



St. Mary's Catholic Primary School

School Newsletter

Friday 21st March 2025

Morning Drop-off

All pupils (from Reception to Yr6) arrive from 8.40am via our Rockingham Road entrance.

This gate is locked at 8.45am each morning.

Collection Times

All classes (Reception to Year 6) finish school at 3.15pm. Afternoon Nursery finishes at 3.30pm.

P.E. Lessons

Although each class is timetabled for PE lessons, this often changes due to wet weather and/or extra sports coach sessions.

All pupils (Years 1 to 6) should bring their P.E kits into school **every Monday** and then take them home at the end of the day on Friday. Thank you.

Pupil Bags in School

We ask that pupils only bring in book bags (and draw string P.E bags for their P.E uniform). Each child only has a single peg for these bags (in most cases in the main corridor) and we **do not have the space for large rucksacks** or other similar bags. Thank you in advance.



Dear Parent/Carer,

Apologies for any inconvenience caused by our online lunch ordering system (iPay) this week. Unfortunately, due to a computer issue, the wrong menus were automatically published online for food items that were not available. Our school lunch caterers (Accent) did then manually upload the correct menus to iPay but this then resulted in previous orders being wiped from the system. We have asked Accent and iPay to check the online system to make sure the menus are correct for the remainder of this term.

Year 5 Visits & Swimming

Our Year 5 pupils have had a busy week. On Monday, they visited Ufton Court in Reading to take part in a Viking adventure. The children found out more about the Vikings' attempts at settling and the struggle between the kingdom of Wessex and the Danes. They explored aspects of daily life through hands-on activities. They took part in a Viking battle drill and set sail in a Viking longship as a part of a raiding themed game. The class experienced drama and fun in the activities that they did whilst developing historical understanding, teamwork and problem-solving.

The following day, they walked to our Church to look at the different Stations of the Cross. The children reflected on each of the 14 stations, with Fr. Nicholas, talking about the events from Jesus' condemnation to His burial.

Our Year 5 pupils also have swimming lessons, at Hillingdon Sports and Leisure Complex, every day next week. They require a swimming costume/shorts, hat and a towel every day.

Test Week

This week, all pupils took various age appropriate assessments. The results, from each class, will be shared with you at our next Parents' Evenings. These meetings will be online and take place on:

Tuesday 6th and Thursday 8th May.

Parents' Prayer Group

Our next Parents' Prayer Group, led by Angela, will take place on Tuesday 25th March in school.

Time: 2.45pm until pick-up time.

All parents are welcome to attend.

Girls' Football Team

Well done to our girls' football team for taking part in Monday's Brentford Girls' Football Tournament at Uxbridge High School. The team competed against lots of different schools from across the local authority. We are delighted to announce that they reached the **quarter finals** which is an amazing achievement for our small one-form entry school.



Tiny Happy People

The BBC's Tiny Happy People website has been designed to help parents develop their child's language skills. You can explore their simple activities and play ideas here:

<https://www.bbc.co.uk/tiny-happy-people>

Earth Hour - Please Take Part on Saturday



Our pupil Eco Council are on a mission to promote Earth Hour and to encourage as many family members as possible to participate in this year's event.

When: **This Saturday 22nd March**

Time: **8.30 – 9.30pm**

Why: Every March, millions of people around the world come together for one hour to show they care about the future of our planet. From iconic landmarks like Big Ben and the Sydney Opera House to cities across the globe, the lights go out in a stunning display of solidarity for our natural world. WWF's Earth Hour is the perfect moment to switch off and give back to the planet.

How: The WWF website has lots of fun ideas for activities you can do at home, as a part of Earth Hour, without using electricity, lights or television:

<https://www.wwf.org.uk/earth-hour>



Year 4's Class Assembly

Year 4 will present their class assembly for parents on Tuesday 1st April at 2.30pm. This assembly will reflect on the Easter story and its importance for Christians. We will open up our main entrance, shortly before 2.30pm, for all family members to make their way to our school hall.

Lunch Box Policy

Never allowed in Lunch Boxes

- Fizzy drinks
- Confectionary including Sweets and Chocolate bars
- Chips or burgers
- Hot food or drinks
- Nuts (including Nutella chocolate spread)
- Items of food on skewer sticks
- Fruit Winders
- Meat on bones e.g. chicken drumsticks
- Prawns/shellfish

Grapes: Please cut in half length ways

Allowed on Friday only – 'Treat Day'

