



**Don't hide your light! Let it shine for all; let your good deeds glow for all to see, so that they will praise your heavenly Father. – Matthew 5:16**



## **St Mary and St Thomas CE Primary School Newsletter**

**w/b: Monday 19<sup>th</sup> February 2024**

### **SPRING 2**

It is lovely to see you all back after the half term break and we hope you have had a restful week. We have many exciting events coming up before Easter so please keep an eye on our weekly newsletter and Arbor for any updates!

### **NUMBER DAY**

Thanks to all who donated to our Number Day on the last day of term in aid of the NSPCC. A total of £127 was raised.

### **Y3 SWIMMING LESSONS**

Y3 have begun their swimming lessons on Monday. Please ensure you send your child in with the required kit – swimming costume/trunks, swimming hat and a towel. Please note swimming shorts are not allowed.

### **Y4 ADDITIONAL PE LESSON**

Now that year 4 have finished their swimming lessons, there will be an extra PE lesson every Friday. Children can come to school wearing their PE kit on a Friday as well as the usual Wednesday.

### **Y3 FAMILY WORSHIP**

Thanks to all families who joined us for Family Worship this Thursday. I am sure you will agree how hard Y3 have worked in history and were amazed by their extensive knowledge! It was lovely to see you all there and enjoy it together.

### **Y5 ASH WEDNESDAY SERVICE**

Y5 did a wonderful Ash Wednesday service this Friday at St Thomas' Church, which we all enjoyed. Thank you to all parent and carers who joined us there.

### **Y4 TRIP: BENIN WORKSHOP**

Unfortunately, due to strike action we have had to cancel the Y4 trip this Friday (23<sup>rd</sup> February) to The International Slavery Museum / World Museum in Liverpool and the Benin Workshop. We know many of you have already paid on Arbor and we are in contact with the museum to rebook so will hopefully be in touch soon regarding a new date.

### **POTTY TRAINING SESSION**

We are running a potty-training session for parents in the school hall next Wednesday 28<sup>th</sup> February 2024 at 9am. The session will be delivered by our school nurse Laura Quick. We are inviting all Nursery parents of children who are not yet toilet trained but the session is also open to parents or carers in other year groups who may have younger children.

### **Y2 FAMILY WORSHIP**

Y2 families are invited to join us for Family worship next Thursday morning at 9am (29<sup>th</sup> February) in the school hall. Please join us if you can and please note, latecomers will not be allowed.

### **RECEPTION HEARING SCREENING**

The Reception Hearing Screening is taking place in school at 9am next Friday 1<sup>st</sup> March. Please note this is an opt out service so if you do not want your child to participate you will need to opt out. An email was sent on the 19<sup>th</sup> December 2023 from school on how to do this.

**Believe in ourselves, each other and God; Achieve in all we do; Shine every day!**

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS **Tel** 01744 734320 **Email** stmarythomas@three-saints.org.uk

**Web** [www.sm-st.co.uk](http://www.sm-st.co.uk)

### **NURSERY STAY & PLAY**

Nursery parents and carers are invited to join us for a stay and play sessions next Friday. The morning session is 9:15-10:15am ideally for morning nursery children and the afternoon session is 2:15-2:45pm for afternoon children. If your child attends the full day you can pick which session to attend. Please state your preference on Tapestry under the 'Dates for your Diary' section. This is a lovely opportunity to spend time in the learning environment with your child.

### **HENRY 'HEALTHY FAMILIES' FREE 8 WEEK COURSE**

A fantastic free 8 week course is being run at various locations in St Helens to support parents and carers (aimed at families of children aged 0-5yrs). It aims to help families give their children the best start in life and covers topics including emotional well-being, healthy weight, parenting skills, oral health, nurturing relationships, physical activity sleep and activity ideas. Please see the orange flyer attached to this newsletter for more information.

### **ANNUAL PLANNER**

Please take some time to read our 2023/2024 monthly planner on this newsletter and make a note of the important dates over the next few months.

