



**JOINT NEWSLETTER**  
**12th February 2021**  
**SUNDAY 14th February - 6th Sunday of Ordinary Time**

Safeguarding Statement: This school takes notice of and adheres to all the national and local policies and guidance in regard to Safeguarding Children and Young People.  
 Lead Safeguarding Person Junior School: Mrs. S Hulme Nursery & Infant School: Mrs. M Quinn.  
 Safeguarding Deputies: Mrs. S Hulme, Mrs H Nicholls, Miss F Sullivan & Miss E Bryant Safeguarding Governor: Mr. T Richmond  
 Although the sharing of photographs with family and friends is a great thing to do, please be reminded of the schools safeguarding procedures and refrain from taking pictures at school events. Thank you for your support regarding this as we all need to work together to look after our pupils.

**A message from Mrs Hulme**

Dear Parents and Carers,

Firstly, please accept our most sincere best wishes for the half term break although we are still in a state of lockdown, we hope that the weather is kind to us all and you will be able to enjoy some much desired sunshine.

This period since Christmas has been a challenge to each of us. Every family has done incredibly well in the circumstances, some working from home whilst also supporting the home learning. School has had some consistency but we have also endured the challenges of dual teaching and maintaining distancing between groups whilst covering for staff absences. More hard copy resources have been purchased for the convenience of those studying at home in particular and as a way of reducing the hours of screen time for the children. More information will follow about collection of these books. Please remember that we are all working together and for those parents completing home learning - you are all amazing.

Unfortunately, schools don't have prior knowledge about the wider school opening after half term so we await alongside yourselves as to what the next announcements will bring.

We continue to pray together wishing those members of staff who have been sick for a number of weeks recover well together with all other family members who have suffered due to COVID and some who have sadly died. We can't quite come to terms with not having Fr Paul visiting our happy playgrounds again either.

However, we must keep positive knowing that things are starting to look brighter in terms of controlling COVID and for the oncoming season of spring that will bring new life for us. Remember that we are all working together.

Best wishes to you all at home and to those in school and continual thanks to those parents who commit to their vocation of working in the field of medicine.

Happy half term from the staff and governors of St Mary's.

## Spirituality



This year Ash Wednesday, which marks the beginning of the season of Lent, falls in the half term break. During Lent we make a special effort to **PRAY, FAST & GIVE**. Our Lenten charity this year is the Catholic Children's Society, an organisation which helps disadvantaged families in London and the south east. In the past families in our school

community have received much needed crisis support from this charity. We would encourage you to pray for the work of the Catholic Children's Society and give what you can to support their work. <https://www.cathchild.org.uk/>



Ten Ten have produced a liturgy for the start of Lent entitled "Pray, Stop, Go". You can access this and the other Ten Ten resources on our website: <https://www.smcsc.org.uk/catholic-life-news.php>

### **11th February - Feast of Our Lady of Lourdes and World Day of the Sick**

In his message for this day, Pope Francis says, "As we move through the pandemic, may we not forget the lessons we have learned about our care for others, about building community and remaining connected with those facing sickness and disability."

**A prayer for the sick**  
May our Lord Jesus Christ lay his hands upon you.  
May his love and peace fill your heart and soul.  
May his healing power flow into every corner of your being,  
to make you well and strong,  
to ease you aches and pains,  
to give you peace of mind and courage of heart,  
and patience in your trials.  
May he go before you to lead you,  
be behind you to guard you,  
and always at your side to support you.  
Amen.  
#WorldDayofTheSick

## NURSERY & INFANT SCHOOL

### News from Nursery



This term, the nursery children in Froglets classes have been learning about Fairy Tales. We have read many fairy tales. Some of the fairy tales we have read are Little Red Riding Hood, Goldilocks and the Three Bears, The Three Little Pigs, The Gingerbread Man and Jack and the Beanstalk.

Froglets have enjoyed making many things related to the stories they have read. They made Goldilocks and many bears! They have made pigs in their houses made of straw, sticks and bricks! Some children have tried to build houses of straw, sticks and bricks. The nursery class has also made real gingerbread men. They made the dough and rolled it out and cut their gingerbread people out with cookie cutters. They really loved the new climbing frame. It's been a fun term!

We have really missed the children that have been at home this term. We really appreciate you and your family being safe by staying home. Thank you to all the parents who have worked so hard with their children at home. We hope we see each other again soon.

