



# NEWSLETTER

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

Telephone: 01798 872007

WB 4<sup>th</sup> October 2021

**After half term** – As we head towards half term we wanted to share the plans for the school day. UK, Austria, Thailand, Italy and India will be coming in at 8.40am and pick up is 3.05pm. NZ, Ireland, USA, SL, Mexico, China, South Africa and Japan will be coming in at 8.50am and leaving at 3.15pm.

**INSET Day** – We have an INSET day on Monday 1st November and we will be working with The Vale Primary School, Findon on our new curriculum and the intent, implementation and impact of all areas of the curriculum. We start back on Tuesday 2nd November.

**Mental Health Day** – Mental Health Day is Sunday 10<sup>th</sup> October. To recognise this day on **Monday 11th October** at school pupils are entitled to wear a yellow sock, ribbon or other yellow accessory if they wish. We want the children to know that it is great to talk about how you are feeling and that we all feel a range of emotions every day and we need to be able to identify them and help ourselves when things don't feel right.

**Staffing** – We are welcoming Mrs Hayes to the team of amazing teaching assistants. Mrs Hayes will be working in Japan class.

**New website** – We have a new website - please do have a look at the updated version as we think it reflects the school and the community in which we live.

**School shoes** – Trainers are becoming evident again – they are not school uniform for learning in the classroom and should only be used for PE. We do have shoes in school and will be giving them to children coming in to school in trainers for the classroom.

**Vine leaves** – **Daniel M (Ind)** for showing love and compassion to other children in the class. **Ted E (Ita)** for showing compassion and empathy when friends need it. He is a real leader and many a child turn to him for sensitive support. **Charlotte G (Ita)** for showing strength and resilience in her learning. She is really proving herself in writing and number work, and growing in confidence as a result. **Louis M (Ita)** - he is really showing some excellent examples of focused learning and is developing a consistent sense of pride in his work. It is lovely to see his growth mindset emerging. **Henry B (Ita)** - for doing the right thing at the right time. Asking for help when he needs it. **Beau (Ire)** for humility as he was able to accept responsibility for something and put someone else before himself. **Ruben S (Chi)** for showing kindness by helping out children who were finding coding tricky. **Ellie J (Jap)** for showing compassion by looking after her friends when they were upset. **Benedict G (Jap)** for persevering in his English and producing some lovely writing. **Charlie K (SA)** - for creativity - you have shown fantastic engagement in your WW2 diary writing this week, producing an original piece of work to be extremely proud of. **Misty M (SA)** - for perseverance - we have been hugely impressed by the determination you have shown in all curriculum areas - keep up the excellent work! **Caleb S (SA)** - for thoughtfulness - you are always the first to volunteer to help with jobs and responsibilities on behalf of the class and have already proved yourself to be a superb role model to others. **Olivia (SL)** for friendship and kindness which she has shown this week by helping several children with various tasks and activities.

**Harvest Eucharist** photos – Thank you for all the gifts that were donated for the Harvest celebrations. They went up to St Mary's church at the weekend and decorated the church. We received a letter from Family Support Work thanking the school community for the gifts that were given.



**Football Yr6** – It was a pleasure to take the team to the competition at Tanbridge House. We played Shelley, Steyning and Heron Way. The team did well on their first outing together and gave it all that they had and they scored a goal in the final match. **Billy B (SA)** was awarded 'Man of the Match' for his determination and resilience.



**Achievements** – **Felicity G (USA)** has been awarded her 5m rainbow backstroke certificate.

**Jessica L (SA)** took part in the Novice 2, her first foray into the world of multisport at the Billingshurst Aquathlon (swim/run).

**Freddie G (Chi)** and **Scarlett E (Chi)** competed in the Tristar1 and **Anna E (SL)** in the Tristar. All were fantastic. Anna came 3rd overall in her race, in a very competitive field. For anyone interested in triathlons for the 2022 season please contact Mrs Gowland.

**Archie (Ind)** for perseverance and resilience as Archie has gone from not being able to tie his shoe laces to being able to do it! Well done Archie.

**Gemma (Ire)** belongs to 1st Pulborough Brownies and was made a seconder last night to the Hedgehog six!

**Ronnie (Ita)** has swum five metres to achieve his Level 2 certificate.

**Charlie (Ind)** achieved 'Man of the Match'.

**Alicia (USA), Rowan (USA)** and **Niamh (USA)** has been promoted to a sixer leader at Brownies.

**Max (SA)** completed a 2K run in 16 minutes and 16 seconds around Nutbourne in the vineyard run.

**Ella (SA)** completed the run in 19 minutes and 24 seconds and **Alex B (SA)** completed 9 laps of the Goodwood Motor Circuit in a cycling challenge. Well done to everyone who has achieved so much. Well done.

**Catch me reading** – We are really keen to see the strange and wonderful places that children are reading in. Please send any photos in to [office@stmarysprimarypulborough.co.uk](mailto:office@stmarysprimarypulborough.co.uk) and we will display them in school.

**Time Tables Rock Stars** – From next week, we will be awarding certificates for most improved TT Rockstar or top score for the class. If the children are not logged on then please contact the class teachers for log in details and get learning those times tables. Watch out next week for the top scorers!



**Meet the Teacher** – Thank you to everyone who attended 'Meet the Teacher'. If you couldn't attend then there is a PowerPoint presentation on the website under the heading 'Classes'.

**Working party** - **Saturday 10-12 noon – 6<sup>th</sup> November**. Tea and biscuits provided. Please bring your gloves and tools.

**World Mental Health Day** - **On Sunday 10th October**

# Five ways to wellbeing

A review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for well-being:

## Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

## Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

## Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

## Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

## Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.








LIGHT UP TRAILS PRESENTS  
**CHRISTMAS AT  
COWDRAY**

**Opens  
24<sup>th</sup> Nov  
to 1<sup>st</sup> Jan**

# School competition!

The winner will receive £250 for your school's art department, £250 clothing voucher to spend with [www.childrensalon.com](http://www.childrensalon.com) and a family ticket to Christmas at Cowdray

To enter create your own poster to promote Christmas at Cowdray and upload to our website. The more creative the better; use textiles, sparkles, paint... anything to make your design Light Up!

[www.lightuptrails.com/competition](http://www.lightuptrails.com/competition) |    @lightuptrails

T&Cs apply, see website for more details.