**Believe in ourselves, each other and God; Achieve in all we do; Shine every day!**

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS **Tel** 01744 734320 **Email** [stmarythomas@three-saints.org.uk](mailto:stmarythomas@three-saints.org.uk)

**Web** [www.sm-st.co.uk](http://www.sm-st.co.uk)



## FAMILY OF FAITH

### ***A reflection from...Mrs Fiendley***

*Sometimes it can be hard to have hope especially in difficult or worrying times. However, Christians believe that Jesus teaches about hope and how it can be shared with encouragement and faith.*

*Our Bible verse this week's implores us to be strong and courageous as God is with us in all we do. I feel our Y5 were strong and courageous today in Church when they performed their wonderful Ash Wednesday service. They filled me with hope about the amazing things our children can do here in school and in their lives going forward.*

Our **Christian value** focus this half term is...

## Hope

Our school **bible verse** of the week is...

### **Joshua 1:9**

*"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."*

### **St Thomas Church**

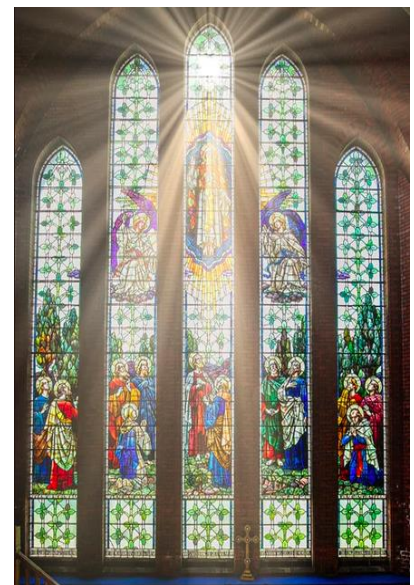
Peter Street, St Helens, WA10 2EB  
01744 732463 / stthomaseccleston@gmail.com

#### Sunday Services

Parish Mass: 9.30am – 10.30am

Evening prayer: 6.30pm

*"Seeking to love God and neighbour in the community of which we are part."*



**Believe in ourselves, each other and God; Achieve in all we do; Shine every day!**

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS **Tel** 01744 734320 **Email** stmarythomas@three-saints.org.uk

**Web** [www.sm-st.co.uk](http://www.sm-st.co.uk)



# BEHAVIOUR MATTERS!

*Ready, Respectful, Resilient*



## Mrs Lewis' Golden Book

Each week, staff write the names of children who have gone above and beyond in Mrs Lewis' Golden Book. It is so exciting when the names and reasons are read out in our celebration assembly!

It may be that a child has been ready to learn every moment of every day. Maybe they have been incredibly respectful to a visitor or a friend. Or maybe they have been resilient in a way that has wowed the staff!

## OUR SCHOOL RULES

### READY

"WE ARE ALWAYS READY TO LISTEN AND LEARN!"



### RESPECTFUL

"WE SHOW RESPECT TO EVERYBODY IN SCHOOL AND IN THE COMMUNITY!"



### RESILIENT

"WE NEVER GIVE UP AND TRY OUR BEST IN ALL WE DO!"



## Class Dojos

Children can receive Dojo points for being ready, respectful and resilient throughout the school day. They receive 5 Dojos if they read five times, which they should do every single week.

Each child has their own Dojo character and milestones are celebrated with certificates and prizes each time they meet one.

We celebrate milestones such as 100, 200 and 300 dojos in assembly too!

## Headteachers Award Winners

N - Mira for fantastic maths work!

R - Freya for super work in reading!

Y1 - Maddison for trying hard in maths all week

Y2 - Yusuf for a great effort with his writing

Y3 - Hallie for trying really hard in swimming!

Y4 - Maggie for super effort in maths

Y5 - Sebastian for excellent public speaking

Y6 - Lillie for trying hard in all lessons

## Lunchtime Award Winners

YR - Bridget

Y1 - Ola

Y2 - Chloe

Y3 - Adam

Y4 - Leo

Y5 - Seb

Y6 - Alex



**ALWAYS ON TIME  
TONI**

# ATTENDANCE MATTERS. ALL DAY, EVERY DAY



**ALWAYS IN SCHOOL  
SANDY**

## TONI SAYS,

*"Our school starts at 8.45am; that's when the doors open!*

*Children should arrive at school on time, so they don't miss any learning! Regularly missing lessons can have a negative impact on wellbeing and on your academic achievement too.*

*Being on time is such an important skill for life and sets you up for a life of success and positive wellbeing!"*

## EVERY DAY COUNTS!

School and **future success** starts with good attendance!



