

# St Mary's Newsletter

Spring Term – Friday 16th January 2026

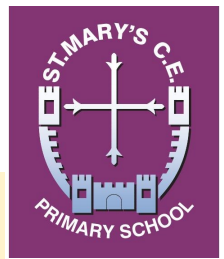
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APPROVED TRAVEL PLAN 2025



Attendance Weekly 96%  
Attendance Year 96.2%

*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,

Good afternoon and welcome to this week's newsletter! Read on to find out about our Shining Stars of the Week, our upcoming FOSM Key Stage 1 Disco Rainbow Raffle and Non-Uniform Day, an article from Smartphone Free Childhood, our house champions of the week and a message about Forest School (for Reception and Year 1) next week.

## Stars of the Week

**Archie**—for always being willing to contribute his ideas in lessons

**Teddy**—for his fantastic digital art, inspired by artist Piet Mondrian

**Linda**—for always checking her morning maths with extra workings

**Teddy**—for always using his manners and showing safe, respect and effort

**Ava**—for working hard on her homework

**Rose**—for showing great focus in all learning and giving 100% effort

**Mohana**—for beginning to ask for help when feeling stuck

**Sid**—for his stellar writing in his Through the Portal story

**Kaan**—for showing perseverance and not giving up during maths

**Elijah**—for his fantastic writing in English this week

**Hilai**—for always showing safe, respect and effort



**Oscar**—for showing real effort in all areas of learning and giving great contributions in class discussions

## Key Stage 1 Disco/Non-uniform/Rainbow Raffle—13th February

**KS1 Disco - Tickets on Sale Now!** - Friends of St Mary's are excited to announce our **KS1 Disco taking place on Friday 13th February (2:00pm - 3:00pm)** for children in **Reception, Year 1 and Year 2!** This is always such a fun event, and the children have an amazing time dancing with their friends.

**Tickets are £6.50** and include **snacks, drinks, and a party bag**. Tickets must be purchased in advance via the **link below or by scanning the QR code**. Please do inform the school if there are any dietary requirements - we will be in touch with you regarding this before the event.

**Please note: Friday 13th February is also a non-uniform day, so children can come to school in their disco clothes ready for the party!** We can't wait to see lots of KS1 children on the dance floor!

**Tickets link:** [KS1 Disco Tickets](#), or scan the QR code below to book:



## Smartphone free childhood:

**TELL YOUR MP TO RAISE THE SOCIAL MEDIA AGE TO 16** - it takes 60 seconds Yesterday, Keir Starmer said he's considering an Australia-style age limit on social media. That means this issue is live in Parliament right now – and parents' voices can shape what happens next. MPs are deciding what to push for today. They need to know how much this matters to their constituents.

We've made it easy:

- A pre-written email
- Takes 60 seconds
- You can personalise it, or just send as-is



Email your MP now: <https://smartphonefreechildhood.eaction.org.uk/raise-the-age>

Anyone can send this - parents, carers, grandparents, aunts, uncles, young people. Please forward this message. Share it in school year groups, class chats, sports teams, family groups – anywhere parents are talking. Every extra



message increases the impact.

This isn't party-political. It's about protecting children from addictive, algorithm-driven platforms – and making it easier for parents to hold the line together. These moments don't come around often. Let's make it count.  
Team SFC.

### **House triumphs!**

These are the results for this week: in 1st place with 60 points was Water House; in 2nd place with 53 points was Fire House, in 3rd place with 46 points was Earth House and in 4th place with 32 points was Air House.

Well done everybody!



**1st place  
(60 points)**



**2nd place  
(53 points)**



**3rd place  
(46 points)**



**4th place  
(32 points)**



### **Reception and Year 1—Forest School Thursday 29th January 2026**

Please be aware that there will be no Forest School on Thursday 29 January. Children should attend school in their full school uniform on this day. Thank you for your understanding.

Have a great weekend!