### News from Reception



We started our Dinosaur topic by making a mind map of what we already knew about dinosaurs and what we wanted to find out. We received an email from Mrs Hulme with some videos of a real dinosaur in the corridor and in the hall, so we went to investigate and we found some mysterious footprints around the outdoor area and we followed them. They led us to the Community Room where Tina the T-rex was waiting with a letter that asked us to look after her dinosaur eggs in class. The children made predictions about what would hatch out of the eggs and discussed how we could look after them to keep them safe and warm. The children had great fun making their fantastic dinosaur models at home to bring to our dinosaur party. We made dinosaur sandwiches for the party and had fun doing lots of dinosaur dancing and musical dinosaur fossils (statues) before we ate our delicious party food. The children have been working hard to learn Phase 3 digraphs with "two letters that make one sound". The children are great at being "digraph detectives" and spotting them when they are hiding in words. They have also been learning lots of math's during this half term as part of Mathuary. They have investigated length by describing, ordering, comparing and measuring the length of dinosaur footprints and different dinosaurs. They also completed the number blocks from 6-10. The children really enjoyed observing the birds in our school grounds as we went on our class bird watching walks. The children made tally marks on their bird lists to tally the amount of different birds they saw; these were then reported to Miss Simpson to submit to the RSPB Bird Watch.

We would like to express our thanks to all of the children who have posted their hard work from all their home learning onto Google Classroom. Well done to all our wonderful parents for completing a full half term's home learning and for keeping us safe by learning from home, you are all amazing. We hope that you all enjoy a well-deserved half term break.

## News from Year 1



Our learning this term has been based on our topic 'Bright Lights, Big City'. Outside we have recreated some London landmarks like the London Eye, Big Ben and Buckingham Palace. We have loved reading 'Paddington at the Palace' and children in school and at home have done some superb writing based on this book and 'Katie in London'. We have also really enjoyed learning about the Great Fire of London in history. When Covid restrictions are over, I think a lot of the children will want to visit the Monument in London and share all that they have learnt.

In science we have been learning about weather and the seasons, and with the cold weather and snow, there's been plenty of evidence for us to look at. We learnt about the weather station on the roof of the school and created our own weather station in our outdoor area, including wind socks and a rain gauge we made in class. It was good to see pictures of rain gauges that children had made at home too.

We have really loved seeing all our friends who are learning from home on the Google Meet sessions, we miss them and hope we will all be back together soon. A big thank you to all the parents who have been helping their children at home. Well done everyone for all your hard work!

## News from Year 2



Well, it was definitely a strange start to the term in January! Our topic has been Beat, Band and Boogie, and we have certainly enjoyed getting into the swing of some music and dance this term. Our English learning has been driven by the text 'Giraffes Can't Dance' where we explored the world of Gerald the Giraffe, who found himself unable to dance like all the other animals. Our Maths work focused on multiplication and division initially, followed by Data Handling, where we explored tally charts, pictograms and block graphs. We have just started learning about 2D and 3D shapes and will continue this topic after the half term holiday. In Science, we started this term exploring the terms herbivore, carnivore and omnivore, learning what they mean and discovering how we can sort animals using a Venn Diagram. Next we applied this to food chains where we created different animal food chains in a variety of habitats, learning the terms predator and prey. To finish the term, we

investigated the topic of Microhabitats and went on a hunt outside, looking for different animal environments. We discovered that most insects like to hide in damp, dark places. Our learning in Geography this term has allowed us to explore the human and physical features in different countries, comparing places / landmarks in the UK to those in Africa, Mauritius and Europe! Our first topic in RE this term was Books where we looked at the different types of books used at home, in school and in church. We discovered that the Bible is a 'book of books' and writing our favourite Bible story was a definite highlight for this term! We have started our new topic of Thanksgiving where we explored ways in which we say 'thank you' and wrote some very thoughtful prayers. Some special days we also took part in this term were the RSPB Bird Watch where we used our data handling skills to keep a tally of the various birds we saw and Internet Safety Day made us all think carefully about how we can stay safe when online.

A huge well done to all the children (and Parents) who have completed their learning at home, you have all been amazing and we have loved looking at all your wonderful work. After a few snow filled days, we are now looking forward to warmer weather and more exciting learning after the half term holiday. We hope you all have a wonderful week.

