

# ST. MARY'S C OF E PRIMARY SCHOOL NEWSLETTER



Dear Parents and Carers,

As we approach the end of the first half term of the 2022/23 academic year, it seems appropriate to reflect on what has been another exciting and enriching half term at Saint Mary's.

While we are proud of all the exciting things that have taken place since returning from the summer holidays, there have been some particular highlights: the Year Six residential was a resounding success and our trips early in the term were enjoyed by all. Reopening the playground, and seeing the children having so much fun on the new equipment, has been wonderful: children, and the occasional adult, have relished the new playship, castle and climbing wall.

The children have already learned a huge amount this half-term and they have been engaging with all areas of our enriching curriculum. We thank you for your ongoing support with supplementing your childrens in-school learning with online homework and reading at home. The introduction and roll-out of Spelling Frame has shown great initial success: children across the school are enjoying learning spellings and we are already seeing steady improvements with many. If your child regularly uses this resource, please continue to do so; if not, I cannot emphasize enough just how beneficial (and fun) it can be. Please continue to use TTRockstars and MyMaths; regularly update Reading Records; and encourage your children to read suitable books at home - including our specially selected Star Books!

The feedback from the 'meet the teams', from staff and parents alike, was overwhelmingly positive. For those of you who were unable to attend, there will be multiple opportunities next half-term to come into the school and meet our team. Our parent consultations will take place on the evenings of Tuesday 8th November and Wednesday 9th November. Last year we ran a hugely enjoyable cheese and wine night - we will host a similar event in Autumn 2 on Thursday 3rd November.

Finally, I would like to thank you all again for your generous contributions during Harvest. Your generosity will be felt far and wide - thank you. I would like to end with a passage from Corinthians 13:13 - "And now abideth faith, hope, charity, these three; but the greatest of these is charity"  
Yours sincerely,

Mr Pitchford  
Head of School

# Attendance



**Our whole school attendance for Week 5 was 96.78%.**

**Our whole school attendance for Week 6 was 96.95%.**

Well done St Mary's!

Our whole school attendance for this academic year is: 96.78%

## **Gentle Reminder:**

If your child is going to be absent due to illness, please leave a message for the office team on the school absence line by calling 020 8521 1066 and dialling 1.

*Please ensure this message includes the reason your child is off sick - i.e. sore throat, temperature or stomach bug.*

**If you need to collect your child for a medical appointment during the day or they are late to school due to a medical appointment, you will need to provide the school office with an appointment letter/record.**

# Important Messages

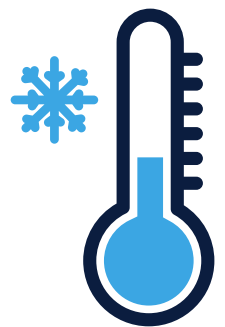
## Medication

If your child has medication in school, please ensure that you have noted down the expiry dates to ensure we have the correct medication in school. If your child's doctor has made any changes to their medication or the procedure for caring for your child, please ensure the office is informed in writing of any changes and receives a copy of the documents from the GP.



## Cooler Weather

As the temperature are getting cooler, we would like all children to bring a light jacket that is labelled with their name however still continue to bring in their own water bottle.



## Lost Property

We have a large amount of lost property in the bag at our Chestnut Avenue South Gate. A large amount of the uniform is not named, if your child is missing any of their items, please could you check the bag for any missing items. Any remaining items at the end of next week will be washed and donated to our uniform sale.



## School Nurse Drop In

Our School Nurse will be visiting the second Monday of every month. If you would like to book a slot with our school nurse to discuss any concerns that you may have, please email the school office. Please see the details below:

- 14th November 2022
- 12th December 2022



# Values

## Truth

Proverbs 11:3

“Good people will be guided by honesty. But dishonesty will destroy those who are not trustworthy.”

Last week was our Harvest festival and we were inundated with donations from families to give to Mill Grove children’s home. This is a charity that supports many children who are not able to live with their families. Dave spoke to us about it in our whole school assembly last week and the children showed great enthusiasm for helping out, really demonstrating our previous values of caring and encouragement. This week, as we go into our half term holiday, we reflect on the value of Truth. Vanessa told us the story of the boy who cried wolf in our assembly this week and emphasised the importance of using our words wisely, in order to be trustworthy. We also heard the Bible story of Achan, who kept riches for himself when the Israelites conquered Jericho. He hid what he had done from God because he was scared he would be punished for his sin.

However, the story emphasises that God will always forgive those who are sorry. Even if we have done wrong, it is always better to be truthful and to say sorry. The story also reminds us how important it is to forgive others if they are truly sorry for anything they have done to us.

We often hear about celebrities who are being more and more truthful about struggles they are going through, rather than just presenting a façade of perfection. It is worth reflecting on our own vulnerabilities as an important aspect of truthfulness too. When we tell the truth about what we find difficult, not only will we receive the help we need, we may also empower others to speak truthfully about their own struggles too. When we are open with ourselves, with God and with our own friends and family, we become trustworthy and a force for good in the world.

Let’s reflect over the half term about all the positive experiences we have enjoyed, but also about the challenges we have faced. What can we be honest about? What can we let go of or ask to be forgiven for? How can we help others to speak their truth?



# Healthy Snacks



We would like to remind parents and carers that St Mary's is a Healthy School. Children should not bring chocolate bars, crisps or fizzy drinks as morning snacks, if your child does bring these in, they will be replaced with a piece of fruit and sent home with them at the end of the school day. Please ensure that should you like to provide your child with a snack that it is a healthy option. Nut free cereal bars, yoghurt bars or fruit bars are recommended.

All children are encouraged to drink water regularly – please ensure that your child is bringing in their own water bottles, these can be refilled during the school day.

**We are proud to be a nut free school!**



# Parent Prayer

Parent Prayer is on Wednesday evenings at 8.30pm on Zoom- twenty minutes of prayer and reflection. A relaxing space for parents to come together at the end of the day. All are welcome!

If you would like the zoom link, please email Jacintha Danaswamy at: [jacintha@stmaryswalthamstow.org](mailto:jacintha@stmaryswalthamstow.org).



## Flu Vaccinations

This winter, now that life is back to normal, there is a very high risk that the NHS could be overwhelmed with illness caused by influenza, as we have not been mixing with others as much over the past few winters.

Children who have the flu vaccine are less likely to pass the virus on to friends and family, especially those who may be at greater risk from flu, such as young babies, elderly people or friends and relatives with a serious health condition.

The school nurse team will be visiting St Mary's on the 1st November 2022

You can now complete consent for your child online. Please follow the link below.

Types of vaccine available: Flu Nasal Spray Flu Injection – does not contain porcine gelatine  
For parents who want their child to have the vaccine that does not contain porcine gelatine, you can also do this by using the consent link above. If you wish for your child to receive the injection, please say no to the nasal flu vaccine, you will then be taken to the page where you can consent for the injection instead.

<https://london.schoolvaccination.uk/flu/2022/walthamforest>

# READING CHALLENGE

Let's Celebrate Together



As part of Black History Month, St Mary's is running a reading challenge celebrating amazing black authors and illustrators. Over the half term we are inviting the children to:

1. Read any book by a black author (some suggestions are on this leaflet).
2. Write a Reading Review.
3. Take a picture or recording of your review and email it to the office FAO Ms Rowlat
4. Make sure your entry is in by Friday 25th November.
5. Wait for the Winners to be announced!

The best reviews will receive awards in assembly. Good luck in the competition.



25th November

**PLEASE SUBMIT  
REVIEWS BY EMAIL**

[st-marys-school@genesistrust.net](mailto:st-marys-school@genesistrust.net)

# READING CHALLENGE

## Let's Celebrate Together

You can find these books at many bookstores, on Amazon, #Reading ReviewDisplay and at your local libraries.

EYFS- Hey You by Dapo Adeola

Year 1- Never Show A T-Rex A Book! By Rashmi Sirdeshpande and illustrated by Diane Ewen

Year 2- Coming to England by Floella Benjamin and illustrated by Diane Ewen

Year 3- Happy Here by various authors and illustrated by Sharna Jackson

Year 4- You Are a Champion: How to Be the Best You Can Be by Marcus Rashford and Carl Anka

Year 5: Black and British: A short, essential history by David Olusoga

Year 6: This book is Anti-Racist By Tiffany Jewell, illustrated by Aurélie Durand

### Additional Books

Amber Undercover by Em Norry

Eight Pieces of Silva by Patrice Lawrence

Astro Girl by Ken Wilson-Max

The Black Flamingo by Dean Atta

Oh My Gods by Alexandra Sheppard



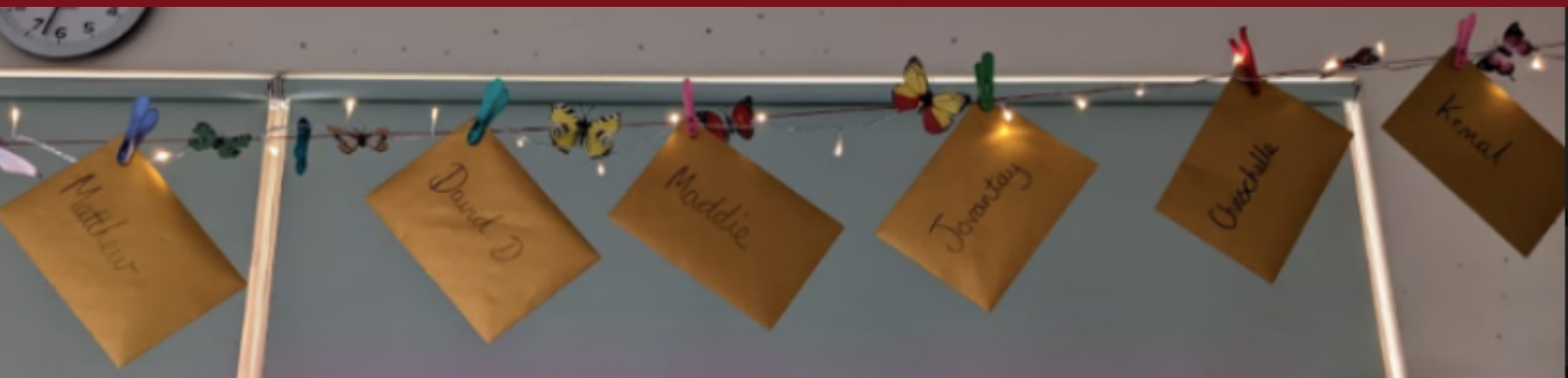




GENESIS  
EDUCATION TRUST

# Spiritual Expressions Homework





# SPIRITUAL GOALS

As part of our annual 'Spirituality Day' in July, all pupils from Y1 - Y6 (and many members of staff too!) set themselves a spiritual goal to work on over the summer break. This could be anything which the children felt would help them to develop themselves and make a connection with the world, a God, themselves or with others - from allocating a few moments a week to mindfulness colouring, listening to a piece of music they haven't heard before, appreciating a nature walk, journaling or keeping a diary, helping an adult or sibling at home, writing a prayer/poem/song, visiting somewhere new, trying something new or making a new friend, a digital-detox, obtaining a good night's sleep, trying a new sports activity, enjoying reading a book, making a new friend, pampering themselves, looking after a pet or connecting with a relative - the options were endless! The children wrote their personal goal and placed these inside a golden envelope which we reflected on after having the summer holidays.

I wanted to be more present for my little sister by reading her a story once a week. She always asks me to play or read with her but I usually want to do my own thing. I developed myself by connecting with her more and I enjoyed making her smile when I did the voices. It made me feel good.

I wanted to enjoy nature more because I am always on a rush whenever I walk somewhere. I went on a walk through the park to collect leaves and when I got home, I painted them. I found some beautiful ones with all different shapes and patterns. It made me realise what a wonderful world we live in.

I wanted to try something new even if it scared me. I went to a holiday club in another school. I was really nervous but I made a new friend and enjoyed it. The club is over now but I am still going to play online with the new friends I made.

# Home Project

**For your home learning, we invite all children to set themselves a new spiritual goal and to create a project of your choosing around this. Work towards achieving your goal and present a reflection project in any way that you wish!**

**You might want to include:**



What was your goal?

Why was it important to you?

What did you have to do?

What actions did you take?

In what ways have you grown?

How did you feel?

What will you do next? What are your future goals?

Photos, printed images or postcards

A timetable or calendar showing what you did and when

Something you created as part of your goal such as a piece of art, a painted object, a poem or a gratitude diary





## What are spiritual goals?

Often, when we set ourselves 'goals', they relate to something we want to have in the future that we don't have now. Sometimes, even once we have achieved them, we still don't feel fully satisfied. Spiritual goals are actions we can take in order to develop something within us. Achieving these can make us feel happier, healthier and creates a sense of our purpose and personal development.