*Mr C. D. Jarman*

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

# 4 Questions

Every Parent Should Ask **DAILY**  
if Your Child is Online

1. How was your ONLINE WORLD today?

2. Did you see anything online that you didn't like?

3. Did anyone send you something that made you UNCOMFORTABLE?

4. Did you send anything to anyone that you shouldn't have?

## WHY THESE QUESTIONS MATTER :

LET'S  
TALK

Normalise Talking About Online Life



Build Trust & Openness




Prevent Problems BEFORE They Escalate

**STOP  
IT EARLY!**

**FEBRUARY 13TH**



**2PM - 3PM**

A large, colorful disco ball with a grid of reflective facets, transitioning from yellow at the top to purple at the bottom. Three white four-pointed stars are scattered around the ball.

**KSI**  
**Disco**

**£6.50- INCLUDES SNACKS,  
DRINKS AND A PARTY BAG**



**Friends of St Mary's**  
for the children of St Mary's  
Primary School, Saffron Walden  
Charity number: 1046048

**SUPPORT US WITH TESCO'S  
BLUETOKEN  
SCHEME!**

**DROP IN A  
BLUE TOKEN  
FOR FOSM!**

**VOTE FOR US  
IN STORE!**

**Help us raise funds for our school!**

**Teenage anxiety is more common than many parents realise**

In the UK, **1 in 5 children and young people experience a mental health difficulty**, with anxiety being one of the most common issues during the teenage years. Research also shows young people are **more likely to feel anxious than any other age group**.

This free online course will help parents and carers:

- Understand what anxiety looks like in teenagers
- Learn why teens may struggle to talk about their worries
- Gain practical strategies to support and reassure your child
- Build confidence in responding to anxious behaviours
- **Date:** Wednesday **15 & 22 January**
- **Time:** **9:30am – 11:30am**
- **Location:** Online
- **Duration:** 2 hours

With demand for support rising and services under pressure, early understanding can make a real difference to a young person's wellbeing.

Places are limited – early enrolment is strongly advised.

Book now via link below or visit [www.aclessex.com](http://www.aclessex.com) and search for "teens anxieties" <https://courses.aclessex.com/CourseDetailsView.asp?CODE=HO4C51OL25&NAME=Understand+Teens+Anxieties&ID1=9000&ID2=295343&ID3=1>



# Diary Dates



## Key Dates for the Spring Term

### January 2026

Thursday 15th January	-	Census Day & special lunch
Friday 23rd January	-	Explorer Dome in for Reception, Yr 3 & Yr 5
Monday 26th January	-	Holocaust Memorial Day—1.30pm
Thursday 29th January	-	Reception and Year 1—No Forest School

### February 2026

WHOLE MONTH	-	LGBTQ+ History Month
Mon 9th to Friday 15th February	-	Children's Mental Health Awareness Week
Tuesday 10th February	-	Safer Internet Day
Friday 13th February	-	Year 3 swimming lessons start
Friday 13th February	-	2pm—3pm Key Stage 1 disco/non uniform day
Monday 16th to Friday 20th February	-	Half Term Holiday
Friday 27th February	-	Yr 4 Public Speaking Competition (Great Chesterford Primary School)
Monday 23rd February	-	Pupils Return from 8.30am

### March 2026

Monday 2nd to Friday 6th March	-	One Plan Meetings TBC
Tuesday 3rd March	-	Governors' Day
Thursday 5th March	-	Parent/Carer Book Look/Share Our Work sessions: 8.30am to 9am & 3.15pm to 4pm
Thursday 5th March	-	World Book Day—Dolce special lunch
Monday 9th to Friday 13th March	-	British Science Week
Monday 9th to Friday 20th March	-	Assessment weeks
Tuesday 10th March	-	Parent/Carer Consultations from 3.30pm
Thursday 12th March	-	Parent/Carer Consultations from 3.30pm
Monday 16th to Friday 20th March	-	Neurodiversity Week
Weds 18th to Weds 25th March	-	Book Fair
Friday 20th March	-	Red Nose Day
W/c Monday 23rd March	-	Y3 & Y4 Parent presentations (date & time TBC)
Friday 27th March	-	Easter Service @ St Mary's Church (11am)
Friday 27th March	-	Last day of term – finish at 1.30pm
Monday 30th March to Friday 10th April	-	Easter Holidays

