



NEWSLETTER

"A Christ-centred school with a child-centred curriculum through wisdom and love"

Telephone: 01798 872007

WB 18th March 2024

Thank you to everyone who came to parents evening. We really do value the close links that we have with parents and the detailed information that we can give you about your child and what they are learning. If you feel that you can complete a feedback form attached to the email, we would be grateful.

Thailand Church visit – Thailand class had a lovely walk to church for worship this morning where they learnt more about Easter. Father Paul explained to them about the Easter candle, the crucifix and why the church does not display flowers during Lent.



Easter garden – UK class has been growing their own Easter garden as they talk about The Easter Story and all the events.

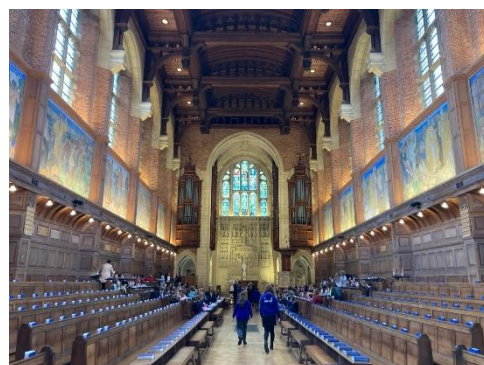


Reflection – This week's reflection [Peace part 2 \(youtube.com\)](https://www.youtube.com/watch?v=...)

Easter nests - Thailand class have been making Easter nests. The children talked about solids and liquids with the melting of the chocolate and then talked about the egg as new life.



Christ's Hospital – Well done to Bea, Josh, Gemma, Elba, Josh E, Thomas, Rosie O, Rosie M and Ivy. They worked with David Lawrence (director of Young Voices) and performed a concert in the afternoon. What a fantastic experience to work with such a famous director!



The Weald and Downland Museum – India and Italy class spent the day at The Weald and Downland Museum. They explored all the houses and were treated to an experience seeing the baby lambs as well. The children love a school trip and being able to go out for the day is a great learning experience.



Thailand Library visit – A lovely way to spend Friday afternoon! The class behaved impeccably in the library and everyone enjoyed choosing their book and listening to a story that Bev the librarian read to them. Thank you to everyone that helped.



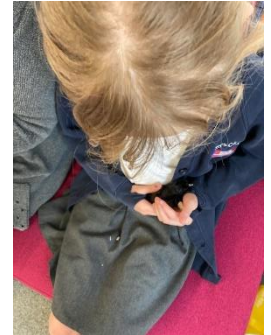
World Book Day – We are proud to have a whole page in the County Times this week showing our World Book Day costumes. Do buy a copy to see the photographs.



The Lions Book Giveaway – A huge thank you to The Lions for the book giveaway. Every child chose a book to take home and this was a brilliant initiative. Thank you to them.



Chicks! Our first chicks have hatched! This is a long standing Easter tradition and the children love seeing the chicks being born and watching them feed and grow. Once we finish the term they will head off to a free range farm run by one of our staff members.



Summer Term – Swimming. The swimming pool will open from Tuesday 16th April. The children will swim once a week as per the timetable below and class teachers will be teaching them this year. The children will need to come to school with a one piece swimming costume, towel and swimming hat within a separate bag. No spray deodorants are permitted please. If any parents can help then please let the office know. Goggle permission form will need to be completed – a link will be sent out next week.

Monday	Year 4
Tuesday	Year 3 PM
Wednesday	Mexico AM Year 3 PM
Thursday	South Africa
Friday	Japan

Forest School – Please see the letter that has come out regarding Forest School sessions for Key Stage 2.

Football –

Last Friday, the Year 4 boys' football team made the journey to Tanbridge House to compete in the Horsham District Primary Schools tournament. They made a perfect start with a 2-1 over Castlewood with goals coming from Michael B and Daniel M. After going down 2-0 to eventual champions Southwater A, the boys recovered to beat their B team 1-0 with Michael B scoring his second of the evening. A close 0-0 draw with Shelley was then followed by a difficult 3-0 defeat to Kingslea. A last minute goal from Daniel M earned the boys a 1-1 draw against Leechpool A and a much needed break after six games in a row. A hard fought 0-0 draw with Heron Way followed before the boys finished the evening on a high with a 1-0 win over Leechpool B to take fifth place out of the nine teams competing. Very well done to the whole team - Finnley T (c), Max H, Michael B, Archie-Deane C, Daniel M, Teddy L-C, Archie P, Charlie H & Lennie M.



