



17TH MAY 2024

# FRIDAY NEWSLETTER

## SAINT MARY'S CATHOLIC VOLUNTARY ACADEMY

Welcome to this week's newsletter. Our statement to live by this week was, 'I know how to ask for help and who to ask for help from.'

Congratulations to all our Year 6 pupils who have now completed their SATs. They certainly tried their very best throughout these sessions. Thank you to all the families who have supported them through this time by ensuring they had a good nights rest and a hearty breakfast!

Staff changes – We are delighted to inform you that from September, Miss Kemp will be moving to class three and Mrs Hodgson to class one. We are very lucky to have teachers who have expertise in teaching these year groups.

The Briars 2024 – It was an absolute delight to observe firsthand how these year 5 pupils blossomed in self confidence and self believe as they completed their new adventures. When we think about young peoples' mental health we can see first hand how being active outside and having space and time to reflect on their gifts and talents clearly has a positive impact. Children are learning to be resilient problem solvers and how to persevere – all skills that we need as adults. It helps them to prepare for every day challenges as they grow. I am very proud of all of them for their contribution throughout the three days.

The deadline to order class photos has been extended to this Sunday, 19th May. Please place all orders for class photos by then!

Please look at the photo's below – class 4 are creating their own art displays based on a range of careers they would like to do when they grow up, class 3 are creating their own circuit boards as part of their physics learning in electricity, class 2 are learning all about Pentecost and have made some beautiful Holy Spirit doves and class 1 are recording different types of tree species as well as learning through their continuous provision. Congratulations to our class 3 rounders team who came second in the competition held at New Mills leisure centre on Wednesday. Well done for clearly demonstrating excellent sportsmanship skills.

All our welcome to next week's whole school assembly – cheerleading club are going to complete a performance starting at 2.30pm. The PTA will also be presenting the year 6 leavers hoodies. There will be no star of the week in light of these 2 wonderful occasions, everyone is very welcome to attend.

Have a lovely weekend, please support the duck race if you can! Mrs Chapman.

Copies of both the school newsletters and the Parish newsletters can be found here –

<https://www.stmarysnewmills.srscmat.co.uk/news/newsletters/>

Our Catholic life and mission newsletter can be found here

<https://www.stmarysnewmills.srscmat.co.uk/catholic-life/catholic-social-teaching/>

# Staff profile – Miss Gibbons

**Miss Gibbons has worked at St. Mary's for over four years. She has six children ranging in age from six to eighteen years old!**

**Miss Gibbons currently works in class two. She is a qualified ELSA (Emotional learning Support Assistant). In addition, she has a level three diploma in Childcare as well as a range of training and knowledge in autism, emotional coaching and play therapy.**

