

# St. Mary's News

"SHINE AS A LIGHT IN THE WORLD"

Matthew 5:16

Newsletter No: 12



Dear Parents and Guardians,

What a busy week we've had! The week began with Cherry, Willow and Oak class visiting Lichfield Cathedral to continue learning about the nativity story. Silver Birch then went to the Exotic Zoo in Telford to get hands on experience with animals and mini beasts that live in the rainforest. On Thursday, our Rock Steady children performed the songs they have been learning this term. We also all joined together as a school family to enjoy Christmas dinner and helped Santa resolve a magical problem in the North Pole by completing the Santa Dash on Friday.



You will have seen the letter regarding Mrs Egan's early retirement along with Miss Shinton and Miss Barnsley's change of career. They will all be truly missed. As we say goodbye, we also take the opportunity to welcome Mrs Handley to the team. Please see an introduction from Mrs Handley attached.

As with many schools, we continue to monitor the health of our school community. Like all senior leaders, I am in regular contact with Public Health England. If you would like further information about Scarlett Fever/ Strep A please see guidance at:

www.nhs.uk/conditions/strep-a



In a similar line to most infectious diseases, handwashing is the main control measure, together with rigorous cleaning of surfaces and common areas.

The signs to look for are:

- · Sorethroat
- Headache
- Fever
- Nausea and vomiting
- A rash that typically appears n the chest then rapidly spreads to
  other parts of the body, giving the skin a sandpaper-like texture. On
  more darkly pigmented skin, the scarlet rash may be harder to spot,
  although the sandpaper feel should be present.



This may be accompanied by a 'strawberry tongue'.

If your child is presenting with these symptoms at school, we will call you and ask you to collect them and ask that you make a GP appointment for further advice.



Many thanks

Mrs. NR Brennan





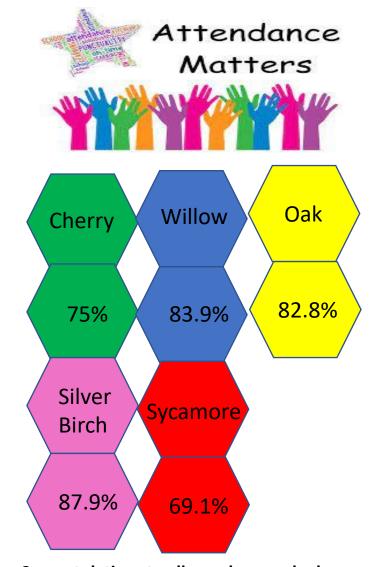


13 <sup>th</sup> December	Nativity 2pm (Cherry, Willow, Oak and Year 2)
14th December	Nativity 2pm (Cherry, Willow, Oak and Year 2)
15 <sup>th</sup> December	Carol Concert 2pm (Year 3 and Sycamore)
19 <sup>th</sup> December – 2 <sup>nd</sup> January	Christmas holidays
3 <sup>rd</sup> January	Inset Day - School closed to pupils.
6th February	Mental Health week.
7 <sup>th</sup> February	Book look parents welcome 2:45pm
8th February	Dogs trust animal safety talk.
9th February	Explorers school visit - Water safety talk.
14 <sup>th</sup> February	Safer Internet day
14 <sup>th</sup> February	Silver Birch leading worship. Parents welcome.
20 <sup>th</sup> February	Half term week. School closed.
27 <sup>th</sup> February	All children back in school.
2 <sup>nd</sup> March	Year 3 & 4 Bikeability Level 1
3 <sup>rd</sup> March	World book day.

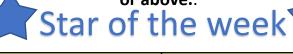
Mothering Sunday lunch

EYFS to year 1

14th March



Congratulations to all our classes who have reached our government's expectation of 96% or above..



Class	Pupil
Cherry	Alissa
Willow	Edward
Oak	Amelia
Silver Birch	Alice
Sycamore	Abi

A massive well done to all children for all their hard work this week. We are proud to call you a part of our St Mary's Family Hello everyone,

I am very excited that I have been given the opportunity to join the team at St Mary's. I am currently in my fourth year of teaching, however I have been working in schools for the last eleven years. I enjoy teaching all subjects especially maths and PE. I am a Forest School leader too and I love to be outdoors. Teaching is definitely my dream job, I enjoy promoting the love of learning and always try to think of new ideas to engage the children.

My family and I are very keen rugby supporters and I have spent many weekends watching my sons who are 13 and 17 years old, and my husband play rugby in all weathers! I am not a rugby player myself, however I do enjoy running a tag rugby club and hopefully the children at St Mary's would like to participate in a future club.

I am looking forward to meeting you all, I have heard so many amazing things about the St Mary's community.

Wishing you all a wonderful Christmas and see you all very soon.

Mrs Handley.















#### TUESDAY

All Day Breakfast Spaghetti Sausage, egg. **Bolognese** tomato, hash brown Italian classic beef & baked beans bolognese served

Veggie All Day Homemade Breakfast Margherita Pizza Veggie Sausage, Homemade pizza egg, tomato, hash base & sauce topped brown & baked with cheese and served with crudites beans

#### Potatoes, Fresh Vegetables and Gravy with crudites

Cheese & Tomato Quiche with Mashed Potatoes, Fresh Vegetables and Gravy

#### THURSDAY

Chicken Tikka Masala Served with Wholegrain Rice and Indian Carrots & Peas

**Sweet Potato &** Chickpea Curry Served with Wholegrain Rice and Indian Carrots & Peas

#### FRIDAY

**Fish Fingers** Golden Breaded Salmon or Pollock Fish Fingers with Chips & Peas

**Plant Based** Sausage Roll Served with Chips and Peas

Filled Jackets and freshly made sandwiches and baguettes are also available

WEDNESDAY

**Roast Turkey** 

with Mashed

**Chocolate Crispy** Cakes A rice crispie school

MONDAY

Cake Served with Custard classic

Fruit Flapjack Traditional Flapjack with raisins

Vanilla Cookie The Best Vanilla Cookies around

Jelly & Fruit Orange Flavoured Jelly served with fruit slices

Fresh Bread, Yoghurt and Fruit are available daily

Apple Sponge

What children need to know about

# BULLYING



#### Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COCOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

## What is online bullying?

ONLINE BULLYING - ALSO KNOWN AS CYBERBULLYING - IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

- SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
- HACKING INTO SOMEONE'S ONLINE ACCOUNT
- BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
- POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
- CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
- EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR **BLOCKING THEM FOR NO REASON**

#### How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SHILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIHE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



#### Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIHING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIHE THEY ARE BEING GANGED UP ON. THINH ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM - GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

### **BE KIND ONLINE**

**BEFORE PRESSING 'SEND' ON** COMMENTS. ASK YOURSELF THESE 3 **QUESTIONS...** 

- WHY AM I POSTING THIS?





#WakeUpWednesday

#### Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST - A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, Social media websites and online games or MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU - YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



#### How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES

#### How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. HEEP AWARE OF FAKE PROFILES AND INTERNET USERS POPETENDING TO BE SOMEONE THAT THEY ARE NOT PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

