



# St. Mary's Catholic Primary School

## School Newsletter

Friday 19<sup>th</sup> July 2024

### Morning Drop-off

All pupils (from Reception to Yr6) should arrive from 8.40am via our Rockingham Road entrance.

**This gate is locked at 8.45am each morning.**

### Collection Times

All classes (Reception to Year 6) finish school at 3.15pm.  
Afternoon Nursery finishes at 3.30pm.

### P.E. Lessons

Although each class is timetabled for set days for PE, this sometimes changes due to wet weather and/or extra sports sessions. All pupils (Years 1 to 6) should bring their P.E kits into school **every Monday** and then take them home every Friday. Thank you.

### Pupil Bags in School

We ask that pupils only bring in book bags (and draw string P.E bags for their P.E uniform). Each child only has a single peg for these bags (in most cases in the main corridor) and we do not have the space for large rucksacks or other similar bags. Thank you in advance.



### Farewell Year 6

Our Year 6 pupils have had a busy half term! They spent three days, at Ufton Court, this week on their residential visit near Reading. They had a great time taking part in lots of fun activities including archery, orienteering and outdoor adventure games. We've added lots of photographs, in a Gallery, on our school website under the 'News and Events' tab. These photos will only be available to view until September:

<https://www.st-marys.hillingdon.sch.uk/>

Yesterday, they received their certificate as a part of their Yr6 graduation ceremony. Thank you to all the family members who came along to watch. There were a lot of tears! This morning they are looking forward to their Leavers' Disco in our school Hall. We would like to wish our Year 6 pupils all the best moving up to their new secondary schools. For any family members who are leaving us this year, we would like to thank you for all your support during your child's time at St. Mary's.



### KS1 Sports Day

We held our Years 1 and 2 Sports day on Monday. Thank you to all the family members who came along to cheer the children on.

### Term Ends – Next Academic Year

This academic year ends today at the earlier time of 12.15pm.

Pupils return to school on **Wednesday 4<sup>th</sup> September**.

You can view the term dates for 2024 to 2025 on our school website:

<https://www.st-marys.hillingdon.sch.uk/>



### Summer Holiday Club

The FunFest holiday club will take place, in our school, over the Summer break. Please see the flyer below for further details.

### School Gate Closure – 8.45am

From September 2024, there is a new government expectation for all state-funded mainstream schools to deliver a school week of at least 32.5 hours to all pupils from Reception to Year 6. Although we are already delivering a 32.5 hour week, we will need to lock our green gate promptly at 8.45am each morning to ensure that all pupils are attending school for this amount of time.

## Thank You

A big thank you Martino and Xiana's parents, Jack and Tyler's mum and Clementine and Primrose's mum for putting together our new colourful fence around our Library Bus and for weeding in our KS1 playground. We are very grateful!

## Winston's Wish – Bereavement Support

With the summer holidays just around the corner, we want parents to know that Winston's Wish is open with support services available!

Here are a few resources they offer:

- **On-Demand Support:** Winston's Wish Bereavement Support Workers will be available from 8am to 8pm on weekdays, with their team there to listen and provide support to young people and parents.
- **Make and Talk Activities:** They have a number of interactive activities that are designed to help children and young people talk about their grief. These are helpful resources for parents and guardians who are supporting bereaved children and young people.

Alongside this, they have a range of downloadable resources and information that can be accessed via their website:

[https://winstonswish.org/services-open-summer-holidays/?utm\\_source=Winston%27s+Wish+newsletter&utm\\_campaign=a8b38d1bce-Education Newsletter 27 06 2024&utm\\_medium=email&utm\\_term=0\\_-a8b38d1bce-%5BLIST\\_EMAIL\\_ID%5D](https://winstonswish.org/services-open-summer-holidays/?utm_source=Winston%27s+Wish+newsletter&utm_campaign=a8b38d1bce-Education+Newsletter+27+06+2024&utm_medium=email&utm_term=0_-a8b38d1bce-%5BLIST_EMAIL_ID%5D)

## Place2Be – Parenting Smart

The Parenting Smart website is open to all parents and includes practical tips to support children's wellbeing and behaviour:

<https://parentingsmart.place2be.org.uk/index>



## **Outstanding payments in Eduspot**

We have a number of outstanding parent payments on Eduspot. Please ensure that you log into the pupil's accounts before the end of the academic year and check if you have any payments due.

We are aware that some parents have had issues logging into Eduspot. If you are having issues logging in - please contact Miss Taberer. Alternatively, if you would like to send cash instead - please send it in an envelope with your child's name for the attention of Miss Taberer. Thank you

## **POLISH LESSONS arrive at St Mary's!**

Dear parents/carers,

My name is Aleksandra and I am Antonina's mum who is currently in Year 6. I am also running the Breakfast and After School Club in our school.