**Fun fact:  
She would love to work on a farm!**

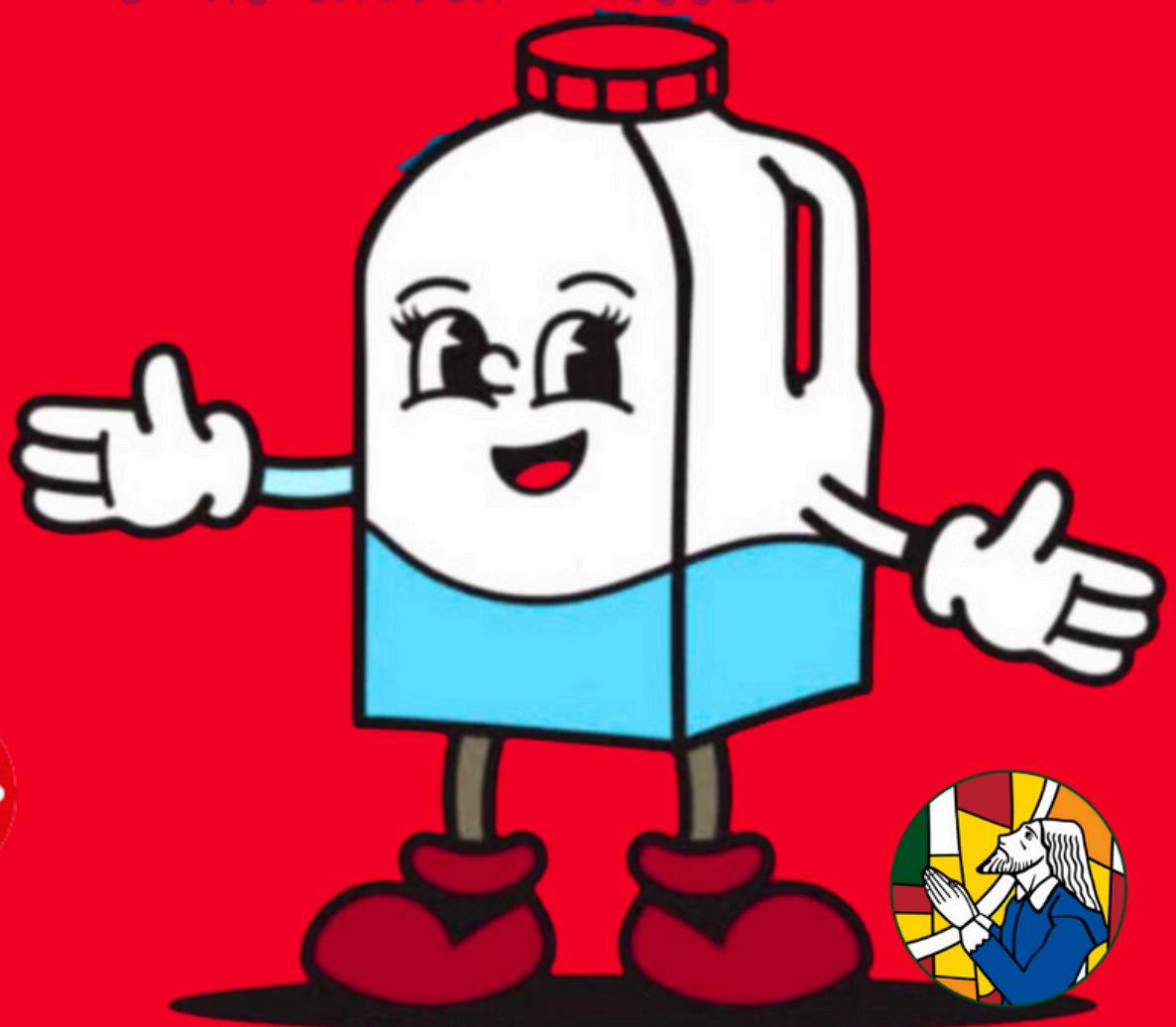






# MEET Maisy Milk

During the month of May we are  
praying the Rosary for Peace and  
collecting any spare pennies to  
support Maisy Milk's work with Aid  
to the Church in Need.

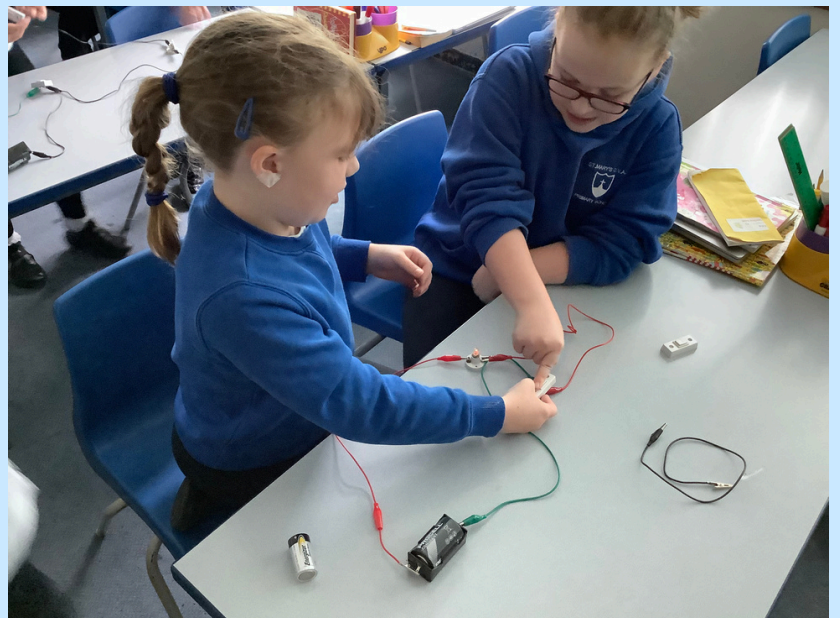
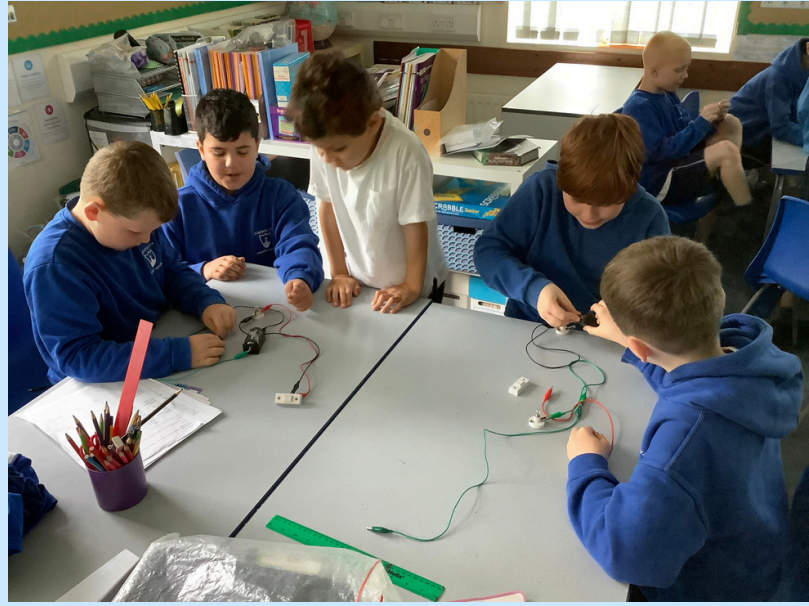


