

Weekly Newsletter  
Friday 7th October 2022

St Mary's Catholic Primary School



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#### MESSAGE FROM THE HEADTEACHERS

On Tuesday, St Mary's opened its doors to prospective parents who were welcomed into school by the current students. Firstly, our amazing choir sung to them, then our Head Boy and Head Girl told them about their experiences. Finally, they were shown round by our Year Six ambassadors who did a tremendous job at telling them all the wonderful things about our school.

On Thursday, St Mary's was visited by Daniel Coleman, an RE advisor from the Southwark Education Commission who worked with the RE team to map out our action plan for the year ahead to ensure that St Mary's continues to offer the best possible spiritual education for its children.

At lunchtime today, Key Stage 1 children were invited into the hall to enjoy a short service performed by our Faith Friends who have a very important job at promoting the Faith in our school. With the help of Mrs Kingdon they planned their own short piece about *Harvest* and how we should help others at this time.

Have a great weekend!

Mr J Sims and Miss C Phipps  
Headteachers

WEEK BEGINNING 10/10/2022

**Monday 10<sup>th</sup>**

World Mental Health Day

**Tuesday 11<sup>th</sup>**

Tag Rugby Tournament

**Tuesday 11<sup>th</sup>/Wednesday 12<sup>th</sup>**

Parents' Evening – 3.30pm – 6pm

**Thursday 13<sup>th</sup>**

Class L Parents' Evening with Mrs Pita

Football Tournament at Sparrows Lane

**Friday 14<sup>th</sup>**

Reception Classes in Eltham Park South for Autumn Walk

Roman day for Y4 children

#### OCTOBER – THE MONTH OF THE ROSARY

Throughout the month of October, you are invited to pray the Rosary.

October is the month devoted to the Holy Rosary. This is the perfect time for us to reflect upon the meaning of the Rosary and its significance in our walk of faith.

You could also consider singing hymns to Our Lady, such as 'As I Kneel Before You (Ave Maria)' a lovely, meditative way to honour Our Lady. There are many ways you can pray at home, with your family.

**SCHOOL VALUES: FAITH, MERCY, TRUTH, RESPECT, RESILIENCE, LOVE**

PARENTS EVENINGS  
TUESDAY 11<sup>TH</sup>/WEDNESDAY 12<sup>TH</sup> OCTOBER

Parents can book their timeslot on Wisepay until Monday 10<sup>th</sup> October at 10am. Please ensure you have taken a note of the times you have booked. The appointments will run from 3.30pm – 6pm. Each appointment is 10 minutes long. When booking timeslots for more than one child, please allow time in between appointments.

Mrs Pita (5L) is unable to see parents on Tuesday 11<sup>th</sup> so has scheduled her meetings on Wednesday 12<sup>th</sup> and Thursday 13<sup>th</sup>.

Parents of children in Nursery can pop into see Miss Dennis in the Nursery at any time between 3.30pm 6pm. No timed appointments are necessary for these meetings.

Mrs Lopez, our SENCO, will not be booking appointments on these two evenings. She plans to see parents at another time. She will contact parents separately.

The children will finish at the slightly earlier time of 3pm on Tuesday and Wednesday. Please ensure your child is collected promptly. After school clubs will not take place on either day. The wraparound care, Allkidscan, will take place as normal.

### SEN NEWS

#### DYSLEXIA AWARENESS WEEK

This week is Dyslexia Awareness Week. We are focusing on dyslexia in school and highlighting the way people live with it and have fulfilling lives and careers. Mrs Lopez is expanding the dyslexia book collection across KS1 and KS2 to include the works of prominent authors like Michael Morpurgo, Tony Bradman, Anne Fine and Malorie Blackman.

#### PARENTS' EVENING

Mrs Lopez will see parents for the SEN parents' meetings, week beginning Monday 17<sup>th</sup> October. Parents will already have spoken to their child's teacher. Parents will be informed when the times are ready to book. There will be face-to-face and virtual appointments so parents have choice.

### SAMARITIAN'S PURSE

The School Council would like St Mary's to support the Samaritan's Purse charity this year, however we want to avoid putting financial pressure on parents. In this week's School Council meeting the children discussed the cost of living crisis and for this reason, rather than filling an entire shoebox, we would like families to consider purchasing one gift for the box. These do not need to be wrapped – just label whether the gift is for a boy or girl and the age group. Gifts can then be put together in boxes per class or year group. If anyone has spare shoeboxes, please wrap them in Christmas paper and bring them to school. The school council will help to put all the boxes together. However, if you would prefer to fill a whole shoebox, this is equally fine. Please be aware there is no pressure and remember our environment! To send the boxes, the charity asks for a £5 donation; the form can be completed online if this is something you would like to do.