## Examples of spiritual goals

- To find 3 things each day that I am grateful for and note these down
- To find joy in noticing one new thing on my way to school each day
  - To discover a new way to relax
  - To try a new sport
- To listen to a different piece of music every day
  - To try a 5 day 'digital detox'
- To have 5 minutes of 'me time' alone without noise or distraction each day
  - To smile at a different person each day
    - To make someone else feel joy
    - To do something kind for my family
  - To give something to charity or to someone else
    - To get the right amount of sleep
    - To make a new friend
- To find something in common with 3 people I did not expect to
  - To take time to enjoy a story
- To find and appreciate a different species each day
- To do something mindful such as colouring each day
  - To communicate with someone I miss
  - To keep a diary/ journal
- To make a difference in my community
- To go somewhere new that I have always wanted to visit
- To participate in something which helps the world become a better place
- To spend time or write a letter to a friend or relative who might appreciate it

Take delight in the LORD,  
and he will give you the desires of your heart.

**Psalm 37:4**

“

The world is full of  
magic things, patiently  
waiting for our senses  
to grow sharper.”

W.B. YEATS

AT THE END OF THE DAY,

**I'M AT PEACE,**

BECAUSE MY INTENTIONS

ARE GOOD AND MY

HEART IS PURE.

This home learning project is deliberately open-ended in order for you to express your personal or spiritual development in your own way. You might choose to create a poster, a scrapbook, a PowerPoint, video or digital presentation or something completely different.

There are no right or wrong answers or things which are too big or too small to be counted as a spiritual goal. We look forward to seeing what you come up with!

**Please return your project by Friday 5th November so that we can share and celebrate your learning.**

# Young Transformers

## Our Autumn Curriculum



### **EYFS - Caring**

Together with our church, Reception children will rehearse and sing some of our favourite Christmas Carols. Of course parents and carers get the treat to see them performed in church; however, the children will also perform these carols at the town hall for everyone in our community to enjoy. By sharing the gift of songs, we hope to transform an audience into joyful listeners.

### **Year 1- Community**

Our emergency services are there to keep us safe. Year one will meet real firemen/ women who will tell them how to become a fire worker and what work they do in London. They also learn that women can become a firewoman and that is a really exciting career choice. By knowing who keeps us safe, we feel protected and reassured.

### **Year 2 – Curiosity**

Space is big – infinitely so. We have invited a theatre company to visit our school to take the pupils on an incredible journey into space. There, children will get a sense of 'awe and wonder' about planets, stars, galaxies and everything in between. By reflecting about space and time, we are overawed by God's incredible Creation.

### **Year 3- Confidence**

Year 3 will be climbing to great heights this term - literally. All pupils will work with a professional climbing instructor to ascend and descend climbing walls at our local climbing centre. Children will learn how to use bouldering techniques to scale challenging routes.

Through embracing challenges we become confident. By facing new physical challenges, we endeavour to transform our own self belief.

### **Year 4 - Community**

With the winter months setting in, we know that some families appreciate a little support. Year 4 pupils will organise a Harvest Festival like no other before by personally putting together high quality hampers to share with our community. By giving to joy others, we share the best of ourselves.

### **Year 5- Caring**

During the autumn term, Year 5 will organise an ambitious charity project in conjunction with Christian Aid to raise money for some of the most vulnerable communities in the world. All the money raised, will be used to create reliable sources of water in drought hit areas. By raising awareness, we know we can affect major global causes.

### **Year 6- Creative**

A visit to the Royal Academy to see David Hockney's: the arrival of spring will inspire us to use our tablets to create art with a similar theme and skill set. By embracing new technologies, we learn to explore other ways of creating something beautiful.

### **Home- Mandatory Creative**

Young Transformers across the year groups are invited to use cameras, tablets and phones to take photos around the theme of 'Transformation'. Photographers are encouraged to consider how they see transformations in nature, art, architecture, communities and beyond. Everyone is invited to send their best photo to enter for the Autumn Term Young Transformers award. By viewing the world around us, we aim to change the way we see.

# St. Mary's Christian Vision

I AM THE VINE AND YOU  
ARE THE BRANCHES. IF  
YOU REMAIN WITH ME AND  
I WITH YOU, THEN YOU  
WILL BEAR MUCH FRUIT.  
LOVE ONE ANOTHER AS I  
HAVE LOVED YOU.  
(JOHN 15).