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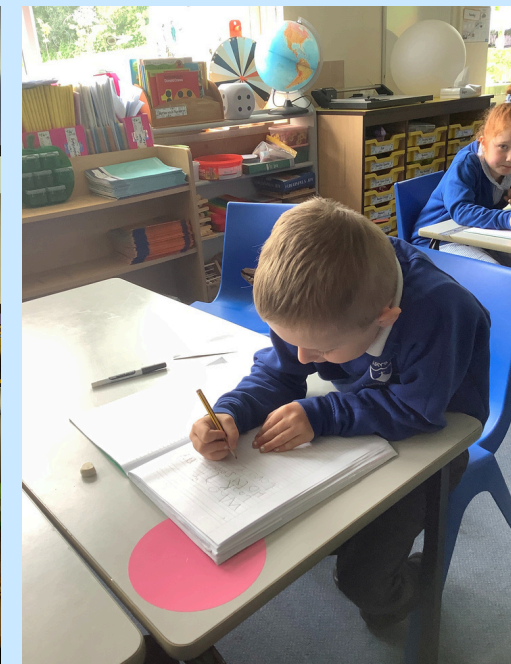


# Class 3 have been working on electrical circuits



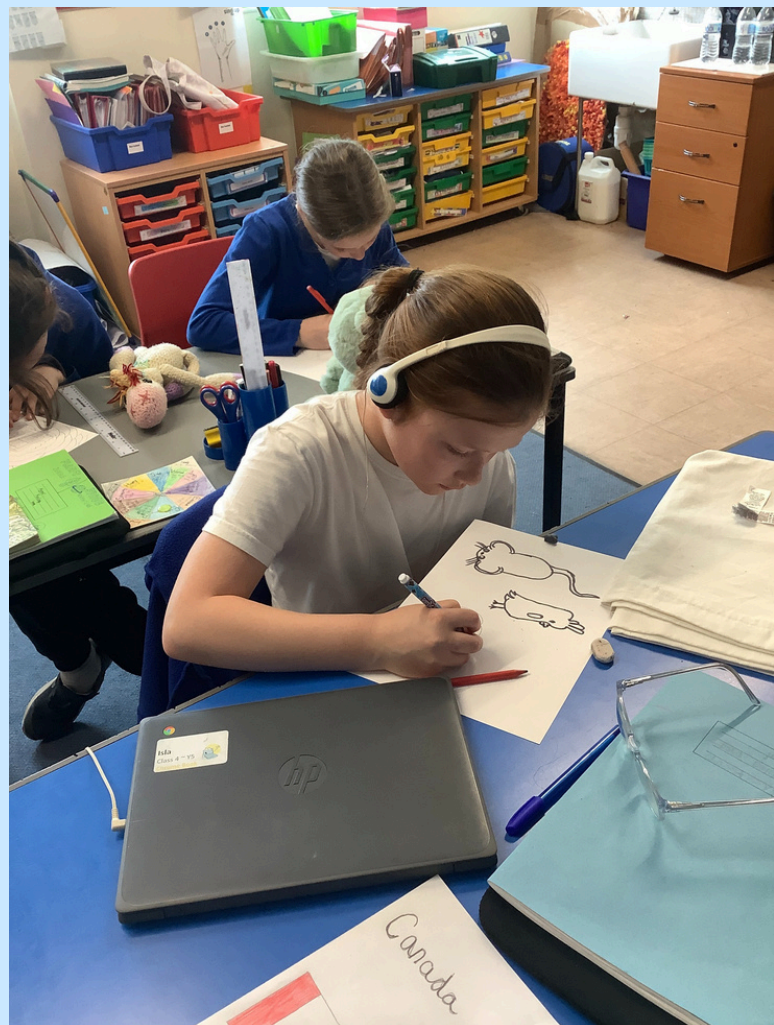
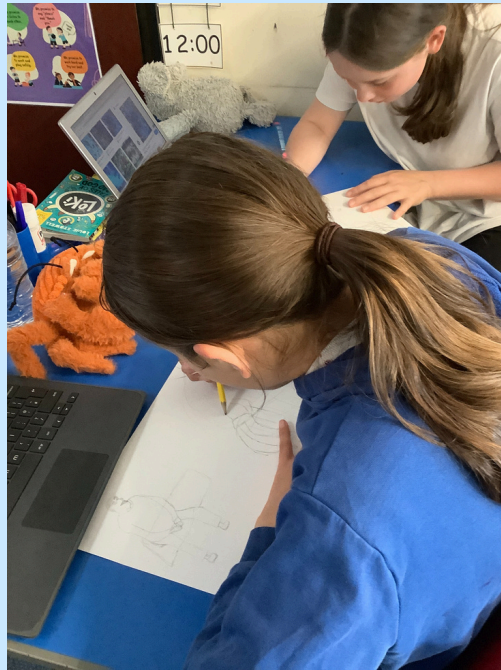


# Another busy week in school





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# News from the PTA



*Donations needed!*

**Calling all keen bakers!**

**Donations needed for the Duck  
Race Cake Stall on the 19th of  
May.**

We welcome any donations of  
cakes, biscuits, traybakes, muffins,  
cookies etc to sell during the New  
Mills Duck Race. Please get in touch  
if you can help!

**Drop off location:** Torrs Riverside Park on the  
morning of the 19th of May or you can email  
[stmaryspta.newmills@gmail.com](mailto:stmaryspta.newmills@gmail.com) to arrange pick-  
up.

*Thank you!*

# DATES TO NOTE

Sunday 19th May	Duck race
Thursday 23rd May	Class one assembly 9.15am
Thursday 23rd May	Science collapsed curriculum day
Friday 24th May	<p>Non uniform day (PTA), please fill a bag! The PTA will be sending home a small paper bag to each child on this day. Children can decorate the bags however they like and then please fill them with items up to £1 (a book, party bag fillers, sweets etc – everything should be new). If you could bring the finished bags back to school to sell at the summer fair, that would be fantastic!</p> <p>Year six to be presented with their leavers hoodies during star of the week assembly. We also have a performance by our cheerleading team. Everyone is very welcome to attend at 2.30pm</p>
