



St. Mary's Catholic Primary School

School Newsletter

Friday 7th March 2025

Morning Drop-off

All pupils (from Reception to Yr6) 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.

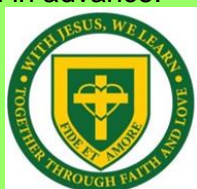
P.E. Lessons

Although each class is timetabled for PE lessons, this often changes due to wet weather and/or extra sports coach sessions.

All pupils (Years 1 to 6) should bring their P.E kits into school **every Monday** and then take them home at the end of the day on 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.



Dear Parent/Carer,

The children have completed lots of fun activities as a part of our Book Week. The week started with a special book themed assembly followed by activities in class. On Tuesday, pupils returned to school (dressed in their pyjamas) for our popular Bedtime Stories event followed by milk and cookies.

Yesterday, on World Book Day, we were greeted at the gate by some really amazing costumes inspired by the children's favourite book characters. We held an assembly in the morning giving pupils a chance to show off their costumes and prizes were awarded in each class (see the table below). Unfortunately Emma Yarlett (author) postponed her visit and workshops, scheduled for today, due to a family emergency. We still went ahead with our 'Design your own Dragon' competition and the standard of work submitted was amazing. Prizes were awarded for some of the most imaginative designs in each class (see winners table below) and we will display the children's work as a part of a new corridor display just outside our Year 5 classroom. We would like to thank our parents for all the support you have given your children in preparing their Book Week costumes and competition entries.



Ash Wednesday

On Wednesday afternoon, all of the children attended an Ash Wednesday Mass, in our school hall, receiving ashes from Fr. Nicholas. During Lent, the children will be looking at the events leading up to and including the death of Jesus. You can sign up to receive the CAFOD Lent calendar

emails offering daily prayers and reflections through your Lenten journey.

These daily emails start on Ash Wednesday and end on Easter Sunday:

<https://cafod.org.uk/pray/lent-calendar>

Stations of the Cross

The children from Reception to Year Six will be going to the church next Wednesday 12th of March at different times during the day to do the Stations of the cross with Angela and Fr. Nicholas. Please could we have parent volunteers to help walk the children to the church and back to enable all classes to do the stations of the cross.



Children will leave school to walk to church at the following times. The children will stay in church for 30 minutes and return to school.

Reception and Year 5 – Leave school at 9.30 am

Year 1 and Year 4 – Leave school at 10.00 am

Year 2 and Year 3 – Leave school at 10.30 am

Year 6 – Leave school at 1.00pm

Year 6 Junior Citizens

Our Year 6 pupils visited Brunel University, on Tuesday, for this year's Junior Citizens event. They completed activities looking at road and cycle safety, travelling on the London Underground, bus travel, fire safety, internet safety, stranger danger and the hazards of playing or walking near water including canals. These activities were designed to support the children's transition to Year 7.

Year 6 Challenge

Our Year 6 pupils set their STEM challenge for our partner school, in South Africa, this week. The problem they posed is for our partner school to come up with a plan/model for how we can develop greenery in our school grounds attracting more wildlife and creating nature spaces.

This partnership was set up through our work with the British Council.

Artificial intelligence (AI) safety tips for parents

Please click on this link for safety tips for parents including 6 top tips - how to support your children to use AI safely:

<https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents/>

World Book Day: Dress-up Competition

Prizes were awarded to the following pupils:

Year Group	1st Prize	Runners-up
Nursery	Olivia	Tobias
Reception	Daisy	Kairell
Year 1	Tomas	Gabe
Year 2	Zuzanna. P	Milneet
Year 3	Georgie	Betty
Year 4	Kaiaan	Clementine
Year 5	Krystal	Arthur
Year 6	Bethany	Laura
Staff	Miss Bradford and Mr Stringer (Year 5) – The Twits	

Well done to all pupils for all the hard work that went into their amazing costumes. The standard of entries was fantastic this year.

Dragon Competition Winners

Prizes were awarded to the following pupils:

Year Group	1st Prize	Runners-up
Nursery	Eliza	Arber
Reception	Luna	Isabella F.B
Year 1	Hanna	Emily
Year 2	Andy	Elena
Year 3	Lotti	Julia
Year 4	Martinio	Momoka
Year 5	Peter	Charlie
Year 6	Jan	Clara

?History Mystery?

Try and use clues to determine what you think this artefact is. Use your observations as clues to help you think about the object.

Here are some questions to get you started:

- What was this object used for?
- When was it made?
- What sort of person may have owned it and why?
- Does the decoration mean anything?
- What could help us find out more?

