

Weekly Newsletter
Friday 13th May 2022

St Mary's Catholic Primary School



Glenure Road, Eltham. SE9 1UF

020 8850 7835

jsims@stmary-rc.greenwich.sch.uk

governors@stmarys-catholic-primary.org

office@stmary-rc.greenwich.sch.uk

Twitter: @stmaryseltham

Visit us online at www.stmaryrc.org.uk

HEADTEACHER'S MESSAGE

Many of our families will already know but yesterday there was some tragic news from St Thomas More Comprehensive who are grieving the loss of one of their students.

St Mary's and St Thomas More have a long history of working in partnership so we share in this grief and offer our support where we can. We know that the last couple of days will have been very difficult for the family and school community, so please join me in keeping them in our thoughts and prayers.

While we have made no announcements at St Mary's to the children, it is likely that this news will filter down to some of our older students so please contact the school or seek support from the following places should you need it.

[Child Bereavement UK](http://www.childbereavement.org): call 0800 028 8840 Monday to Friday, 9:00am to 5:00pm, or email support@childbereavement.org

[Cruse Bereavement Care](http://www.cruse.org.uk): call 0808 808 1677 Monday and Friday, 9:30am to 5:00pm, and Tuesday, Wednesday and Thursday 9:30am to 8:00pm, or email info@cruse.org.uk

Childline 0800 1111

[Samaritans](http://www.samaritans.org) 116123

As Mental Health Awareness Week draws to a close at St Mary's, the need to listen to others and look out for signs of mental illness is paramount.

"If you see someone falling behind, walk with them"

Kind regards
Mr J Sims
Headteacher

WEEK BEGINNING 16th MAY

Tuesday 17th May

Y5 Educational Trip to National Maritime Museum

Wednesday 18th May

Walking Bus

Saturday 21st May

PA Event – Parent's football match in Eltham Town Football Ground.

IMPORTANT DATES FOR YOUR DIARY

Tuesday 24th May

Crowning of Our Lady

Wednesday 25th May

Reception children will visit Christchurch

Thursday 26th May

Ascension Day

Friday 27th May

Queen's Jubilee Day
Last day of the half term

Monday 6th June

Staff Training Day. Children will not attend school on this day.

Tuesday 7th June

Children return to school for an 8.55am start

FIRST HOLY COMMUNION

Christchurch welcomes another group of children making their First Holy Communion on Sunday.

Enjoy this special occasion.

SCHOOL VALUES: FAITH, MERCY, TRUTH, RESPECT, RESILIENCE, LOVE

Y6 SATS

Y6 have tried very hard this week at their SATs and are relieved the week is over! They arrived at school on time each day, enjoyed their daily breakfast with Miss Collins and Mrs Williams and settled quickly to their tests.

The papers are collected to be marked externally. Parents and children will see the results with the end of year reports.

SPORTS NEWS

On Thursday, some of our Y5 children participated in a football competition at The Valley, Charlton Athletics Football Ground.

The children played really well, winning the first match 5 – 0! Joel scored a hat trick in that match!

Well done to Oliver Marnham, Betty O' Donnell, Teddy O' Shea, Joel Orhenomore, Miles Garrity, Archie Holsgrove, Matas Belopetravicius, Simon Alele and Barney Biggs.

Many thanks to Miss Gannon for accompanying the children and to the parents who helped with transport to and from the venue.



WALKING BUS

The Walking Bus is back in action on **Wednesday 18th May**. Mrs Turpin, Environment Co-coordinator, will be leading the way.

The bus stops and times are as follows:

8.20am – Outside the main Post Office on Court Road

8.30am – Corner of Eltham High St and Passey Place (outside Boots)

8.40am – Outside Christchurch

We encourage families to join in and have a nice walk to school with fellow children and parents. Be on time, as the bus will leave at the allotted time.

A consent letter is attached with the newsletter so please take a look.

Y2 RUNNER BEAN EXPERIMENT

As part of the Y2 children's science topic, they planted some runner bean seeds and have been observing them.

The children will now take them home with them to finish off the growing process and watch the plants bear fruit.



CHILDREN'S CORNER

This week.....

Lilah Cork, 5K, took part in the Annual Swimathon in aid of Cancer Research and Marie Curie. The target was to complete as many lengths as they could in their normal lesson but Lilah kept going and managed to swim 100 lengths in 90 minutes! What an achievement and to top it off she raised £450 for the cancer charities. Lilah received a gold hat for her achievements.



Lois Jeffrey, 6M, came second in a recent gymnastic competition and received a silver medal. Another fantastic achievement, well done.



LENTEN COLLECTION

We are so pleased to inform you that the Lenten collection for The Catholic Children's Society raised £633!

This is marvellous and the CCS has been informed. They thank everyone for their kindness.

POEM ON ADHD

Miss Dineen has sourced this beautiful poem on ADHD that she wanted to share with parents.

