



Live life, Love Learning, Guided by God
St Mary's Primary School and Nursery
Head Teacher Newsletter
 Friday 19th May 2023



Dear families,

With one more week to go until the half term break, our pupils are still working hard and have enjoyed a productive and busy week at St Mary's! On Tuesday, we welcomed our School Improvement Partner (SIP) Charis into school. These external partner visits focus on different areas of our [School Development Priorities](#) and are incredibly useful and supportive. During the visit this week, we looked at pupils' writing books with a focus on the progression of spelling across the school alongside our English Leader Mrs Hadley. We also conducted a pupil voice session with Mrs Reeve, our science lead, to find out pupils' scientific knowledge and views on science learning. During each visit there is also opportunity to complete a learning walk so that our SIP can see the school in action.

Our year two pupils have started National Assessments this week and have taken it all in their stride (just as it should be) These assessments are used at the end of Key Stage One to support overall teacher judgements of what pupils can do. The outcomes are used in conjunction with a range of evidence and are part of a wide triangulation of evidence including teacher knowledge, outcomes in books and pupil voice.

Lastly, I would like to say well done to our amazing year 6 children, who demonstrated perseverance and positivity throughout the end of key stage two assessments last week! The challenge did not faze them and we are exceptionally proud of them all!

The next class newsletters will be on Friday 26th May.
The next Headteacher Newsletter will be on Friday 9th June.

Wishing you all a restful weekend,
 Mrs Lawlor

Parent Book Look Reminder



YR -Y5



Wednesday 24th May 2023

3:20-4:00pm

(Please note that Year 6 are away on residential please - see Weduc message)

Relationships and Sex Education

This week we held our annual RSE parent meeting. If you were unable to attend but want to know more about how we teach RSE at St Mary's, you can find this information here on our [website](#).



You can read our RSE policy here on our [website](#).

If you would like to see more detail about the content we teach in this area of the curriculum, please click [here](#). (Page 16 onwards shows learning for the summer term)

Sharing Assemblies for parents

Each class will hold a 'Sharing Assembly' for parents and carers during the school year. These will take place in our school hall.

Please find dates below:

Class	Date	Time
Reception	22.05.23	2:30pm
Year 4	26.6.23	2:30pm

Celebrate Chessington Thursday 1st June

COME AND VISIT OUR STAFF LED CRAFT STALL AT CELEBRATE CHESSINGTON!

FOLLOW US: [@CELEBRATECHESSINGTON](#) [@CELEBRATECHESSY](#)

CELEBRATE CHESSINGTON

THURSDAY 1ST JUNE 2023 | FROM 12NOON
 CHURCHFIELDS RECREATION GROUND | CHURCH LANE | CHESSINGTON KT9 2DR

BBQ | FAIRGROUND RIDES | FACE PAINTING | STALLS
 FUN ACTIVITIES | CAKES | TOMBOLA | MUSIC
 REFRESHMENTS & ENTERTAINMENT!

BRING YOUR OWN DRINKS MUG & REDUCE PLASTIC WASTE!

VISIT: CELEBRATECHESSINGTON.CO.UK

Mental Health Awareness Week

Mental Health Awareness Week occurs every year in May and is an ideal time for us all to think about mental health, tackle stigma, and discuss how we can create school environments that protect our mental wellbeing.

During worship time we have been thinking about how our mental health links to different rights.



We discussed who we can talk to if we feel sad or have a worry and remembered that all children have the right to have their voice heard and be taken seriously by adults.

Here are some activities that you might like to try at home with your child:

Watch [this video](#) from BBC Teach. Talk together about a time when you felt worried and how it made you feel.

Have a go at some of the activities that Dr Radha, Ben and Breagha try with the 'Feelings Friends'

Mindfulness and relaxation can help our mental health. Try [this relaxation activity](#) from The Mindfulness Teacher. How did it make you feel? Discuss how activities like this might contribute to Articles 6, 24, 31 and any others?

Being physically active can help us to feel and think in a positive way. Watch, and join in with, [this video](#). What rights does it mention in the video? Can you think of any other children's rights that link closely with mental health and wellbeing? Make up your own dance routine to the song in the video.



The Butterfly Group

Helping adult and child relationships following a challenging time or event.



Have you experienced a difficult time in your life such as bereavement, relationship breakdown or other traumatic event?

Has this impacted on your relationship with your child? Is your child experiencing difficulties with their behaviour? How can you reduce yours and your child's anxiety?

If you can relate to any of the above then the 5 week course run by Achieving for Children may be for you. It aims to help parents


- Recognise how difficult events and trauma can affect children
- Understand what may be behind a child's behaviour
- Build healthy relationships between adults and children
- Understand what anxiety is
- How to have difficult conversations with your child

Starting Thursday 15 June 2023

10am-12 noon

Old Malden Children's Centre,
Lawrence Avenue

New Malden, KT3 5NB

 020 8241 0837

Free creche available

Please complete the [expression of interest form](#)

Attendance Matters

Week commencing: 01.05.23 to 05.5.23

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
96%	100%	100%	98%	98%	98%	98%

Whole School Attendance: 98%

Week commencing: 08/05/23 to 12/05/23

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
91%	99%	98%	100%	98%	99%	99%

Whole School Attendance: 98%

Holidays in Term Time

I would like to remind all parents that holidays during term time will be recorded as an **unauthorised absence**.

