



St. Mary's News

"SHINE AS A LIGHT IN THE WORLD"

Matthew 5:16

Newsletter No: 45



Dear Families,

We have been reminded this week by Staffordshire School Nurses of the importance of creating and maintaining healthy sleep routines for children. A 'Sleep Hygiene' poster is attached to this newsletter. Should you required more information or support the nursing team run a free, drop in clinic at Perton Library, WV6 7QU. The clinic is for adults to ask questions about their children and runs on the first or third Thursday each month 9am - 10am.

Coming up we have our family consultation evening. This is a time for you to speak with your child's class teacher to find out about progress, achievements and next steps. All meetings will be held in the school hall. Please contact the school office to book an appointment. Split families are very welcome to book two, separate appointments.

Finally, I'd like to finish with updating you on staffing here at St Mary's. Mrs. Johnson has taken on a wonderful opportunity to progress in her career. This means that we will be saying goodbye to Mrs. Johnson before half term. Her last day is Wednesday 31st January when she will then take up her new position at Brewood Middle Academy. Mrs. Johnson has been a highly valued and loved member of the St Mary's team for some time. We are delighted that she can move on to progress her career but also know she will be greatly missed. Mrs. Johnson will be popping back to St Mary's to support the new office staff.

After half term we will welcome Mrs. Preston to the St Mary's family. Mrs. Preston currently works in a school office in Willenhall and has children both at Brewood Middle and Wolgarston High School. I know everyone will make Mrs. Preston very welcome when she arrives.

Have a lovely weekend,

*Mrs. N R Brennan
Head Of School*

Book Look

Thursday 25th January Families welcome 2:45pm to 3:15pm to see their child's work.

Chester Zoo

Oak, Silver Birch and Sycamore trip.

Parent Consultations

Tuesday 30th January and Wednesday 31st January

NSPCC number day

Friday 2nd February

Safer Internet Day

Wednesday 6th February

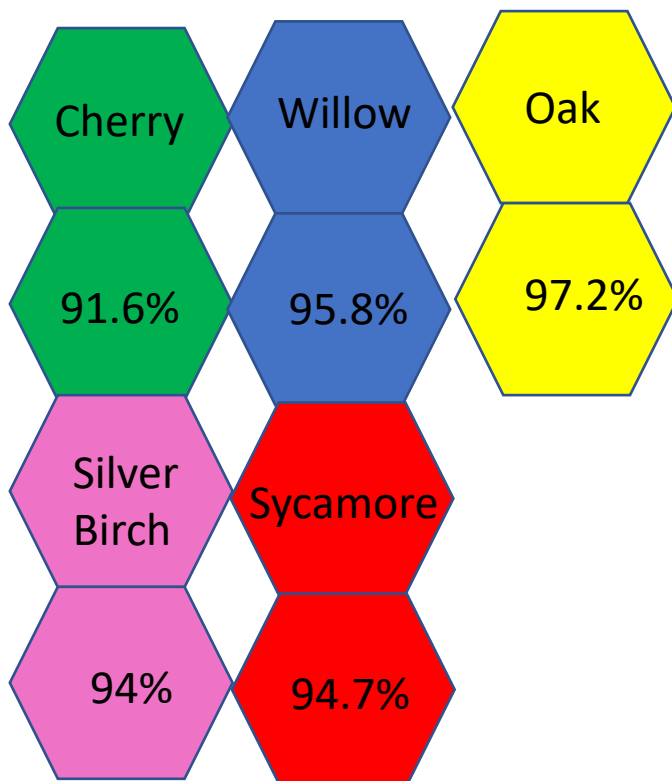




Attendance Matters



25 th January	Book Look - Families welcome 2:45pm - 3:15pm
29 th January	Oak, Silver birch and Sycamore trip to Chester Zoo.
30 th and 31 st January	Parent consultations - Information to follow.
1 st February	SEND Coffee morning
2 nd February	NSPCC Number day
6 th February	Safer internet day
7 th February	SEND Coffee morning
9 th February	Chinese New Year
4 th March	Mother's day lunch - Cherry, Willow and Oak Information to follow.
5 th March	Mother's day lunch - Silver Birch and Sycamore Information to follow.
7 th March	World book day
7 th March	Author Sarah Griffiths to Visit St Marys
11 th March	British Science week starts
13 th March	Mini Medics - Silver Birch
15 th March	Red nose day



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

★ Star of the week ★

Class	Pupil
Cherry	Jacob
Willow	Alissa
Oak	Alice
Silver Birch	Elliott
Sycamore	Henry

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

Free School Meals

Are you entitled?

Are you entitled to Free school meals, please use the link below.
<https://www.staffordshire.gov.uk/education/Educational-awards-benefits/FreeSchoolMeals/Apply-online.aspx>



WEEK 1

Allergy information available on request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Margherita Pizza (v)	Cottage Pie	Roast of the Day with Roast Potatoes and Gravy	Build your own Chicken Wrap with Mexican Rice	Fish and Chips
Vegetarian				
Teriyaki Noodles with Edamame (v)	Bean and Spinach Enchilada (v)	Onion Bhaji and Sweet Chilli Flatbread with Wedges (v)	Cheese and Tomato Quesadilla with Mexican Rice (v)	Veggie Nuggets and Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli				
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese				
Vegetables				
Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
Dessert				
Parsnip Cake	Flapjack	Vegan Autumn Cake	Jelly Crunch Pot	Fruit Mousse
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

30th Oct, 20th Nov, 11th Dec, 1st Jan, 22nd Jan, 12th Feb, 4th Mar, 25th Mar

Sleep Hygiene

With all the adjustments in lockdown for our teens, one thing seems to have been impacted hugely is.....Sleep!

For all of us, this has been a difficult year with lots of change, worry and breaking of 'normal' routines. With the end of lockdown in site..... Sleep is one big thing we can look at to support us all to get back to 'normality'. We can start to 'reset' our children's sleep ready for being back to school!



What is Sleep Hygiene? It is the habits we use to help us to get into good sleep habits. It means the ideal environment and routine that lets your brain allow you to drift off. Kids adapt quickly to new routines, they may just need the facts and positive rewards for changing their bedtime routine.

More likely to have teen spotty skin and greasy hair

Lack of sleep weakens the immune system- You will get ill more

Less concentration, and less likely to sit still

Poor Sleep - The Facts!

ZZZZZZ's lead to AAAAA's- Exam results higher if we are well slept as we can remember more.

More likely to have mood swings and get angry at others

Increases risk of mental health challenges e.g. feeling anxious about school