

5th December 2025

Saint Mary's RC Primary School Weekly Newsletter



Our week...

What a busy week we have had in school; Christmas festivities are in full swing! This week over 80 pupils took part in Christmas Craft sessions with their family members! This is always a lovely event and great to see everyone working together.

The GIFT Team led a beautiful Advent Celebration of the Word on Wednesday this week and reminded us about the true meaning of Advent. Father O'Brien was also in school on Wednesday to bless our Advent wreath.

Eagles class gave a fantastic concert on their ukuleles on Thursday afternoon! This was a culmination of all they had learnt in music this term.

Our school Christmas Fair last Friday took an amazing £1800! Thank you again to all who helped make this possible; from your donations, to coming and spending to helping out- we are very grateful! This money will go towards subsidising school trips for your children to keep down costs to yourselves.

Next week looks just as busy! KS2 Nativity Performances will take place; there are still tickets available in the school office for £2 each.

The school choir will perform at Mount Carmel Carol Service with other local Catholic primaries on Wednesday 10th December. The event is free and no tickets are needed. This begins at 6pm and it would be great to see you there supporting us. This is always such a lovely event.

This month's worship newsletter for families:

This newsletter gives a great overview of what our school assemblies will cover this December and prayers for you to say together at home:

<https://www.tentenresources.co.uk/prayers-for-home/parent-newsletter/>

This week's Bible Scripture:

Matthew 3: 1-12"
**Repent, for the
kingdom of heaven is
at hand"**



5th December 2025

Attendance

Meerkats- 97%
Ladybirds 93%
Wallabies- 97%
Rhinos- 99%
Wolf Cubs- 100%
Eagles- 96%
Dolphins- 96%
Quackers- 94%
Lobsters- 98%
Whole School- 97%



Stars of the Week- for being respectful by raising my hand when I need an adult

Meerkats- Jack
Ladybirds- Amelia H
Wallabies- Freddie
Rhinos- Hanna
Wolf Cubs- Percy
Eagles- Jonathan
Dolphins- Olivia
Quackers- Carson
Lobsters- Jude



Team Points



Arrowsmith

5320

5290



Campion



Barlow

5210

5200



Southworth

5th December 2025

Wraparound Care

We now have full wrap around care led by Play and Learn Scheme.

Times are as follows:

- Breakfast Club 7.30am-8.35am £7 per day including breakfast
- Breakfast Club 8am- 8.35am £4 per day including breakfast
- Afterschool Club 3.15-5.30pm £11 per day including a snack
- Afterschool Club 3.15-4.30pm £7 per day including a snack
- Afterschool Club 4.30-5.30pm (if pupils have already been in a club e.g. choir and wish to join afterschool club after this) £7 per day including a snack

To book, please click the link: <http://www.pals.schoolipal.co.uk/>

For any questions, please email playandlearnscheme@gmail.com or call 07930924993

Play and Learn Scheme have begun the running of the breakfast and after school club provision in school and this is going really well! Pupils who have attended this week have thoroughly enjoyed their sessions. Don't forget to register to use the service using the link so that you can book your child on at any time (more details below). If you are dropping pupils off at breakfast club or collecting from after school club please ring the black doorbell rather than the school doorbell.



School Uniform

At Saint Mary's we take pride in our appearance and know that first impressions count. We strive for all pupils to look smart and tidy when in school.

Our uniform policy can be found here:

Any pupil not wearing correct uniform will be asked to wear spare uniform from school until this can be rectified. Parents and carers will also be informed.



Safe Parking

Please respect that 260 children must enter and exit school safely each day. This partly relies upon everyone parking safely and with due regard for others, including our neighbours. Please do not park across drives or in restricted areas.

Please can we ask that the staff car park is kept clear for staff cars ONLY. Some parents/Carers are pulling into the entrance to the carpark, especially in a morning and this is preventing staff from parking and is causing traffic on Mayfield Avenue.

5th December 2025

PE Days
3rd Nov- 19th Dec



Meerkats- Wed and Thurs
Ladybirds- Thurs and Fri
Wallabies- Tues and Wed
Rhinos- Tues and Wed
Wolf Cubs- Tues and Thurs
Eagles- Mon and Fri
Dolphins- Tues and Fri
(swimming)
Quackers- Mon and Fri
(swimming)
Lobsters-Friday

Church News

Christmas Eve Mass
5.30pm (with a visit from
Santa and a gift!)

Christmas Day Mass 10am



Upcoming Dates

8th Dec- Quackers and
Lobsters nativity 6.30pm

9th Dec- Wolf Cubs, Eagles
and Dolphins nativity
6.30pm

10th Dec- All KS2 nativity
1.30pm

10th Dec- Mount Carmel
Partnership Carol Service
6pm all welcome (free, no
ticket needed)

15th Dec- Lobsters Stay
and Learn (letter to
follow)

16th Dec- EYFS/KS1 Carol
Service in Church 2pm

17th Dec- Christmas
Dinner Day- Wear
Christmas jumpers

19th Dec- School closes for
Christmas at 3.15pm



H a v e a
w o n d e r f u l
w e e k e n d

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



nationalcollege.com



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We love, learn and grow together with Jesus

HOLIDAY LIST 2025/2026

AUTUMN TERM 2025

Re-open	Wednesday 3 rd September 2025
Closure after school on	Friday 24 th October 2025
Mid-term closure	Monday 27 th October- Friday 31 st October
Closure after school on	Friday 19 th December 2025

OPENINGS 73

SPRING TERM 2026

Re-open	Monday 5 th January 2026
Closure after school on	Thursday 12 th February 2026
Mid-term closure	Friday 13 th February – Friday 20 th February
Closure after school	Friday 27 th March 2026

OPENINGS 54

SUMMER TERM 2026

Re-open	Monday 13 th April 2026
May Day closure	Monday 4 th May 2026
Closure after school on	Friday 22 nd May 2026
Mid-term closure	Monday 25 th May – Friday 29 th May
Closure after school on	Thursday 16 th July 2026

OPENINGS 63

Total openings 190