

St Mary's Newsletter

Spring Term – Friday 19th May 2023

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Website: www.stmaryssw.org.uk

Attendance Weekly 97.1%

Attendance Year 94.6%



Our motto: 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,

Welcome to the 5th Newsletter of the Summer term - with only one week left until we reach the May/June half term break. Where has the time gone?!

In this week's newsletter we have included information about **Year 6 Bikeability lessons and Year 1 learning to ride** (which have been taking place throughout this week); an article on **AI** (artificial intelligence) including a short quiz to test yourselves; **Mental Health Awareness Week** (which this year has a focus on anxiety); the **Chaplaincy Drop-ins** (facilitated by KT Haynes); and the **Community Nurse Drop In sessions** (at the Saffron Walden Hospital Clinic Room).

Once again, I hope you enjoy this week's newsletter. Don't forget to check out our **Diary Dates** (on the final page) as well as our **Class Updates**—which is sent out as a separate document.

Please note that all newsletters and Class Updates can be found on the school website in the News and Events section, and by following this link: <https://www.stmaryssw.org.uk/newsletters/>

Mental Health Awareness Week:

Anxiety is the theme of Mental Health Awareness Week this year. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events.

We can also get anxious when it comes to things to do with money and not being able to meet our families basic needs, like heating our home or buying food. But anxiety can be made easier to manage. For more information on Mental Health week please visit: www.mentalhealth.org.uk



Have you fallen for Artificial Intelligence?

It's changing our world, and it seems everyone is talking about it! Artificial Intelligence or AI as it's known, is technology that enables a computer to think or act in a more 'human' way, so much so, that distinguishing the fake from the real is becoming more difficult... But have you ever fallen for a fake, AI image or video?

Visit the link below and have a go at the quiz and see if you can spot the real from the AI! <https://www.bbc.co.uk/bitesize/articles/zqnwxg8>

Information from <https://www.bbc.co.uk/bitesize/articles/zqnwxg8>

Community School Nurse Drop In Sessions

At these Community School Nurse Drop-In sessions, parents and carers can ask advice about behaviour and emotional needs, bed wetting, eating disorders, speech and language concerns and other health needs that may be impacting on both home and school life.

Support and advice is offered by a School Nurse and the 5-19 Healthy Family Support Practitioner. This will take place on the 6th June, Saffron Walden Hospital Clinic Room in the Outpatient Department 3.30-5pm.



Chaplaincy Drop-In sessions

Every Monday from Monday 6th June, KT Haynes, who is the Team Leader for the Stort Valley Trust School's Trust, will be re-establishing her weekly Chaplaincy Drop In sessions, where she will offer pupils from Key Stage 2 (Years 3-6) the opportunity to have a chat, or to take part in a range of calm activities throughout lunchtime.

KT will be available to lend a listening ear, and offer a fun activity or two. These sessions take place between 12.45pm to 1.20pm.

We look forwards to seeing some of our pupils at these sessions.



Bikeability:

Over the last week, pupils in Year 6 have been taking part in Bikeability lessons with two trained facilitators. Bikeability cycle training equips children with vital life skills. Pupils not only learn to cycle, they gain independence, social skills and a sense of wellbeing.

After Bikeability, children are better at responding to risk and report increased confidence. As a result, more children cycle to

school which in turn improves mental health and wellbeing. This allows children to get more out of the classroom, improving their attention span and engagement.

Healthier habits lead to increased attendance and improved academic results. Bikeability goes beyond a training course; it impacts children's lives.

Thanks to Miss Driscoll (our Sports Coach) for organising these incredibly important sessions, as well as for all the pupils who have been taking part this week—we have heard glowing feedback about your brilliant behaviour and maturity. Don't forget to wear those helmets and to keep yourselves safe when you are out and about.



Have a great weekend

Kind regards

Mr C. D. Jarman

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



Diary Dates



Key Dates for the Summer Term:

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|--------------------------------|---|
| Tuesday 9th to Friday 12th May | SATS Week (for Year 6 pupils) |
| | - Year 5 Residential Trip |
| Thursday 18th May | - Ascension Day (and assembly) |
| | - KS1 Multi Skills Event |
| Monday 22nd to Friday 26th May | Year 6 Residential Trip |
| Wednesday 24th May | - Fit4Kids workshop (all classes) |
| Tuesday 6th June | - Reception 2023/2024 Parent Information Meeting (9.30) |
| Friday 16th June | - PTA Quiz |
| Friday 30th June | - Year 6 Secondary School Taster Day |
| Monday 3rd July at 7.00pm | - Saffron Walden County High Year 7 Transition evening for Parents and Carers |
| Wednesday 5th July | - Sports Day—timings TBC |
| Thursday 20th July | - PTA Danceathon |
| Friday 21st July | - Last Day of School Year—1.30pm Finish |

** new or amended items added are in blue*

