



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 25<sup>th</sup> January 2021**

This newsletter finds us heading into week 4 of this lockdown and we feel so proud of the children, some of who are in school and some who are learning remotely, and the parents. It really is not easy to be a parent in lockdown and you really need to give yourselves a pat on the back for everything that you have all achieved. You are doing such an amazing job and you need to be proud of your achievements. No one has ever been through this before and you have shown great resilience. Please continue and do what you can.

In these times, it is so important to laugh so I am continuing my jokes. If you have a good one please send me them to me [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk)

## **Mrs Hancock had a great joke –**

Knock, knock.  
Who's there?  
Apple.

Knock, knock.  
Who's there?  
Apple.

Knock, knock.  
Who's there?  
Orange. Orange you glad it's not apple.

**Twitter** – Great to see that Andrew Griffiths MP liked one of our twitter posts this week. If you haven't signed up to our Twitter then please do on: [@Pulb\\_school](https://twitter.com/Pulb_school)

**Reopening of school** – Boris Johnson has announced that we should look at beginning to reopen the school on the 8th March. We will send out more details closer to the time when it looks like he is adhering to this. We did well at the end of the last lockdown getting everyone back and we will aspire to do the same. We miss the children greatly and want to be open to all children safely.

## **Personal Achievements –**

**Olivia A (NZ)** has asked me to let you know that she has finished reading the Bible that she received when she was baptised. She started on the 8th of January and finished it last night. **Holly D (SL)** has started sewing in lockdown and is improving her skills – well done to her. **Lily R (SA)** for her Lego animation retelling 'The Healing of the Centurion's Servant' in RE – this was just fantastic.

If anyone else is proud of a new skill or hobby then please let me know.

**Morning check in with teachers** – We have had many parents say that it has been great to have the daily check-in with the teachers. Thank you for this positive feedback. The comments are that it has started each day for the children, given them some structure and expectation for the day and it has been lovely to see their classmates. Thank you for the feedback – we are keen to try different things that might help home learning at this challenging time.

**Lateral flow testing for staff** – We have had our lateral flow tests delivered to school and we started yesterday. PLEASE be aware that this may cause some disruption if a staff member tests positive. This may result in a bubble closing and isolating for ten days.

**Places in the world** – I had a few emails last week to say it was great to visit different places in the world. Here are some more that you might like to see.

### Ten of the best virtual tours of the world's natural wonders

**The Grand Canyon, USA** - Hike the canyon's Bright Angel Trail via a Google Street View Trek.

**Mount Everest, Nepal** - Known in Nepali as Sagarmatha and Tibetan as Chomolungma, the world's highest peak sits on the border between Nepal and China. Explore Everest's south base camp in Nepal, at an altitude of 5,380 metres, with interactive 360-degree views of snowy peaks and colourful prayer flags. Via an interactive map.

**The Northern Lights** - The aurora borealis is a dazzling natural phenomenon caused by Earth's magnetic field interacting with electrically charged particles from the sun. The lights are visible from countries at high northern latitudes, such as those of Scandinavia, Russia, Iceland, Greenland and Canada. The Norwegian Lights over Lapland project takes travellers on a five-minute journey through a series of 360-degree videos.

**Hang Sơn Đoòng, Vietnam** - The world's largest cave, Hang Sơn Đoòng in central Vietnam's Phong Nha-Ke Bang national park, Sơn Đoòng 360.

**Yosemite National Park, USA** - Scale the mountain with Hill and her team, learning more about skills, techniques and equipment as you ascend to dizzying heights with these 360-degree images, complete with sound effects, including sound Ahwahnee Meadow and Nevada Fall.

**Zhāngjiājìè national forest park, China** - in an interactive video tour exploring the site, and zoom into high definition 360 degree shots from the sky.

**Giants Causeway, Northern Ireland** - There are also sweeping views from above to explore elsewhere, including the Carrick A Rede trail and rope bridge.

**Perito Moreno Glacier, Argentinian Patagonia** - A set of interactive images on 360cities, give an impression of the scale (use the white arrows to click between views), as well as the variations of blue – the less oxygen in the ice, the bluer it gets. An immersive video tour of the wilderness beyond the glacier takes viewers around the varied landscape of the protected Parque Patagonia, passing turquoise rapids, a rainbow and a pack of guanacos roaming the plains.

**Ambrym Volcano, Vanuatu** - The short interactive film joins the team as they prepare for the expedition.

**Namib Desert Dunes, Namibia** - There are several interactive 360-degree images offering views from the giant dune ridges.

**Forest Schools** – We practised these skills in school but you may want to have a go at home.



**Learning Achievement** – Each week we will be sending home a certificate and a gold sticker for one child in each class who has gone above and beyond in their learning. We are keen to keep the motivation and engagement up over the next few weeks.