Remember - your education is important - **don't miss out!**

## SANDY SAYS,

*"Children should be in school EVERY DAY... unless you're poorly. Every day counts!"*

*Every minute in school is a learning minute. The research tells us that children who are in school every day achieve more, and their wellbeing is better too!*

*Please let school know if you'll be absent before 9.15am or we'll have to contact you to check in."*

**Whole school attendance this year to date...**  
**95.1%**

**Whole school attendance this week...**  
**91.8%**

**Class attendance winners...**  
**Y5 & Y6**

## Class Attendance

YN - 74.2%  
YR - 87.0%  
Y1 - 96.0%  
Y2 - 86.7%  
Y3 - 94.4%  
Y4 - 92.9%  
Y5 - 97.7%  
Y6 - 97.7%



# 2023/24 PLANNER

## ST MARY & ST THOMAS CE PRIMARY SCHOOL

### JANUARY

**Thursday 1st:**  
Y2 Parent Insight morning  
**Friday 2nd:**  
Y3 Family Learning  
**Tuesday 6th:**  
Valentine's Disco & Safer internet day  
**Friday 9th:**  
Y6 Family Learning  
**Thursday 22nd:**  
Y3 Family Worship  
**Friday 23rd:**  
Y5 Ash Wednesday service @ St Thomas  
Y4 Slavery Museum  
**Thursday 29th:**  
Y2 Family Worship

### FEBRUARY

**Friday 1st:**  
YN Stay and Play  
**Wednesday 6th:**  
Rec/Y1- Dear Zoo trip  
**Thursday 7th:**  
Y1 Parent Insight morning  
**Friday 8th:**  
World Book Day  
**Friday 15th:**  
Y4 Sleepover  
**Wednesday 20th:**  
Rec trip to Transport Museum  
**Thursday 21st:**  
Reception stay & play  
**Friday 22nd:**  
Reception stay & play  
**Tuesday 26:**  
Easter Bingo  
**Thursday 28th:**  
Y4 Easter church service

### MARCH

**Monday 15th:**  
Y1/2 Parent Consultations  
**Tuesday 16th:**  
Y3/4 Parent Consultations  
**Wednesday 17th:**  
Y5/6 Parent Consultations  
**Thursday 25th:**  
Y1 Family Worship  
**Friday 26th:**  
Y2 Family Learning

### APRIL

### OTHER INFO

**Half Term Dates:**  
**Friday 9th February**  
Children break up for half term  
**Monday 19th February:**  
Children return to school  
**Thursday 28th March:**  
Children break up for half term  
**Monday 15th April:**  
Children return to school  
**Wednesday 22nd May**  
Children break up for half term  
**Monday 3rd June**  
Children return to school  
**Tuesday 23rd July**  
Children break up for half term  
**Wednesday 4th September 2024**  
Children return to school



### JULY

**Wednesday 3rd:**  
BAS Award night  
**Monday 8th:**  
Sports Day  
**Friday 12th:**  
Mini Police visit to the Museum  
**Thursday 18th:**  
Reception end of year assembly  
**Friday 19th:**  
Y6 Leavers' Service

### JUNE

**Monday 3rd:**  
Y4 Multiplication test period  
**Wednesday 5th:**  
Whole school Eucharist  
**Tuesday 11th**  
Y6 Moving on service  
**Thursday 13th**  
Y2 Eureka  
**Friday 14th:**  
Nursery stay & play  
**Tuesday 18th-20th**  
Y6 London Residential  
**Friday 21st:**  
Class photos  
(Change for Life week)  
**Tuesday 25th:**  
Y3 to Rock & River  
**Wednesday 26th:**  
Y1 Liverpool Beatles tour &  
**Thursday 27th:**  
PSE Day

### MAY

**Tuesday 7-8th:**  
Y5 Petty Pools  
**Wednesday 8th:**  
Y3/4 Horrible Histories' @ Theatre Royal  
**Thursday 9th:**  
Y3 Ascension Day service  
**Monday 13th -16th:**  
KS2 SATs  
**Tuesday 21st:**  
Y3 Parent Insight



