



St Mary of Charity Primary

Weekly Newsletter

Friday 30th January 2026

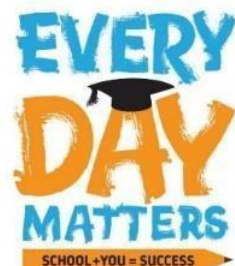
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Attendance



EYFS Hamilton	Year 1 Donaldson	Year 2 Anning	Year 3 Malala	Year 4 Hockney	Year 5 Rosen	Year 6 Attenborough
87.2%	88.8%	94.2%	93.1%	92.2%	94.2%	95.6%
Term 3 94.4%		Year to Date 94.9%			Target 96%	

Dear Parents and Carers,

We are currently working on renewing our Artsmark award, we were awarded Silver in 2023 are now on the pathway to hopefully secure gold. As part of this we are encouraging children to see themselves as artists and take part in art activities on an individual level which is recognised not just within school but on a local and hopefully national level. Our private view was a huge step towards this last summer and we hope to do something similar this year. In the mean time we encourage all budding artists across the school to take part in the Young Artists' Summer Show 2026 run by the Royal Academy of Arts. The school have registered which means that parents are able to submit their child's entries by visiting <https://youngartists.royalacademy.org.uk/submissions/2>. These artworks are then judged by a panel of artists and arts professionals with selected artworks displayed online and on-site at the Royal Academy of Arts.

We are also in the process of renewing our Behaviour Policy this year and looking at making adaptations to ensure that we meet the needs of all pupils in the school. As part of this review, I would like to get some parent voice regarding our current policy, please could you take the time to complete the questionnaire here [Parent Questionnaire on the school's Behaviour Policy – Fill out form](#)

Finally, we are working hard to develop our outside areas and ensure that the site can look its best. As I am sure you are aware this is quite the endeavor, especially at this time of year. I am delighted to announce that the Governors have approved spending for the playground surfaces to be re-tarmacked which will hopefully be happening during the February half term. This will greatly improve the drainage and safety of the playground surface. As part of these improvements please can I ask parents to be vigilant that they do not drop any rubbish or items when collecting children after school.

Yours sincerely,

Mrs. Rowley-Jones
Headteacher

RA

Call for entries
An exciting opportunity for students aged 4–18, who are living and studying in the UK, to exhibit their artwork on site or online at the Royal Academy of Arts.

Open for submissions
5 January–4 March 2026

Find out more and enter
royalacademyarts.org.uk/youngartists
[@royalacademyarts](https://twitter.com/royalacademyarts)

Young Artists' Summer Show
2026

Royal Academy of Arts

Made possible by Robin Hambro

**Bring Ear
Defenders
If Needed**



**No phones
please**

11TH FEBRUARY 2026

LOVE 2 DANCE DISCO

£3

**£6 for 2 or more children
from the same household**



**YrR/KS1: 4-5pm
KS2: 5.15-6.30pm**

**PLEASE
POST CORRECT MONEY IN NAMED
ENVELOPE IN GREY BOX IN THE
OFFICE BY 9TH FEB**

**There will be a stall at the entrance for parents to buy
disco accessories when dropping off.**

**TICKETS INCLUDE DRINKS,
SWEETS AND GLOW STICKS**

**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.



Please, please, please ensure that you name all of your child's school uniform. Teachers are often informed that a child has lost a piece of clothing but if this is not named there is little we can do to recover it.

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

Last term we had 2 black bags full of unnamed clothing that will be donated to the uniform bank.

Wet weather

As is typical of England in January we are experiencing a lot of wet weather at the moment. We encourage children to be outside unless the weather makes the site unsafe. This means they play in rain and drizzle. Please ensure that you provide your child with suitable clothing to be outside in the rain.

All children should have a pair of wellington boots in school and suitable protective clothing. Children in Year R are provided with all in one weather suits which they are supported to put on when the weather is wet.

We are aware that the field becomes extremely wet and boggy, we are currently exploring pathway options for parents. Children are not allowed to use this space at lunchtimes if it is too wet and muddy.



This week in Worship

This week we have been looking at the stories of Jesus and how he called his disciples. We have explored the story of the miraculous catch of fish (Luke 5:1-11). This is a story that the children know very well and were keen to act out in Worship. We have considered people and places that may need our support and how we can provide help for those in need.

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

**Dora, Nathaniel, Edmund,
Luelle, Cleo, Rylie, Autumn,
Link, Besiana, Svetoslav, Ivy,
Reggie, Joshua, Uriel**





INTERNET SAFETY

This week's poster is about **MENTAL HEALTH MISINFORMATION ONLINE**. 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 supervise your child carefully during drop off and pick up. Some children have been seen standing in the flowerbeds and picking/pulling out plants. Please ensure that they do not destroy the school site which our staff and volunteers work so hard to maintain.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

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.



The
National
College®

REMINDER

The School Gate

Please be mindful of other children and parents at the school gates. The front of the gates can become a very crowded place and we want children to have ease entering the school in the morning. Please encourage your child to walk through the gates on their own and do not stand in groups talking where you potentially block the entrance. It is intimidating for children to walk through adults into school.

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 3	
2/2/26 – 6/2/26	Yr 6 Mock Sats Practice
2/2/26	Yr 5 & Yr 6 workshop on online safety from local police team
4/2/26	Yr 1 Leeds Castle Trip
5/2/26	Yr 3 MTC Competition
6/2/26	Yr 4 MTC Competition
9/2/26	Family Trust Worship to the Whole school
11/2/26	PTFA Valentines Disco
12/2/26	Kindness Day Lunch
13/2/26	End of Term 3 – school finishes at usual time.
16-18/2/26	Art Holiday Club
TERM 4	
23/2/26	Start of Term 4
24/2/26	Yr 6 Trip to Ramsgate synagogue
6/3/26	PTFA Golden Ticket reward
09/3/26	Young Carers Assembly
11/3/26	Yr 3 Easter Workshop
18/3/26	KS2 watching QE production of the Wizard of Oz.

