



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



NEWSLETTER

“A Christ-centred school with a child-centred curriculum”

Hope, perseverance and courage

Telephone: 01798 872007

20th December 2019

Thank you for your continued support. Merry Christmas and we will see you after the Christmas break on Monday 6th January 2020.

Attendance – The 100% Attendance has been awarded to **Ireland class** this week – Well done!

Congratulations – Our congratulations to Miss Blackburn who got married last weekend and now is Mrs Booyesen.



Crisis - A huge thanks to all those who donated to our Christmas Charity. As a school, we raised £218.00 for the homeless. Thank you for your generosity at this time of year, remember, every penny counts!

Crisis

Christmas Eucharist –



Pantomime – Jack & the Beanstalk



Staff – We would like to wish Miss Bell good luck for her forth-coming baby due in the New Year, we will of course keep you updated when baby arrives. We will be welcoming Mrs Vanieris as our new MFL (Modern Foreign Languages) teacher in the New Year.

Christmas Church concert – What a fantastic evening, the children and choir performed an array of Christmas carols watched by parents, grandparent etc, followed by festive light refreshments.

Smoking outside the school gates - Second-hand smoke is dangerous, especially for children. We have had complaints that children are having to walk through smoke when walking in/out of school. Passive smoking is especially harmful for children as they have less well-developed airways, lungs and immune systems. Children who are exposed to smoke are more likely to develop:
Asthma, chest infections – like pneumonia and bronchitis, meningitis, ear infections, coughs and colds.

Please may we ask that you refrain from smoking or vaping around the school entrance.

Pulborough Village Carol Service – Sunday 22nd December at 6pm – Traditional carols and reading with groups from village represented.



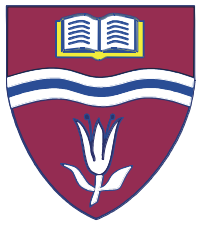
Christmas Eve – Crib Service with Nativity Story at 4pm - Fully interactive Crib Service, come and join in. Children **can** come dressed as stars, angels, shepherds, Mary, Joseph or kings if they would like to, they do not have to dress up.



*Merry Christmas and
A Happy New Year
From all the Staff at St Mary's*







St Mary's C of E Aided Primary School

A Christ-centred school with a child-centred curriculum

Tel: 01798 872007
Email: office@st-marys-pulborough.w-sussex.sch.uk
Website: www.st-marys-pulborough.w-sussex.sch.uk

Link Lane
Pulborough
West Sussex
RH20 2AN

Headteacher: Mrs S Copus B.Ed(Hons), NPQH

Clerk to Governors

Salary Scale : Grade 4 (£9.74 per hour), to start March 2020.

Term time only, averaging 2hrs per week.

Meetings are held in the evening. Typically 12-18 meetings a year.

We are seeking to appoint a flexible, enthusiastic and highly motivated clerk to support the governing body in the strategic management and growth of our school. The successful applicant will demonstrate confidentiality, discretion and excellent organisational skills.

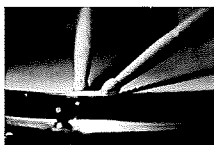
Previous experience as a clerk would be an advantage but not essential as full training will be given, the successful applicant must have good IT skills and experience in minute taking and report writing.

We are committed to safeguarding and promoting the welfare of children and young people, and expect all staff and volunteers to share the commitment. DBS Disclosures at enhanced level will be required prior to any offer of employment, references will be taken up.

For further information please contact the School Business Manager,
Mrs Janet Lees on 01798 872007 or
email office@st-marys-pulborough.w-sussex.sch.uk

Closing date : 10th January 2020 12 noon

Interviews : 17th January 2020



Nathan Evans

Drum Tuition

E: nathanevans@me.com

T: 07971 907880

DRUM LESSONS AT ST.MARY'S C OF E (AIDED) PRIMARY SCHOOL

10.12.19

Dear Parent / Guardian

We are excited to be able to offer drum kit lessons at school starting in the New Year (January 2020)

It was our great pleasure to be able to visit the school today and give a taster of the drums and what having drumming lessons could be like.

We have been teaching drums in schools throughout West Sussex for the past 15 years and love what we do.

Myself and my colleague Jake who will be positioned at St.Mary's, will be able to deliver weekly lessons during the school day.

We offer individual and paired lessons and these start from £10.

Our lessons are engaging, fun and rewarding. We meet individuals where they are at and we fully believe in the physical and mental benefits of music and learning the drums.

As well as developing the skill itself, playing drums can:

- Develop confidence
- Increase academic performance
- Boost brain power as you learn how to co-ordinate all four limbs
- Relieve frustration, disappointment and stress
- Strengthen bonds with others
- Enhance memory and reading skills
- Make you happy!

If you would like a free trial lesson in January and for more information please don't hesitate to drop me a line – nathanevans@me.com or 07971 907880.

Wishing you all a very Happy Christmas

Warm regards

Nathan Evans

How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



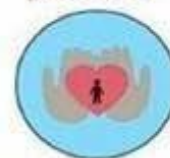
Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



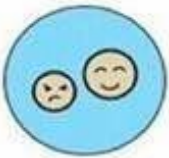
Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries

