



St Mary of Charity Primary Weekly Newsletter Friday 5th September 2025

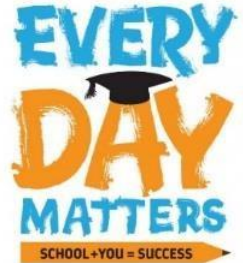


Telephone: 01795 532496

Email: office@smcs.aquilatrust.co.uk

Website: www.smcschool.co.uk

Attendance



EYFS Hamilton	Year 1 Donaldson	Year 2 Anning	Year 3 Malala	Year 4 Hockney	Year 5 Rosen	Year 6 Attenborough
100%	98.3%	97.1%	100%	99.2%	95.4%	98.1%
Whole School – 98.1%		Year to date – 98.1%			Target – 96%	

Dear Parents and Carers,

It has been so lovely to see the children back in school and ready for the new academic years. Our apologies for some of the technical issues we have experienced at the start of term regarding MCAS and Parent Pay, we share your frustration that this has interrupted the smoothing running of the start of term. Thank you for your patience as we have navigated these difficulties.

Hopefully you all read my letter last week regarding the important site updates that occurred over the summer, we are looking forward to building on these during the year and ensuring that our learning environment can be the most welcoming and safest for all our pupils. We have set the dates already for our new intake for 2026 so if you are aware of any families looking for a school place for their child to start next year please do signpost them to one of our open days.

It has been wonderful to welcome our new EYFS children and parents into the school community, they are all settling in so well and learning the routines of 'big school' and our older children have been a fantastic support to them all.

Our garden area has produced lots of lovely fruit and vegetables which the children have really enjoyed harvesting this week, there have been lots of grapes, tomatoes and some squashes and green beans. It is lovely for the children to see the reward for looking after and growing the space. Thank you to Mrs. Neagle for all of her hard work in this area.

I hope you enjoy reading our new look Newsletter – if you ever have any items that you would like featured do please send them into the school office and we will incorporate them where possible.

Please pay attention to the diary dates section and make sure that you make a note of the key events coming up this term, such as Parents Evening.

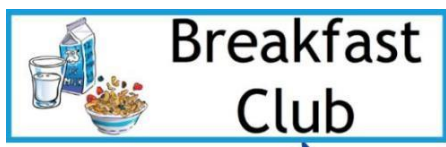
I look forward to working with you all this year.

Kind regards,

Mrs Louise Rowley-Jones
Headteacher



**PLEASE
NOTE..**



**Breakfast
Club**



We run our own **Breakfast Club** and **After School Club**; spaces for these need to be pre-booked at least 24 hrs in advance using the MCAS App. Please contact the school office if you need support booking a place for your child.

Breakfast Club: 7:30am-8:35am
After School Club: 3:15pm- 6pm (with a 4pm, 5pm & 6pm collection option)

Please note: If you wish to collect after 5pm, we require 7 days' notice. Contact the office via email or phone to book a 6pm slot.



We have a large amount of school uniform in the lost/unclaimed uniform box in the reception area. Please do check if you are missing any items. Anything not claimed will be passed onto the community wardrobe.

Please ensure that you name all of your child's school uniform, including lunchboxes and water bottles to prevent items getting lost.

Thank You

It's time for a Macmillan Coffee Morning and you're invited

Let's do whatever it takes
to support people living with cancer.

Place: **KS1 Hall**
Date: **Friday 12th September**
Time: **8.45am**
Contact: **PTFA**
ptfa.smcs@gmail.com



This week in Worship

This week in Worship we have been looking at the theme of New Beginnings. We have revisited our School Vision and Values and enjoyed learning some new songs.

Feed my lambs....take care of my sheep.” John: 21

We are a community where everyone is included. A place of nurture where through creative learning, acceptance and celebration we are all able to flourish. Our inclusive school encourages children to be curious, passionate, ambitious and courageous. Everyone at St Mary of Charity is determined to be confident in who they are, aspire to realise their full potential and support each other through respect, honesty and forgiveness. Guided by Jesus we are accepting of the wonderful diversity within our community and have hope that our children will continue to advocate for and celebrate the unique needs of all throughout our wider world.



COLLECTIVE CELEBRATION

**Jesse, Willow, Theo,
Maddison, Atticus, Marley,
Tommy**

**And every class for a fantastic
start to the term.**





IMPORTANT ANNOUNCEMENT

INTERNET SAFETY

This week's poster about is **10 TOP TIPS FOR PARENTS AND EDUCATORS RECOGNISING AND MANAGING STRESS**. Please continue to monitor your child's online behaviour and access. If you need help with a specific app we have not highlighted yet, please talk to Mrs Ling.

ATTENDANCE



If your child is poorly and unable to come to school, please ensure that you inform the office via telephone or leave a message on our answer phone.

DROP OFF

Can we please remind parents that school gates shut at **8:45am**. If you arrive late, please drop off your child/ children at the school office.

For safeguarding reasons we do not allow parents/carers to drop off their children to their classes.

MAIN ENTRY

**ALL VISITORS
MUST REPORT
TO THE
SCHOOL OFFICE**



We would politely ask all parents/carers to park sensibly when dropping and while picking children off at school.



We have created additional parking bays over the summer holiday to help improve congestion in the carpark. Please do park sensibly and do not block the entrance of exit to the car park or other vehicles. We hope to get these more clearly defined asap

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

REMINDER

MEDICATION SAFETY

We understand that at times children are unwell and need to stay at home to recover, however please remember that we can administer *prescribed medication (IF REQUIRED)*, so if your child is feeling better but needs medicine, this can be brought to the office and managed as necessary.



HEALTHY LUNCHES



We promote healthy eating at St Mary of Charity Primary School and would appreciate parents adhering to the healthy eating guidelines as below:

Sweets: Please do not pack sweets or chocolate bars.

Drinks: children under 5 receive free milk with their snacks and water is available for everyone whenever they want to drink. Please do not send in fizzy drinks with your child's packed lunch.

Nut Free: Please be aware that we are becoming a nut-free school. We now have children in school who have potential life-threatening nut- allergies which can be triggered by direct or indirect contact with nuts in the environment. To keep our children safe, we request that parents please find a nut-free alternative. This also includes NUTELLA or any CHOCOLATE spread.

Thank you for your co-operation.



SCHOOL DINNERS –

Dinner Money cost £3.05

Please be reminded school meals are to be paid for in advance.

WRAPAROUND CARE: Both Breakfast and Afterschool club bookings are placed under this tab and payments need to be made when you book your session for your child. *This is done to avoid any payments not made.*

Please be reminded to clear out any outstanding balances under individual accounts of your children.

Dates for your Diary



Date	Event
TERM 1- September 2025	
2/9/25	<i>Start of term</i>
08/9/25	Meet the Teacher Year 1 3.20pm
09/9/25	Meet the teacher Year 2 3.20pm
10/9/25	Meet the teacher Year 3 3.20pm
11/9/25	Kent Test for registered Year 6 Pupils Meet the teacher Year 4 3.20pm
12/9/25	PTFA Macmillan Coffee morning 8.45am Meet the Teacher Year 5 3.20pm
15/9/25	Meet the Teacher Year 6 3.20pm
18/09/25	Road Safety Workshop for Years 3 and 4
23/09/25	Dance Days workshop for all classes
24/09/25	Individual school photos
30/09/25	Year 5 School trip to Canterbury Cathedral
02/10/25	School Census Special Lunch day
06/10/25	Family Trust Worship
08/10/25	PTFA Glow Disco
09/10/25	Flu Immunisation
14/10/25	Parents Evening for years R, 2, 3 4, 5 and 6
15/10/25	Parents evening Year 1
16/10/25	Parents evening all classes Parents received outcomes of the Kent Test
17/10/25	Last day of term – Harvest Festival 9.30am in the church, all welcome

