



# NEWSLETTER

**“A Christ-centred school with a child-centred curriculum through wisdom and love”**

Telephone: 01798 872007

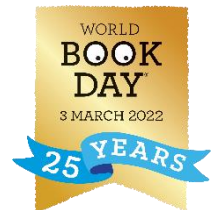
WB 17<sup>th</sup> January 2022

Thank you to all parents this week for your support, we have had cases of COVID and parents have listened to advice and helped to manage the cases that we have had. We will continue to follow our risk assessment and enforce the measures that we can.

**Reading ages** – Well done to **James McN, Freddie G and Daniel P** as you got the three top reading ages in Accelerated Reader. We are very proud of your achievements and love listening to how you feel about your reading.



**World Book Day** – Henry Adams are running a competition for World Book Day on Thursday 3<sup>rd</sup> March. We would love the children to dress in a book day costume as part of the celebrations and, in addition to this, the children will be asked to design and make an eye-catching flag to celebrate their favourite BOOK CHARACTER or AUTHOR on the 25th Anniversary of World Book Day. They can use an A4 piece of paper/card and any materials they wish, to draw, paint, cut out or stick to create an eye-catching and colourful flag and have them back to your school by Tuesday 8th March. Prizes will be awarded for a winning flag in each year group at your school as well as the chance for one design across all of our participating schools to win £500 worth of books for their school library or classrooms. Please do not enter yet and wait until the beginning of March.



**Curriculum** – In our staff meeting this week, we have been looking at educational research from Rosenshine's "Principles of Instruction". We have revisited some of these principles and the children will be talking about this in lessons.

1. Begin a lesson with a short review of previous learning,
2. Present new material in small steps followed by student practice,
3. Ask questions and check answers,
4. Use models,
5. Guide practice,
6. Check for understanding,
7. Obtain a high success rate,
8. Provide scaffolds in difficult tasks,
9. Stimulate and monitor independent practice,
10. Conduct weekly and monthly reviews.

**Anti-bullying** – A big thank you to The Arts Society, Steyning and Sarah Siggs for sending us a copy of 'Mud Boy'. This is a story about being kind and teaching children what to do if others aren't kind. We will be sharing it during worship over the next few weeks.

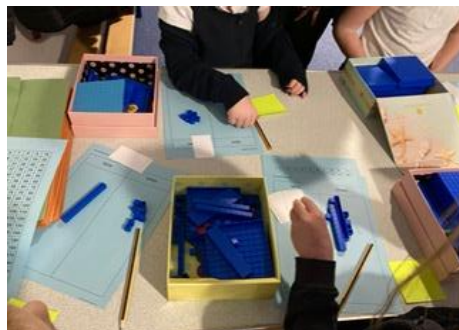
## Year 6 SATs meeting –

Miss Turner and Mrs Callender spoke to parents yesterday about SATs (Standard Assessment Tests) which are planned for May. If you missed the meeting then the presentation is under Japan and South Africa classes. .on our school website.

**Worship this week** – This week in worship we looked at being the greatest vs showing humility and we learnt through The Bible story of Jesus washing his disciples feet. Mrs Copus washed some of the Y6 children’s feet to show that ‘we are all equal in God’s eyes’.



**Learning** – Concrete and pictorial are key ways to teach Maths. Well done to Year 3 who were looking at the number of digits in numbers.



**Italy class** have been learning to play the xylophone. They were listening and performing.



### My Home at Christmas competition winners:

Victoria L (Thai) Fred M (Thai)  
Daisy E (Ire) Indigo P (Ire) Charlie M (Ire)  
Amelie E-W (SA) Jessica L (SA)