**Free 8-week programme starting  
February 2024!**  
**Supporting parents and carers to give children the best  
start in life.**

**The programme covers:**

- Emotional wellbeing
- Healthy weight
- Parenting skills
- Oral health
- Nurturing relationships
- Physical activity
- Sleep
- Activity ideas

**Drop in sessions will be available to sign up  
and find out more information.**

**Wednesdays 10.00am - 12.00pm  
Thatto Heath Children's Centre**

**Mondays 10.00am - 12.00pm  
Sutton Family Hub**

**Tuesdays 1.30pm - 3.30pm  
Central Link Family Hub**

**Tuesdays 1.00pm - 3.00pm  
Moss Bank Children's Centre**

**BSL Interpreters are available on request. To get in touch  
with us please contact:**

**Email: [childrenscentres@sthelens.gov.uk](mailto:childrenscentres@sthelens.gov.uk)**

**Telephone: 01744 673420    Text: 07761045427**



**Family Hub**

**ST HELENS**  
BOROUGH COUNCIL

**Believe in ourselves, each other and God; Achieve in all we do; Shine every day!**

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS **Tel** 01744 734320 **Email** [stmarythomas@three-saints.org.uk](mailto:stmarythomas@three-saints.org.uk)

**Web** [www.sm-st.co.uk](http://www.sm-st.co.uk)



# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

**Are you a parent or carer who wants to talk to your child about mental health?**

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: [bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

For secondary children: [bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)



## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?

Mental Health Support Team

# WELLBEING WEBINARS



Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

## TOPICS AND DATES

- Worry Management - 19 January
- Parenting for Anxiety - 23 February
- Low Mood - 22 March
- Neurodiversity - 26 April
- Parent Skills for Behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional Regulation - 19 July



### WHEN

4pm to 4:45pm



### WHERE

Zoom

(link will be emailed)



To register please email which webinar you want to attend to  
**[events@merseycare.nhs.uk](mailto:events@merseycare.nhs.uk)**

Webinars will be recorded.  
No chat function will be available  
for safety purposes.

**Believe in ourselves, each other and God; Achieve in all we do; Shine every day!**

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS Tel 01744 734320 Email [stmarythomas@three-saints.org.uk](mailto:stmarythomas@three-saints.org.uk)

Web [www.sm-st.co.uk](http://www.sm-st.co.uk)

## Gorgeous gifts and yummy treats

Enjoy warming lunches, freshly brewed teas and coffees, and delicious cakes at our Mere Side Cafe. Browse our shop for a range of gifts, books, and toys. Every penny spent supports our vital conservation work!

## Everything you need for an unforgettable day out...

### How to find us

**Our address** – Fish Lane, Burscough, Lancashire, L40 0TA.

**By car** – follow the brown duck signs from Junction 8 on the M61, Junction 3 on the M58 and Junction 27 on the M6.

**By bike** – use New Lane Circuit and A Grand Tour of West Lancashire routes.

**By train** – Burscough Bridge Interchange (2 miles), New Lane (0.8 miles) and Burscough Junction (3 miles).

### We're open

**Visit us 364 days a year** – that's every day except Christmas Day.

You can visit us between **9.30am – 6pm** (4.30pm in winter and 3pm on Christmas Eve) and our last admission is one hour before closing.

### We're buggy and wheelchair friendly!

### Get in touch

Call us on 01704 895181

✉ [info.martinmere@wwt.org.uk](mailto:info.martinmere@wwt.org.uk)

🌐 [wwt.org.uk/martin-mere](http://wwt.org.uk/martin-mere)

📷 [@WWTMartinmere](https://www.facebook.com/WWTMartinmere)



WWT is the leading conservation charity that protects, preserves and promotes wildlife and wetlands. Come along, explore, get close to the animals, enjoy unique experiences and learn about these amazing habitats. WWT reg. charity in England & Wales, no. 1030884 and Scotland, no. SC039410

# THIS WINTER

at **Martin Mere Wetland Centre**



Find out more  
[wwt.org.uk/martin-mere](http://wwt.org.uk/martin-mere)





Cold, crisp mornings, amazing sunsets over the mere and an influx of wintering birds on the reserve makes winter a brilliant time to visit.

