



Educate Protect Love Serve

Please share this Newsletter with your child. All newsletters can be found on our website: <http://www.st-marys-bod.cornwall.sch.uk>

Newsletter
No. 3
Nov2023

St. Mary's Catholic Primary School

Welcome back to the second Autumn term.

What a change in the weather! The autumn season is definitely upon us with winter just around the corner. Please can you make sure your child/children have a suitable warm, water-proof coat for going outside. All pupils should also be wearing the correct sturdy footwear too. We try to get them out as much as we can in all weathers so it would be very appreciated.

We are continuing on our journey of school improvement and our next focus is Read Write Inc phonics. Although we already teach it we have been awarded a grant to have our training renewed.

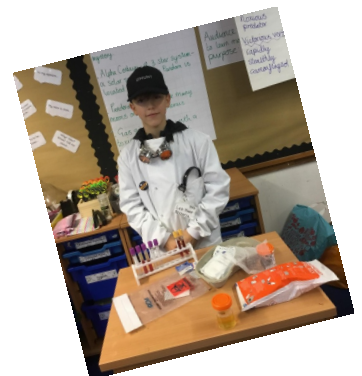
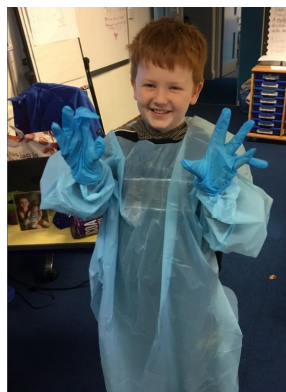
The whole teaching team will have two days training; these will take place on Monday the 8th of January 2024 and the 19th of February. School will be closed to all pupils on the 8th of January and the 19th of February 2024. We hope that this will not be inconvenient for you.

I have attached dates for your diary as we move forward. If there are any changes we will let you know as soon as possible.

Thank you for your continued support.

Mrs McDonald and the Team at St Mary's

Year 5 enjoying Science Day



Headteacher's special mention to: Mr Allen for an awesome Science Day!

End of Term	19 December 2023
Spring Term starts	4 January 2024
Inset Day	8 January 2024
Half Term	12-16 February 2024
Inset Day	19 February 2024
End of Term	28 March 2024
Summer Term starts	15 April 2024
May Bank Holiday	6 May 2024
Summer Half Term	27-31 May 2024
Inset Day/End of Term	24 July 2024

Thursday 16th November Years 1, 2 and 3 cinema visit
Thursday 23rd November Year 4, 5 and 6 cinema visit

Please see check the dates for Christmas plays on our online calendar <https://www.st-marys-hod.cornwall.sch.uk/web/calendar>

Our resident Education Mental Health Practitioner is here every Thursday morning throughout the year, any concerns or worries please let Mrs Cox know and we can make a referral to the service.
 Thank you

Christmas Diary Dates

- Monday 4th December @ 2pm** Nursery and Reception class Christmas Play
- Tuesday 5th December @ 10 am** Nursery and Reception class Christmas Play
- Wednesday 6th December @ 6pm** Christmas Tree Festival at St Petros Church- Choir group
- Thursday 7th December** Christmas Jumper Day (with uniform)
- Friday 8th December** Non-Uniform Day
- Monday 11th December @2pm** Year 1 and 2 classes Christmas Play
- Tuesday 12th December @ 2pm** Year 1 and 2 classes Christmas Play
- Wednesday 13th December** Christmas Dinner and Party day- please wear Christmas clothes
- Thursday 14th December @ 9.15 and 2pm** Year 3 and 4 classes Christmas Play
- Friday 15th December @ 3.30pm** Friends of St Mary's School Christmas Fair
- Monday 18th December @ 6pm** Year 5 and 6 Christmas Concert in St Mary's Church
- Tuesday 19th December @ 3.15pm** School breaks up for Christmas
- Thursday 4th January @ 8.45am** School reopens for Spring term



CHRISTMAS at DAIRYLAND
 Entry 10-6 (10-4 on Christmas Eve)


Breakfast with Santa @ Farmhouse Kitchen 9-10 see our website to book

Book Here [QR Code]

