

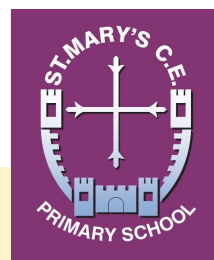
St Mary's Newsletter

Spring Term – Friday 5th December 2025

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Attendance Weekly 96.2%
Attendance Year 96.5%

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

Compassion

Friendship

Perseverance

Respect

Trust

Truthfulness

Dear parents, carers and friends of the school,

Welcome to this week's newsletter! It's been a cold and frosty one, as we inch our way to the Christmas break. Read on to find out what we've been up to this week, along with some other important information.

St Mary's Shining Stars of the week

Maisie—for her focus and hard work this term.

Kayden— for thinking of others and his efforts in reading.

Lili—for always focusing and challenging herself.

Ruby—for always being willing to help others.

Cece—for her hard work across all subjects.

Hugo—for always trying to push himself to the next level.

Alfie—for his effort in the nativity.

Mario—for his impressive maths consolidation this week.

Margot—for persevering in writing her diary entry in English this week.

Darcey—for consistently demonstrating our school values and being an excellent role model to all.

Cali-Mae—for working hard in her maths graph lessons and pushing herself in our HITT.

Filip—for great independent effort in English and producing some wonderful writing.

Mabel—always being respectful and using lovely manners.

Elijah—for excellent effort in reading and phonics at school and at home.



Healthy Lunchbox Swaps for Happier, More Energised School Days

The NHS Better Health – Healthier Families guidance reminds us that balanced lunches help children stay focused, fuelled, and ready to learn. By making a few simple swaps to healthier choices, parents and carers can create lunches that are both nutritious and appealing.

Easy Lunchbox Swaps (Inspired by NHS Better Health)

- Crisps → Veggie sticks such as carrots, peppers or cucumber, with a low-fat dip
- White bread → Wholegrain alternatives for extra fibre and longer-lasting energy
- Sugary yoghurts → Low-fat, lower-sugar yoghurt with fresh fruit mixed in
- Chocolate and sweets → Fruit (fresh, tinned in juice, or dried in small portions)
- Processed meats → Healthier proteins like chicken, eggs, tuna or pulses

Quick NHS-Inspired Lunch Idea

- Wholegrain sandwich or wrap with lean protein and salad
- Yoghurt with fruit and a small handful of wholegrain cereal
- Pasta or rice salad with colourful vegetables
- A “pick and mix” box: wholegrain crackers, cheese, veg sticks, and fruit



A Balanced Approach: Mix School Dinners and Packed Lunches

The NHS also highlights the value of variety. Our school dinners meet national nutritional standards and can offer balanced options that children may not always get at home. A mix of school dinners and packed lunches can give children the best of both worlds—healthy choices, less morning stress for parents and carers, and more variety across the week. Small changes really do make a big difference—helping children feel their best and thrive throughout the school day.

For more ideas and practical tips, please visit the NHS Better Health – Healthier Families website <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

House triumphs!

These are the results for this week: in 1st place with 79 points was Water House; in 2nd place with 65 points was Earth House, in 3rd place with 56 points was Air House and in 4th place with 45 points was Fire House. Well done everybody!



**1st place
(79 points)**



**2nd place
(65 points)**



**3rd place
(56 points)**



**4th place
(45 points)**



Important Reminder: Nut-Free School & Healthy Snacks

We would like to remind all families that our school is a nut-free environment. Please ensure that no nuts or nut-containing products are included in your child's lunchbox. This includes items that may contain nuts without parents realising, such as Nutella and similar chocolate spreads, cereal bars, and some baked goods. This is essential to help keep all children safe, including those with severe allergies.

We would also like to encourage all parents to provide a healthy snack for break time, such as fruit, vegetables, or other nutritious options.

Please note that children in Reception and Key Stage 1 already receive a piece of fruit or vegetable provided by the school each day, so they do not need an additional snack unless you choose to send one.

Thank you for your cooperation in helping us promote a healthy, safe school environment.

Congratulations to Mr Pike!



I am very pleased to share the news that Mr Pike has been successfully appointed to the position of Deputy Head at St Mary's. Over the 15 years he has been at St Mary's, Mr Pike has consistently demonstrated dedication, leadership, and commitment to our school community. This new role is a well-deserved recognition of his hard work and the positive impact he has had on pupils, staff, and families alike.

Please join me in congratulating Mr Pike on this achievement. I look forwards to working with Mr Pike in his new role and to the continued contributions he will bring to our fantastic school.

Thank you for your ongoing support and commitment.

Angels and Stars

And finally... Please take a look at the photos taken from the Festival held at the United Reform Church last weekend, which had contributions from all of our pupils and which also featured in the Walden Local newspaper this week. It looks amazing!