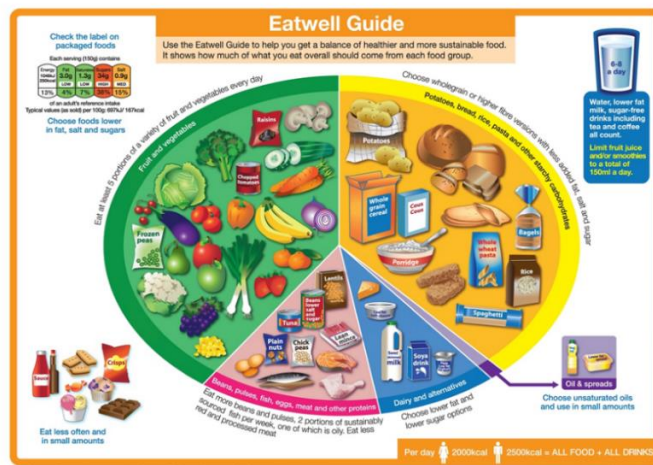
- One packet of crisps
- Sweet biscuits
- Cakes

Water Only Policy

From September, we will be a 'water only school'.

Sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar') can contribute to tooth decay and provide little nutritional value. We will be encouraging all pupils to use their refillable water bottles at lunch times.

See the Eatwell Guide Below, for government guidance on what a balanced diet looks like:



After School Pick-up: One-way system

To avoid congestion in our narrow alleyway into school: we please ask parents to use our one-way system for pick-up at the end of each day. We ask that parents enter school via the Rockingham Close alleyway and then walk through our playgrounds and exit school through the gate onto Rockingham Road. We put this system into place, after the COVID lockdown, as it is very difficult for visitors to enter and exit school using the narrow alleyway especially when using buggies or prams. Thank you for your consideration.

School Friend Clubs

School Friend Clubs leads both a breakfast club and an after school club for all pupils (from Reception to Year 6).

Parents can book using these details -

schoolfriendclubs

Website: www.schoolfriendclub.com

Booking portal: <https://schoolfriendclub.magicbooking.co.uk>

Tel: 07925 033120

?History Mystery?

Try and use clues to determine what you think this artefact is. Use your observations as clues to help you think about the object.



Here are some questions to get you started:

- What was this object used for?
- When was it made?
- What sort of person may have owned it and why?
- Does the decoration mean anything?
- What could help us find out more?

We'll publish the ANSWER in next week's Newsletter.

ANSWER to last week's History Mystery: Fire squirt

Fire squirts were used to fight the Great Fire of London in 1666 and afterwards the new fire regulations ordered each parish to have two squirts.

Using historical sources (including objects) is a big part of our History lessons in school. You can find out more about what your child is studying in their History lessons here:

<https://www.st-marys.hillingdon.sch.uk/page/?title=History&pid=71>

SENDIASS Drop-in

Hillingdon SENDIASS is a free, confidential and impartial support service for parents and carers, children and young people up to 25 years where the child or young person has or may have special educational needs. Their website includes useful information and links to a range of support groups available.

There next drop-in is on: Fri 28th March

Start Time: **10am – 11am**

Price: **Free**

Where: South Ruislip Children's Centre

Further details: <https://discover.hillingdon.gov.uk/sendiaass-drop-ins>

Place2Be – Parenting Smart

The Parenting Smart website is open to all parents and includes practical tips to support children's wellbeing and behaviour:

<https://parentingsmart.place2be.org.uk/index>

What are the age restrictions on social media?



13	13+	16	18
Facebook Twitter Instagram Snapchat TikTok Kik Ask.fm Houseparty Periscope Tumblr Reddit Pinterest	Whatsapp YouTube WeChat Whisper Yubo  (13+ means with parental consent)	LinkedIn 	Tinder Bumble 




Age Restrictions on Social Media

Pupils cover work on online safety every term. We have been reminding our KS2 children (including Year 6) of these age restrictions on social media. The age restriction for Whatsapp is age 13+ and we ask that parents closely monitor their child's online activity.

Getting in Contact

Tel: 01895 232814

Email: office@stmarysuxbridge.org.uk

All enquiries should be referred to our school office

For Special Educational Needs: Mr Ellis (using the contact details above)

Chair of Governors: Mrs Maureen Thorpe (using the contact details above)

Trainers

We would like to remind all pupils that they should not be wearing trainers coming into school in the morning. All pupils are required to wear smart black shoes (not boots) with their school uniform. Thank you.

EASTER HOLIDAYS

FUN FEST UXBRIDGE!



Upcoming Holidays

Easter Holidays
07th April to
17th April
Monday - Friday
8am - 6pm

Follow
-US-




Our

EASTER

Holiday Bookings
Are Now

OPEN!!

Booking Info

We are taking bookings

<https://fun-fest.co.uk/uxbridge>
 St Mary's Catholic Primary School
 Rockingham Close UB8 2UA Uxbridge
 07599 880319
uxbridge@funfestholidayclub.co.uk

Amazon Wish List – School Supplies

Please help support our school by donating school supplies from our Amazon Wish List <https://amzn.eu/fgZpVLv>

Any purchase would be greatly appreciated.

Safeguarding Our Children

If you are worried about a child's safety please do not hesitate to contact the school straight away. You can always speak to Miss Shevlin, the Designated Safeguarding lead, if you have any concerns about a child. You can also call Hillingdon Stronger Families Hub on [01895 556006](tel:01895556006). If a child is in immediate danger, call the Police immediately on 999.

It is all our responsibility to safeguard children

Useful SEN Websites and Information

Hillingdon SENDIASS website: Hillingdon SENDIASS is a free, confidential and impartial support service for parents and carers, children and young people up to 25 years where the child or young person has or may have special educational needs. Their website includes useful information and links to a range of support groups available:

<https://www.hillingdonsendiass.co.uk/>

Hillingdon Local Offer

The Hillingdon local offer provides information for children and young people with special educational needs and disabilities (SEND) and their parents/carers. It allows families to see what they can expect from a range of local agencies and how to access them.

<https://www.hillingdon.gov.uk/article/4654/SEND-local-offer>

Hillingdon Talks, Moves, Plays

Hillingdon Talks, Moves, Plays: Children's Integrated Therapy Service (CITS) is a team of Speech and Language Therapists, Physiotherapists, Occupational Therapists, technicians and administrators, who deliver a community service for children and young people aged 0 to 19. CITS operates an open referral system, which means anyone can refer a child or young person to any of the therapy services.

We recommend parents, carers and professionals contact the advice line on 01895 488 200 to speak with a therapist for advice and to decide whether a referral is needed.

You can find further information and parent advice on their website:

<https://www.cnwl.nhs.uk/children-integrated-therapy-service>

Hillingdon Autistic Care and Support (HACs)

A charity providing support for children with a diagnosis of autism and their families:

<https://www.hacs.org.uk/>

Stronger Families Hub

The Stronger Families Hub operates 24 hours a day, 7 days a week to provide families in Hillingdon with information, advice and support.

<https://www.hillingdon.gov.uk/stronger-families-hub>

Hillingdon Parent Carer Forum (PCF)

A team of volunteer parents/carers whose aim is to improve services and processes for Hillingdon SEND children. They exist to harvest the voice of parents/carers in Hillingdon, to help shape the services accessed by SEND children, by way of engagement with parents and co-production with the Local Authority.

If you wish to receive information emails, please sign up to their database. They have different levels of volunteering options:

<https://hillingdonpcf.com/>

Speech Link – Parent Portal

Speech and language support for parents and carers:

<https://speechandlanguage.info/parents>

Children's Centres

Children's centres offer a range of services to support parent/carers and 0 to 5-year-olds.

You can view the Hillingdon centres here:

<https://www.hillingdon.gov.uk/article/10473/Contact-details-for-our-family-hubs-and-childrens-centres>

Kooth

Kooth.com, NHS-commissioned and BACP accredited, offers free, safe and anonymous online mental health support and counselling for 11-25 year olds across north central London.

<https://www.kooth.com/>

Instrumental Lessons

Instrumental lessons

Book a Free one-to-one Music Lesson

For children aged 4+ wishing to learn piano, guitar, ukulele and violin at our school.

Register by text to: 07782503260 and include:

Child's Name, Age, Music Instrument

Or

register at: www.stage talent.co.uk/register



Attendance

We are sure that like us, you as parents and carers, realise the importance of attendance and punctuality. At St. Mary's, we continue to work hard to try to raise attendance levels and to reduce instances of lateness. There is much evidence to show that good attendance plays a vital role in helping your child to achieve their potential. We also know that poor attendance can lead to other problems for children. How can you help your child attend school regularly?

- Talk to your child about school. Make sure your child understands why school is important;
- Get everything ready for school the night before;
- Arrange appointments before or after school or during the school holidays;
- Take holidays during school holidays and not during term time;
- Set your alarm and your child's alarm clock- see who can beat the clock!
- Only grant days at home for genuine illness (you will know!)
 - If your child is slightly under the weather, still send them into school- children often start feeling better as the day goes on and they get busy, and if the school is worried, we will call you.

House Point Winners this week:	St.Thomas	260
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Thank you to Paul and Arthur (Year 5) for collecting this week's House Points from each class.

Date	Event
24/03/2025	Year 5 Swimming
01/04/2025	Year 4 Easter Class Assembly for Parents at 2.30pm
02/04/2025	Year 2 Trip Roald Dahl Museum
04/04/2025	End of term. School finishes at 12:15pm
22/04/2025	Term starts at 8:40am

Spring 2025 - Diary Dates

Please visit our school website for Term dates:

<https://www.st-marys.hillingdon.sch.uk/page/?title=Term+Dates&pid=45>