

St Mary & St Peter Primary School Newsletter

Set Sail for Success

Newsletter Friday 14th May 2021

Executive Headteacher: Mrs. Priscilla Crane

Head of School: Mrs. Jade Block



Our Mission Statement

Through nurturing trust and strong relationships, our learning adventure will see each and every one of us thrive in God's love.

Values

*Believe
Respect
Love
Trust*

Headteacher's News

Dear Parents and Carers,

Following the announcement that the country will move to the next stage out of Covid restrictions, we continue to work within the government guidance, and although we are on step 3 of the roadmap out of lockdown, the guidance has changed very little for us as schools. The only difference being that there is a choice as to whether staff continue to wear face coverings and whilst there is an option to remove this, we have decided as a staff we feel more comfortable continuing as we have been, especially for the last few weeks of this half term.

This week has been Mental Health Awareness week, where we have seen the children engage in some fantastic activities that promote and support this. Thank you to all the parents and carers who have donated food items today - we have had so many boxes overflowing. These were all given to Gorleston Food Bank today, who were overwhelmed with all the boxes - so thank you!

Please do continue to check our school app for any important updates and communication, and to follow us on Twitter.

Warmest best wishes,
Mrs Block

Contact Details

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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature – both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



Sources: <https://nhs.uk/news/2020/04/28/we-need-nature-now-more-ever/> | <https://www.nationalgeographic.com/magazine/article/call-to-wild/> | 'Mental Health and Nature', Mind, 2018



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#WakeUpWednesday

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Rewards

Stars of the Week 14/5/21:

Reception - Danjo and Roguen

Year 1 - Abel and Grace

Year 2 - Roxy and Olivia

Year 3 - Joao and Ethan

Year 4 - Liam L and Maya

Year 5 - Luca and Naledi

Year 6 - Thai and Erin

Well done to all our star workers this week!

Attendance:

Well done Year 3 for having 98% attendance W/C 10th May.

Reading Record:

Reading Record winners for this week are Year 4 with 93% of the class reading each night this last week. Well done year 4!

1st Y4 93%

2nd Y6 91%

3rd Y2 85%

4th Y3 81%

5th YR 60%

6th Y1 56%

7th Y5 25%



Please can we ask that children read each night to a parent or older sibling, and that this is recorded in their school diary, to go towards the classes weekly reading total.

If your child is an independent reader, please record that you have seen them read independently instead.

Thank you!

Item donations for our**Thrive garden**

If anyone has any spare soil/compost, flower pots, plants etc., that they are able to donate to our school, we would very much appreciate this. During the children's Thrive sessions, they will be revamping our raised beds to make them look much more appealing. Thank you in advance.

Water only in drink bottles

Please can you ensure that your child only has water in their drink bottle.

Governor vacancies

We are wanting to recruit a governor who is skilled in finance and/or interested in educational policy. If you are interested or know anyone who would be - please do get in touch with Mrs Block.

Class Mass for the Summer Term

Fortnightly class mass has resumed in school.

Unfortunately, we are unable to invite parishioners/parents in at present, but please do hold us in your prayers during this time.

Item donations need for EYFS

We are running low of the following items, so if you have any spare sitting around at home, we would gratefully receive donations of the following:

- Mud kitchen items such as pots, pans, spoons etc.
- Spare socks and pants for Nursery and reception aged children
- Wool and fabrics
- Large cable reels



**appointment
with the class
teacher.**

Help in a crisis

<https://www.nsft.nhs.uk/Find-help/Pages/Help-in-a-Crisis.aspx>

FirstResponse is a 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties.

If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health you can now call the helpline on **0808 196 3494**

Norfolk and Waveney Mind telephone support line

The Telephone Support Line provides a listening ear, emotional support, coping strategies, signposting and practical advice for people living in Norfolk and Waveney. This includes help with developing plans to tackle and limit crisis situations.

Visit the Norfolk and Waveney Mind helpline website, or call **0300 330 5488**, to find out more about accessing this support.

Opening times: weekdays 4pm - midnight, weekends 10am - midnight.

Experiencing low mood, stress or anxiety?

Self-refer to our Wellbeing services, which are run in partnership with the Mind charity.

Visit www.wellbeingnands.co.uk or call **0300 123 1503**

If you have more complex problems, visit your GP and discuss how you are feeling. They can refer you into our services, if appropriate.

Just One Norfolk

<https://www.justonenorfolk.nhs.uk/>

The 'go to' health website for Norfolk.

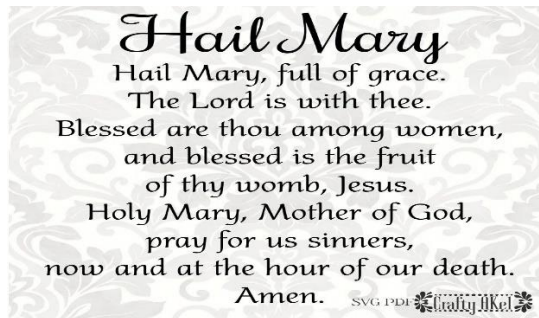
This Week's Prayer

Prayer

May is traditionally the Month of Mary. It is a good time to pray the Rosary you might find this blog link helpful

<https://www.elizabethclareblog.com/praying-the-rosary-with-kids/>

But if you want to start small just praying the Hail Mary prayer may be a good place to start



*St Mary and St
Peter, Pray for
us.*

Big Questions

Why is Mary special to us?

Upcoming Events

Friday 21 st May	Pentecost Celebrations in school
Friday 28 th May	Year 6 class Mass (Unfortunately no parishioners at present)
Friday 28 th May	Half term begins
Monday 7 th June	Pupils return
Friday 11 th June	Year 3 class Mass (Unfortunately no parishioners at present)
Friday 18 th June	Year 6 Eaton Vale Trip
Wednesday 23 rd June	New Reception intake parents evening 2021
Friday 25 th June	Year 2 class Mass (Unfortunately no parishioners at present)
Friday 2 nd July	School reports emailed to parents
Tuesday 6 th July	Sports Day KS1am KS2pm
Friday 9 th July	Year 1 class Mass (Unfortunately no parishioners at present)
Friday 9 th July	Year 6 Performance 6pm
Friday 16 th July	Last day of term 1pm finish
2 nd and 3 rd September	INSET (Staff only)
Monday 6 th September	Pupils return

Dates for
the Diary: