

21st November 2025

Saint Mary's RC Primary School Weekly Newsletter



Our week...

What an exciting week we've had at Saint Mary's! Our whole school Science Day on Wednesday was a tremendous success. Pupils enthusiastically moved between classrooms, participating in at least three fascinating experiments. From exploring hearts to investigating floating and sinking, friction, and even creating animal poo with playdough (much to the pupils' delight!), the day was filled with scientific wonder. The joy of discovery was evident in the photographs, which you can view on our school website.

I'm overwhelmed by the incredible generosity of our school community for the upcoming Christmas Fair next Friday. Your donations have been wonderful, and we are truly grateful. We're all eagerly anticipating the event, and a detailed letter will be sent next week outlining the stalls, including some exciting new additions this year.

Mrs Moseley and Mrs Varey accompanied two groups of pupils to sporting activities, and both teams received exceptional comments about their behaviour, teamwork, and sportsmanship. We couldn't be more proud of our pupils!

A few important notices for parents: On Tuesday 25th November, our entire school will be visiting the Empire Theatre to watch Snow White. We expect to return to school by 3.45pm, and children should be collected from their usual classroom doors.

Christmas Craft letters have been distributed. If you've been allocated a place, you'll receive a confirmation email. We understand it may be disappointing if a place isn't available, but we are limited by space.

Nativity tickets for KS2 will go on sale from Monday, priced at £2 per ticket and available from class teachers. For our younger pupils, EYFS and KS1 will be leading the Carol Service in Church in December - a letter with more details will be sent soon.

This month's worship newsletter for families:

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

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

This week's Bible Scripture:

Luke 23: 35-43

**"Lord remember me,
when you come into
your kingdom"**



21st November 2025

Attendance

Meerkats- 82%
Ladybirds 90%
Wallabies- 93%
Rhinos- 97%
Wolf Cubs- 100%
Eagles- 99%
Dolphins- 97%
Quackers- 98%
Lobsters- 97%
Whole School- 95%



Stars of the Week- for being safe by walking sensibly around school

Meerkats- Hera
Ladybirds- Kingsley
Wallabies- Ayesha
Rhinos- Lola
Wolf Cubs- Cherish
Eagles- Elise
Dolphins- Cain
Quackers- Muhammad
Lobsters- Lottie



Team Points


Arrowsmith

5130

4990


Campion


Barlow

5105

4795


Southworth

21st November 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.

21st November 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

**Saturday Evening Mass-
6.30pm**

**Sunday Morning Mass-
10am**



Upcoming Dates

**25th November- Whole School
Panto Trip**

**28th November- Christmas Fair
(no Awards Assembly)**

**2nd Dec- EYFS/KS1 Christmas
Craft Session**

**3rd Dec- KS2 Christmas Craft
Session**

**3rd Dec- Ladybirds Stay and
Learn (letter to follow)**

**3rd Dec- GIFT Team Family
Worship 2.45pm**

**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

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

**16th Dec- EYFS/KS1 Carol Service
in Church 2pm (letter to follow)**

**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**

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content, ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Downton is an author, former teacher, special educational needs coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

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