

Message from the Headteacher

What a busy 2 weeks we have had at St Dunstan's—the days may be shorter since

daylight saving, with both the mornings and evenings drawing in, but here in school all is bright and cheerful! It is wonderful to see so much competitive sport returning to St Dunstan's and all of the teams are performing well—huge thanks to Miss Toms and to Mr Warner for all their hard work in inspiring the best in our children in sport.

Despite the wet weather this week, staff and children have valiantly continued with their trips to both Whitehall and the park to enhance their classroom learning—well done all and thank you to the parents / carers who accompanied the children.

It doesn't seem possible, but we are starting to hear the melodic Christmas tunes wafting along corridors, reminding us that the festive season will soon be upon us. The PTFA are working hard with preparations for our Christmas Fayre—thank you all for your donations and generosity so far despite the financial crisis affecting us all so badly—we are truly grateful. Have a wonderful weekend.

Ms J Corby

Year 1 RE Day



We were lucky to have a special visit from the Sutton Schools' Workers to spend the day with us. We learnt about the story of creation and how to take care of our world. We did this through role play, art activities, songs and games. We made treasure boxes

and thought about what is special to us. We heard a story about the colours of the world and thought about all the amazing things that God has made in the world that are different colours.



Jupiter Visit Whitehall

On Tuesday, 15th November, Jupiter Class visited Whitehall.

During the visit we learnt lots about the history of Cheam,

including the links Henry VIII had with the area. We had lots of fun playing with toys from the past like spinning tops and 'Ball in the Cup!' Also, we studied maps from the past and present, recording similarities and differences between them.



Poppy Appeal: Thank you to all of you who purchased one of our beautiful fabric poppies, an amazing £178 was raised for the Royal British Legion.

Santa Grotto Tickets: Thank you to all of you who purchased a Santa Grotto ticket for the Christmas Fayre. We sold out extremely quickly this year and all places have now been allocated.

Christmas Fayre: Donations: Thank you to all of you who generously donated items for our toy tombola and secret room. We really value all your ongoing support. Further communications will be circulated over the next two weeks to confirm requests for future donations as outlined on our key dates sheet.

Food at the Fayre: Unfortunately, this year we will not be able to sell our usual hot food at the Fayre due to lack of support for the stall.

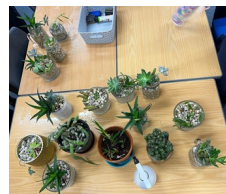
We will have a Christmas cafe open though selling hot drinks and cakes and look forward to welcoming you! We will also have our usual Irish coffee and Mulled wine refreshments





Environment Club had a great time separating succulents to grow new plants! We also planted baby spider plants which will grow and keep producing new plants from crawlers that hang down. To water succulents, we learnt you have to mist them as they don't like too much water.

Here's what we took home!



wonderful autumn walk in Cheam Park. We were grateful for mild, dry weather and enjoyed the puddles without getting soaked. We found lots to look at and collected many leaves, conkers and acorns to bring back and investigate at school in the afternoon.

Many thanks to the parents who came with us!



On 16 November, a team of Year 5 and 6 took part in a tag rugby competition against 4 other Sutton schools. We really enjoyed taking part as we learnt so much, including how to co-ordinate with our own team!

St Dunstan's won 2 matches, lost 1 match and drew another.

We came 3rd out of 8 teams and narrowly missed playing in the finals. We were very excited to be awarded the 'Referee Respect Award' for our team, spectators and team manager's conduct.

We are really proud of ourselves and our sportsmanship during this tournament. We loved playing and it was an amazing experience.

We look forward to competing in the next game. *by Darcey and Audrey, Year 6*

Attendance

The attendance figure for w/c 07/11/2022 was:

95.9%

Our target is **96.4%**

House Points

St Patrick
440

St Andrew
369

St George
417

St David
464

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



End of Term
Friday 16th
December at
1.30pm



DATES FOR YOUR DIARY

(Dates may be subject to change)

November

| | |
|------------------------|--|
| Mon 21 st | Year 2 Saturn visit to Whitehall |
| Tues 22 nd | Family/Individual Photographs |
| Weds 23 rd | Year 5 Swimming Lessons |
| Thurs 24 th | PTFA Adopt A Bear Donations at Drop-Off |
| | Nursery Express to Parents—Sun & Earth 8.45am—9.15am and Moon 12.30am—1.00pm |
| Fri 25 th | PTFA—Donations of Bottles for Adult Tombola at drop-off |
| Mon 28 th | Last week for clubs |
| Tues 29 th | Aquila Class Assembly |
| Weds 30 th | Reception Open Morning |
| | Year 5 Swimming Lessons |
| | PTFA Online Raffle |

December

| | |
|-----------------------|--------------------------------|
| Thurs 1 st | Prayer Group in library 8.45am |
| | KS2 Advent Eucharist at School |

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

| | | |
|-----------|----------|---------|
| Nursery | Joshua C | Milana |
| Venus | Leo B | Louis |
| Pluto | Penny | Harvey |
| Neptune | Oliver S | Jeremy |
| Mercury | Robert | Oscar |
| Jupiter | Areeb | Zion |
| Saturn | Riley | Bobby |
| Delphinus | Ella | Jack |
| Phoenix | Ashton | Daud |
| Orion | Efrem | Louise |
| Pegasus | Chit | Rehan |
| Unicorn | Sofia | Anika |
| Horologus | William | Belle C |

supporting children, staff and parents in their well-being and mental health are all vital to successful learning. We know that well-being, physical and

Well-Being Tip:

Spend time in Nature!