**Congratulations to these pupils:**

**Stars of the week - for the Spring 1 Term.**

**Reception - Star of the Week starts from Spring 2 2021.**

**1 Robin Class** -Arian L, Raphael M, Anastasia L, Amelia H, **1 Sparrow Class** - Orla E, Oliver G, Oliver B, Angela G. **1 Wren Class** -Olaf S, Christopher I, Niyah K, Leon K, **2 Heron Class** - Sebastian W, Eivinas M, Cian O, Cerys M, Maggie T, Hope KB, **2 Jay Class** - Callum R, Myla D, William M, Lilly F, Amelia L, Elizabeth N **2 Woodpecker Class** - Sophie S, Andrew O, Harris B, Leon R, Maeson S M, Bernadeta M. **Well done!**

## JUNIOR SCHOOL

### News from Year 3



In Year 3 this half term the children have been learning about Greek Myths and in particular the myth of Perseus and Medusa. The children worked on improving their descriptive grammar and included adjectives, similes and metaphors in their retelling of the story. Some of the children at home even created their own versions of some of the characters to support their learning that you can see above. Throughout the half term we have taken on the challenge of combating multiplication and division. All of the children in Year 3 have

tirelessly worked on these mathematical skills. In Science and Geography, we have been looking at the formation of rocks and tied in exploratory work on volcanoes and earthquakes. It has been a strange half term but we have been incredibly impressed with the resilience of all the children and as teachers we would like to thank all the parents for the hard work and effort you have put into supporting your children through a potentially difficult time. Our online registration sessions have managed to capture the missing part of each of our classes and will be moments we look forward to each week. We will meet again soon and until then we will continue to work hard so keep up the great work. Next term we will have a new book to study in English called "Stig of the Dump" by Clive King. Enjoy a well-earned rest over half term and recharge those batteries, you all deserve it!

### News from Year 4



This half term has been absolutely jam packed with exciting topics and seeing all of our learners at school and at home put in their full effort has been incredible to see! At the start of this half term we looked at our new topic of The Iron Man, which has been our focus in English, Science and D.T. After reading through it we took the chance to create our own version of the Iron Man, coming up with heroic heroes and vicious villains as we looked into dilemma writing and writing around a problem. We linked this into our D.T by creating our own models of the Iron Man's head, building on our knowledge of 2D and 3D shapes as well as furthering our knowledge of accurately measuring out our materials. Seeing the designs created both at home and at school has been inspiring and a joy to look through.

This has since led onto our most recent topic of the Vikings, linking into our English, History and Music. We've learnt all about the Vikings in History, why they came to our shores, their society and common misconceptions about them (who knew Vikings never wore horned helmets) as well as learning about their gods and songs related to them.

A huge well done to everyone in Year 4, you've all worked incredibly hard and can now have a well-earned rest. Enjoy your half term holidays and hopefully we'll all get to see each other again soon.

### News from Year 5



The year 5 team has been so thrilled with the efforts of the learners in school and at home this half term. What amazing learners we have! This half term, we have been finalising our history topic of the Ancient Greeks and have made cross curricular links to English, where we explored some Greek myths. The children have written their own Greek myths. We used our descriptive language to describe setting and character as well as including a Greek god from the Ancient Greek times in our story to make it convincing.

We have also been completing our topic of 'Earth and Space' in science, where we have built on our knowledge of space and the moon landings across the curriculum. We have finalised our learning with this topic by designing and building a lunar module using our D&T skills too.

### News from Year 6



We are so proud of the hard work that the children in Year 6 have been doing, both at home and in school. Inspired by the events in the news, we thought about the awesome responsibilities that a President has and we considered what we would do if we were President. The children thought very seriously, and used the opportunity to make some fundamental changes to the way that we live, from solving homelessness and banning zoos, to having a pet therapy dog in every school. Their speeches were emotive and very well planned, using persuasive techniques to catch votes. Linking our art, English and PSHE work we explored Parliamentary buildings around the world. The children in Year 6 were so creative in the ways that they presented their work.

### E-Safety -



Safer Internet Day was on the 9th February 2021. Safer Internet Day 2021 was celebrated in the UK with the theme: 'An internet we trust: exploring reliability in the online world'. At school and at home, children and parents this week have all taken part using their home learning grid to learn about what we can trust from the internet and what we sometimes may need to check the reliability of the online world.

From as young as 8, children are regularly encountering misleading content and are experiencing approaches, such as friend requests, from people they don't know. It is vital

that all of us involved in building an internet young people can trust consult young people to build a deeper understanding of what they are encountering, how it affects them emotionally and how they respond to it, so we can support them with the tools and skills they need to separate trustworthy from misleading content and to stay safe online.