Our centre becomes a true **wildlife haven** in winter with visitors from the Arctic including pintail, wigeon and pink-footed geese. The most impressive visitor, the Icelandic whooper swan, will return and fill our reserve with the most spectacular sights and sounds.

To celebrate the return of the swans, we have a number of activities to find out more about these and other species, including our **daily swan feed and talk** and floodlit swans event.

**Wrap up warm and experience an unforgettable winter at Martin Mere!**

**Share your visit with us**    **@WWTmartinmere**



© Quentin Blake 2023. All rights reserved.

### **Drawn to Water: Winter**

Dec - Feb

Discover our wetlands through the eyes of Quentin Blake this winter, with amazing wildlife including whooper swans and pink footed geese, plus illustrated trails, art activities and more. **FREE.**



### **Drawn to Water: Quentin Blake exhibition**

Oct - 24 Feb

As part of our Drawn to Water: Quentin Blake at WWT partnership, enjoy a unique opportunity to explore some lesser-known works from Sir Quentin Blake's personal archive, on display at our gallery. **FREE.**



### **Sail to Santa**

2 - 17 Dec (weekends only) & 21 - 23 Dec, timed slots

Have a magical Christmas experience at our Sail to Santa event. Sail across to Santa's Island to meet Santa and get busy in the elves' workshop making reindeer food, designing a wooden Christmas tree decoration, and decorating a biscuit. **£17 per child. Booking essential.**



### **Floodlit Swans**

Tues 9, 16, 23, 30 Jan

See up to 2,000 whooper swans on our mere. Join a warden in our hide to learn about these amazing creatures and their migratory journey. **£8.50 (child), £13.10 (adult), £11.80 (concession). Booking essential.**



### **Mudfest including Puddle Jumping Championships**

10 - 18 Feb

We're celebrating all things mud! From mud-soaked obstacle courses, mud kitchens, and mud shows, get ready for a sludge-tastic time! We'll also be returning with the North West Puddle Jumping Championships as part of our brand-new mudfest event. **FREE (puddle jumping 50p per entry).**



### **Wild Bird Feeds**

Mid Oct 2023 - Mar 2024

Join the wardens as they feed thousands of wild birds outside the Discovery hide and Raines Observatory. Hundreds of whooper swans will join the feed whilst you learn more about these amazing birds and why they spend winter at Martin Mere. **FREE.**

## **Advice for parents in School and Childcare settings during the winter.**

At this time of year it is common for many respiratory and stomach bugs to circulate, also other illnesses such as scarlet fever and chickenpox, which usually peak in late winter and early spring. Therefore it is important to re-emphasise basic infection prevention and control principles to reduce the spread of illness and infections in school and in the wider community.

The UK Health Security Agency (UKHSA) recommend some simple key actions:

### **1. Follow Good Hygiene Habits:**

Encouraging good hand-washing habits is one of the most effective ways to stop the spread. Regularly wash hands in soap and warm water for 20 seconds.

When should hands be washed?

- Whenever they are visibly dirty.
- Before eating.
- After using the toilet.
- After touching any potentially contaminated surfaces.
- After sneezing or blowing your nose.
- After handling pets.
- Before and after messy play.

Using a tissue to catch coughs and sneezes, binning it and then washing hands will help prevent infection from spreading.

### **2. Stopping the Spread of Stomach Bugs**

If you or your child have diarrhoea and vomiting, washing your hands with soap and warm water and using bleach-based products to clean surfaces will help stop infections from spreading.

Don't prepare food for others if you have symptoms or for 48 hours after symptoms stop.

If your child has diarrhoea and/or vomiting, they should stay off school or nursery for at least 48 hours after their symptoms clear up – this will help stop the spread of stomach bugs.

.

### **3. When to keep your child at home**

If your child has a fever and is unwell, they should stay home from school or nursery until fever has passed and they are well enough to attend.

If your child has diarrhoea and/or vomiting, they should stay off school or nursery for 48 hours after their symptoms clear up – this will help stop the spread of stomach bugs.

**Believe in ourselves, each other and God; Achieve in all we do; Shine every day!**

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS **Tel** 01744 734320 **Email** stmarythomas@three-saints.org.uk

**Web** [www.sm-st.co.uk](http://www.sm-st.co.uk)