Monday 27th May to Friday 31st May	Half term holidays
Thursday 13th June	Class three assembly 9.15am
Friday 14th June	Non uniform day (PTA) – bring a bottle for the bottle tombola
Thursday 20th June	Class two assembly 9.15am
Thursday 20th June	Year 6 talk by Derbyshire police
Monday 24th June	Drowning prevention talk by New Mills Leisure Centre – whole school
Wednesday 26th June to Friday 28th June	Year six residential trip to Lea Green
Thursday 27th June	Music day! All parents and carers are welcome to come into school at 2.30pm
Friday 28th June	Non uniform day (PTA) – bring chocolate for the chocolate tombola
Wednesday 3rd July	Railway safety talk by Network Rail
Monday 8th July	Last swimming lesson for year 3 and 4
Thursday 11th July	Class 1 and 2 trip to the Runway Visitor Park
Friday 12th July	PTA summer fair
Monday 15th July	Class four end of year production dress rehearsal (all invited) 1.30pm
Tuesday 16th July	Class four end of year production (all invited) 6.00pm
Thursday 18th July	Leavers Mass, 10.00am at Church. Everyone is welcome.
Friday 19th July	School closes for the summer break



# SCHOOL NOTICES



**If anyone has any clothes at home that belong to school, please send them back to us ASAP!!**

**Our dinner table discussion this week was 'could a computer be happy?'**

If you don't currently have access to ClassDojo but you would like to, please speak to the school office.

