



1st December 2023

Newsletter No. 6

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

Message from Mrs Porter

The trees are decorated, the hoops are up and the nativity scene sparkles in the entrance hall. This can only mean one thing..... The Advent season has arrived and Christmas is around the corner. The heat of September now seems a distant memory compared to the freezing temperatures we are now experiencing.

What another busy fortnight we have had from Y1's Great Fire of London workshop to KS2's participation in the Science Quiz Club. I know you will enjoy reading another packed newsletter.

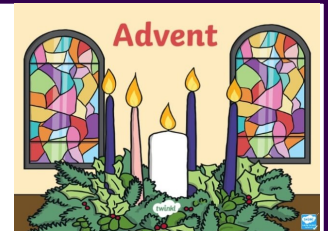
This week Sutton Schools' Workers explored the message of Christmas with Y2 and Priest Nadhi shared the meaning of Diwali with the children in Worship. At a time when there is so much darkness throughout the world, the unity of knowing that light overcomes darkness can fill us with hope and peace for this season. I look forward to seeing many at the Fayre tomorrow and once again thank you to the PTFA for all the preparation, and to the many of you who have made donations to continue to raise funds for our school.

An Advent Prayer:

Heavenly Father,

Please make this season a time of slowing down, a time to open our hearts in preparation for your coming.

Let the love of God spread throughout the world and may we find joy in the hope of this season. **Amen**



Great Fire of London

This week in Year 1, we had a wonderful day dressing up to take part in a workshop to learn more about the Great Fire of London. We used drama to describe and imagine what it might have been like and acted out a timeline. We met Thomas Farriner the baker who owned the bakery where the fire started and Samuel Pepys who wrote a diary of events in 1666. At the end of the workshop we sang a song to remind us that the fire was both sides of the River Thames. I loved singing 'London's Burning', Christiyan. After our workshop we baked bread rolls. "The feeling of kneading the dough was really sticky on my fingers," Harvey W. Finally, we ended our day writing with feather quills. "It seemed so weird to be writing with a feather, it was really funny!" Jessica.



The past few months we have been very busy preparing for the Christmas Fayre on Saturday. Thank you to all parents and carers

for your generous donations, participation and support. We are very much looking forward to the Fayre and also receiving your feedback regarding the changes we have made and the exciting new stalls we have introduced.

We still need volunteers to help clear up at the end of the Fayre, especially dismantling the sleigh.

The fundraising focus for the funds raised at the fayre this year will go towards the continued purchase of Chromebooks, to enhance and support teaching and learning for all children.

We look forward to seeing you all at the Fayre and sharing our results from the day with you in due course!

PTFA



Attendance Awards

As you are aware, each week we issue certificates to the classes that have the highest attendance for KS1 & KS2. We are delighted to share the highest attenders of the last week with you:



Mercury and Aquila

Rosalind in Hercules successfully auditioned for, and is performing in, the Surrey Youth Ballet production of 'Clara and Winter Wonderland' at the Leatherhead Theatre on 8th and 9th December. Rosalind studies ballet with Miss Lister and outside school.



This year I entered the Sutton Christmas Lights competition, and I was one of the 20 winners. I had to design an Alice in



Wonderland themed Christmas light. My drawing of the Card of Hearts snow globe was made up into a Christmas light in Sutton High Street. On Saturday I got to see my light switched on and I met the Mayor and Deputy Mayor of Sutton. I had my photo taken with them by my light. It was an awesome experience and I enjoy going to Sutton to see my light. *Noah, Unicorn*

My review of Fulham Foundation Cup 2023—Jacob Y5 Unicorn



When we arrived at the ground there was only 1 team but shortly all 14 teams were waiting and sizing each other up. We went into something called the dome and they explained the rules to us and there were 2 tournaments running at the same time to win the Plate or the Foundation Cup.

In our group the teams that we had were the Cheam Common, Cheam Fields and Nonsuch. Our

first game was against Cheam Fields we won 7-1. WOO HOO! Then we played Nonsuch and we won 1-0 with a last second winner from Blake Y6. We played Cheam Common and won 1-0. We topped our group with 9 points.

After lunch we played Cheam Park Farm and drew 1-1 in the quarter finals, with one of the best goals scored, a group effort, Oliver passed to Ben who kicked it up to Blake, Blake headed the ball over Ethan's shoulder, who spun around and knocked it into the top corner.

Unfortunately it then went to penalties and we lost. NOOOO! So we were out of the cup but we played a friendly against Nonsuch and won 1-0 (again). Then there was an award ceremony where we all stood up and got a bag of leaflets and a Fulham water bottle. Then they announced who won the cup and plate. Then we headed back to security to go home. We saw some academy players then we left to go home. It was really fun.