### Well done to these children!

Let's see who will earn one next week... watch out for this on our newsletter.

UK –	Victoria L
Austria –	Oliver W
Thailand –	Charlie H
France –	Freddie N
India –	Toby H
NZ –	Olivia A
Ireland –	Anais B
USA –	Scarlett E
Sierra Leone –	Noah E
Mexico –	Abi H
China –	Nicholas T
South Africa –	Alfie J
Japan –	Holly M



**PE Challenges** - Well done to everyone who took part in this week's vertical jump PE challenge. 70 children in total took part and it has been great to see everyone trying so hard. Huge congratulations to **GREEN TEAM** who were this week's winners; on average, they each jumped 25cm! Keep an eye out on Friday for next week's challenge.



### Food technology – Cook with Mrs Copus!

This week we are making 'Monkey Bread'. If anyone wants to send me photos of cookies from last week or monkey bread from this week then we will share it on our newsletter.

#### You will need:

100g butter,  
225g self-raising flour,  
100g soft brown sugar,  
150g raisins,  
2 eggs,  
2 tablespoons of honey,  
3 bananas.

#### Apparatus:

Loaf tin, bowl, spoon, cooling rack

#### Method:

Rub the butter and flour together until they are like breadcrumbs.  
Add sugar and raisins.  
Add eggs and honey.  
In a small bowl, mash the bananas with a fork.  
Add the bananas and give it a stir.  
Grease the loaf tin.  
Pour the mixture in and bake at 180°C or gas mark 4 for approx. 1 hour.

*Leave to cool and enjoy!*



**Virtual School Games** - The Sussex 'Virtual' School Games will be returning next Monday, inspired by events from The Winter Olympics. It will run in the same way as the summer games - new challenges are posted every Monday and the children will have until midday Friday to complete them and submit their scores. They can do these either at home or in school. The scores are added and the leader board sent out later that day.

St. Mary's performed very well last time and it's a great chance for us to compete against other schools all over the county! Our students loved competing so let's all get involved again!

**Lockdown Learning** – helpful timetable from the BBC

**Spring Term Week 4 – Outdoor Exercise Challenge** –

See attached information sheet

**Continue your learning at [bbc.co.uk/bitesize](http://bbc.co.uk/bitesize)  
Catch up on all the shows on BBC iPlayer**



Bitesize Lockdown Learning Mon 25 - Fri 29 Jan				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Primary Learning on CBBC</b>				
09:00 BBC Bitesize Daily 5-7 years Science • Rockets	09:00 BBC Bitesize Daily 5-7 years Science • Dinosaurs Footprints	09:00 BBC Bitesize Daily 5-7 years Science • Sound as Vibrations	09:00 BBC Bitesize Daily 5-7 years Science • Bubbles	09:00 BBC Bitesize Daily 5-7 years Science • Friction • Being Equal
09:20 BBC Bitesize Daily 7-9 years Science • Copernicus	09:20 BBC Bitesize Daily 7-9 years Science • Fossils	09:20 BBC Bitesize Daily 7-9 years Science • Making Noises Louder	09:20 BBC Bitesize Daily 7-9 years Science • Mixing things	09:20 BBC Bitesize Daily 7-9 years Science • Speaking up
09:40 BBC Bitesize Daily 9-11 years Science • Astronauts	09:40 BBC Bitesize Daily 9-11 years Science • Evolution	09:40 BBC Bitesize Daily 9-11 years Science • Reflected Light	09:40 BBC Bitesize Daily 9-11 years Science • Freezing things	09:40 BBC Bitesize Daily 9-11 years Science • Being Equal
10:05 Celebrity Supply Teacher Dance with Darcy Bussell	10:05 Celebrity Supply Teacher Walking with Katie Piper	10:05 Celebrity Supply Teacher Drama with Isabel Clifton	10:05 Horrible Histories Our School	10:05 Celebrity Supply Teacher English with Katya Adler
10:15 Horrible Histories	10:15 Horrible Histories	10:15 Horrible Histories	The Big Schools Winterwatch Live Lesson	10:05 Horrible Histories
10:45 Our School	10:45 Our School	10:45 Our School	11:35 Operation Ouch!	10:45 Our School
11:05 Art Ninja	11:05 Art Ninja	11:05 Art Ninja	11:05 Celebrity Supply Teacher History with Ed Balls	11:05 Art Ninja
11:35 Operation Ouch!	11:35 Operation Ouch!	11:35 Operation Ouch!		11:35 Operation Ouch!
<b>Secondary Learning on BBC Two (11-14 years)</b>				
13:00 Bitesize Daily Secondary: Maths, English & History	13:00 Bitesize Daily Secondary: Study Tips Tuesday English & Biology	13:00 Bitesize Daily Secondary: Wellbeing Wednesday Chemistry & Maths	13:00 Bitesize Daily Secondary: Thinking Thursday Maths & English	13:00 Bitesize Daily Secondary: Festive Friday English & Physics
14:00 Inside the Human Body: Creation	14:00 Inside the Human Body: Building Your Brain	14:00 Inside the Human Body: Food & Health	14:00 The Human Body: Secrets of Your Life Revealed: Grow	14:00 The Human Body: Secrets of Your Life Revealed: Survive
			15:00 The Human Body: Secrets of Your Life Revealed: Learn!	
Continue your learning at <a href="http://bbc.co.uk/bitesize">bbc.co.uk/bitesize</a> Catch up on all the shows on BBC iPlayer				