On Wednesday Year 5 and Year 6 children headed to The Weald for a 7-a-side inter-school tournament. They played so well and gave lots of energy and enthusiasm. They came 5th overall but we are most proud of their sportsmanship and teamwork.



Developing healthy sleep patterns – Everyone needs enough sleep so that they can regulate. Please have a look at the leaflet below to find out more.

Reaching families – We do get a lot of parents who ask about support and more information. Try one of these course.



Training
Summer 2024
(1st half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex

Training Workshops

April

Making Sense of Masking	Thursday 18th	10.30am
Understanding ADHD	Monday 29th	7.30pm

May

Making Sense of SEN Support at School	Wednesday 1st	7.30pm
Making Sense of Anxiety in Adolescence (11 years+)	Tuesday 7th	7.30pm
Making Sense of Disability Living Allowance (DLA)	Thursday 9th	10.30am
Making Sense of Wellbeing: Self-care and managing stress	Tuesday 14th	10.30am
Making Sense of Behaviours that Challenge in Adolescence	Tuesday 14th	7.30pm
Understanding Autism	Thursday 16th	10.30am
Making Sense of Universal Credit	Wednesday 22nd	7.30pm

All training above will be delivered via Zoom

SCAN ME <https://reachingfamilies.eventbrite.com>

Reaching Families
www.reachingfamilies.org.uk
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Vine leaves – Darcy (NZ) for friendship as she is a wonderful friend and showing great care towards others. Jaxon (NZ) for wisdom and for sharing interesting ideas and inspiring others, as well as being reflective and responsive to feedback. Audrey (Jap) for humility and compassion – you check in staff and make them feel so valued. Well done! The football team (Toby, Ocar, Olly, Scarlett, Elliot, Luca, Rowan and Rex E) for taking responsibility and sorting out their positions for the game. Lucas (SL) for service is a stagehand for the Easter Play which he is doing very diligently. He sits very sensibly waiting to take props on and off the stage. Lucas always remembers when this needs to be done. He joins in the singing as part of the choir well. Great job Lucas. Theo (SL) for humility as he has set up a club for others. What a great thing to do!

Dates for your diary - SPRING TERM



- **Mon 25th Mar/Tue 26th Mar** – Easter Play Y3/Y4 – Perform to parents 2pm in main hall
- **Tues 26th Mar** – Bake Sale/Tombola on the playground for Y6 fundraising
- **Wed 27th Mar** – Disco £1.50 to get in (bling can be bought!)
5 – 6pm EYFS/KS1 and 6.15 – 7.30pm KS2 – No mobile phones please
- **Thur 28th Mar** – Last Day of term – Easter Eggstravaganza and Easter Eucharist (Easter bonnet competition)
- **Monday 15th April** – INSET Day – school closed for the children
- **Tuesday 16th April** – Children return to school
- **Monday 22nd April** – Tea and Chat parents 2 – 3pm – ‘Helping your child to manage their emotions’
- **Thur 25th April** – Residential meeting for Y5 children going to Cobnor 3.30pm
- **Tue 30th April** – Residential meeting for Y6 children going on PGL Marchant’s Hill 3.30pm
- **Thur 9th May** – Year 4 Multiplication Test Parents meeting 3.30pm
- **18th May** – Grounds Working party – we are looking for some parents who can help with grounds maintenance to ensure the school stays smart and great for the children. If you can help please let the office know.

Chartwell's Hot School Meals – Please see the cut off dates below for ordering hot school meals – please do talk to your children about what is being ordered as sometimes what they will eat at home differs to what they will eat in school.



April Cut off Dates

Thur 04/04 for w/c 15/04
Thur 11/04 for w/c 22/04
Thur 18/04 for w/c 29/04

Achievements



Elani (Jap) - danced in 3 dances at the Irish dancing show. They then went on to perform at the Kings Head that evening, to celebrate St Patrick's day.

