



13th January 2023

Newsletter No. 165

St Dunstan's, Cheam, C of E Primary School



Message from the Headteacher

Welcome to our first newsletter of the Spring Term—I would like to take this opportunity

to wish you all a (belated) very Happy New Year. On behalf of all of the staff to extend our sincere thanks for all of your Christmas gifts and good wishes!

I am delighted to share the news that, thanks to your amazing generosity during all of our Christmas celebrations and services, we raised an incredible £820. This was split equally between our 2 chosen charities of Diabetes UK and Maggie's. A representative of Maggie's, Maddy Wilson, joined us in worship this morning and was presented with the cheque for this worthy charity. Thank you so very much for all of your contributions, they will make such a difference to those in need.



We have enjoyed a very busy start to the new term and I hope you enjoy reading our Newsletter.

Ms J Corby

We are pleased to announce the
Year 6 House Captains for the **Spring Term.**

St Andrew: Shelomi & Imaan

St David: Phoebe & Zunaira

St George: Isabella & Luna

St Patrick: Olivia C & Elisabeth



*Congratulations to you
all!*

Year 2 Trip to Leeds Castle

On Tuesday 10th January, Year 2 went to Leeds Castle as part of their topic 'Towers, Tunnels and Turrets'. We travelled there on a double-decker coach. The children took part in a drama workshop where they retold the fairy tale story of The Swan Princess. All the children dressed up as the characters including a cat, a sparrow, a gnome, a knight, a witch and a swan princess.



We also had a tour around and inside Leeds castle led by a very knowledgeable and experienced guide. We walked around the outside of the castle and learnt about the moat and then entered the castle through the cellar where all the food and drink would have been stored to keep it cool. We were shown the different rooms inside the castle; the bedrooms, the dressing rooms, the living room, the chapel and library.

"I learnt that Leeds castle is over 900 years old. I really liked looking around the library and I was amazed that there were over 3000 books there." John.

"I enjoyed going to see Lady Baille's rooms because they were very colourful and beautifully decorated." Tommy.

The children's behaviour was excellent and they were very enthusiastic. We had a wonderful day at Leeds Castle despite the pouring rain and learnt lots of interesting facts!



Happy New Year! We hope you had a relaxing Christmas. The PTFA Committee needs your support!

As shared last term, our current Chair and Secretary are stepping down from their roles by the end of the summer term and so we are looking for new members to fill these roles.

If you would like further information then please email ptfa.stdunstans@gmail.com

These positions can also be extended out to extended family members as well.

If you are interested in joining the committee as a trustee but not for one of the specified roles, we would also love to hear from you.

AGM: We will be holding our AGM on Thursday 9th February at 7pm. This will be a virtual meeting and we welcome parent/carers from the school community joining us. If you would like to attend then please email us at ptfa.stdunstans@gmail.com

Date for your Diary: Friday 10th February, the last day before half term will be a mufti day. This means children can come to school in their own clothes and we ask for a donation of **£1.00** per child to go towards our fundraising for the school. The mufti day on the last day of term last year raised £220. This money will be used towards IT resources.

Thank you as always for your support and generosity.

PTFA

SATs Information for Parents

Thank you to parents for attending the Year 6 SATs Meeting on Thursday 12th January. The handout has been sent out on ParentMail and is also on the school's website under Classes—Year 6



Sports News

The netball and football teams have had a busy week this week in playing in both a netball and football match. Here is an account of both matches.



On Tuesday 10th January, the Year 5 & 6 netball team played 2 matches against Barrow Hedges Primary School. We were worried that the games may be called off as it was raining so heavily. Fortunately, the rain held off for both matches. Unfortunately, the first match we lost 0:5 and the second match we drew 0:0. We played extremely well and the team enjoyed the experience of playing in a competitive match. *by Pollyanna, Year 6.*

On Wednesday 11th January, the year 5 & 6 girls' football team took part in a football match against Manor Park Primary School. Unfortunately, due to heavy rain during the second half of the game, the game was stopped. It was a very close match and the final score was 0:1 to Manor Park. The team played very well and we tried our best. *by Ruby, Year 6.*



We Have Been Recognised As The Best Children's Sports Coaching Provider in Surrey
<https://www.sme-news.co.uk/winners/community-advantages-sports-coaching/>

FOOTBALL ACADEMY

www.ca-sportscoaching.co.uk

EVERY SATURDAY MORNING
10.30AM - 12.00PM

St Dunstan's Primary School,
Anne Boleyn's Walk, Sutton, SM3 8DF

Boys and Girls
from U5 - U11 (Rec - Year 6)
• Ball Skills
• Fun Games
• Matches

Qualified Football Coaching
All Coaches have a DBS Disclosure and are First Aid Trained

We offer every child a free taster session.
To reserve a place for your child, please call
Naz (Head Coach) on 07793 815 752
or email: info@ca-sportscoaching.co.uk

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<https://www.sme-news.co.uk/winners/community-advantages-sports-coaching/>

Street Dance

St Dunstan's Primary School,
Anne Boleyn's Walk,
Sutton, SM3 8DF

First Steps: 9.30 - 10.00
Second Steps: 10.00 - 11.00
Intermediate Steps: 11.00 - 12.00
Advanced Steps: 12.00 - 13.00

Email: info@ca-sportscoaching.co.uk
to book a FREE TASTER SESSION,
or to make any other enquiries.

