket for a national science competition! With teamwork, creativity, and a few unexpected twists, they race to get their rocket ready for launch. But when someone starts sabotaging the rockets, Omar and the gang use their detective skills to uncover the truth before lift-off!



8-11 yrs

Please bring in all donations by Monday 6th October 2025



# Harvest appeal



## Help support your food bank this Harvest

In the month leading up to Harvest, the food bank will provide over 160 food parcels for local individuals and families facing hardship.

### Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

### Donate money



Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

## Shopping list

- Tinned Meat & Fish
- Cooking & Pasta Sauces
- Tinned Beans & Soup
- Tinned Veg & Fruit
- Coffee & Tea
- UHT Milk
- Cereal & Oats
- Long Life Juice & Squash
- Microwave Puddings
- Noodles & Rice
- Instant Mash & Stuffing

0300 102 7980 (option 1)  
[uttlesford.foodbank.org.uk](http://uttlesford.foodbank.org.uk)

Registered Charity in England & Wales (1176230)



# Mental Health Support Teams in Schools



Are you looking for effective ways to help you,  
help your young person, navigate anxiety  
and help them manage their worries?

The Mental Health Support Team is  
running 2 online parent groups in **NOVEMBER**

### When?

**Tuesday**  
**4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup>**  
**November**  
**1-2pm**

### When?

**Thursday**  
**6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup>**  
**November**  
**9.30-10.30am**

### Where?

**zoom link will**  
**be sent to**  
**you via email**  
**for each**  
**session**

Choose sessions  
on Tuesday OR  
Thursday

Attendance at  
all four sessions  
is expected

Notes for each  
session are  
emailed for you to  
try out the ideas  
each week

### Next steps:

- scan QR code
- complete form
- practitioner will telephone to confirm details



**For any questions email: [mhstadmin@mindinwestessex.org.uk](mailto:mhstadmin@mindinwestessex.org.uk)**

Information for parent/carers





# *Coffee Morning*

**MONDAY 13TH OCTOBER**

**8.30am—9.30am**

**SCHOOL HALL**

*Everyone Welcome!*

**Come along and have a chat with Mr Jarmain (the Headteacher), Mrs Robinson (Inclusion Lead), Jo Crocker (Welfare and Support Officer), KT Haynes (Stort Valley Schools Trust), Jess Dowling and members of the Friends of St Mary's team and a MIND practitioner**



# BAG 2 SCHOOL



Our next Bag2School collection  
has been arranged for

Tuesday 30th September 2025

*Any questions please ask |  
the School Office*

What to include in your BAG2SCHOOL plastic bag:



Clothes



Paired shoes



Handbags



Hats



Bags



Scarves and ties



Bras



Jewellery



Socks



Belts



Duvets and blankets



Pillows and cushions



Carpets, rugs and mats



Soiled, painted, ripped or wet clothing



School uniforms with and without logo



Corporate clothing and workwear



Textile off cuts, yarns or threaded material




Furniture and large items



Batteries



# DAY AT THE MOVIES



2nd October 2025  
Census Day

## MAINS

MARGHERITA PIZZA (V)  
BBQ CHICKEN PIZZA  
PEPPERONI PIZZA



## SIDES

POTATO WEDGES  
COLESLAW  
SWEETCORN



## DESSERT

POPCORN CRISPY CAKE  
FRUIT YOGHURT  
FRESH FRUIT



dolce



# Diary Dates

## Key Dates for the Spring/Summer Term

Thursday 25th September	- Yrs 3&4 Girls Football Festival (8.50am —12.30pm)
	- Yrs 5&6 Girls Football Festival (12.30pm—3.15pm)
Tuesday 30th September	- Little Wandle Workshop—9.00am or 6.00pm
Wednesday 1st October	- Year 3 Saffron Walden Museum visit (9.00-12.00pm)
Friday 3rd October	- EYFS/KS1 Teddy Bear Run (1.30pm)
Monday 6th October	- Harvest Festival at St Mary's Church (9.30am)
Friday 10th October	- World Mental Health Day—wear something yellow
Monday 13th October	- Parent/Carer Coffee Morning (8.30—9.30) School Hall
14th—15th October	- Black History Month Workshops Reception —Year 6
Thursday 16th October	- Yrs 3&4 Multi Skills Event
Monday 20th October	- Individual/Sibling Photos
27th—31st October	- HALF TERM BREAK
Monday 10th November	- Remembrance Service at St Mary's Church (11.00am)
Tuesday 11th November	- Parent/Carers Consultations (3.30pm—6.30pm)
Thursday 13th November	- Parent/Carers Consultations (3.30pm—6.30pm)
Monday 1st December	- Friends of St Mary's AGM (3.30pm—4.15pm)
Friday 5th December	- FOSM KS2 Disco
Monday 8th December	- EYFS/KS1 Nativity at St Mary's Church (6.00pm)
Wednesday 10th December	- EYFS/KS1 Scoot Fit
Thursday 11th December	- FOSM Panto
Friday 12th December	- FOSM Christmas Fair (3.00pm—4.30pm)
Monday 15th December	- Year 5 Parent/Carers Residential Information Meeting (5.00pm)
Wednesday 17th December	- Christmas Jumper Day and Christmas Lunch
Friday 19th December	- Carol Service at St Mary's Church (9.30am)
	- End of Term—1.30pm Finish

