



St Mary's C of E (Aided) Primary School



# NEWSLETTER

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

Telephone: 01798 872007

WB 7<sup>th</sup> February

Wow, what a great week at St Mary's with the Basketball Team getting first place at The Weald! Key information has been given to the children about Safer Internet Day and we have talked a lot about how we are feeling about things, managing ourselves and how we feel inside.

**INSET Day** - A reminder that our **INSET day is on Monday 28th February** and the school will be closed for teacher training. We reopen on **Tuesday 1st March**.

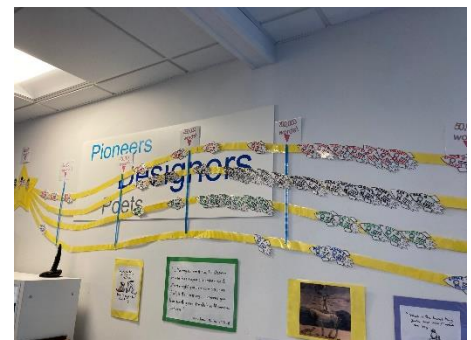
**Library** - Half term activity event “Stories to Make you Smile’ over at Storrington Library on **Thursday 24th February** which is particularly focused on the children in **UK and Austria class**. As well as stories and crafts, there'll even be a treasure hunt around the library! Tickets are of course free but they do need to be booked in advance, as places are limited. **See attached Flyer**

**Work Party** - We are running a Grounds Working Party on **Saturday 5<sup>th</sup> March 10 – 12 noon**. We would love families to come and help us clear away the winter leaves and set the grounds up for the spring. We will supply refreshments. Please let the office know if you can help - even for half an hour. Many thanks in anticipation.

**Big Top** - The Year 6 children have started their fundraising for the Big Top and we are delighted to share that **Misty (SA)** has already raised £55 with a sponsored event. We are very proud of the determination of these young people. Thank you to **Misty**.

**Safer Internet Day** - Key Stage Two have been using our school video camera to make our own videos to share our knowledge with KS1 about how to keep ourselves safe. National Online Safety have some brilliant posters for parents. **See flyers attached.**

**1,000,000 Words count...** Holly A (SL) has joined Noah G (Jap) and Luke T (SA) ...well done to her! We have so many rockets flying on our vocabulary board now. Well done to everyone who is flying high on the Accelerated Reader board.



**Children's mental health week** – This week, we have focussed on ‘resilience’ with the children and ‘being strong’ and ‘letting go’ when we need to move on. This might help you as parents to develop your child’s resilience. Life will always be full of ups and downs. It is important that we get children to focus on resilience, the positives in their lives and what they can and cannot control.

BBC Bitesize — Parents' Toolkit

## Four ways to build your child's resilience

- 1. Help them manage and appreciate uncertainty**  
Explain that life can be more uncertain than they think - and that's okay!  
Remind them of unexpected events in their lives that turned out to be good.
- 2. Embrace set-backs and mistakes**  
Explain that mistakes are a great way to learn and part of what makes us human. Lead by example and don't beat yourself up after you make a mistake - use 'I could have', rather than 'I should have'.
- 3. Empower them to make their own choices**  
Help them to make age-appropriate decisions that affect their day-to-day life. Part of being a resilient child is learning how to be independent and trust in their own ability to make the right choice.
- 4. Challenge their thinking**  
Help them to tackle any catastrophising and over-generalisation in their thinking by talking through the flaws in that thinking style and helping them to see alternative perspectives.

For more mental health advice, head to BBC Bitesize Parents' Toolkit

**Basketball** – Winners! We are very proud of the team who represented the school. They played with determination and enthusiasm and were a credit to the school.

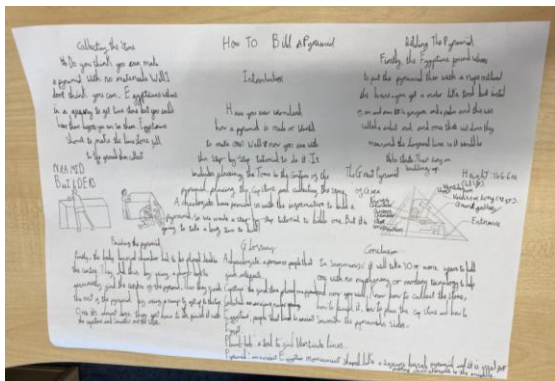


## Netball

**\*NEW AFTERSCHOOL CLUB\***

After half term, Miss Sleat is offering a Netball Club. This is on a **Thursday 3.15 – 4pm** starting on **3rd March for Y4, Year 5 and Year 6**. If you are interested then use the booking section of School Gateway opens at 10am tomorrow.

