



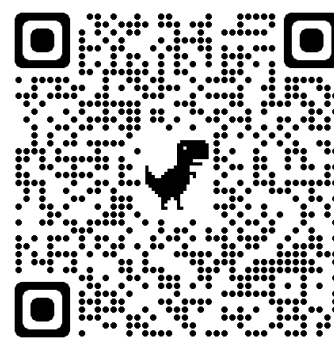
Friday 13<sup>th</sup> October 2023

This week, we all wore **YELLOW** to raise the profile of our mental Health and how important it is. Thank you all for the generous donations, 100% of these will be going to the charity "Young Minds Mental Health. A frightening statistic suggests that since the COVID pandemic, mental health has declined in almost 40% of school children. We want our children to be healthy inside and out.

Click this link for a video on "We all have Mental Health":

<https://video.link/w/vl6528fbb3cad67>

Research indicates that doing things for others is a great way to boost your mental health. That's why the school council alongside the Mayor of Kettering, Emily (who came into school on Friday) are inviting you all to join the 'love in action' tidy up of the park next Tuesday. (poster with details on page 6).



Next week is your chance to meet with your child's teacher. Please make sure you find out about how your child is doing and how you can help. If you are having any trouble booking an appointment or can't find the time and date that suits, please give the school office a call.

*Diane Wright MA (Education)*  
HEADTEACHER



HI, I'M  
TOM



TOM SMITH



TOM ATTENDED ST MARY'S WHERE HIS ATTAINMENT AND PROGRESS WAS EXCEPTIONAL. HE CONTINUED ON THIS AMAZING JOURNEY AND ACHIEVED EXCELLENT GCSE AND A LEVELS. WHEN TOM VISITED OUR SCHOOL TO TALK FURTHER ABOUT THE IMPACT THAT THE SCHOOL HAD HAD ON HIS LIFE, HE WAS IN HIS SECOND YEAR OF MEDICAL STUDY. TOM, ACHIEVED AN INCREDIBLE AWARD HAVING ATTENDED SCHOOL EVERY DAY SINCE EYFS UNTIL YEAR 6. HE FOLLOWED THIS INTO SECONDARY, AND DID NOT MISS A SINGLE DAYS SCHOOL THROUGHOUT! TOM'S DESIRE TO DEMONSTRATE 'LOVE IN ACTION' WAS LIVED OUT THROUGH THE COURAGEOUS ADVOCACY HE DEMONSTRATED WHEN HE PERSUADED HIS DAD TO JOIN HIM ON A 'HIKE OF HIS LIFE' AND RAISE MONEY FOR CHARITY. TOM'S EXCEPTIONAL ATTITUDE TO LEARNING AND LIFE WAS SHARED WITH ALL OUR WONDERFUL CHILDREN. PUPIL'S SPOKE WITH ENTHUSIASM ABOUT HOW TOM HAD MOTIVATED THEM TO CONSIDER JOBS WITHIN THE MEDICAL PROFESSION.





## Upcoming events and reminders for the last week of term...

- Monday 16<sup>th</sup> October- Year 1 and 2 go out for their seasonal changes walk around Kettering
- Parent Consultations will take place week commencing next week. An email has been sent to you with information on how to book an appointment with your child's teacher.
- Tuesday 17<sup>th</sup> October- Mill Road Litter Pick (see poster with more information on page 6)
- Thursday 19<sup>th</sup> October- Year 1 and 2 Reading Café
- Friday 20<sup>th</sup> October- Last day of term
- Monday 30<sup>th</sup> October Teacher Training day- school closed to pupils
- Tuesday 31<sup>st</sup> October- School re-opens to pupils

## Our Proud School Council





# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Practice self-care for yourself to set the standard.



Establish a self-care routine.

Recognize toxic stress events.


BlessingManifesting

Cultivate interests and hobbies.

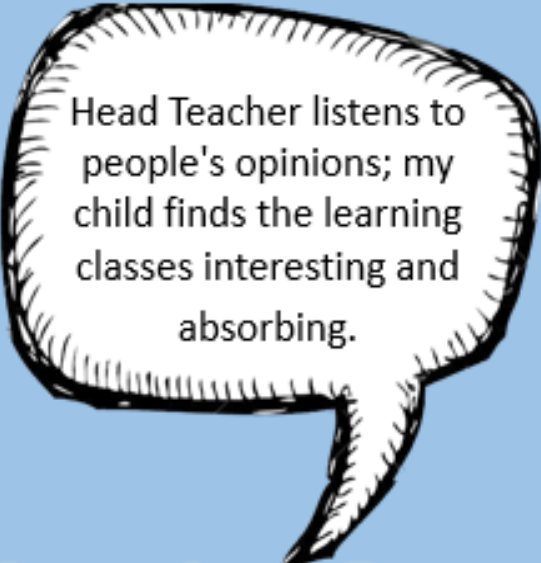




## Positive comments continued..

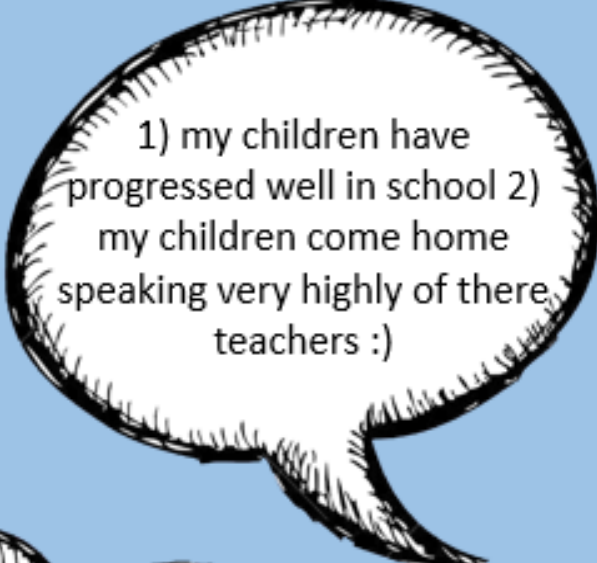


They listen and value children with different backgrounds




Head Teacher listens to people's opinions; my child finds the learning classes interesting and absorbing.

