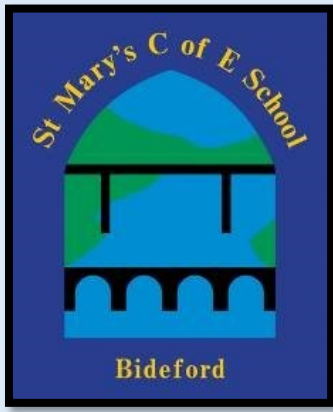




"Together we journey to a future of opportunity."

Friday 8th May Newsletter

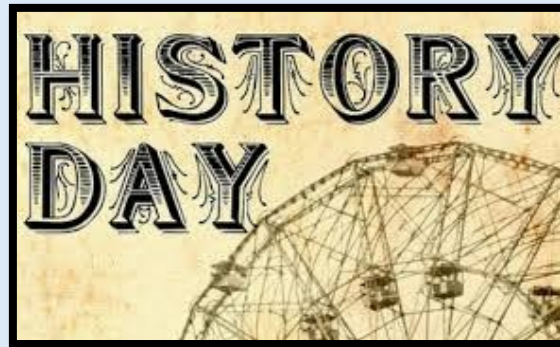
St Mary's C of E School Values

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

St Mary's C of E School
Chanters Road
Bideford
Devon
EX39 2QN
01237 477288

History Day

On Friday 22nd May, we will be having a whole school History Day! There will be lots of fun activities planned for the children, as well as the opportunity to dress up as a historical figure! More information will be emailed out today!



Sports Day Timetable

We are very excited about this year's Sports Day, and have our fingers crossed for sunshine! It is the week commencing 22nd June, please see the table below for what day each year group is.

Parents are invited to arrive at 1pm on the relevant day, ready for a 1:15pm start.

Day	Year
Monday	Reception
Tuesday	None
Wednesday	Year 1 & 2
Thursday	Year 3 & 4
Friday	Year 5 & 6



Thursday 11th June – The World Cup 🏆🏆

The official start date of the World Cup is Thursday 11th June. We would like to celebrate this by inviting children to wear red, white or a football kit into school on this day.

The Kitchen Team have kindly put together a Special Menu to celebrate! Children will get to choose from the following:

Option 1: Beef Chilli with Nachos

Option 2: Veggie Tortilla Wrap with Nachos

Option 3: Great British Sandwich (Sausage Bap)

Option 4: Around the World Potatoes (Jacket Potato with Cheese, Tuna or Beans)

Supporters: Sweetcorn and Peas

Dessert: Celebrate America – Donut Worry! Be Happy Donut 😊

If you find a sticker under your plate, you win a prize!!



Wrens Act of Worship

Wrens have their Class Act of Worship on Thursday 14th May. Parents of children in Wrens class are invited into school to watch the assembly, which starts at 2:45pm.

Speech, language, and communication Easy access drop-in sessions - Children and Family Health Devon

Would you like any advice and support for your child's speech, language and communication skills? Visit one of our easy access drop ins with your child to see a Speech and Language Therapist. Get advice, support and strategies from the team.

Drop-in sessions are now being held in different locations across Torbay, South Devon and North Devon. Exeter, East and Mid Devon.

If you would like to attend a drop in, there is no need to book, simply use the table below find a location and time that works for you.

Dates are found here: [Speech, language and communication Easy access drop in sessions - Children and Family Health Devon](#)

Request for Uniform Donations

We would be very grateful for any donations of Yellow/Gold Polo-Shirts and any School Jumpers / Cardigans/Fleeces that you no longer need please.



Recommended by

NICE
National Institute for
Health and Care Excellence

Digital therapy enabling children to build confidence and manage their worries.

