



ST MARY'S PRIMARY SCHOOL

OUR VISION: GOOD GROUND GROWS WELL

[Click here for upcoming dates or check your Class Dojo events](#)

NEWSLETTER

SUMMER TERM
WEEK 2

UPDATE FROM MRS NETTLESHIP

This week, Year 3 visited a Buddhist temple in Chiswick, where they learned more about Buddhist beliefs, practices and places of worship. The children were respectful and engaged, gaining valuable first-hand experience to support their RE learning. Next week Year 2 have their class assembly at 9am Tuesday, parents and families are welcome to join us.

We are also exploring the possibility of opening a 2-year-old nursery provision from September 2026. To help us assess whether there is sufficient interest, we have shared a parent survey. We would be very grateful if you could take a few moments to complete it, as your feedback will help inform our planning.

https://docs.google.com/forms/d/e/1FAIpQLSfClkbYaf0CAVdo3HNsi0jE-VHPAiTmz3JVw2g08J7LDU_2lQ/viewform?usp=header

Have a lovely weekend,
Mrs Nettleship



Year 3 visit to Chiswick Buddhist Vihara

Parking

We have again been contacted by local residents regarding parking over driveways and on double yellow lines.

Please be considerate of our neighbours. Where possible, especially during the summer months, we kindly ask that you park a little further away and walk to school.

Pencil cases

Please check your child's pencil case and ensure it is fully stocked for learning. We would be grateful if you could replenish items where needed, including pencils, glue sticks, purple pens, standard pens, and rubbers.

Attendance Champions



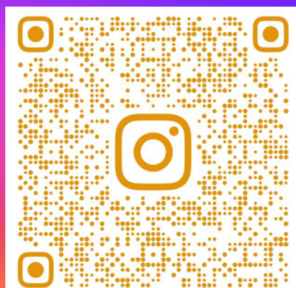
Field Maple 98%



Sapling 94.1%



Elm 94%



Follow us on Instagram
[@stmarys_primaryschool](#)

amazon
wishlist

How we have grown this week!

Blossom

This week in RE, we have been learning about Islam and its teachings. We also continued to explore different types of weather and discussed appropriate clothing for each weather condition.

Sapling

This week in Sapling Class, the children explored the theme of parks. In RE, we discussed why outside spaces are special. In maths, we practised patterns and shape-matching puzzles.

Ash

Ash Class completed Handa's Surprise, tasting fruits and learning a Swahili song. In maths, the children explored 3D shapes and linked them to 2D shapes through creative painting activities.

Beech

Beech Class have described the spring season using similes and adjectives. The children worked in teams to create 'Spring facts' posters and presented them. In maths we used objects to build multiplication arrays.

Chestnut

Chestnut Class have studied UK coasts and their features. In maths, we measured length and height in cm and m. In English, we learnt "tion" words and in RE explored Muslim commitment.

Damson

Damson Class enjoyed a fascinating visit to the Buddhist Vihara, where we met a monk and listened to peaceful chanting. In science, we carefully dissected plants, exploring their structures and functions.

Elm Class

This week we completed our adventure stories, filled with imagination and creativity. In computing, we developed programming skills with a specialist and focused on rhythm in dance during PE.

Field Maple/Grey Willow

This week we began exploring the circulatory system in science, enhancing understanding of the heart and blood. We developed our hockey skills in PE and we also discussed why people migrated to the UK after WW2.



Thought for the week



'When I am afraid, I put my trust in you.'
Psalm 56:3

We all feel afraid sometimes. We might worry about a test, feel nervous about trying something new, or be unsure about a difficult situation. Even grown-ups have moments when they feel worried or uncertain. The Bible reminds us in Psalm 56:3, "When I am afraid, I put my trust in you."

This verse does not say we will never feel afraid. Instead, it teaches us what to do when fear comes. We can turn to God, knowing that He is with us, cares for us, and gives us strength. Trusting God means remembering that we are never alone, even in the hardest moments. This week, if something feels challenging or makes you nervous, take a deep breath and remember these words. Ask God to help you be brave, to guide your steps, and to fill your heart with peace. Sometimes courage is not about never being scared, but about taking the next step with faith.

Let us also help one another this week. A kind smile, encouraging word, or helping hand can make someone else feel stronger too. Together, with God's love, we can face anything.

Something to pray

Dear God,

Thank You that You are always with us. When we feel worried, nervous, or afraid, help us to trust in You. Give us courage to face challenges, peace in our hearts, and kindness to support others who may be struggling. Remind us each day that we are never alone because You are by our side.

Amen.