**Year 6 Science** – Year 6 have been doing some practical science and looking at mould and conditions for growth. We look forward to hearing the results from the experiment.



Please stay safe this week and if we can help in any way then please email [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk)  
And remember – you are doing a brilliant job at this very difficult time.



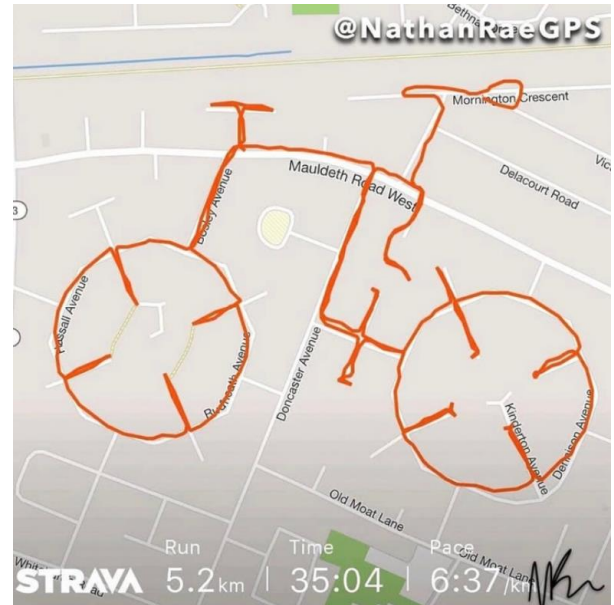
## Spring Term Week 4 - Outdoor Exercise Challenge

As we have mentioned each week, it is so important for you to make sure that your daily timetable includes some time outside and fresh air! This could be a daily walk, jog or bike ride with your family.

During your outdoor exercise this week, we would like you to have a go at creating some shapes! There are a number of well-known exercise tracking apps which you can use to record your travels.

We have included some examples below. You could have a go at replicating one of these or create a letter or a shape of your own - this could be a building, object or an animal.

Enjoy and be creative - we look forward to seeing your ideas!





## Music on the Menu

Hello West Sussex schools,

Welcome to our third edition of Music on the Menu 2021.

We are pleased to share ideas and resources to support music learning and enjoyment for pupils in school and at home.

Our first **Primary TeachMeet** took place on Wednesday 20 January and we were delighted to see so many colleagues on screen! Thank you for joining in the lovely singing activity so enthusiastically and for your contributions during the session. A big thank you also to everyone who has already been in touch with feedback and suggestions. Further sessions this term will take place at 3.45 pm on Wednesday 3 February, Wednesday 24 February, Wednesday 10 March and Wednesday 24 March. We understand that work commitments may mean that staff are not able to attend on all these dates, but as the sessions are non sequential, it will be appropriate to dip in and out whenever you can. Please use the same link to join us on 3 February.

<https://us02web.zoom.us/j/8233356169?pwd=SWFiTW0wUjNjMkIrVHN2QWdacVREZz09>

Secondary heads of music are meeting up in smaller groups this term to exchange tips and ideas for working under lockdown conditions, with a focus on positivity! Meetings will take place at 3.30 pm on Monday 25 January (Mid Sussex), Wednesday 27 January (Horsham) and Thursday 4 February (Worthing). For more information, please contact [Ben.Dowsett@westsussexmusic.co.uk](mailto:Ben.Dowsett@westsussexmusic.co.uk).

Best wishes,



[www.westsussexmusic.co.uk](http://www.westsussexmusic.co.uk)

**Changing lives through music**

## Listening:



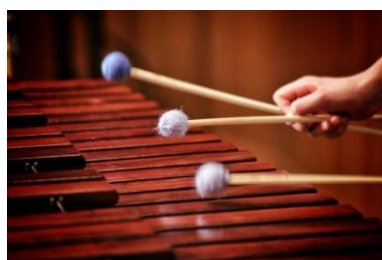
Why not start the day by listening to beautiful music? These interludes are written for flute, viola and harp.