Why not make the most of what Autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.

Try to pay attention to your surroundings and find things to see,



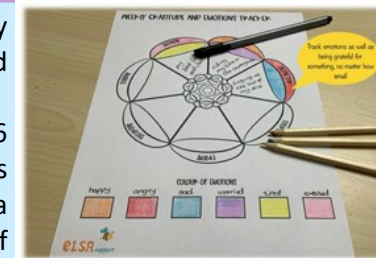
hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a

local community farm. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.

Gratitude and Emotions Tracker

This is a lovely activity to do with your child (or as a family).

They need to think of 6 common emotions for them and assign a colour to each one of them. The outer part of



the mandala is for tracking 2 different emotions each day. Inside the mandala they can think of one thing they have been grateful for that day. Sometimes it is tough to do this when you are perhaps having a sad or anxious day but anything at all, no matter how small can be written down. Children could also draw something they are grateful for if they aren't keen on writing. The inside of the mandala can be used for mindful colouring.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/09/Weekly-gratitude-and-emotions-tracker.pdf>

Action for Happiness

Please have a look at **November's Action For Happiness Calendar** attached with a focus on New Ways November.

There are suggestions on each day for new things

New Ways November 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---|---|
| 1 Make a list of new things you want to do this month | 2 Respond to a difficult situation in a different way | 3 Get outside and observe the changes in nature around you | 4 Sign up to join a new course, activity or online community | 5 Change your normal routine today and notice how you feel | 6 Try out a new way of being physically active | |
| 7 Be creative. Cook, draw, write, paint, make or inspire | 8 Plan a new activity or idea you want to try out this week | 9 When you feel you can't do something, add the word 'yet' | 10 Be curious. Learn about a new topic or an inspiring idea | 11 Choose a different route and see what you notice on the way | 12 Find out something new about someone you care about | 13 Do something playful outdoors - walk, run, explore, relax |
| 14 Find a new way to help or support a cause you care about | 15 Build on new ideas by thinking "Yes, and what if..." | 16 Look at life through someone else's eyes and see their perspective | 17 Try a new way to practice self-care and be kind to yourself | 18 Connect with someone from a different generation | 19 Broaden your perspective: read a different paper, magazine or site | 20 Make a meal using a recipe or ingredient you've not tried before |
| 21 Learn a new skill from a friend or share | 22 Find a new way to tell | 23 Set aside a regular time | 24 Share with a friend | 25 Use one of your strengths | 26 Try out a different radio | 27 Join a friend doing |

Today has been very exciting day at St Dunstan's. It was wonderful to see all of the children dressed up in clothing in which represents their faith and culture and clothing which expresses themselves.

This week, the children have taken part in lots of activities linked with anti-bullying week. This year's theme is 'Reach Out'.

Thank you for your contributions to Children in Need. Your continued support is very much appreciated.

Library Books

Please remember to
return all
library books
on the
w/b 28th Nov. 22

Thank you for your support!
The library team

pagesforparents.org

ST OSWALD'S CHURCH BROCK'S DRIVE CHRISTMAS FAIR

SATURDAY 19TH NOVEMBER

2.00PM - 4.00PM

LOTS OF STALLS FULL OF GIFTS AND
CHANCES TO WIN EXCITING PRIZES.

FREE ENTRANCE

Sutton Council & Sutton Parent Carer Forum

PLAY & STAY WINTER 2022
CHRISTMAS PARTY AND SANTA'S GROTTO!

The Christmas Holidays are coming up and, here at Play & Stay, we are delighted to be able to offer **extended** morning and afternoon sessions on **Tuesday 20th December!**

Our sessions are for **children with additional needs and/or disabilities** who are aged 0 – 10 years and their parents/carers and siblings.

If you would like to come along, you **MUST BOOK** a place by emailing suttonparentsforum@outlook.com

Places will be allocated on a first-come, first-served basis!

This Christmas, we are opening up **our afternoon session to include children 11+, young people and adults with SEND or a learning disability** to come along, **meet Santa** and take part in our special activities area!

Morning session: 10am—12.30pm 0-10 years
Afternoon session: 1.30pm—4pm **ALL AGES!**

Parents & Carers are responsible for supervising their family and MUST remain with them at ALL times.

For Christmas, these sessions will be **FREE!**

Please remember to bring a change of clothes, waterproofs and warm clothing for your children! Our outdoor area will be open!

Come and Join Us At:
Tweeddale Children Centre, Tweeddale Road, Carshalton, Surrey, SM5 1SW

Limited parking is available in the David Weir Leisure Centre car park opposite or on the street

Reminder: School Photographs

The school photographer will be in school on **Tuesday 22nd**

November to photograph all the children. You will already have given consent for your child to be photographed.



If you have more than one child in school the photographer will automatically take a family group photo.

Unfortunately, due to time limitation, IT IS NOT POSSIBLE to have a family and individual photographs taken unless the child/children are new to St Dunstan's and an individual photo is taken for administration purposes.