2nd, 3rd, 9th, 10th, 16th-24th*
DECEMBER

Santas Grotto
 Elves Workshop
 Singing Reindeer
 Christmas Trail
 Festive Lights
 And Much More

Festive fun on the farm since 1970



BODMIN LIGHTS UP

Date: 27.10.2023
 Our Ref: JS/XMAS/2023

Sent by email

Dear Sir/Madam,

BODMIN CHRISTMAS LIGHTS

We are writing to you on behalf of the Bodmin Christmas Lights Committee. The annual Christmas Lights switch on event will take place on Friday 24th November 2023.

This year there will be a fun musical parade where children and families are welcome and encouraged to take part in a carol singing procession down through the town to Mount Folly. We would also welcome your school's participation and can provide a list of carols to rehearse ahead of the 24th if your school would like to be included.


6.00pm - Band and choirs gather outside The Old Library before setting off.
 6.15pm - Procession heads off singing with carols to Mount Folly.
 6.25pm - Bodmin Way Community Choir sings at Mount Folly.
 6.30pm - The switch on takes place, followed by more carols around the tree and music from Bodmin Town Band.

Please can you share this information within your school newsletters and other channels to help us reach as many families as possible.

On behalf of the Christmas Lights Committee and the Town Council, who are working in partnership to provide this event for the benefit of the town, we wish you a very Merry Christmas.

Yours faithfully,
 Bodmin Christmas Lights Committee

C/O Bodmin Town Council, Shire Hall, Mount Folly, Bodmin, Cornwall PL31 2DC
 bodminchristmaslights@yahoo.com | @BodminChristmasLights



NHS Cornwall Partnership NHS Foundation Trust

SPACE
 providing support and care in difficult times

The Mental Health Support Team invites you to book your place on...

SPACE - Supporting Parents and Children Emotionally

SPACE is a new free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own. Each session will last for 1.5 hours. The sessions will run Online on Microsoft Teams.

This 5-session programme will cover:

- Managing different emotions
- Healthy coping strategies for dealing with stress
- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Understanding behaviour
- Building resilience in parents and children
- Adopting appropriate expectations of children
- Enhancing the parents' ability to provide nurturing care


SPACE will run as a small supportive group and will be facilitated by Education Mental Health Practitioners (EMHPs) Kirsty and Lindsay

Where: Online - All sessions will be from 10am - 11:30am

Session 1	Monday 20 th November
Session 2	Monday 27 th November
Session 3	Monday 4 th December
Session 4	Monday 11 th December
Session 5	Monday 18 th December

Commitment to all 5 sessions of the programme is expected.


To request a place please complete the online form:
<https://forms.office.com/e/rdeHePqgIP>



Booking deadline: Tuesday 14th November

SCIENCE AND ARTS ACTIVITY DAY
 For girls in Year 6

Dark Room Photography | Forensic Science Mystery | Explosive Science Experiments



TRURO HIGH SCHOOL
 Where Girls Thrive

Sat 25 November 9.30 - 3.30
 Sign up in advance. Spaces limited.
 registrar@trurohigh.co.uk | 01872 242903



the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?
 Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
 Monday, Tuesday & Thursday 7pm - 9pm
 Monday & Wednesday 9am - 11am

CARADON YOUTH THEATRE

THE WIZARD OF OZ

By L. Frank Baum
 Music & lyrics by Harold Arlen and E.Y. Harburg

Based upon the Classic Motion Picture, adapted by John Kane for the RSC

2023 SALTASH Wesley Church 24th/25th Nov	2024 DULOE Jubilee Centre 6th Jan
PENSILVA Millennium House 9th Dec	LISKEARD Public Hall 12th/13th Jan
BODMIN The Beat 15th/16th Dec	LOSTWITHIEL Community Centre 20th Jan

Performances at 2pm & 7pm

TICKETS: ticketsource.co.uk/caradon-youth-theatre 07899 953091



the national sleep helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?
 In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541
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 Monday & Wednesday 9am - 11am

in partnership with Furniture Village

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 *Survey of 2,000 adults by DePaul, Aug 2021