

St Mary's Weekly Newsletter



MESSAGES FROM MRS ACTON

Date:- 10.9.21



School start times Please ensure that all children are in school on time by 8:55am. Gates are open from just after 8:45am and are locked at 9am. **From next week, late arrivals will be recorded on our late register which is monitored by our Educational Social Worker.** Please ensure that all children have the opportunity to start their day in class on time with their friends. Diolch yn fawr.

Drop off and Collection Time Where possible, could we ask that only one adult per child comes to collect/ drop off children. This will reduce the number of people on site and will help to minimise the risks for everyone. Also, please remember to wear a face covering/ mask unless medically exempt. Diolch

Healthy Snacks and drinks We are a Healthy School and have a legal duty to promote healthy eating and drinking in school. Therefore, children should only have water to drink in their bottle for school. **No juice please.** A healthy snack of fruit/ veg should be provided for morning break on a Monday– Thursday. On a Friday, children may bring a chocolate bar/ crisps for a treat day snack. **No sweets please.** Please see posters attached for more information.



Whole School Back to School Mass Next Friday, we welcome Fr Nicholas to school to celebrate our new school year Mass. Dosbarth Dyfrdwy will be leading the Mass and will be joined by our Year 5 and 6 children. Other classes will attend via Teams. We look forward to joining together as a school family in prayer and song.



Pupil Voice Elections In assembly today, Mrs Robertson, Mrs Hall and Miss Davies invited children in Years 1 to 6 to put themselves forward to be pupil voice representatives on the School Council, Eco Committee, Super Ambassadors and Playmakers. Nomination slips need to be returned by Friday 17th September. Elections will take place on Tuesday 21st September. Messengers of Christ will be nominated by their class peers over the coming weeks as well. Pob lwc pawb.



Pupil Data Consent Booklets will be issued next week.

Please return as soon as possible to update your information. Diolch

UPDATE! DO NOT ATTEND SCHOOL IF YOU OR YOUR FAMILY HAVE SYMPTOMS OF COVID 19 – i.e. a new continuous cough, a high temperature or a loss or change to your sense of smell. **Please note:- New symptoms linked to the new DELTA variant also include:-** headache, runny/ blocked nose, sore throat, hoarseness, vomiting, shortness of breath, diarrhoea, wheezing, persistent sneezing i.e. symptoms very similar to HAYFEVER **Please inform school, self-isolate & book a test straight away and contact school as soon as you receive your results. Diolch.**



Please note: The additional school holiday in lieu of the Queen's Jubilee will be Friday 26th November.

STAFF TRAINING DAYS 2021-22

Wednesday 1st Sept 2021

Monday 25th April 2022

Friday 22nd Oct 2021

Monday 6th June 2022

Wednesday 22nd Dec 2021

Wednesday 20th July 2022

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ST MARY'S SCHOOL CLASS AND COMMUNITY NEWS



Happy Birthday

Fiadh, Weronika, Cassopheia, Benjamin, Grace C, Milosz, Dylan R, Bella Rose, Amy, Sophia, Austeja, Natalia



Whole School Good News

Yr 1/2– Hannah is going back to swimming, Madison has started swimming and Julien and Szymon are starting football training today.

Yr 3– Annabelle has passed Wave 4.

Y4– Maks won a football trophy

Yr 5– Seren has had great success in her dancing competitions, Phoebe has been promoted to Seal plus in swimming club, Ryan beat Coedpoeth in football. Joakim and family are celebrating his parents' 11th wedding anniversary tomorrow.

Y6– Thomas was very successful in a recent Pony Club competition and Amelia K has a new dog. Pedro is in a Jutitsu competition in October, Lola has had her cast off and came 3rd in horse riding. Nikodem is going mountain biking on Sunday and Filip is going to try archery. Nathaniel has a new kitten

Lovely news everyone!

MAKATON SIGN OF THE WEEK



We are all learning a special sign language called Makaton to promote inclusion in St Mary's and to support all learners to communicate with each other.

You can practise our 'Sign of the Week' with your family and friends.

This week's sign is: hello



[Link](#)

Brawddeg Yr Wythnos Sentence of the Week

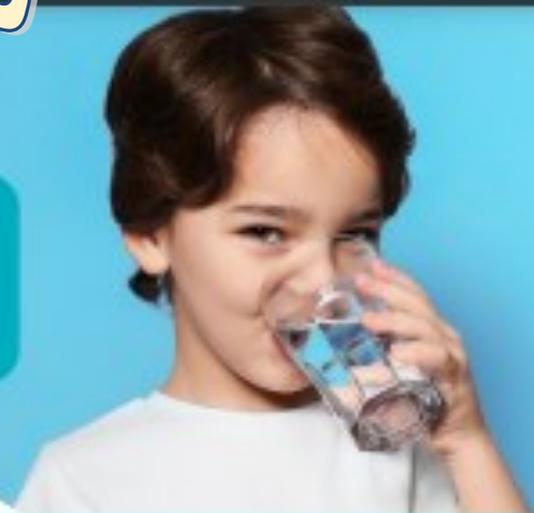


Dosbarth newydd

New class

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Healthy drinks in primary schools



There is a legal duty for local authorities and schools to **promote healthy drinking in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Drink brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify:

- **only water on desks, or freely available, in the classroom**, and,
- **only water and milk during break times**.

Schools should create an environment and culture where it is **normal and easy for children to drink healthily**. School staff, along with parents/carers, are vitally important in the development of healthy drinking habits for life, through **consistent messages and role modelling**.

Water and milk should be the only drinks at break times in primary schools because:

- this helps children normalise drinking water throughout the school day, and into adulthood, as the **best hydration method**;
- water quenches thirst and is **easily and freely accessible** to children in school and at home;
- milk is a good source of **protein, calcium and other vitamins and minerals**;
- water has no additional calories, helping to **maintain a healthy weight**;
- drinking water can help to **prevent a range of health issues** such as headaches, bladder and bowel problems;
- water and milk **do not damage teeth**, unlike fruit juices and soft drinks, which include 'free sugars' and/or artificial sweeteners; and,
- squash and flavoured water, including sugar-free varieties, encourage children to develop a 'sweet tooth' and do not provide a nutritional benefit.

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Healthy snacks in primary schools



There is a legal duty for local authorities and schools to **promote healthy eating in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Food brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify **only fruit and vegetables for snack during break times**.

Schools should create an environment and culture where it is **normal and easy for children to eat healthily**. School staff, along with parents/carers, are vitally important in the development of healthy eating habits for life, through **consistent messages and role modelling**.

Fruit and vegetables should be the only snack at break times in primary schools because:

- they are a good source of **fibre, vitamins and minerals**,
- they are naturally low in calories, helping to **maintain a healthy weight**,
- eating a variety of fruit and vegetables can help to **prevent a range of health issues** such as bowel problems, cardiovascular disease and some cancers, and,
- consumption of fruit and vegetables is below recommended levels, of at least **5 portions per day**.

Some primary schools also specify that fruit and vegetables at break time must be fresh.

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Additional notices...

a brighter world

How will your school be part of CAFOD this term?



CAFOD HARVEST FAST DAY is Friday 1 October

This year Brighten Up goes green to support Amazon communities protecting the rainforest.

We will hold a 'Wear Green day' and children will be invited to bring in food items to donate to our local Food Bank. More information to follow. We will also attend the Cafod National Harvest assembly on 16th September.

THE EYES OF THE WORLD CAMPAIGN



Calling all Volunteers– CAFOD needs you!

As you may know, CAFOD offer school visits of assemblies and workshops to primary and secondary schools free of charge, to engage children and young people and educate them in global justice. These sessions have also been taking place virtually during the lockdown.

The visits are done entirely by a team of Education Volunteers and unfortunately in North Wales, we only have one active volunteer. They would love to have a full team of volunteers who would be able to visit schools more regularly with a variety of activities.

They offer full training and have a training session at the beginning of each term on the forthcoming term's topic/workshops etc.

If you are interested in becoming a Cafod Volunteer, please contact school and we will put you in touch with the local representative for further information.

Diolch yn fawr.