



St Mary's Catholic Primary School

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St Mary's Catholic Primary School Newsletter

20th June 2023

St Mary's Catholic Primary School **Breakfast Club**

Mini Pancakes on a Monday

Scotch pancakes served with strawberries, blueberries, banana and honey

Wheat biscuits, rice snaps and special flakes

Toast with butter and/or strawberry jam

Orange juice, apple juice or milk

Toast on a Tuesday

Toast served with a choice of toppings – strawberry jam, marmalade, Lotus Biscoff spread, honey with banana or scrambled eggs and beans

Wheat biscuits, Nestle Honey Cheerios and corn flakes

Orange juice, apple juice or milk

Waffle Wednesday

Waffles served with honey and banana

Wheat biscuits, Weetabix Weetos and special flakes

Toast with butter and/or strawberry jam

Orange juice, apple juice or milk

All-the-things Thursday

All the choices from Monday – Wednesday that we have available – scotch pancakes, waffles with honey and banana, toast with scrambled eggs and beans
Wheat biscuits, Honey Monster Wheat Puffs and corn flakes
Toast with butter and/or strawberry jam
Orange juice, apple juice or milk

Fruit Face Fridays

A selection of fruit available for the children to create a fun fruit face
Wheat biscuits, Rice Crispies Multigrain Shapes and special flakes
Toast with butter and/or strawberry jam
Orange juice, apple juice or milk

£1.50 per child, per day (£1.00 if your child is entitled to non-universal free school meals)

Armed Forces Day Celebration just weeks away

The annual Armed Forces Day is taking place on **Saturday 24 June 2023** from 11am – 4pm at Broadoaks, Donnington with family activities, entertainment and displays to celebrate the occasion.

Visitors will be able to watch Madness Events with their spectacular trampoline show and take part in the have-a-go sessions after the show as well as the Savage Skills Bikes display team with their stunts, tricks and jumps. There will be live music, a fun fair, free sports, activities and crafts and the opportunity to come and meet local Armed Forces Covenant organisations and military groups. There will be food and drink stalls and the Calm Café will be there too.

Armed Forces Day celebrations begin on Monday 19 June when the Armed Forces Day flag will be raised on buildings and famous landmarks around the country.

Helping toddlers and pre-school children to stay **SAFE**

We know how excited children get by the water but standing too close to the edge can be dangerous. At the Trust we teach young children our **SAFE** message, to Stay Away From the Edge.

It's never too early to start talking to your children about staying safe near water.

- Talk to your kids when you're out and about near water, whether you're walking or cycling, out on a trip to feed the ducks or look at the boats.
- Repeating safety messages regularly will help young children remember what to do.
- [Download water safety activities](#) from the Explorers website to help your little ones continue learning about safety when they're at home.

Sing the song

We've created a simple and annoyingly catchy song to help you talk to your children about staying safe near water.

Hold hands, take two steps back
Hold hands, take two steps back
Hold hands, take two steps back
Let's stay safe together, Quack Quack!

Listen to children's presenter Maddie Moate sing it in the film above!

Enjoy the poem

The waterside is fun to go,
But there are things you need to know.

Let's stay safe and not be silly,
The water here is very chilly.

Find your grown-up, hold their hand,
Two steps back is where you stand.

Look out for bugs and ducks that quack,
But always do it **two steps back!**

Shropshire Beam – Virtual workshops for parents and professionals

Shropshire Beam are pleased to provide virtual workshops for parents from July 2023. All virtual workshops will take around an hour.

All details are listed below in the chart, you will need to click on the Link at the appropriate time of chosen Workshop. All workshop will be done via MS Teams Video call, but we are unable to record sessions.

The Workshops are derived to be informative and engaging sessions, please be willing to participate during the sessions.

There are four Workshops which will be rolled out at 4pm to enable more people to attend, please see the following details of content:

- **Managing Anxiety** – aims and objectives are to pass over psycho- education within the topic followed by practical suggestions of methods and techniques to help support the youth experience issues with anxiety.

- **Understanding & Responding to Self-Harm** – aims and objectives are to pass over psycho-education within the topic followed by practical suggestions of methods and techniques to help support the youth experiencing issues with self-harm.
- **Wellbeing Planning** – a workshop which explains and provides a tool for children and young people to support their general emotional health and wellbeing, it recognises triggers and promotes self-awareness, and can also be used as a relapse tool to support resilience.
- **Sleep Support** – aims to pass over psycho-education within the topic followed by practical suggestions and advise of methods and techniques to help support the children and young people having difficulties with getting to sleep and staying asleep. This workshop will be rolled out twice over the four weeks, due to popular demand.

