



St Mary's Catholic Primary School

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PD Day

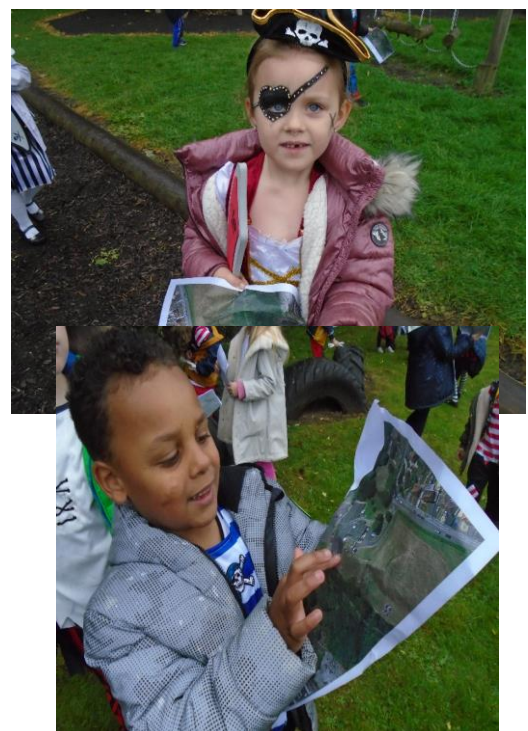
We have a PD day on Friday 23rd October so school will be closed. We will be welcoming children back on Monday 2nd November

Thank you

Pirates Day in Year One

The children in year one thoroughly enjoyed their Pirates Day last week. Here is a list of the learning activities they participated in and some of the photographs too...what an incredible day they all had.

- Geography – treasure hunt
- Walk the plank
- We played a code game to find out our pirate name
- Learnt how to talk like a pirate and found out what the phrases mean – ahoy matey, shiver me timbers, yo ho ho etc
- Pirate tales and facts
- Tropical fruit tasting







Reminder

Starting school?

Closing date for applications:
15 January 2021

www.telford.gov.uk/admissions

- You **must** apply if your child was born between 1 September 2016 – 31 August 2017.
- You **must** apply even if your child is attending a nursery or pre-school on a school site or you have a child already attending the school.
- Attending a nursery does **not** guarantee a school place.
- If a child has an Education, Health & Care Plan the closing date is 31 October 2020 for all applications.
- School places are allocated in line with oversubscription criteria.
- See website for more information **www.telford.gov.uk/admissions** or contact School Admissions at **admissions@telford.gov.uk**

Roman Day in Year 4

The children loved their Roman Day and they all looked so incredible too!! Thank you for purchasing and making costumes. They enjoyed lots of activities- marching, clay pot making, shield making and much more. Here they are having fun....





Adult Mental Health

Over the last few months, it is evident across schools nationally and other services that issues surrounding adult mental health are undeniably on the rise and is likely to be linked to the changes that we are all having to live with and alongside. Signs and symptoms of mental illness can vary, depending on the disorder, circumstances, and other factors. Mental illness symptoms can affect emotions, thoughts, perception, physicality, and behaviour.

Examples of signs and symptoms include:

Excessive anger, hostility or violence

Feeling sad or down

Confused thinking or reduced ability to concentrate

Excessive fears or worries, or extreme feelings of guilt

Extreme mood changes of highs and lows

Withdrawal from friends and activities

Significant tiredness, low energy or problems sleeping

Detachment from reality (delusions), paranoia or hallucinations

Inability to cope with daily problems or stress

Trouble understanding and relating to situations and to people

Problems with alcohol or drug use

Major changes in eating habits

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

When to see a doctor

If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses do not improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems. Schools can not direct adults to services unless they are specifically requested so here is list of services that you may benefit from accessing. We would urge you to reach out for help if you require it

- [Branches](#) is a peer led drop in service that listens and supports people with mental health and drug and alcohol issues. Visit their [Facebook](#) page for more information.
- The [Primary Care Wellbeing Service](#) offer free information, guidance and talking therapies
- [SilverCloud](#) offers secure, immediate access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.
- [Kooth](#) offers Free, safe and anonymous online support for children and young people
- [Family Connect](#) offer information about childcare settings, local family support organisations and leisure facilities in and around Telford
- [0-25's](#) health and well-being service for children and young people
- You can call the [Samaritans](#) in confidence and talk about whatever you want, for free, any time, from any phone on 116 123.



We are asking the children to kindly donate £1 to this worthy charity for the opportunity to come to school on Thursday (our last day of this half

term) dressed in pink or an outfit of their choice. We usually raise about £200 for this charity and I know that your support is greatly appreciated. Many thanks.

Domestic Abuse Support

Scared of your partner or ex?



Talk to us any time, day or night.

Freephone 24 hour National Domestic Abuse Helpline

Confidential, non-judgmental support

Or reach us online:
www.nationalDAhelpline.org.uk

Refuge
For women and children.
Against domestic violence.

Registered Charity Number 277424

Dates for your Diary

Date	Event	Notes
16 th October	Year 6 Health and Well-being Day	No dressing-up for this class but could we ask that they come in their full outdoor PE kit. Children will be engaging in lots of physical activities that include rest and relaxation and mindfulness techniques.
22 nd October	Wear it Pink Day	Children are invited to wear pink or a colour of their choice. We celebrate this every year to raise money for the breast cancer charity. We ask that children donate £1 please. Thank you
22 nd October	Break-up for half term	
23 rd October	PD day	
1 st November		All Saints Day

2 nd November	Children return to school	
2 nd November	Winter Poem Competition Opens	We are asking all children in every year group to write a poem about Winter. There are great age appropriate prizes for all winners and certificates for all who enter. Good luck children.
4 th November	Reception Superheroes Day	What an exciting day for our children in Reception – learning about all things super!!!! We are asking that children come dressed-up as a superhero of their choice.
11 th November	Winter Poem Competition Closing Date	
16 th November	Anti-bullying week	United Against Bullying. Anti-Bullying Week will happen from Monday 16th - Friday 20th November and will start with Odd Socks Day to mark the first day of Anti-Bullying Week.
23 rd November	Year 5/6 Big Music Day	Children will be involved in music appreciation, composing, and performing activities.
24 th November	Year 3/4 Big Music Day	
25 th November	Year 1/2 Big Music Day	
29 th November	First Sunday of Advent	
30 th November	Christmas Jumper Design Competition Opens	There will be prizes for all winners – one in each class. All children will receive a certificate if they enter too.
10 th December	Christmas Jumper Design Competition closing date	
14 th December	Christmas Crafts Day	Children should wear old clothes on these days because things could get messy!!
15 th December	Christmas Crafts Day	

16 th December	Christmas Parties	Children are invited to come into school dressed-up to the nines ready to party!!
17 th December	Christmas Dinner	Christmas Dinner will be celebrated and eaten in classes this year.
18 th December	Christmas Service	Each teacher will plan and deliver this for their classes this year.
18 th December	Break-up for the Christmas Break	