**ParentZone -**

Here are some great E-Safety links -

<https://www.nspcc.org.uk/>

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

<http://www.kidsmart.org.uk/>

<http://www.childnet.com/>

<https://www.commonensemedia.org/>

**PSHE**  
Association  
**School Travel Plan**

With the snow that we have had this week, we must remember that roads and pavements can become extremely icy and quite dangerous. It is important therefore to make sure that children are wearing suitable footwear to school and are wrapped up warm.

**#WALKINGFROMHOME** ACTIVITY BOOKLET FOR FAMILIES

[Walk to School | Primary schools](#)

Our new #WalkingFromHome activity booklet for families is here and it features 14 sets of activities for families with primary school-aged children. Each resource sheet includes three activities; one for the little ones, one for older children, and one special indoor activity. Our colourful and educational walking activities support children in learning about important themes while staying active. [#WALKING FROM HOME](#)



## Self care ideas for Adults

### Physical health

- Get enough sleep
- Reduce screen time
- Reduce caffeine
- Make wholesome healthy food
- Try an exercise video
- Get out and walk in nature
- Have a massage
- Hug yourself
- Have a power nap
- Stay hydrated
- Take a dog for a walk
- Take a relaxing bath
- Do a silly dance routine
- Keep all medical appointments
- Try a new exercise
- Wake up with a morning stretch
- Try a deep moisturising face mask
- Have your hair styled differently
- Take any medication you need
- Eat at least 5 a day fruit and veg
- Learn to relax your muscles



www.elsa-support.co.uk

### Emotional/mental health

- Express how you feel
- Find gratitude in your life
- Create positive affirmations
- Positive self talk
- Routine and structure
- Mood journal
- Positive memories
- Connect with others
- Practise mindfulness
- List of coping ideas
- Mindful colouring
- Breathing exercises
- Scale your emotions
- Take up a new hobby
- Find things to make you laugh
- Cry if you need to
- Watch a feel good movie
- Create a happy playlist of music
- Forgive yourself
- Organise your time
- Tidy up a room

## The benefits of routines

### If you and your children set a routine you will benefit in the following ways

- Less conflict. The expectations are set. You and your children will know what to do and what is next.
- It gives consistency to the day.
- It helps your children's independence and will increase confidence.
- Goals can be set and achieved.
- Children will learn time management skills.
- It gives a feel of stability and security to everyone in the home.
- It will reduce the overall stress and anxiety of everyone in the home.
- You can build in great habits such as mindfulness, self care, and relaxation.
- Children and you can benefit from a good sleep routine.
- Exercise and good eating habits can be built into the day.
- Increases responsibility for your children. They are responsible for sticking to the routine.
- It will promote wellbeing for everyone.
- Your children will feel safe.



www.elsa-support.co.uk

### PE and Physical Activity- "Developing pupils' love of physical activity, for life"

Hopefully the warmer weather and break from school work will give everyone a chance to get moving next week. Even if it's just to work off the pancakes! Please find below this week's Daily Mile at Home Challenge and Coach Niall's Kicking Challenge. If you hadn't see this post in Google Classroom, I can confirm no teddies were injured in the making of this video.

'Go Noodle' has been keeping lots of children in school and at home active and we've enjoyed trying videos we haven't done before. It is a website [www.gonoodle.com](http://www.gonoodle.com) and an app. It's a fun way to pass some time when the usual Half term activities aren't available.

Keep active, take care, Mrs Birch

[Daily Mile at Home Week 4](#)

Daily Mile at Home Week 4

[Coach Niall's Kicking Challenge](#)

Coach Niall's Kicking challenge



**NHS**  
South West London and  
St George's Mental Health  
NHS Trust

### Merton & Sutton Children's Wellbeing Service Workshop: Child anxiety

- Are you struggling to understand your child's thoughts and feelings during this difficult time?
- Do you find it difficult managing your child's anxiety?
- Would you like some tips and strategies to help manage at home?

Then this workshop could be useful for you!

#### When:

Wednesday 17 March at 5pm

Or

Tuesday 23 March at 11am

Or

Thursday 25 March at 6pm

Where: Virtually (Microsoft Teams)

If you would like to join us for this workshop, please email  
[InfoMertonWP@swlstg.nhs.uk](mailto:InfoMertonWP@swlstg.nhs.uk)  
where you will receive a link to the workshop.