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& west**



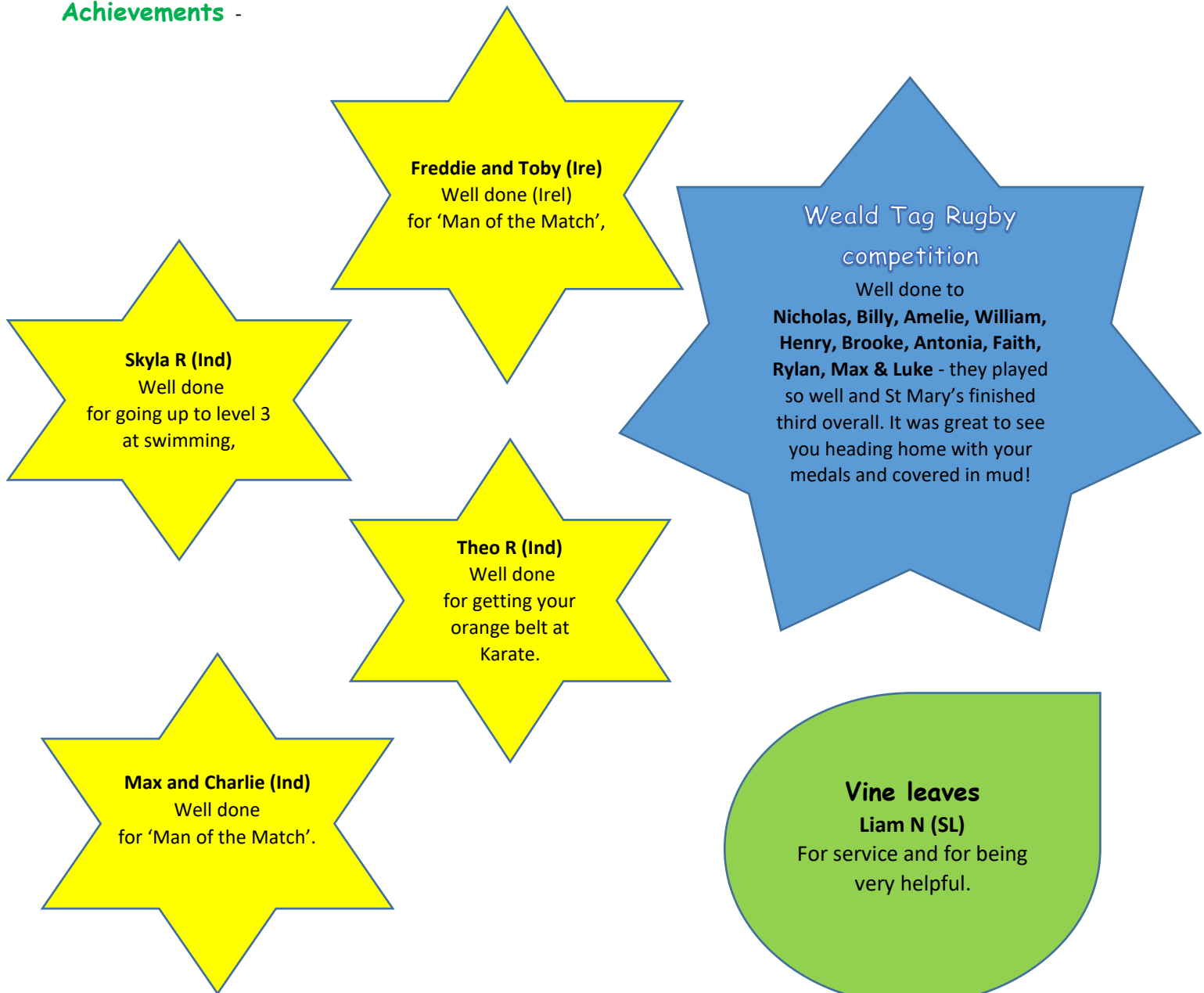
**Amazon Smile Link** – Would you like to make help make a difference while you shop in the Amazon app, at no extra cost to you? Simply follow the instructions below to select Friends Of St. Mary’s C Of E (Aided) Primary School (Pulborough) as your charity and activate AmazonSmile in the app. Amazon will donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programmes & Features
3. Select Friends of St. Mary’s C of E (Aided) Primary School (Pulborough) as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

**smile.amazon.co.uk**

## Achievements -



**Ladybirds Group** - St Mary's Church Ladybirds Group meets every Thursday during term time from 10-11.30am for families with their babies and toddlers. Join us for fellowship, songs and stories in a relaxed and welcoming atmosphere. For more details please contact Vicky Smith on [stmaryschildschurch@gmail.com](mailto:stmaryschildschurch@gmail.com)

**Kingfishers Group** - St Mary's Church would love to invite you and your families to Children's Church, this Thursday 20th January, from 3.30 - 4.45pm. Our dates for the rest of this half term are the 3rd and 17th of February.

Join us for songs, crafts, Bible stories, games and snacks, in a fun and relaxed atmosphere.