**Trusting the God of every blessing,  
Who is good in every way,  
To rest His hand upon you  
And bring you joy today.**

Please be very careful when parking outside school. Please drive slowly and don't park on the zigzags, even just to drop off. This helps to keep our children safe.

If anyone has changed their name, phone number, address, e-mail address etc. recently please do let us know so that we can amend the database. It is vital that we hold the correct contact details for everyone.

**Star of the week this week was awarded to someone who shows courage.**

**Our statement of belief this week was - I know when to ask for help and who to ask for help from.**

High attendance is vitally important to every child, educationally, socially, and legally. This is a good opportunity to remind everyone holidays should not be booked during term time. Headteachers are not permitted to authorise absences unless there are exceptional circumstances. This does not include reduced holiday costs. If a child is not in school and the absence is not authorised, we are under a duty to report this to the Local Authority who may issue you with a penalty notice.

**SCHOOL ATTENDANCE WAS 98.25% THIS WEEK!**

# OUR MISSION STATEMENT

## S – Service and Stewardship

- We care for each other – ‘Love one another as I have loved you’
- We understand our obligation and responsibility to other in our local, national and world wide communities.
- We are learning to become global citizens, courageously following in Jesus’ footsteps.
- We are working together to Building God’s Kingdom on Earth.
- We are helping to look after the most vulnerable in our communities.

## T – Togetherness

- We work together for the greater good.
- We work together cooperatively as a team.
- We are disciples of Christ and we show this through our actions.
- We are stronger together.

## M – Mission

- We ensure all of our pupils receive the best learning opportunities through the provision of a broad and diverse curriculum.
- We bring Christ to all of our children, ensuring that he is front and centre in everything we do – ‘Rip of the Roof’.
- We are the living Gospel.
- We strive to be the best we can be and achieve our God given potential.

## A – Awe and Wonder

- We are inspiring our pupils to be future leaders.
- We recognise the awe and wonder in God’s creation.
- We recognising our uniqueness in the eyes of God.
- We are being inspired to learn more, know more and understand more.

## R – Reconciliation and Forgiveness

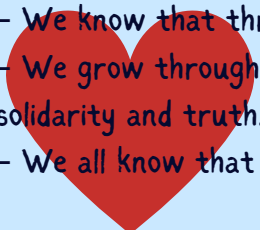
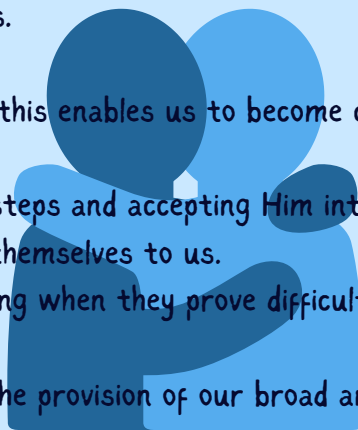
- We know how to say sorry and recognise when we have done something wrong.
- We know how to ask God and others for forgiveness.
- We know how to forgive others as God forgives us.
- We know that we can learn from our mistakes and this enables us to become closer to God.

## Y – Yes!

- We are Saying ‘yes’ to God by following in His footsteps and accepting Him into our hearts.
- We are Saying ‘yes’ to opportunities that present themselves to us.
- We are saying ‘yes’ to new challenges and persevering when they prove difficult.
- We are saying ‘yes’ to helping those in need.
- We are saying ‘yes’ to achieving our best through the provision of our broad and diverse curriculum.
- We are saying ‘yes’ to celebrating our differences.

## S – Spirituality

- We recognise our faith in God and that we are all part of something greater.
- We know that through prayer we discover who we are and why we are here.
- We grow through our Gospel Values, of acceptance, hope, faith, courage, honesty, love, charity, solidarity and truth.
- We all know that “I am Important and Precious because God loves me”.