Persistent Absentees

Being in school every day is so important to your child's educational attainment and progress.

If your child takes too much time off school, they will become categorised as PA or persistently absent.

Attendance below 90% = persistent absence

Our value for May is:



Perseverance



St Mary's Term dates for September
2023-2024

[2023-2024 Term dates](#)

Supporting Social and Emotional Learning at St Mary's

At St Mary's we are proud of the ELSA support we provide for our pupils. **Emotional literacy support** assistants - or ELSAs - are teaching assistants trained to provide emotional and social skills support to children. Teachers and support staff can refer a child to our ELSA at any time they feel a child may benefit from extra support with social skills, emotions, bereavement, anger management, self-esteem or friendship skills. ELSA is an intervention which lasts for 6 weeks (one session per week) It aims to provide the child with an emotional 'toolkit' which they can use whenever they face challenges in the future.



Star
Help you to stay on track

Explorers from long ago used the "North Star" as a guide to help them stay on track and find their way when they were lost. Like the North Star, the ELSA can help you if you are feeling lost, confused, or unsure about how to solve a problem. They will support you in solving your problem.

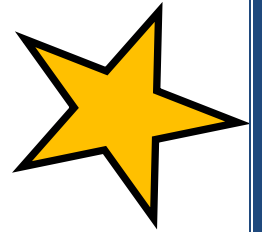
ELSA support

To find out more go to the ELSA website: <https://www.elsa-support.co.uk/> where you can download free emotional support resources.

Our school ELSA is Mrs Strange



St Mary's Stars of the week



Thursday 11th May 2023

Emily K Y1 for always being focussed and ready to learn!

Alex Y1 for always being willing to share his ideas when we are learning new things and being kind to his friends.

Sena Y2 for being really supportive and kind to her friends in class.

Chloe Y2 for calmly and diligently completing her morning work every day.

Jack Y3 for helping others, getting involved in whole class discussions and showing great enthusiasm in everything he does in school.

Bareerah Y3 for working incredibly hard across all areas of the curriculum.

Amy Y4 for producing an excellent persuasive letter against deforestation.

Tiffany Y4 for writing a very persuasive letter giving compelling reasons to protect our rainforests.

Emily Y5 for her patience and perseverance that she shows throughout the day, every day.

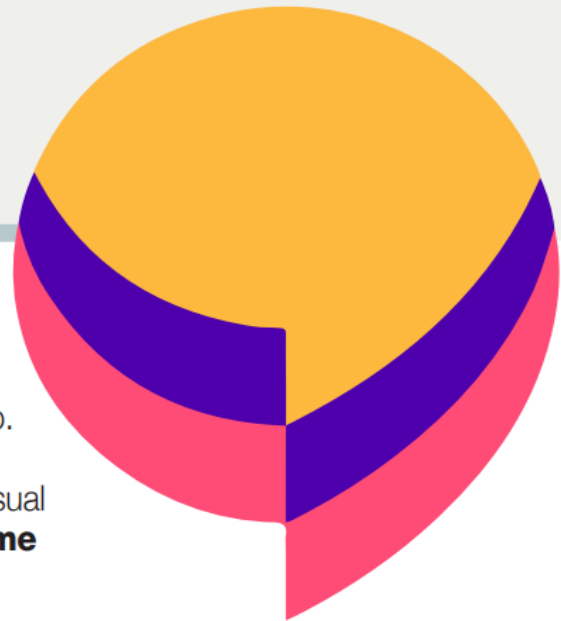
Poppy P Y5 for her hard work in English looking for success criteria in a piece of modelled writing.

Y6 Falcon Class for your tremendous attitude, perseverance and focus during SATs week. Well done all, we are all very proud of you!

Well done to all our stars of the week!

Help to beat that Monday morning feeling!

Monday morning plan



Manage – manage yourself **FIRST!** This is not selfish. This is not selfish. You cannot support a child or young person who is unregulated and stressed if you are too. Take time to sort your own needs and then manage your emotional state by using your usual stress management tools e.g. **grounding/time alone/Mindfulness etc.**

Organise – get everything ready (*by getting up earlier*) so the bags are in the hallway, the breakfast is set up and you own things for work/whatever you need are all organised. **This means that you can attend to the child and do so in a regulated manner.**

Neutralise – spend some time with your child talking through any worries and again **helping them to see a solution/where they are catastrophising** and show them the evidence against any **irrational thoughts/thinking patterns.**

Decide – this is the plan – make it clear to them that you have a plan to get to school, how you will get here, what music you might listen to **in the car/stories you might tell to each other on the bus/as you walk/who else might be with you etc** so that it all becomes clear and they feel prepared for each step.

Accept – accept the child's emotional state and give them reassurance that you love and care for them so that they feel nurtured and safe. Give reassurance and a transitional object for younger children. **It is okay to feel anxious, but we all need to manage it and I will help you. I am with you and will stay with you while you need me.**

Yourself - again look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and remember that it is ok to feel worried but don't let it overwhelm you. **keep using the script – if I stay calm, I will make him/her feel safe.**