Please register for your place by contacting Vicky Smith on [stmaryschildschurch@gmail.com](mailto:stmaryschildschurch@gmail.com)

## Most important 9 minutes of each day

In all the time you spend with your child, **which moments** do you think contribute most to their well-being?

Family vacations? ✨ A memorable birthday party?

Yes, those times are special, but research says that the most important time we spend with our kids **might be just nine minutes each day.**

That's because kids need regular, positive emotional experiences with their caregivers in order to **feel secure and promote healthy emotional development.**

So, which nine minutes?

👉 The 3 minutes after your child wakes up 🏠

👉 The 3 minutes when the two of you reunite after school or daycare 🏫

👉 The 3 minutes before they go to sleep 🌙

(How this works will look slightly different for each family).

The point is that these times are check-ins. Small moments of connection.

Chat about something that's weighing on their mind, or I have a laugh about something silly that happened that day—there's no pressure or checklist.

Give it a try and you'll be amazed at what can happen when you connect with your child intentionally several times a day.

**Want a friendly reminder to take your 9-minutes a day?**

Use this helpful printable so you won't forget.

### THE MOST IMPORTANT 9 MINUTES OF EACH DAY





#### THE FIRST 3 MINUTES WHEN THEY WAKE UP

**INSTEAD OF...**

- ⦿ Abrupt wake-ups and rushing

➔

**TRY...**

- ⦿ "Let's lay and wake up together for 3 minutes."
- ⦿ "I love starting my day with snuggles with you."
- ⦿ "What are you most looking forward to today?"



#### THE FIRST 3 MINUTES WHEN THEY GET HOME FROM SCHOOL

**INSTEAD OF...**

- ⦿ Letting them run to the TV
- ⦿ Asking about homework
- ⦿ Greeting them from another room

➔

**TRY...**

- ⦿ "I'm so happy to see you. Tell me about the best part of your day."
- ⦿ "You look sad. Let's sit down and snuggle for a minute."
- ⦿ "Let's have a snack and share our highs and lows of the day."



#### THE LAST 3 MINUTES BEFORE THEY GO TO SLEEP

**INSTEAD OF...**

- ⦿ Saying goodnight and sending them off to bed on their own
- ⦿ Tucking them in and leaving right away

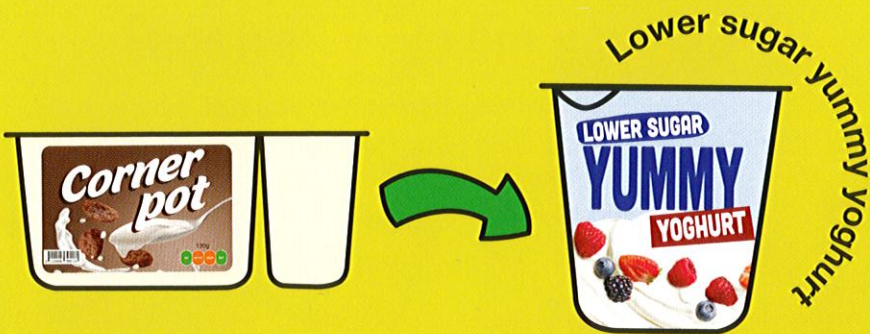
➔

**TRY...**

- ⦿ "What were you most grateful for today?"
- ⦿ "What was the best part of your day?"
- ⦿ "I loved how you showed perseverance today."



# Find healthier swaps for the whole family



## Just scan, swipe, swap

Now it's your turn to try!



Let's  
do this



Download the FREE  
NHS Food Scanner App

# Be a Swap Rockstar!

1

**Scan** the barcode on your favourite foods

2

**Swipe** to see healthier choices

3

**Swap** next time you shop

## Can you make swaps?

Try colouring them in as you go\*



Breakfast



Corn flakes



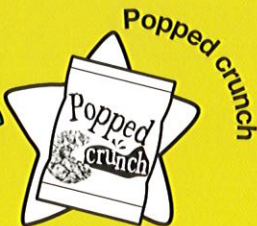
Lunch or Dinner



Thin and crispy delight



Snack



Popped crunch



Dessert



Fruity chew loaf



Drink



Lower sugar juice drink



Name

has made 5 swaps and is a Swap Rockstar

\*Crayons work best. If you use felt tips make sure you allow time to dry.