# SCHOOL HEALTH

There is lots of information available about children and young people's health, including the school nursing team, vaccinations and the national child measurement programme here – [www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-health/children-and-young-peoples-health/children-and-young-peoples-health.aspx](http://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-health/children-and-young-peoples-health/children-and-young-peoples-health.aspx)



Information about the neurodiversity hub, which is based in Buxton, can be found here – [www.zink.ork.uk](http://www.zink.ork.uk)

There is also lots of information on our school website, including information about the foodbank here – <https://www.stmarysnewmills.srscmat.co.uk/parents/family-support-and-school-health/>



# **SAFEGUARDING**

**If you have any concerns about a child or something else, please contact one of St Mary's designated leads for Safeguarding on [safeguarding@nmm.srscmat.co.uk](mailto:safeguarding@nmm.srscmat.co.uk), who are:**

**Mrs Chapman – Headteacher and Senior Safeguarding lead**

**Mrs Mallabar – Designated Safeguarding Lead, Class Teacher and Mental Health Ambassador**

**Mrs Laura Chapman (SENCO) – Designated Safeguarding Lead**

**Mr Matthew Pearson – Designated Safeguarding Lead**

**As a school, we are always here to support you and your family. If your family circumstances have changed, for example a loss of a loved one, a separation or even a house move, please do let us know. Changes like these will impact children and it would really help if we knew about your changing circumstances to help us best support you all.**





# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College

# SAFEGUARDING ONLINE

It is really important to think about keeping our children safe online. Please do set parental controls on your children's devices so that you can control what they see and how long they can use their devices for. It is also vital to talk to your children about why you are doing this and let them know that they can talk to you if they see something inappropriate or upsetting.

The NSPCC have some fantastic resources which are free to access, explaining how to keep children safe online and how to set parental controls – <https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>

They also have guides about social media platforms and how to help children stay safe when using them. As a reminder, **no primary school age pupils should be accessing social media at all. Primary aged children aren't able to understand the consequences of decisions made when using social media, they are at risk because of WHAT THEY MIGHT SEE, WHO THEY MIGHT SPEAK TO and HOW THEY MIGHT BEHAVE. Please help to keep all of our children safe by ensuring that none of our children are using social media.**

Please also be alert to children watching films or playing games which are not appropriate for their age and stage. Always follow the age guidance and be mindful of young children watching upsetting or violent films or playing games not meant for their age, This can be very distressing and can cause long term harm.

**SCHOOL CHROMEBOOKS – AS A REMINDER, THE CHROMEBOOKS THAT KEY STAGE TWO CHILDREN BRING HOME EVERYDAY ARE ONLY TO BE USED FOR LEARNING. IN SCHOOL, THE CHROMEBOOKS ARE FILTERED TO ENSURE THAT NO INAPPROPRIATE SITES CAN BE ACCESSED BUT ONCE THE DEVICE IS TAKEN HOME, WE DO NOT HAVE CONTROL OF WHAT IS VIEWED AS THIS IS LINKED TO YOUR HOME WI-FI CONTROLS. CHILDREN SHOULD NOT BE ACCESSING SITES SUCH AS TIKTOK, YOUTUBE, FACEBOOK ETC. ON THESE DEVICES. CHILDREN SHOULD NOT BE LEFT UNSUPERVISED ON THEIR CHROMEBOOKS. IF WE FIND THAT CHILDREN ARE NOT USING THEM PROPERLY, WE WILL REMOVE THE DEVICES FOR HOME USE.**



# EXTRA INFORMATION

Please see this message from Derbyshire County Council:

## Derbyshire County Council Household Support Fund

As part of the Government's Household Support Fund Scheme, Derbyshire County Council is distributing funding to household's struggling to pay for food, energy, and essential living costs.

As part of the scheme, the Council will again be distributing grocery vouchers. Information about who is eligible for the vouchers is available on the website and distribution will start in late June 2024. We will update the website when all vouchers have been distributed and provide details of what parents and carers should do if they have not received their voucher.

Full details about the scheme and the support available for those experiencing financial hardship is available on our website at [www.derbyshire.gov.uk/householdsupportfund](http://www.derbyshire.gov.uk/householdsupportfund)

## Could your child be entitled to Free School Meals?

For every pupil registered, the school will receive additional funding in the school budget called Pupil Premium which is used to help raise achievement levels.