### WORLD MENTAL HEALTH DAY

Monday 10<sup>th</sup> October is world Mental Health Day. The theme this year is "*make mental health and wellbeing a global priority for all*".

At St Mary's we will reflect on the importance of looking after our mental health and ways to prevent mental ill health. We will discuss the benefits of talking about worries and asking for help if needed.

To highlight awareness children can wear something green to school on Monday alongside their school uniform. This could be a green ribbon or hairband, green socks or maybe a green badge on their jumper.

For more information about mental health, please click on the link to the mental health website:

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

### WELLBEING

#### 5 Finger Breathing



1. Stretch one hand out so that you have space between your fingers.
2. Hold up your pointer finger from the other hand.

3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.
4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.
5. Repeat for all fingers until you have traced your whole hand.

*Light a candle and place it on the table before you eat. This brings calm and peace to a setting, alleviates tension and encourages people to eat more slowly and thoughtfully.*

## CHILDREN'S CORNER

Jan Marganski, 5K, recently received a second stripe on his Jiu Jitsu white belt.

Amelie Laye, 5K, has been awarded a yellow belt in her Taekwondo class.

Very well done to both children for their achievement!



## Y6 SECONDARY TRANSFER

If anyone requires help completing their application form for secondary school, please do not hesitate to call the school. The deadline for submitting the forms is 31<sup>st</sup> October 2022. Supplementary Forms must also be completed when applying to Faith schools such as St Thomas More Comprehensive School

If you are getting your form signed with Fr John at Christchurch, please refer to his timetable on the church newsletter.

[https://www.christchurcheltham.org.uk/docs/newsletters/Newsletter\\_2022\\_10\\_02.pdf](https://www.christchurcheltham.org.uk/docs/newsletters/Newsletter_2022_10_02.pdf)

## MEDICAL NEWS

### POLIO VACCINATION – MESSAGE FROM ROYAL BOROUGH GREENWICH

All children aged 1-9 in London are being offered a polio vaccine. For some children this will be an extra dose, for others it will bring them up to date with their routine vaccinations.

There are signs the virus may be spreading in London and the number of children vaccinated in Greenwich is lower than it should be. Boosting immunity in children should help protect them and reduce the risk of the virus continuing to spread.

If your child is aged 1 to 4 local NHS services will be in contact to book your vaccine

If your child is aged 5 to 9 you can book your appointment now at [selondonics.nhs.uk/polio-vaccination](https://selondonics.nhs.uk/polio-vaccination).

### FLU VACCINATION

Details of the vaccination has been sent to parents so please refer to the email. Consent can be given by following this link -

<https://app.schoolscreener.com/Portal/#/Oxleas/imms/Oi41/144091> or if you would prefer a printed copy please let us know. The nursing immunisation team would like all parents to complete the form, whether you wish your child to be vaccinated or not.

## PA NEWS

### DATE FOR YOUR DIARY

*Fireworks Night*

*Saturday 5<sup>th</sup> November*

*At The Oaks, Eltham Town FC,  
176 Starbuck Close, SE9 2TD*

Please come along to this exciting family event, which is taking place at a new venue. Gates will open at 6pm, the firework display will start at 7pm. Hot food, drinks will be available, and you will be able to purchase drinks from the bar.

Tickets can be purchased in advance through Ticket Taylor (adults £6.50, children £3.50).

### *LAUNCH PARTY*

We invite all our parents to come along for the launch party of our new sports pitch (Faith Field and Mercy Stadium) on Friday 14<sup>th</sup> October from 3.30pm-4pm, to thank everyone for their tremendous support.

It is proving a huge success with the children and without the support of our parents, the parent's association and our local community, this project would still be just a dream.

### *AGM*

Following on from the AGM yesterday, the PA have secured some new parents for the roles of chairperson, treasurer and secretary. Many thanks to all those who attended the meeting and to the following people for stepping forward.

Co-chairpersons:-

Shelley Ross Harding and Helen Marchant

Co treasurers:-

Iryna Shkilna and Anna McGinnes

Secretary:-

Marta Inken

The voices of the PA will be:-

Sarah Mole, Michelle Prove, Laura Brewster and Claire Maskell Gibbons.

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