COMMUNITY ADVANTAGES

House Points

St David
240

St Andrew
197

St Patrick
218

St George
201

Attendance

The attendance figure
for w/c **04/01/2023**
was:

94.8%

Our target is
96.4%

DATES FOR YOUR DIARY

(Dates may be subject to change)

January 2023

Mon 16th Clubs start this week
Weds 18th Swimming—Year 5
Thurs 19th Year 4 visit to Science Museum
Prayer Group 8.45am. Meet in school library
Weds 25th Swimming—Year 5
Year 5 & 6 Girls Football League Fixture
(selected pupils)
Thurs 26th Hercules Class Assembly 8.55am
Year 6 Wales Meeting - Online 6.00pm-7.00pm

Future Dates:

February

Mon 13th – Fri 17th Half Term
Monday 20th Children return to school

Please see the school's website under school calendar for a full list of dates and events for this term.



'Stars' of the last two weeks.....

Nursery	Lyra	Shreya
Venus	Aiden	Louisa
Pluto	Ryan	Olivia
Neptune	Alfred	Cara
Mercury	Chloe R	Benjamin
Jupiter	Theo P	Whole Class
Saturn	Henry	Whole Class
Delphinus	Salar	Lola H
Phoenix	Eden	Elisabeth
Orion	Eugenia	Bobby
Pegasus	Lucia	Florence
Unicorn	Sheung	Davi
Hercules	Oliver L	Eleora
Aquila	Esther	Joshua
Cygnus	Lilly-Mae	Valentina

Mental Health and Well-Being

January 2023

Happy New Year!!

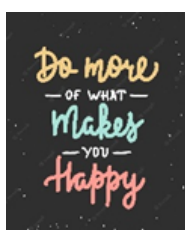
Wishing all our families a very happy New Year and hoping that 2023 is a year full of kindness, happiness and optimism for everyone. Please remember that we are always available if you need any support with mental health and wellbeing.

Thank you to everyone who attended the Emotion Coaching Session at school on 11th January.

January Blues

January can often be a difficult month for many

people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park, enjoying the sunshine ...) are all harder to achieve. However, there are some ways that we can help ourselves beat those 'January Blues'. See the tips on the next page for some ideas to try out and enjoy completing the sheet attached as a family.

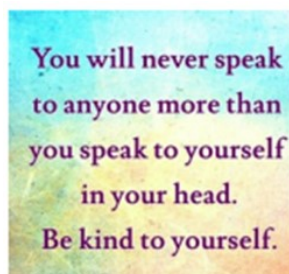


Self-Kindness

Make 2023 the year that you are kinder to yourself.

Being kind to others often comes naturally but being kind to ourselves may not. So with that in mind, here are 10 ways to show yourself some kindness – this week and beyond.

- 1) Talk kindly to yourself.
- 2) Practise gratitude.
- 3) Perform acts of kindness to others.
- 4) Reflect daily.
- 5) Self-care.
- 6) Be responsible for yourself.
- 7) Invest in your interests.
- 8) Practise mindfulness.
- 9) Spend time in or around nature.
- 10) Think of the opportunities.



Message In a Bottle (with a twist!)

What are you most looking forward to this year?

As a family, write down 2 or 3 (or more!) things that you are looking forward to in 2023. You can do this collectively or have individual ideas. Then roll them up and put them in a bottle. You can add to this bottle with any positive experiences/affirmations or intentions you have throughout the year. You can check these at the end of the year. It's good to look forward to things, have dreams and celebrate the successes!

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				



ACTION FOR HAPPINESS

Happier · Kinder · Together

Beating the Winter Blues

Lots of exciting things happen during winter, but the cold, dark weather can mean that our mental health and emotional wellbeing need a bit more looking after at this time of year. Have a go at completing this sheet, to help you beat the blues.

Add your happy face below the bobble hat and decorate the hat however you like.



How many positive words can you find in the phrase 'winter blues'? List them on the back of the sheet.

We often send postcards in the summer. Why not design a winter postcard?



Complete the sentence below.

The best things about winter are



List five fun things you can do indoors on a cold, rainy day:

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
- 