*Take my hand and come with me,
I want to teach you about ADHD.
I need you to know, I want to explain,
I have a very different brain.
Sights, sounds, and thoughts collide.
What to do first? I can't decide.*

*Please understand I'm not to blame,
I just can't process things the same.
Take my hand and walk with me,
Let me show you about ADHD.
I try to behave, I want to be good,
But I sometimes forget to do as I should.
Walk with me and wear my shoes,
You'll see it's not the way I'd choose.*

*I do know what I'm supposed to do,
But my brain is slow getting the message through.
Take my hand and talk with me,
I want to tell you about ADHD.
I rarely think before I talk,
I often run when I should walk.
It's hard to get my school work done,
My thoughts are outside having fun.*

*I never know just where to start,
I think with my feelings and see with my heart.
Take my hand and stand by me,
I need you to know about ADHD.
It's hard to explain but I want you to know,
I can't help letting my feelings show.*

*Sometimes I'm angry, jealous, or sad.
I feel overwhelmed, frustrated, and mad.
I can't concentrate and I lose all my stuff.
I try really hard but it's never enough.
Take my hand and learn with me,
We need to know more about ADHD.*

*I worry a lot about getting things wrong,
Everything I do takes twice as long.
Everyday is exhausting for me...
Looking through the fog of ADHD.
I'm often so misunderstood,
I would change in a heartbeat if I could.
Take my hand and listen to me,
I want to share a secret about ADHD.*

*I want you to know there is more to me.
I'm not defined by it, you see.
I'm sensitive, kind and lots of fun.
I'm blamed for things I haven't done.
I'm the loyalist friend you'll ever know,
I just need a chance to let it show.
Take my hand and look at me,
Just forget about the ADHD.*

*I have real feelings just like you.
The love in my heart is just as true.
I may have a brain that can never rest,
But please understand I'm trying my best.
I want you to know, I need you to see,
I'm more than the label, I am still me! ❤️❤️❤️*

SOME WONDERFUL VISITORS CAME TO SEE US.....

Representatives from Guide Dogs UK came on site this week to introduce some very special dogs to the children. The children from EYFS and KS1 attended an assembly where the representatives spoke about how important these dogs are to visually impaired people and how they can change a person's life. These dogs are just amazing.

The children enjoyed the assembly and got to stroke the dogs afterwards. Many thanks to Guide Dogs UK for visiting and telling us about their work.



ESAFETY - SAFEGUARDING CHILDREN

What Parents Need to Know about Toddlers & Screen Time

The toddler years are full of excitement, exploration and energy. It is a critical time in children's development, when brain connections are rapidly forming. Youngsters often begin to discover devices around this age, as they learn to communicate with friends, play games and watch videos (Ofcom recently found, for example, that one in five 3-4-year-olds in the UK uses social media). These activities can make a child happy and relaxed but have a damaging impact if overused. Setting screen time limits for toddlers can be a challenge, but we all need to make sure our little ones are interacting with the online world in a safe and healthy way.

SCHOOL VALUES: FAITH, MERCY, TRUTH, RESPECT, RESILIENCE, LOVE

QUEEN'S JUBILEE DAY

Please look out for more information about our forthcoming Queen's Jubilee Day on **Friday 27th May**. We are looking forward to celebrating this momentous occasion at St Mary's. Many thanks to the School Council for helping to organise it.

The children will be invited to come into school in outfits appropriate for the day; this may be an outfit themed for the decade their year group are focussing on, a royal themed outfit (e.g., a Queen/King costume), a Cub/ Scout/ Rainbow/ Brownie uniform or own clothes in the red, white and blue colours of the Union Jack.

The decade that each year group will study will be:

Nursery and Reception – 2010's

Year 1 – 2000's

Year 2 – 1990's

Year 3 – 1980's

Year 4 – 1970's

Year 5 – 1960's

Year 6 – 1950's

There will be a St Mary's Bake Off for those who would like to participate. This is, of course, optional but we would love to see the children embrace their inner Mary Berry! We will be looking for homemade, single tier cakes or cupcakes, which represent the theme of the day (Queen's Jubilee). Please send all cakes to school on the morning of Jubilee Day. We will then host a competition and celebrate the winning entries before putting these cakes into a school bake sale later in the day.

PYJAMARAMA 2022

It was great to see the children turn up for school today in their pyjamas to support the charity **The Book Trust**.

The Book Trust is the UK's largest reading charity. They reach 3.9m children each year with books, resources and support to help develop a love of reading.

<https://www.booktrust.org.uk/what-we-do/>.

As soon as the collection is counted, we will inform parents.

Many thanks for your support and generosity.

PA NEWS

The PA are busy planning for the forthcoming events so they would like parents to save the following dates:

Saturday 21st May – Parent's football match in Eltham Town Football Club. The venue has been changed and the teams put together so the PA are looking forward to seeing crowds of supporters for the opposing teams! There will be food and drinks available and lots of space for families to get together.

Please arrive at the grounds at 10.30am for an 11am start.

Friday 17th June – Father's Day gift sale. Gifts from 50p - £3.

Saturday 25th June – Annual Summer Fayre. The PA are currently collecting teddies and soft toys so if you can donate some spares please do. They are also looking for a parent to make a "**whack the rat**" game. This is essentially a board with a drainpipe attached.

Many helpers will be needed on the day so please email the PA to offer your services.
stmaryspaeltham@gmail.com

Saturday 16th July – Y6 Leaver's Party with a Hawaiian theme.