We'll publish the ANSWER in next week's Newsletter.

ANSWER to last week's History Mystery: It was a strigil (or scraper) used to scrape the surface of the skin clean.



Using historical sources (including objects) is a big part of our History lessons in school. You can find out more about what your child is studying in their History lessons here: <https://www.st-marys.hillingdon.sch.uk/page/?title=History&pid=71>

SENDIASS Drop-in

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.

There next drop-in is on: Monday 17th March

Start Time: **9.30AM** to **11.30AM**

Price: **Free**

Where: Coteford Children's Centre

Further details: <https://discover.hillingdon.gov.uk/sendiaass-drop-ins>

School Friend Clubs

School Friend Clubs leads both a breakfast club and an after school club for all pupils (from Reception up).

schoolfriendclubs Parents can book using these details -

Website: www.schoolfriendclub.com

Booking portal: <https://schoolfriendclub.magicbooking.co.uk>

Tel: 07925 033120

British Science Week Poster Competition – Still time to enter

Create a poster which fits in with the theme of 'Change and adapt'. Mrs Rowland will then select the five best creations and submit them for a chance of winning an array of prizes.

Kit List:

Paper (A4 or A3)

Creative materials such as: pens, pencils, scissors, glue, watercolours, paint, crayons, pipe cleaners, felt, thread, wool, foil, clay, string, beads, stamps, foam, pompoms

Instructions:

Encourage children to think about change and adaptation – what it means to them and how it relates to science they've learnt about – to come up with ideas to include in their poster. Here are some points and questions to get you going:

- Get children to think about ways that they might have changed or adapted to new experiences and places as they've grown.
- What about change and adaptation in the world, and beyond? How do plants and animals adapt to a changing environment? Do the stars and planets in space change?
- Technology changes all the time, how is it changing our lives? Is it always for the better?

Make your poster:

Once they've done their thinking, it's time for children to get creative! Posters must be A4 or A3 in size. Once they've been submitted to Mrs Rowland, she can only choose 5 to submit online for judging. Children can use pop-up pictures, pull out tabs

or use materials such as pencils, paints, crayons and paper to create their posters.

Deadline:

Posters to be handed back to Mrs Rowland by **Friday 21st March 2025**.

For more information, please visit www.britishscienceweek.org/plan-your-activities/poster-competition/

What are the age restrictions on social media?

Age Restriction	Social Media Platforms
13	Facebook, Twitter, Instagram, Snapchat, TikTok, Kik, Ask.fm, Houseparty, Periscope, Tumblr, Reddit, Pinterest
13+	Whatsapp, YouTube, WeChat, Whisper, Yubo
16	LinkedIn
18	Tinder, Bumble

(13+ means with parental consent)

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Age Restrictions on Social Media

Pupils cover work on online safety every term. We have been reminding our KS2 children (including Year 6) of these age restrictions on social media. The age restriction for Whatsapp is age 13+ and we ask that parents closely monitor their child's online activity.

Getting in Contact

Tel: 01895 232814

Email: 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.

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

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

Hillingdon Talks, Moves, Plays: Children's Integrated Therapy Service (CITS) is a team of Speech and Language Therapists, Physiotherapists, Occupational Therapists, technicians and administrators, who deliver a community service for children and young people aged 0 to 19. CITS operates an open referral system, which means anyone can refer a child or young person to any of the therapy services.

We recommend parents, carers and professionals contact the advice line on 01895 488 200 to speak with a therapist for advice and to decide whether a referral is needed.

You can find further information and parent advice on their website:

<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://hillingdonpcf.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>

Children's Centres

Children's centres offer a range of services to support parent/carers and 0 to 5-year-olds.

You can view the Hillingdon centres here:

<https://www.hillingdon.gov.uk/article/10473/Contact-details-for-our-family-hubs-and-childrens-centres>

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>

Kooth

Kooth.com, NHS-commissioned and BACP accredited, offers free, safe and anonymous online mental health support and counselling for 11-25 year olds across north central London.

<https://www.kooth.com/>

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



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.

House Point Winners this week:	St.Thomas	107
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Spring 2025 - Diary Dates

Please visit our school website for Term dates:

<https://www.st-marys.hillingdon.sch.uk/page/?title=Term+Dates&pid=45>

Date	Event
17/03/2025	Test Week
24/03/2025	Year 5 Swimming
24/03/2025	World Autism Awareness Week
02/04/2025	Year 2 Trip Roald Dahl Museum
04/04/2025	End of term. School finishes at 12:15pm
22/04/2025	Term starts at 8:40am