In Loving Memory of
Hina Malik

A School Service at St. Mary's

8th May 2026 | 2pm

In the School Garden

To Unveil a New Buddy Bench in Ms Malik's Memory



All are welcome to join us to remember and celebrate Ms Malik's remarkable life.



Ealing Mental Health Support Team

April
2026

Your Termly Newsletter

Is your child feeling....

Demotivated? Anxious? Stressed?
Worried? Sad? Irritable? Low?
Panic? Tired or lacking energy?



We can help you and your child

Ealing Mental Health Support Team (MHST)
supports the wellbeing of children and young.

**In Primary schools, we offer 1:1
support to parent's whose children
feel:**

- Worried and present with behaviours that challenge



**In Secondary Schools, we offer 1:1
support to young people who
sometimes feel:**

- Anxious or low in mood

If you have any questions about the above, please
speak with your schools Mental Health Link Worker.

You said, we did!

You said you enjoyed our
challenging behaviour workshops
so we are running another one this
term!

You said that parents wanted
managing use of technology, so we
added a workshop based on this
topic.

You said you wanted more
practical skills and examples and
less wordy presentations, so we
have factored that into our
presentation this term.

Dates to remember:

Mental Health Awareness Week 11-17th May 2026

SPACE PROGRAM

(Supportive Parenting for Anxious Childhood Emotions)

What is SPACE?

Space is a parent-focused program developed at Yale University Child Study Center and Tel Aviv University. Using strategies based on Cognitive Behavioral Therapy (CBT), SPACE empowers parents to support children with anxiety. Research shows parents reported significantly less anxiety symptoms in their children after participation in the SPACE program.

Who is the SPACE program for?

Parents of children experiencing anxiety. SPACE helps you:

- Support your child in managing worry and fear
- Prepare your child to handle future stressors
- Gain confidence in your parenting skills
- Reduce the need to accommodate your child's anxiety

Key Principles

- Recognize and validate worries in both child and parent
- Believe that anxiety can be overcome
- Help your child build independence and coping skills

Program details

- **Where:** Online via Microsoft Teams
- **Duration:** 8 weekly sessions
- **Dates:** 6th May 2026 to 1st July 2026
- **Time:** 10 am to 12 pm

If you have questions or want to be referred to the program, speak with your Mental Health Support Team (MHST) worker.

SUMMER TERM 2026 FOOTBALL CLUB



@ ST MARY'S C OF E PRIMARY SCHOOL



YEARS 3 - 6

FRIDAY

3.15PM - 4.15PM

17TH APRIL - 17TH JULY

£11.50 (13 SESSIONS)

SCAN ME!



THERE WILL BE NO SESSION ON THE 29TH MAY (HALF TERM)

BOOK ONLINE

WWW.THEPSDGROUP.ORG.UK/PSD-CLUBS



RAISING THE STANDARDS IN
PHYSICAL EDUCATION AND SPORT



INFO@THEPSDGROUP.ORG.UK



0203 397 7409



DIAMOND KICKBOXING
FUELLING EXCELLENCE. IGNITING VICTORY

DO YOU WANT SAFER CHILDREN?

Join our classes today and
give you children the best
start to a **SAFER** future!

We will help them learn and
improve their

- Confidence
- Self Defence
- Fitness
- Respect

Brand New class starting Thursday 19th
February

Book your Free Trial today at
www.sjwsports.co.uk

First 10 Bookings receive **FREE**
UNIFORM



SFA SUMMER 10 WEEK DEVELOPMENT PROGRAM

TUESDAY & FRIDAYS 17:30-19:00

FEATHERSTONE SPORTS CENTRE, SOUTHALL.

AGES U6-U16

BOOK NOW

WWW.ENGSPORTSACADEMY.COM

Have You Booked Your School Meals ?

We are delighted to be serving school meals at St Mary's Church of England Primary School.

We believe that a school dinner is not just an essential part of a child's development but also a vital part of their wider schooling experience.

All school meals must be pre-booked using our online meal ordering portal.

1

Check your emails for a welcome email containing your login details.

2

To order, simply visit our website
www.theorchardcontractcatering.co.uk
Please visit the "Meal Ordering Portal" tab

3

Log in to your account using the login details provided via email.

4

Begin placing your orders!
Please ensure meals are booked by 9:00am on the day the meal is being served.

If you are experiencing any issues with your account, Please contact us using the contact details.



PHONE

01895 917 777



WEBSITE

www.theorchardcontractcatering.co.uk



EMAIL

Office@theorchardcontractcatering.co.uk

DID YOU KNOW?

At Present, all children from Reception - Year 6 receive a free school meal every lunch time!