By ensuring that as many eligible families as possible have applied for free school meals, we will receive our maximum Pupil Premium funding which enables us to provide the best education for our pupils.

Search 'Derbyshire County Council Free School Meals' for the link to apply!

We encourage parents of children who receive Universal Infant Free School Meals to still apply for Free School Meals as this will ensure school receives essential funding.

Please contact the school office if you need any support applying for Free School Meals.

## EVERY MINUTE COUNTS

CHILDREN FIND ARRIVING LATE FOR SCHOOL UPSETTING AND THEY MISS OUT ON IMPORTANT OPPORTUNITIES. PLEASE WORK WITH US TO PROVIDE YOUR CHILD WITH THE BEST CHANCES OF LEARNING BY ENSURING THEY ARE IN SCHOOL EVERY DAY AND ON TIME.

Your child has arrived in good time to meet friends and get ready for morning work in class.

**8.45AM**

The school day begins at 8.45am with soft start for key stage one. The classrooms are open and children should come into school.



**8.55AM**

The register is completed. Children should be ready to start their learning.

**9.00am** - Your child is late and has missed the beginning of the school day. 5 minutes late means 3 days lost per year.

**9.10AM**

The teacher has explained the learning and lessons have started.

**9.10am** - 15 minutes late means 9 days lost per year



**9.15AM**

Lessons are well underway and work is being produced.



**9.15am** - The register closes. Any arrival after this time is an unauthorised absence.



# COMMUNITY NOTICES

Mellor Golf Club are now offering

## FREE Junior Membership

to ALL primary school children aged 11 & under!



**There has never been a better time to get into golf!**

Here at Mellor Golf Club we want to make it even more accessible for your children or grandchildren to learn a new sport, gain life skills, and socialise with other junior members – all whilst getting exercise and experiencing the great outdoors.

Young people are the future of our club and we want as many people as possible to have the opportunity to take up golf!

There are no joining fees, and Mellor Golf Club will even pay your England Golf affiliation fees on your behalf.

To enquire – please contact Cheryl on [cheryl@mellorgolf.co.uk](mailto:cheryl@mellorgolf.co.uk) or 0161 427 2208

We have a range of opportunities for coaching and playing, so that juniors can develop their skills and build up to being able to play the full 18 holes.

Individual or group lessons are also available if required (at an additional cost) with our PGA Professional Gary.

Our Junior organisers are fully DBS checked and we are accredited by Safe Golf.

**WE ARE HOLDING A FAMILY FUN DAY AT ST. MARGARETS, GLOSSOP IN PARTNERSHIP WITH WILLOW WOOD HOSPICE ON SATURDAY 29TH JUNE 11AM-4PM.**

**THERE WILL BE STALLS, FOOD, DRINKS, FACE PAINTERS, PONY RIDES, ICE CREAM VAN, BOUNCY SLIDE, BOUNCY CASTLE, RIDES, FIRE BRIGADE, LIVE BAND AND A COLOURFUL FOAM BLASTING RUN/WALK CALLED FOAM FEST AROUND THE FIELD FOR ALL TO ENJOY! EVERYONE WELCOME!**

### From 17th April

Structured lessons in a safe environment

With level 1 qualified, DBS checked coaches

All abilities welcome

Equipment provided

### JUNIOR SQUASH COACHING

When:	Every Saturday	Every Wednesday
	Age 4-6 9:40-10:20	Age 7-11 16:20-17:00
	Age 7-11 10:20-11:00	Age 12+ 17:00-17:40
	Age 7-11 11:00-11:40	
	Age 12-16 11:40-12:20	
Where:	New Mills Leisure Centre	
Cost:	£4	
Contact:	Matt - 07731434420	
	Simon - 07846424835	



**First session free**



# Enter our **Super Draw**

**Win a £1,000**

**Sainsbury's Voucher**

**OR £1,000 CASH PRIZE**



**YOUR  
SCHOOL  
LOTTERY**

- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Win £1,000 to spend in Sainsbury's

**PLAY NOW:**

Go to

[www.yourschoollottery.co.uk](http://www.yourschoollottery.co.uk)

Search for: **St Mary's New Mills**



Gamble**Aware**

See website for Terms & conditions. Enter by 30/03/24