### **Flute and Harp Concerto, K299 – 2<sup>nd</sup> Movement**

*(Wolfgang Amadeus Mozart)*

<https://www.youtube.com/watch?v=lfAgr9ZLZDg>

## Inspirational Performance:



### **'Danse Macabre' by Saint-Saëns**

Performed by the percussionists of BBC Scottish Symphony Orchestra, BBC Symphony Orchestra, BBC Philharmonic, BBC National Orchestra of Wales and BBC Concert Orchestra.

<https://www.facebook.com/51642124238/videos/1065759260591104>

## Resources:



**Start the Week Singing Sessions** at 10 am on Mondays until the end of February. Suitable for all ages, these engaging sessions are run by independent musician Emily Barden and are available on a first come first served basis on the day, with a maximum of 300 Zoom logins available. Here is the Zoom link that will work every week, if your login is within the 300 limit!

Join Zoom Meeting

<https://us02web.zoom.us/j/84284418999?pwd=WnBVclVNbTNvZkpQVDJTMkJtMWMvZz09>



V O C E S 8



FOUNDATION

Join Voces8 for a chocolatey tango, a chiming clock, tree climbing, strawberries in the woods, a Harry Potter warm-up and more! Discover something new to sing every Monday.

<https://voces8.foundation/free-fun-things?fbclid=IwAR1B3-JCFPZOtUCm7Hvj-nLRWjJ3cMgYQRtUODwY-dK2JYT2gOv4FtjJphI>



Love learning, start singing

Tune in to **#FeelgoodFifteen** every Tuesday at 9 am to get children warmed up and ready for a day of learning. An exciting fifteen minutes of singing and musical fun led by Sharon Durant.

<https://www.youtube.com/user/SingUp>



### Ten Pieces Musical Menu

A weekly buffet of primary music activities from across the BBC. Each selection will include oven ready music and cross-curricular resources that can be used for home learning and in the classroom. These weekly activities will be linked by a theme – pick and choose as many activities from each menu as you fancy.

The menu will vary each week and will include listening, performance, singing, well-being, cross-curricular and creative activities.

[https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-musical-menu/zmypoXbk?dm\\_t=0,0,0,0,0](https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-musical-menu/zmypoXbk?dm_t=0,0,0,0,0)

## Friday Afternoons



Keep an eye on the **Friday Afternoons** website this term for brand new resources and some exciting announcements!

New **composition activities** can be used for in person or online teaching to get young people making their own music and feeling creative and inspired! If you're looking for resources right now, explore Project One Dot, or some composition activities inspired by The Lighthouse Keeper by Errollyn Wallen.

<https://www.fridayafternoonsmusic.co.uk/>





## Calling All Young Composers!

The New Directions Composition Competition exists to encourage young people, from all walks of life, to create music and to explore the possibilities of communication and creativity that music can bring.

The competition is for anyone below the age of 18. You can compose in any style or genre (a song, an instrumental work, a piece on Logic, hip-hop, ambient etc.). The more inventive the better! All the information needed can be found by following the link below.

<https://robinsoncollegemusicsociety.co.uk/outreachprojects/>

## Looking forward to March 2021:

Schools are closed at present, but our Virtual Sings Live! and Virtual Sing Up Day Celebration events will be taking place online. Schools who have already signed up will receive further information shortly.

### Virtual Sings Live!

Our first ever Virtual Sings Live! takes place on **Wednesday 3 March 2021** at 4 pm. The event is targeted at Year 7 pupils and has a live element, singing from your own school or at home along to exciting, professional performances and a pre-recorded element where we will show video contributions from individual schools. You will already have received an invitation to take part in this event, but if you require more information or would like to register your school, please contact [judith.finlay@westsussexmusic.co.uk](mailto:judith.finlay@westsussexmusic.co.uk) as soon as possible.

### Virtual Sing Up Day Celebration

On **Wednesday 10 March 2021**, our virtual celebration of Sing Up Day will take place. Year 5 and 6 children from primary schools and homes across the county will join us for a livestream workshop including a selection of fun songs, rounds and games and there will be a pre-recorded element where we will show video contributions from individual schools. If you haven't already signed up for this event, please e-mail [judith.finlay@westsussexmusic.co.uk](mailto:judith.finlay@westsussexmusic.co.uk) to register your school as soon as possible.



Changing lives through music



West Sussex  
**Music**

**Join!**

## **West Sussex Youth Choirs Online**

rehearsals via Zoom on Saturdays as part of our  
*Virtual Music Centre*

**West Sussex Young Voices - 11-11.45am (Y5-Y8)**

**West Sussex Youth Choir - 1-2pm (Y9-Y13)**

West Sussex Youth Choirs are for the most talented young singers across the county. For more information and to apply contact Musical Director, Sarah Forbes:

[sarah.forbes@westsussexmusic.co.uk](mailto:sarah.forbes@westsussexmusic.co.uk)