I am a qualified Polish Teacher and I have a degree in Teaching Polish Language and Culture to speakers of other languages. I have worked in a Polish Saturday School for the last few years.

I am excited to announce that I am available to teach Polish at St Mary's after school, between 3.15 and 4.20 p.m every Wednesday (starts from 04.09.24-23.10.24 - 8 weeks).

All year groups are welcome from Reception to Y6. The cost is £10 per session and the club will start after the summer holidays. Payment will be collected for the term.

Please could you contact me, as soon as possible, by text or email to reserve your place if you are interested in your child attending Polish classes.

With warm regards

Aleksandra Nikratowicz

[aleksandra.nikratowicz@gmail.com](mailto:aleksandra.nikratowicz@gmail.com)

07874 629 314

## Worry and Anxiety

NHS statistics indicate that the need for mental health support for children and young people in the UK is higher than ever, with 1 in 6 children (16%) reported as being in need of such help. Unchecked worry and anxiety in under-18s is a key contributor to this figure, with roughly 4 in 10 children (37.4%) saying they don't receive regular support from their school. You may find this guide helpful (also attached):

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

### UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

### DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

### WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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## **Summer Reading Challenge**

Whether you are going abroad or staying at home - the summer holidays are the perfect opportunity to get lost in a book. We would love to see you reading in the park or on the beach, in a hammock or at a famous landmark.

If you are not going away, why not build a reading den at home? You can be transported to a faraway land or an imaginary kingdom.

Please bring in a photograph, in September, or email your photograph to:

[office@stmarysuxbridge.org.uk](mailto:office@stmarysuxbridge.org.uk)

All pupils who bring in, or sends, a photograph will receive a certificate in September. Happy Reading!



**What are the age restrictions on social media?**



<b>13</b> Facebook Twitter Instagram Snapchat TikTok Kik Ask.fm Houseparty Periscope Tumblr Reddit Pinterest	<b>13+</b> Whatsapp YouTube WeChat Whisper Yubo  (13+ means with parental consent)	<b>16</b> LinkedIn 	<b>18</b> Tinder Bumble 
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## **Age Restrictions on Social Media**

Pupils cover work on online safety every term. We have been reminding our KS2 children of these age restrictions on social media.

## **Getting in Contact**

Tel: 01895 232814

Email: [office@stmarysuxbridge.org.uk](mailto:office@stmarysuxbridge.org.uk)

All enquiries should be referred to our school office

For Special Educational Needs: Mr Ellis (using the contact details above)

Chair of Governors: Mrs Maureen Thorpe (using the contact details above)

## **Amazon Wish List – School Supplies**

Please help support our school by donating school supplies from our Amazon Wish List <https://amzn.eu/fgZpVLv>

Any purchase would be greatly appreciated.

## **School Friend Clubs – Updated contact details**

Website: [www.schoolfriendclub.com](http://www.schoolfriendclub.com)

New booking portal: <https://schoolfriendclub.magicbooking.co.uk>

Tel: 0333 355 7374

# KS2 Cricket Competition



***'Thank you to everybody who took part in the KS2 cricket competition last Friday. I am really grateful that so many pupils turned up and that they all played so well, showing excellent sportsmanship. It was a special moment that I will never forget. I hope you all have a lovely summer break', Mr Beacham***



<b>House Point Winners this week:</b>		
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# SUMMER HOLIDAYS

FUN FEST UXBRIDGE!



## Upcoming Holidays

### Summer Holidays

23rd July to  
27th August  
Monday - Friday  
8am - 6pm

*Follow  
-US-*



A graphic for the Summer Holiday Club. At the top left is a yellow sun with rays. To its right, the word 'Summer' is written in a pink, bubbly font. Below that, 'Holiday Club' is written in a larger, pink, bubbly font. Underneath is the text 'LOADING ...' in black. Below the text is a black progress bar with seven white vertical bars of varying heights inside it. To the right of the progress bar are two small white flowers. At the bottom left, there is a circular logo for 'THE FUN FEST OLYMPIC SUMMER PARIS 2024' with the text 'IS COMING! Raising funds for Save the Children' below it. At the bottom center is a pair of pink sunglasses. At the bottom right is the Fun Fest Holiday Club logo.

## Booking Info

We are taking bookings

<https://fun-fest.co.uk/uxbridge>  
St Mary's Catholic Primary School  
Rockingham Close UB8 2UA Uxbridge  
07399 880319  
[uxbridge@funfestholidayclub.co.uk](mailto:uxbridge@funfestholidayclub.co.uk)



HUGE THANKS to everyone who supported the 2024 PTA Summer fundraising activities. From our parent/carer volunteers, all our sponsors and our prize donators – your time and generosity is all hugely appreciated.