## What are two good things about St Mary's School?




1) my children have progressed well in school 2) my children come home speaking very highly of there teachers :)



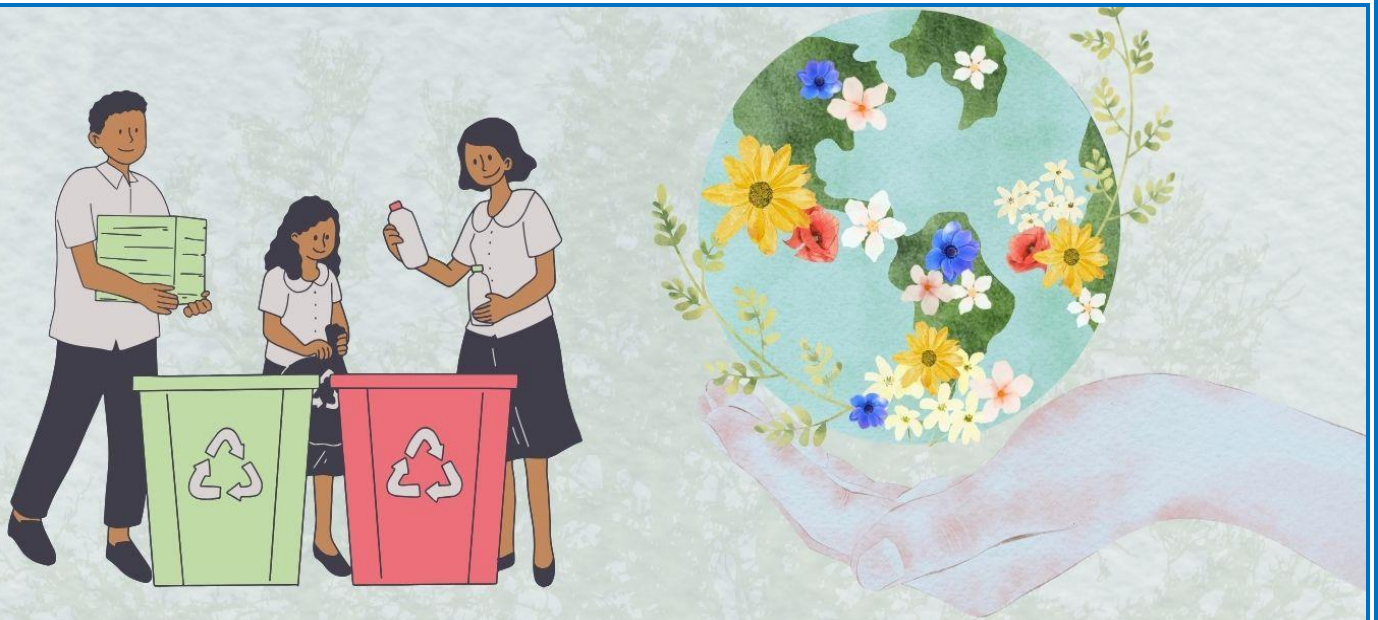
The school is also a family to me, the teachers takes the pupils as their own children irrespective of background.

God bless the school



Children and treated equally and the teachers are so nice





DEAR PARENTS,

WE ARE LETTING YOU KNOW THAT  
ST MARY'S SCHOOL IS SETTING UP A  
LITTER PICKING COMMUNITY.  
WE ARE TRYING TO MAKE THE WORLD A  
BETTER PLACE FOR EVERYONE.  
WE WILL BE VERY HAPPY IF YOU COULD  
JOIN US.  
ALL THE INFORMATION THAT YOU NEED  
IS LISTED BELOW:

**LOCATION: MILL ROAD PARK**  
**WHEN: TUESDAY 17TH OCTOBER**  
**TIME: 3:30PM-4:40PM**

**WHY DO WE WANT TO DO THIS?**

THERE'S LOTS OF GRAFFITI, THAT WE  
ARE TRYING TO REMOVE, THERE IS LOTS  
OF RUBBISH ON THE FLOOR.  
THERE IS DOG MESS EVERYWHERE, AND  
AT THE MOMENT THIS IS NOT SAFE.

-DARIA YEAR 6





WELL DONE



# St Mary's Primary School



## Star of the Week

9th - 13th October 2023

### EYFS

**ENOCH & FREDDIE**



### YEAR 3

**NARCIS & FREYA**



### YEAR 1/2

**SIRENE**



### YEAR 1

**KENDRA**



### YEAR 2

**HARNOOR**



### YEAR 3/4

**CALVIN**



### YEAR 5/6

**JEGATH**



### YEAR 4/5

**MUNASHE**



### YEAR 6

**SCARLETT**