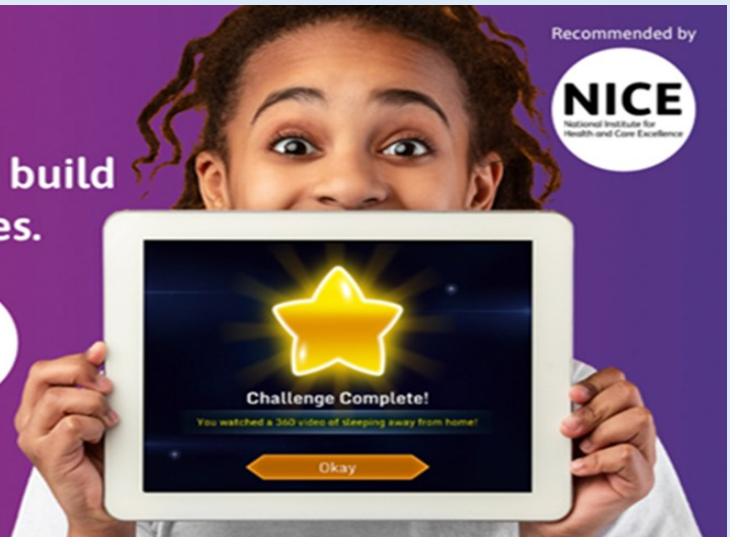
Get instant access:

luminova.app/devon

Powered by



In partnership with



Missions

1. Stay at home without my parent/guardian
2. Make a mistake on school work or a test
3. Sleep away from home overnight
4. Speak in front of a group
5. Sleep on my own
6. Go to a crowded or busy place
7. Spend time in the dark
8. Spend time near a dog
9. Spend time near insects or spiders
10. Make a new friend
11. Go to a party or social gathering
12. Go to school
13. Spend time in a high up place
14. Eat or drink in front of other people
15. Be okay seeing vomit or thinking about vomit

Choice of 15 common missions relating to:

**Social
Anxiety**

**Separation
Anxiety**

Phobias



Recommended by **NICE**

Co-developed with young people, families,
educators, clinicians & academics

Lumi Nova: Tales of Courage

- ✓ **NICE recommended digital therapy** through a fun mobile game (smartphone/tablet)
- ✓ For **7-12 year olds**
- ✓ Supports **mild to moderate fears, worries & anxiety**
- ✓ **Based on CBT** and provides **Exposure Therapy** (Gold standard treatment)
- ✓ **Low risk medical device** - Safe, effective & easy to use



Menu for Week Commencing 11th May

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Main)	Cheese Pizza	Beef Lasagne & Garlic Bread	Roast Gammon & Pineapple	Butchers (Cheese) Beef Burger in a Bun	Jumbo Breaded Fish Finger
Option 2 (Vegetarian)	Veggie Sausage	Cheese Toastie with Pasta	Cauliflower & Broccoli Bake	Feta & Potato Puff Tart	Vegetable Nuggets
Option 3 (Light Bite)	Egg Mayo Sandwich	Ham & Tomato Baguette	Tuna, Mayo & 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 & Sweetcorn or Veg Sticks	Peas or Salad	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	Waffles with Summer Berries in Syrup	Pip Organic Lolly	Ice Cream	Lemon Drizzle Cake	Chocolate Banana Cake

Long Term Dates for the Diary

11th May-14th May – Year 6 SATS Week
 Thursday 14th May – Wrens Act of Worship
 Thursday 21st May – Year 6 Milky Way Trip
 Friday 22nd May – History Day
 Thursday 11th June – Skylarks Act of
 Worship
 8th-10th June – Year 5 Residential
 Friday 12th June – Year 6 Photos
 Friday 19th June – Summer Fete
 22nd June - Sports Day Week
 Thursday 25th June – Doves Act of Worship
 Friday 3rd July – Transition Day
 Thursday 9th July – Wagtails Act of Worship
 Tuesday 14th July – Rock Steady Concert
 22nd July – Year 6 Leavers Assembly

School Term Dates

25th May – 29th May – Half Term
 1st June – Occasional Day
 2nd June – Non Pupil Day
 3rd June – Children return to school
 23rd July – Non Pupil Day
 24th July – Occasional Day
 27th July – 2nd September – Summer
 Holidays
 3rd September – Non Pupil Day
 4th September – Non Pupil Day
 7th September – Return to School