Hettie (Ind) – achieved the beige rosette in ballet

RUGBY –
Congratulations to Jayden, Jaxon, Indi, Daisy and Charlie on receiving a medal at their tournament

Archie-Deane (SL) – awarded Man of the Match at football for scoring 6 goals and 2 assists

Bonnie (Thai) – moved up to Stage 2 swimming

Skyla (SL) – awarded a silver medal for street dance



Easter Sale

To raise money for the Year 6 Big Top

Tuesday 26th March 2024

3pm

School Playground

Tombola

4 tickets £1

Lucky Dip

£1

and more....



EASTER DISCO

**WEDNESDAY 27TH
MARCH**

EYFS & KS1 - 5PM - 6PM

KS2 - 6.15PM - 7.30PM

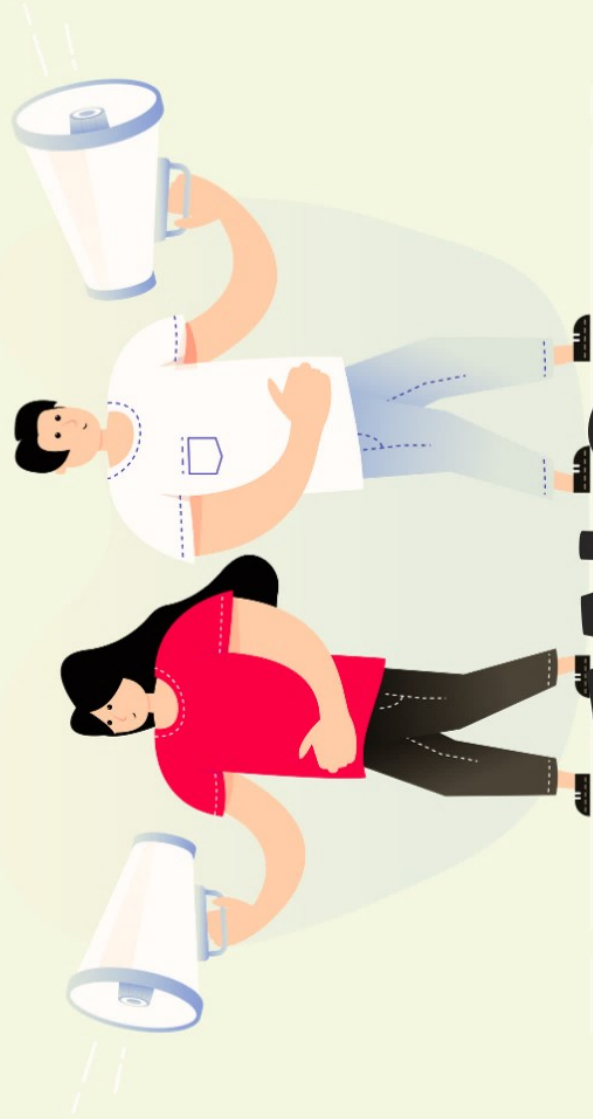
Hot dogs, waffles, sweets &
disco items all available to
purchase



£1.50 ENTRANCE



**MARTIN
LUNDY-LESTER**



SPECIAL OFFER £500

Goes to the PTA!

**Sell your home,
support St Mary's C of E Primary School PTA!**

If you're a parent, carer, or relative of one of the children, sell your home through me, and £500 goes to St Mary's C of E Primary School PTA.

How It Works

- **Book a Valuation:** Contact me for a property valuation. Mention the St Mary's C of E Primary School PTA offer when you call.
- **Instruct:** Once you choose me as your agent, I'll give £250 to St Mary's C of E Primary School PTA.
- **Sale Completion:** When your sale successfully completes, I'll give another £250 to the PTA.

NOMINATE YOUR COMMUNITY HERO



DO YOU KNOW SOMEONE WHO DESERVES
A SPECIAL THANK YOU FOR MAKING YOUR
NEIGHBOURHOOD A BETTER PLACE TO LIVE?

Perhaps your postie goes the extra mile, your neighbours are there when you most need them, or your children have a coach giving it their all.

From individual impact to people with a tireless drive to serve your community, we want to say thank you to the everyday heroes of the District at a special tea party hosted by our Chairman.



NOMINATE ONLINE BY 1ST MAY AT:
WWW.HORSHAM.GOV.UK/COMMUNITYHERO

CALLING ALL ARTISTS!