**Learning** – Year 3 have been thinking about ‘Does the size of your feet affect your height?’ and they have been working together on their investigation.



**Year 4** – Well done to Lily (SL) who has produced some great writing and this is a real improvement from where she started. Lily has amazed us with her writing.

**Achievements** – well done to them.

**Harry C (Chi)**  
Achieved his 600m in swimming tonight.  
Felicity for her swimming award – well done.



**Finnley (Ind)**  
Passed his Level 4 swimming and his first Judo grading. Charlie (Ire) has completed his Level 4 in swimming.

– Franco F (SL)  
has really embraced XC running and he is becoming a great runner – keep up the good work.

**Daniel (Ire)**  
has gained his swimming stage 2 badge at cubs.

**Oscar (Ire)**  
Got 'Man of the Match' and we have lots of Y3 boys playing in matches.

**Felicity G (USA)**  
Gained her Stage 5 swimming award.



## Vine leaves -

**Darcey (Mex)** - For courage with some difficult situations this week

**Livia H (Ire)** - For her perseverance this week – we have seen you pushing yourself

**Ella W (SA)** - For her perseverance as she never gives up and wants to be the best that she can be!

**Ava D (Chi)** – For friendship you are such a good friend to others and keep others moving forward with your encouraging words.

### **February Kindness Shield**

**Ethan L (Ita)**

Ethan you amaze us with the young man you are growing into. You are always the first to intervene when the children need you. You are wise beyond your years and we can see this in the classroom with the way that you take responsibility and empathise with others. Thank you for being so humble and so kind!

Thank you to everyone for your ongoing support at this challenging time. "It takes a community to raise a child" and we are a community that goes above and beyond to offer our children what they need.



# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

 **National Online Safety**  
#WakeUpWednesday





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#WakeUpWednesday





# Stories to make you Smile

Join us for some half term fun with stories and a craft activity

Suitable for children aged 3 - 8 years

Booking essential - please call or pop into the library to reserve a place.

Parents and carers must remain with their child during this activity

*There is no charge for this activity but there is a Donation Box if you would like to make a cash contribution.*

Thursday 24<sup>th</sup> February 2022  
10.00am-11.00am



# THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY





# WEEK 1 MENU

25-Apr 16-May 06-Jun 27-Jun 18-Jul 08-Aug 29-Aug 19-Sep 10-Oct 31-Oct 21-Nov 12-Dec 02-Jan 23-Jan 13-Feb 06-Mar 27-Mar



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Hot Main Dish

**Sausages, Mash & Gravy**  
Pork & beef sausages in gravy

**Macaroni Cheese**   
Macaroni in a creamy cheese sauce

**Roast Chicken with Roast Potatoes and Gravy**  
Roast chicken with roasties and gravy

**Cheese & Tomato Pizza**   
Deep base pizza with a cheese & tomato topping

**Fish & Chips**  
Our traditional Friday favourite

### Alternative Dish

**Butternut Squash & Chickpea Curry & Rice**   
Chunky vegetables in a mild curry sauce

**Mild Bean Chilli & Rice**   
Baked bean chilli and fluffy rice

**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy**   
Chunky sweet potato and chickpea roast

**Beef Pasta Bolognese**   
A classic Italian beef bolognese in tomato sauce

**Dippers and Chips**   
Crispy Quorn nuggets

### Jacket Potato

**Jacket Potato with Salmon Mayo**

**Jacket Potato with Veggie Bolognese**

**Jacket Potato with Cheese**

**Jacket Potato with Baked Beans**

**Jacket Potato with Cheese**

### Vegetables

Golden Sweetcorn or Salad

Rainbow Vegetables or Salad

Carrots and Cabbage

Garden Peas or Salad

Baked Beans or Salad

### Desserts

Smooth Fruit Yoghurt

Apple, Orange & Melon Fruit Bowl

Cranberry Shortbread Biscuit

Pear & Chocolate Sponge

Jammy Jack Flapjack

SPRING/SUMMER 2022

Bread, Milk, Water & Fruit available every day  
Ketchup served on Friday

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

# WEEK 2 MENU

02-May 23-May 13-Jun 04-Jul 25-Jul 15-Aug 05-Sep 26-Sep 17-Oct 07-Nov 28-Nov 19-Dec 09-Jan 30-Jan 20-Feb 13-Mar 03-Apr