Have a great weekend.

Mr C. D. Jarman

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



EYFS & KS1—Nativity, Monday 8th December

The children have been practicing hard for their nativity performance on Monday at St Mary's Church. Here is a reminder of some of the details:



- **Children to arrive at church by 5.45pm in their costumes. Doors to the church will not be opened before this time.**
- Performance starts at 6.00pm and should be finished by 7.00pm
- Children are to sit in their year groups with the St Mary's Staff
- After the performance, please come and collect your child from their class team
- There is no restriction to the number of parent/carers/extended family that can attend to watch the nativity.

We very much look forwards to seeing as many of you as possible at this performance.

Special Christmas Lunch—Wednesday 17th December



Dolce will be offering the children a special Christmas lunch on **Wednesday 17th December**. Please pre-order as soon as possible to avoid any disappointment. Pre-Orders to be placed via the School Grid by **Tuesday 9th December**. If you experience any trouble logging into your account, please do not hesitate to contact the School Office.

Children are welcome to wear a Christmas jumper to school on this day

Spring Club Timetable (Yrs 1 –6) Now Available



Earlier this week, we sent out our Spring Club Timetable, which is now also available to view on the school website. We are pleased to offer a range of activities for pupils next term.

<https://www.stmaryssw.org.uk/clubs-2025-2026>

How to Book a Place

• External Provider Clubs

Tennis, Drama, and Karate are run by external companies. These clubs must be booked directly with the provider, and their contact details are listed on the timetable.

• School-Run Clubs

All other clubs should be booked through **School Money**. Spaces are limited and will be allocated on a first-come, first-served basis.

• Pupil Premium Offer

Children in receipt of Pupil Premium funding are entitled to one free club, subject to availability, for any club run by a member of school staff. Please note that this offer does not apply to clubs run by external providers or Premier Sports.

Important Reminders

Please make sure to note down the specific dates for any clubs your child attends, as start and end dates may vary. Some clubs may also have sessions that do not run on certain weeks, so do check the timetable carefully.

CHRISTMAS LUNCH

December 2025

MAINS

ROAST TURKEY, STUFFING & CHIPOLATA
PUFF PASTRY CHRISTMAS CRACKER (VG)

SIDES

ROAST POTATOES, CARROTS, PEAS, SPROUTS, GRAVY

DESSERTS

STICKY TOFFEE PUDDING & CUSTARD (V)
REINDEER SHORTBREAD (VG)
FRESH FRUIT





Bedazzle Arts presents...

*An all singing, all-dancing, interactive
adaptation, of:*

'A Christmas Carol'

- for all of the children at St. Mary's!

DECEMBER 11TH
(During school hours)



Friends of St Mary's and St Mary's Primary School
presents their annual

Christmas FAIR

MEET FATHER CHRISTMAS!

(Bookings only and a small fee applies)

Join us, and Father Christmas, for an evening of
crafts, food, cakes and games!

12/12/2025
4.30pm until 6.30pm

St Mary's Primary School

**FREE
ENTRY**





Diary Dates



Key Dates for the Autumn & Winter Term

Monday Monday 1st December	-	Years 5 & 6 Inter-house tag rugby
Friday 5th December	-	Years 3 & 4 Inter-House tag rugby
	-	FOSM KS2 Disco (5.00pm—6.30pm)
Saturday 6th December	-	School Choir—Spirit of Christmas at St Mary's Church (1.30pm)
Monday 8th December	-	EYFS/KS1 Nativity at St Mary's Church (6.00pm)
Tuesday 9th December	-	Year 4 Greek Day
Wednesday 10th December	-	EYFS/KS1 Scoot Fit
Thursday 11th December	-	FOSM Panto
Friday 12th December	-	FOSM Christmas Fair (4.30pm—6.30pm)
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
Monday 5th January	-	Inset Day
Tuesday 6th January	-	First Day back for pupils
6th—8th January	-	Year 5 Residential Trip (Burwell House)
Friday 9th January	-	Year 4 Swimming Starts (5 weeks)
Tuesday 24th February	-	Years 1&2 Saffron Hall Visit
Friday 6th March	-	Parent/Carer Book Look
Tuesday 10th March	-	Parent/Carer Consultations
Thursday 12th March	-	Parent/Carer Consultations



Admissions September 2026

Children born between 01/09/2021—31/08/2022



As you may be aware, the primary school (Reception) admission round opened on **Monday 10 November 2025**, for parents of children to apply for a Reception school place for the academic year that starts in September 2026.

The statutory national closing date for applications is **15 January 2026**.

Applications can be made online via www.essex.gov.uk/admissions. 99% of parents in Essex applied online last year. All of the application information is available on the website above