HORSHAM DISTRICT COUNCIL IS CALLING ON **CREATIVE PRIMARY-AGED CHILDREN** IN THE DISTRICT TO **DESIGN A THANK YOU CARD** FOR OUR FANTASTIC **COMMUNITY HEROES**.

There are so many lovely people who make our District a great place to live. From the nicest neighbours to inspiring coaches cheering you on, we would like you to draw or paint a design to celebrate them.

The winning design will be made into cards which our Chairman will present at a special thank you tea party in June for all our wonderful local heroes!

Grown-ups can submit entries by sending in a scan or photo of the design, which should fit on a sheet of A4 paper, along with details of their little artist to: communications@horsham.gov.uk by **1 May 2024**.



Full details of the competition can be found on our website at: www.horsham.gov.uk/communityhero

50 YEARS



Horsham District Council

Farmyard Fun!



Have a quacking time this Easter – join us at the library for some hay-larious stories and a-moo-sing craft activities!

Suitable for children aged 4 years and up

Booking essential – please contact the library to reserve a place.

Parents and carers must remain with their child during this activity.

**Friday 12 April
11am - 12noon**

FREE: GIRLS RUGBY FUN EASTER CLUB

Hey girls! Get ready to tackle some Easter fun! Join us for a free girls' rugby session where we'll enjoy games to enhance passing, running, ball techniques, and teamwork

No previous experience is needed, for all levels of abilities.

**FRIDAY 12TH APRIL
2PM - 3.30PM**

- ✔ Skills & ball techniques
- ✔ Passing exercises
- ✔ Strategy & teamwork activities
- ✔ Fun games & prizes

KS1 Group
4-7 years old
2 - 3.30PM

KS2 GROUP
8-11 years old
2 - 3.30PM

Pulborough Rugby Club
Pulborough Rd, Storrington, Pulborough
RH20 4HP

Got a question?

Lizzie - 07796144571
pulboroughrugby7@gmail.com



Register now by
scanning the QR code
and filling in the form

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

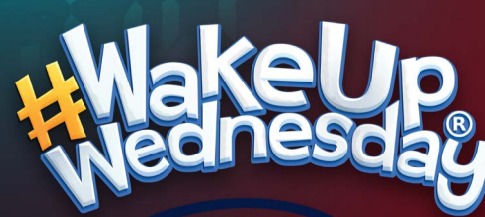
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College®

Your child's mental health and wellbeing: March 2024



Being your child's wellbeing champion

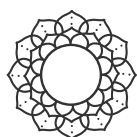
Children learn from the people around them. See this very short clip to see a brilliant example.



Children can't learn without being shown. How do your children see you looking after your own wellbeing? It can be hard with busy lives, the lure of technology, complicated relationships, etc to take care of ourselves, but looking after yourself is a gift to your children.



CONNECT



TAKE NOTICE



BE ACTIVE



KEEP LEARNING



GIVE


The Five Ways to Wellbeing



Not sure where to start? Think about The Five Ways to Wellbeing. How can you build the Five Ways into your life?

Be creative, e.g. giving doesn't have to be money to charity. It could be giving someone a compliment, or taking in a parcel for next door, or sending a text.

Positive self-talk is so important. You want your children to be proud of their achievements, so you need to show them you are proud of yours. Every single day find *something* to celebrate about yourself in front of your children. "I made a really yummy tea today" or "I was going to drive to the shop but I walked instead, I'm really proud of myself."


Celebrate you 



Stop trash talk

"Oh, I'm rubbish at drawing". "I look so awful today". Sound familiar? Don't put yourself down in front of your children. Before you know it, you'll hear the same phrases coming out of their mouths. We all do it, but try to make an effort to stop, at least in front of your children.

Just sat down with a hot drink, when your child calls from another room? (Or even texts from their bedroom!) It's okay for them to wait. Acknowledge them, then explain that you are having a sit-down and they will need to wait. Seeing you create boundaries gives them a template to create their own.

It's okay to wait 



Do you have 2 minutes?
Watch this video which shows you the power of positive self-talk in children.
<https://www.youtube.com/watch?v=x3Pkadgw0aQ>



Do you have 1 hour?
Watch this video from our colleagues in Sussex CAMHS about self-esteem and resilience in children and parents.
https://youtu.be/S_nsiuQiuC8