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Chicken Korma &amp; Rice</b> Mild creamy korma sauce and fluffy rice	<b>Cheese &amp; Tomato Pizza</b> Deep base pizza with a cheese & tomato topping	<b>Roast Ham with Roast Potatoes and Gravy</b> Ham in gravy with roasties and gravy	<b>Classic Beef Burger</b> Served with salad & diced potatoes	<b>Fish &amp; Chips</b> Our traditional Friday favourite
Alternative Dish	<b>Quorn Sausage, Mash &amp; Gravy</b> Sausage in gravy with mash potato	<b>Beef Pasta Bolognese</b> A classic Italian beef bolognese in tomato sauce	<b>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy</b> Chunky sweet potato and chickpea roast	<b>Mild Bean Chilli &amp; Rice</b> Baked bean chilli and fluffy rice	<b>Cheese &amp; Vegetable Frittata &amp; Chips</b> Oven baked omelette and chips
Jacket Potato	<b>Jacket Potato</b> With Cheese	<b>Jacket Potato</b> With Baked Beans	<b>Jacket Potato</b> With Tuna Mayo	<b>Jacket Potato</b> With Cheese	<b>Jacket Potato</b> With veggie bolognese
Vegetables	Garden Peas or Salad	Green Beans or Salad	Carrots and Cabbage	Golden Sweetcorn or Salad	Baked Beans or Salad
Desserts	Cranberry Shortbread Biscuit	Smooth Fruit Yoghurt	Pear & Chocolate Sponge	Apple, Orange & Melon Fruit Bowl	Muesli Flapjack

SPRING/SUMMER 2022

Bread, Milk, Water & Fruit & available every day  
Ketchup served on Friday

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice



# WEEK 3 MENU

09-May 30-May 20-Jun 11-Jul 01-Aug 22-Aug 12-Sep 03-Oct 24-Oct 14-Nov 05-Dec 26-Dec 16-Jan 06-Feb 27-Feb 20-Mar 10-Apr






















## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Macaroni Cheese</b>  Macaroni in a creamy cheese sauce	<b>Sausages, Mash &amp; Gravy</b> Pork & beef sausages in gravy	<b>Roast Beef with Roast Potatoes and Gravy</b> Sliced roast beef with roasties and gravy	<b>Cheese &amp; Tomato Pizza</b>  Deep base pizza with a cheese & tomato topping	<b>Fish &amp; Chips</b> Our traditional Friday favourite
Alternative Dish	<b>Chicken Tikka Masala &amp; Rice</b>  Mild tikka sauce and fluffy rice	<b>Cheese &amp; Tomato Pasta</b>  Creamy cheese & tomato sauce with pasta	<b>Quorn Sausage with Roast Potatoes and Gravy</b>   Quorn Sausage in rich gravy with roasties	<b>Butternut Squash &amp; Chickpea Curry &amp; Rice</b>    Chunky vegetables in a mild curry sauce	<b>Veggie Burger &amp; Chips</b>   Quorn Pattie in a bun with chips
Jacket Potato	<b>Jacket Potato</b> With Tuna Mayo	<b>Jacket Potato</b>  With Baked Beans 	<b>Jacket Potato</b> With Cheese 	<b>Jacket Potato</b>   With Veggie Bolognese	<b>Jacket Potato</b> With Cheese 
Vegetables	<b>Green Beans or Salad</b>	<b>Garden Peas or Salad</b>	<b>Carrots and Cabbage</b>	<b>Rainbow Vegetables or Salad</b>	<b>Baked Beans or Salad</b>
Desserts	<b>Jammy Jack Flapjack</b>	<b>Apple, Orange &amp; Melon Fruit Bowl</b> 	<b>Pineapple Sponge</b> 	<b>Smooth Fruit Yoghurt</b>	<b>Muesli Flapjack</b>

SPRING/SUMMER 2022

Bread, Milk, Water & Fruit available every day  
Ketchup served on Friday

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

# Broadbridge Heath Junior Athletics

Organised by Sussex Junior Athletics

Would your child like to try **athletics**, or just improve their **running, jumping and throwing**?