Thanks also to all those who bought/sold Raffle Tickets and congratulations to all our Raffle and Online Auction winners, we hope you enjoy your goodies!

We are proud to announce that our summer activity raised an incredible

**£4,750**

We are now looking at what books and IT equipment we can look to provide, which will benefit every child. More details will follow as we progress.

*Please note that all winners have been contacted. Some Auction payments are outstanding, so if you were a bid winner, please refer to our email for payment info.*

STMARYSPTA-UXBRIDGE@OUTLOOK.COM

### Useful SEN Websites and Information

**Hillingdon SENDIASS website:** Hillingdon SENDIASS is a free, confidential and impartial support service for parents and carers, children and young people up to 25 years where the child or young person has or may have special educational needs. Their website includes useful information and links to a range of support groups available:

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

### **Hillingdon Local Offer**

The Hillingdon local offer provides information for children and young people with special educational needs and disabilities (SEND) and their parents/carers. It allows families to see what they can expect from a range of local agencies and how to access them.

<https://www.hillingdon.gov.uk/article/4654/SEND-local-offer>

### **Hillingdon Talks, Moves, Plays**

Children's Integrated Therapy Service (CITS)

Information from the NHS team of Speech and Language Therapists, Physiotherapists, Occupational Therapists, technicians and administrators, who deliver a community service for children and young people.

<https://www.cnwl.nhs.uk/children-integrated-therapy-service>

### **Hillingdon Autistic Care and Support (HACs)**

A charity providing support for children with a diagnosis of autism and their families:

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

### **Stronger Families Hub**

The Stronger Families Hub operates 24 hours a day, 7 days a week to provide families in Hillingdon with information, advice and support.

<https://www.hillingdon.gov.uk/stronger-families-hub>

### **Hillingdon Parent Carer Forum (PCF)**

A team of volunteer parents/carers whose aim is to improve services and processes for Hillingdon SEND children. They exist to harvest the voice of parents/carers in Hillingdon, to help shape the services accessed by SEND children, by way of engagement with parents and co-production with the Local Authority.

If you wish to receive information emails, please sign up to their database. They have different levels of volunteering options:

<https://hillingtonpcf.com/>

### **Speech Link – Parent Portal**

Speech and language support for parents and carers:

<https://speechandlanguage.info/parents>

### **Tiny Happy People**

The BBC's Tiny Happy People website is here to help you develop your child's language skills. Explore our simple activities and play ideas and find out about babies and toddlers' amazing early development:

<https://www.bbc.co.uk/tiny-happy-people>



## **Instrumental Lessons**

Instrumental lessons

Book a Free one-to-one Music Lesson

For children aged 4+ wishing to learn piano, guitar, ukulele and violin at our school.

Register by text to: 07782503260 and include:

Child's Name, Age, Music Instrument

Or

register at: [www.stage talent.co.uk/register](http://www.stage talent.co.uk/register)



## **Attendance**

We are sure that like us, you as parents and carers, realise the importance of attendance and punctuality. At St. Mary's, we continue to work hard to try to raise attendance levels and to reduce instances of lateness. There is much evidence to show that good attendance plays a vital role in helping your child to achieve their potential. We also know that poor attendance can lead to other problems for children. How can you help your child attend school regularly?

- Talk to your child about school. Make sure your child understands why school is important;
- Get everything ready for school the night before;
- Arrange appointments before or after school or during the school holidays;
- Take holidays during school holidays and not during term time;
- Set your alarm and your child's alarm clock- see who can beat the clock!
- Only grant days at home for genuine illness (you will know!)
- If your child is slightly under the weather, still send them into school- children often start feeling better as the day goes on and they get busy, and if the school is worried, we will call you.

## **Safeguarding Our Children**

If you are worried about a child's safety please do not hesitate to contact the school straight away. You can always speak to Miss Shevlin, the Designated Safeguarding lead, if you have any concerns about a child. You can also call Hillingdon Stronger Families Hub on [01895 556006](tel:01895556006). If a child is in immediate danger, call the Police immediately on 999.

**It is all our responsibility to safeguard children**

## **UPCOMING EVENTS:**

Date	Event
19/07/24	Break up 12.15pm
04/09/24	Back to school 8.40am
16/09/24	Morning Groups start
30/09/24	Individual Photos
28/02/24	Half term

Please visit our school website for Term dates - including 2024 to 2025: <https://www.st-marys.hillingdon.sch.uk/page/?title=Term+Dates&pid=45>