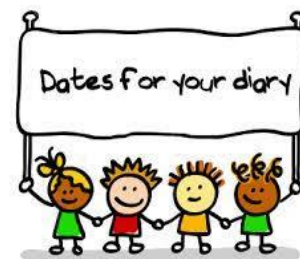




St Mary's C of E Primary School
Chanters Road
Bideford
EX39 2QN
stmarys@thsp.org.uk
Tel 01237 477288

"Together we journey to a future of opportunity."

Friday 16th January



Thank You for Your Incredible Support

We would like to say a huge thank you to all parents and everyone who supported our recent fundraising events. We raised a fantastic amount of money, which has enabled the school to purchase new winter and summer PE kits for when our children represent St Mary's in sporting events.

In addition, we will be ordering new playground equipment for both KS1 and KS2, helping to make playtimes even more active, inclusive and enjoyable for all pupils. The children are incredibly grateful, and it will truly make a difference to their school experience.

Thank you once again for your generosity and continued support of St Mary's.

- Wednesday 28th
January-Year 2
Exmoor Zoo Trip
- Thursday 5th
February -
Chaffinches Act
of Worship
- Friday 13th
February – Non-
Uniform Day
- Monday 16th
February – Half
Term Week
- Monday 23rd
February – Non-
Pupil Day



Multi-Skills Mornings

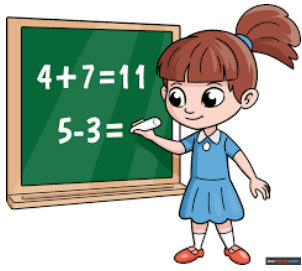
Please see our email sent out today regarding the Multi-Skills mornings at Atlantic Racquet Centre.

Year 4 is 10th February and Year 3 is 17th March.

Please ensure your child wears P.E. kit and brings a coat and a water bottle.



**ATLANTIC
RACQUET CENTRE**
Exercise. Socialise. Learn Together.



Maths Interventions

The Year 6 Team are inviting all Year 6 Students for Maths Interventions, starting Monday 9th February. Sessions will be held every Monday, Tuesday and Wednesday, starting at 8:35am. The Year 6 Team would like to encourage as many students as possible to come to these sessions in preparation for their SAT's in May.

St Mary's C of E School Values

- *Friendship*
- *Acceptance*
- *Compassion*
- *Respect*
- *Honesty*
- *Perseverance*

Year 5 Residential Trip

There is still time to sign up to the Year 5 Residential Trip to Wildwood, Ottery St Mary in June. Please ensure you have logged into Parent Pay and paid your deposit by 31st January if you would like your child to go.

The trip includes:

Learning about and having the opportunity to meet some wild and once-wild animals native to the UK such as Wolves & Lynx.

- A variety of games and activities such as pond-dipping and wild hunts
- Create some animal enrichment for one of the species living at the park.
- Each child will be given the opportunity to further enhance their learning from this term by delving into the Anglo-Saxon history through activities such as dress-up, woodworking, milling flour and lots more.
- Bush-craft activities such as learning how to light a fire, animal tracking, as well as various other woodland crafts.
- One evening, we will have a campfire to toast marshmallows and play games.



A little reminder to ensure all Winter Gear is labelled with your child's full name. We are getting lots of coats, hats, scarves etc handed in that are nameless. Thank you.

Act of Worship

Chaffinches will be having their Act of Worship on Thursday 5th February. Parents are invited to come to school and watch. The worship starts at 2:45pm.



Menu for Week Commencing 19th January

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Main)	Margherita Pizza	Pork Meatballs in a Tomato Sauce	Roast Turkey with Stuffing	Hot Dog	Jumbo Fish Finger
Option 2 (Vegetarian)	Veggie Patty	Super Duper Noodles	Cauliflower & Broccoli Bake	Veggie Brunch Sausage & Egg	Vegetable Nuggets
Option 3 (Light Bite)	Egg Mayo & Cress Bap	Cheese & Tomato Sandwich	Tuna & Cucumber Wrap	Ham & Lettuce Bap	Cheese & Cucumber Bap
Option 4	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Carbohydrate / Vegetables	Pasta & Mixed Vegetables	Wholegrain Rice, Peas & Sweetcorn	Roast Potatoes, Seasonal Vegetables & Gravy	Potato Wedges, Baked Beans or Peas	Crispy Chips, Sweetcorn, Peas & Ketchup
Salad	Green Salad	Green Salad	Garden Salad	Sweetcorn Salad	Crispy Salad
Dessert	Rice Pudding with Jam	Mandarin Jelly	Frozen Yogurt	Apple / Apricot Crunch & Custard	Toffee Krispies

Support for Parents/Carers

- <https://www.familylives.org.uk/>
= Lots of support for parents and families, including mental health resources.
- <https://parentalminds.org.uk/parent-support-hub-meetings/> = Support for parents & caregivers who support family members with mental health difficulties
- <https://harmless.org.uk/our-services/family-friends/>
= Supporting those who self-harm
- <https://www.childnet.com/help-and-advice/parents-and-carers/> = Supporting children with internet safety
- <https://saferinternet.org.uk/> = Support to keep children safe online
- <https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/parent-talk/> = offers free, down-to-earth advice for parents of children aged 0-19 online
- <https://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home/> = Article & Info about teen violence at home

Parents & Carers

Useful websites to look at with my child

- YOUNG MINDS**
www.youngminds.org.uk = Info on mental health in young people.
www.mind.org.uk = Lots of info and support
https://mymentalhealth.barnardos.org.uk/advice = A range of different support
https://www.youngdevon.org/wellbeing/our-wellbeing-services = Local mental health support
- Place 2Be**
www.happymaps.co.uk = Information on mental health
www.place2be.org.uk = Art projects and wellbeing support
- THE MIX**
www.themix.org.uk = Support and counselling advice for under 25's
www.kooth.com = Free mental health counselling and support
www.nopanic.org.uk = Support with panic attacks and Anxiety
https://thesleepcharity.org.uk/information-support/children/ = Help with sleep routines
- Beet**
www.beateatingdisorders.org.uk = Support with eating disorders
www.nshn.co.uk = Self-harm management and support
www.papyrus-uk.org = prevention of young suicide.
- nshn**
FAIRYS

Apps

- Smiling Mind** = Parents/Carers can find resources to support with their child's mental wellbeing
- JAAQ** = Uses real examples to support parents with advice from experts and those with lived experiences
- SilverCloud** = Uses CBT to support families to explore their thoughts and feelings
- Luminova** = A child-led, parent/guardian supported intervention supporting with anxiety and worries in young children.



Long Term Dates for the Diary

- Thursday 5th March – World Book Day
Wednesday 18th March – Open Classrooms
Thursday 19th March – Moorhens Act of Worship
19th & 20th March – Year 4 Residential Trip
8th-10th June – Year 5 Residential Trip
6th-8th July – Year 6 Residential Trip

“Your word is a lamp to my feet and a light to my path.” Psalm 119 v105