We are currently taking on new members aged between 7 and 11 in our three weekly groups.

We meet at Broadbridge Heath Stadium in term-time from

**5pm - 6pm every Tuesday**

**4pm - 5pm every Wednesday** and

**5.30 - 6.30 every Thursday**

Sessions include an introduction to all athletics disciplines, team games and relays as well as lots of fun fitness, coordination and agility skills.



To arrange your **free trial**, or for further information please contact Head Coach, Dave Ingram on **07887 600175**

or visit: [www.sussexjuniorathletics.com](http://www.sussexjuniorathletics.com)





# **FEBRUARY 2022 HALF TERM CAMP**

**with LUCY WOOD**

**Former GB/England International Player  
Commonwealth Games Silver Medallist**

## **DATE/TIME**

**Monday 21<sup>st</sup> February 10-3pm**

## **LOCATION**

**Christ's Hospital School, Horsham, RH13 0LJ**

## **PRICE**

**£50 per day  
(2 x siblings £90)**



**7-16yrs (all abilities welcome)**

To book:

Email - [lucy.flameacademy@yahoo.com](mailto:lucy.flameacademy@yahoo.com)



**Horsham  
Sports  
Services**



# **February Half Term Holiday Junior Sport Workshops At The Bridge leisure centre, Horsham**

**During 21-25th (incl) Feb 2022 - for 5-12 year olds**

**Archery**



**Dodgeball**



**Table  
tennis**



**Fencing  
Football**

**Further information and booking at  
[bookwhen.com/horshamsportsservices](https://bookwhen.com/horshamsportsservices)**





**Horsham  
Sports  
Services**



# **February Half Term Holiday Sport, Art and Play Camp Week**

**At The Bridge leisure centre, Horsham**

**21-25th (incl) February 2022 - for 5-12 years**



**Loads of  
activities  
and fun**

**Great  
value.  
Prices as  
low as  
£23/day**

**Days run  
8.30am to  
5.30pm**



**Further information and booking at  
[www.horshamsportsservices.co.uk](http://www.horshamsportsservices.co.uk)**

# The KidstriUK Billingshurst Charity Duathlon 2022



## **WHAT IS A DUALTHON?**

A duathlon is a multi-discipline event consisting of a long run, a cycle and a short run.

**DATE:** Sunday 22nd May

**VENUE:** Weald School, Station Road, Billingshurst, RH14 9RY.

**START TIMES:** Registration from 0900hrs, Start time for the Youth race is 1000hrs, order descending down the age groups.

Event is 'Permitted' by British Triathlon and will be run under the event rules and protections.

**ENTRY FEES:** The races are open to all you do not need to be a member of a club or British Triathlon to take part. **Novice and Tristart (8yrs) category.** £20.00, **Tristars and Youth** £24.00,

The Day Membership is ADDITIONAL to the entry fee - British Triathlon Day Licences £1.00  
All competitors must be members of British Triathlon for the duration of the race.

**RACES:** Children race in age group categories based on their age on 31<sup>st</sup> December 2022. The novice races are a great introduction to the sport and the Tristar races are competitive. Distances increase with age group and the Tristars are further than the novices.

## **AWARDS:**

Trophies for first 3 male and female in each of the British Triathlon Categories, which are TriStart, Tristar 1, 2, 3, & Youth

## **CHARITY EVENT:**

We are teaming up with a local children's charity for this event and will have a FREE FUN POOL SWIM available for competitors from 1200hrs until 1330hrs for a maximum of 50 people. This will be bookable 7 days before on 1st come basis. The popular KidstriUK T-shirts will again be on sale (only a limited number 150) and one pound of each sold will go towards the charity.

For more details contact Mrs Gowland – [usa@stmarysprimarypulborough.co.uk](mailto:usa@stmarysprimarypulborough.co.uk)

<https://www.kidstri.co.uk/billingshurst-dua.php>

**YOUNG LIVES**  
**vs CANCER**





**TT Kidz gives 7-11 year old boys and girls a great first experience in table tennis.**

**Eight weeks of  
fun and  
engaging  
table tennis  
is happening in this  
area this February!**

**GREAT FOR  
BEGINNERS**

**Includes a fully-loaded Kit  
bag so they're good to go!**

Find your local venue and book **ttkidz.co.uk**

SCAN HERE