Date and time	Title	MS Teams link
Wednesday 5 July 2023 4pm for approximately 1 hour.	Sleep support	Click here to join the meeting Meeting ID: 385 863 571 287 Passcode: GzLoGa
Wednesday 12 July 2023 4pm for approx. 1.5 hour.	Supporting and understanding self-harm	Click here to join the meeting Meeting ID: 369 405 485 015 Passcode: 7NzrRb
Wednesday 19 July 2023 4pm for approx. 1 hour.	Wellbeing planning	Click here to join the meeting Meeting ID: 385 053 319 151 Passcode: RV2APL
Wednesday 26 July 2023 4pm for approx. 1 hour.	Managing anxiety	Click here to join the meeting Meeting ID: 398 258 721 67 Passcode: yfWBs8
Wednesday 2 August 2023 4pm for approx. 1 hour.	Sleep support	Click here to join the meeting

		Meeting ID: 333 511 426 358 Passcode: zN7dD4
Wednesday 9 August 2023 4pm for approx. 1.5 hour.	Supporting and understanding self-harm	Click here to join the meeting Meeting ID: 354 027 794 125 Passcode: ZQfeUY
Wednesday 16 August 2023 pm for approx. 1 hour.	Wellbeing planning	Click here to join the meeting Meeting ID: 324 105 836 478 Passcode: SXeZzT
Wednesday 23 August 2023 4pm for approx. 1 hour.	Managing anxiety	Click here to join the meeting Meeting ID: 361 622 085 94 Passcode: Vd9V5v
Wednesday 30 August 2023 4pm for approx. 1 hour.	Sleep support	Click here to join the meeting Meeting ID: 375 113 438 730 Passcode: dqHAee

Dates for your diary

21 st June	Falconry Experience with Year 1 and 2	This will allow children to get up close to Birds of Prey. The activity will take place in school.
22 nd June	Blists Hill - Mrs Lambie's Class	This is a half-day visit and an opportunity to step back to a time & place where traditional life and industry sat side by side at the dawn of the modern age. The children will visit the Victorian shops and cottages, taste authentic food & sweets and join craftspeople demonstrating their trades in our recreated working town.
26 th June	Blists Hill - Miss Carver's Class	
26 th June	Parent and teacher consultations	Appointment times have been sent home.

27 th June	Parent and teacher consultations	
27 th June	Year 6 Crucial Crew	Crucial Crew provides today's children with an opportunity to acquire essential life skills at an impressionable time in their development. At Crucial Crew, children learn of the dangers of drugs, internet abuse and bullying, stranger danger, the effects of hoax calls etc. For many organisations, it is a rare and most cost-effective opportunity to raise awareness of the many dangers of the sea, water, electricity, railways, poor hygiene, smoking, building sites, internet, dog awareness, alcohol abuse and farm situations.
28 th June	Medieval Banquet with Year 1	This will take place in school.
29 th June	Year 6 Leavers' Mass at Shrewsbury Cathedral	Our Year 6 children will be joining other Year 6 children from our family of Catholic schools to celebrate Leavers' Mass together. There will be an opportunity for them to enjoy lunch together and play too. More information to follow.
3 rd July	Year 6 Transition Day	You will have received information from the secondary schools regarding this
4 th July	Year 6 Transition Day	
5 th July	Building and painting castles experiential day in Year 1	Please send your children to school in something you don't mind them getting splashed in a bit of paint.
6 th July	Key Stage 2 Sports Day	All parents are invited to watch their children participate in our Sports Days. This will start at 9am approximately and finish at 11.30 approximately. Please bring a blanket and garden chairs to sit on and a hat - it can get pretty warm!
7 th July	Key Stage 1 Sports Day	
10 th July	Blists Hill – Mr Freeman's Class	This is a half-day visit and an opportunity to step back to a time & place where traditional life and industry sat side by side at the dawn of the modern age. The children will visit the Victorian shops and cottages, taste authentic food & sweets and join craftspeople demonstrating their trades in our recreated working town.
11 th July	New Starters Stay'n'Play	Information has been sent to parents of new starters.
12 th July	Year 4 Experiential Day in Year 4 – The Shang Hai Dynasty	More information to follow, but we are asking that children come dressed as archaeologists or in something that you don't mind them digging in!
13 th July	Blists Hill – Mrs Woods' Class	This is a half-day visit and an opportunity to step back to a time & place where traditional life and industry sat side by side at the dawn of the modern age. The children will visit the Victorian shops and cottages, taste authentic food & sweets and join craftspeople demonstrating their trades in our recreated working town.

14 th July	Year 6 Prom and sleepover	More information has been shared and reminders will follow.
18 th July	Blists Hill – Mrs Brazier’s Class	This is a half-day visit and an opportunity to step back to a time & place where traditional life and industry sat side by side at the dawn of the modern age. The children will visit the Victorian shops and cottages, taste authentic food & sweets and join craftspeople demonstrating their trades in our recreated working town.
19 th July	Year 6 Leavers’ Mass and Celebration	This will start at 9am. All parents of Year 6 leavers are invited.
19 th July	Parents Picnic	Please come along at 11.55am to join our children for a lovely afternoon event. Please bring a picnic and blankets and chairs. A hot boxed lunch will be available as the school lunch option.
21 st July	Break-up for summer	