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

Nursery	Elodie	Apphia
Venus	Gianna	Skye
Pluto	Teddy	Tabby
Neptune	Ayla	Amelia
Mercury	Louisa	Charlie
Jupiter	Whole Class	Whole Class
Saturn	Harlyn	Kady
Delphinus	Bobby	Jasmine
Phoenix	Bianca	Jack
Orion	Chloe	Rosie
Pegasus	Krishnav	Blake
Unicorn	Alexandra	Aatharv
Hercules	Benjamin	Jacob
Aquila	Ava	Manhal
Cygnus	Whole Class	Whole Class

On Thursday 30th November, St Dunstan's Girls Football team played Bandon Hill at Shawley Primary School. The girls played with determination and commitment and they worked well as a team. Player of the match went to Talia, who is our goal keeper, for some excellent saves to keep us in the game. Unfortunately, the team lost 1-0 to Bandon Hill.



Indoor Athletics Heats

On Tuesday 21st November, St Dunstan's athletics team travelled to Wallington High School for Girls to take part in the Indoor Athletics Heats for Sutton. Twenty children from across Year 5 and 6 took part. There were a range of field and track events for the children to complete. As part of the field events, the children completed: speed bounces, vertical jumps, soft javelin throws and standing long jumps. A range of track events included: 4 x 100 relay, 2 x 100 relay, obstacle relay and a 6 lap Paarlau. As a team we achieved 4th place out of eight in our heat. A particular mention must go to Ruby (Year 5) and Victoria (Year 6) who won their 2 x 100 relay. Well done to all our athletes for showing great sportsmanship.

Mental Health and Well-Being December 2023

This December Mental Health and Well Being newsletter focuses on strategies to consider at this magical time of year, which can cause additional pressures for many of us. This is the time of year to embrace and enjoy coming together.



Financial Support / Tips



We're all feeling the squeeze due to the cost of living crisis so finding ways to make your money go further - especially when you're buying essentials like nappies, food and school uniforms - is a must. Luckily there are some practical things you can do to help your family finances.

Please click on the links for further advice and information.

<https://www.bbc.co.uk/tiny-happy-people/tips-rising-family-living-costs/ztcg9ty>
<https://www.indexdigital.co.uk/home-gardens/how-to-combat-rising-energy-bills>

The Happy Newspaper

With so much sadness in the news this is an alternative type of newspaper. The Happy Newspaper is a newspaper which celebrates only positive news. Published every three months, The Happy News aims to bring a refreshing twist on what we typically know as 'news', reporting on positive changes and truly inspiring people. Why not find out more, or subscribe to some positivity through your post-box for 2024:



<https://thehappynewspaper.com>

This link from their website allows you to nominate a hero with a reason why.

<https://thehappynewspaper.com/everyday-heroes/?v=79cba1185463>

December 5th International Volunteering Day

Why volunteer?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

2023 Theme: the power of collective action: if everyone did

<https://www.un.org/en/observances/volunteer-day>



Christmas Jumper Day

Christmas Jumper Day is an annual charity event and this year it's being held on:



Thursday 7th December.

Therefore, everyone is welcome to wear a festive jumper to school on that day in acknowledgement of the day.

Breathe Like Santa Breathing exercises can really help children (and adults) feel calm and happy. This breathing exercise has a fun, festive twist that you will all enjoy! Take a deep breath in, hold it for a moment and then slowly let it out with a slow "Ho ho ho".



It may feel silly at first but it definitely helps release stress and worry at this busy time.

Don't Forget Action for Happiness Calendar: December Kindness

December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Support a charity, cause or campaign you really care about	 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment
11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you
18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh
 25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2024

ACTION FOR HAPPINESS

Happier · Kinder · Together



Thank you to everyone who has donated prizes and gifts for our Christmas Fayre on Saturday 2nd December.
Your support is very much appreciated.
We look forward to seeing you at the Fayre tomorrow.



DATES FOR YOUR DIARY

(Dates may be subject to change)



December

Monday 4 th	Last Week of Clubs
Thursday 7 th	Christmas Jumper Day
	Advent Eucharist in School 9.00am
Friday 8 th	INSET DAY
Thursday 14 th	EYFS/KS1 Nativity 2.15pm
Friday 15 th	EYFS/KS1 Nativity 9.45am
Tuesday 19 th	KS2 Christmas Celebration 2pm & 6pm
Thursday 21 st	Break up for Christmas 1.30pm

Future Dates for your Diary:

January 2024

Monday 8th Children return to school

February

Mon 12th—Fri 16th Half Term

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

Dance OPTIONS
9-12 Ewell Road, Oran Village, Surrey SM5 8SU Cheam

NEW BEGINNERS' STRICTLY CLASS
Wednesday's AT 8.15pm
STARTING JANUARY 3RD

This class is for anyone new to ballroom dancing and gives the opportunity to 'have a go' and learn from our experts.
An Evening of Learning and Fun!
Cost £13pp.
Enquiries:
Lynn: lynn_a@hotmail.co.uk 07808 148456
Jodie: gozumbajo@gmail.com 07752 573793
Alex: alexandria_hernandez12@hotmail.com

FRIDAY MORNING' DANCEFIT AT 9.10AM
Come and join us for a fabulous full body workout. Based on some of your favourite Strictly dances and much much more, this vibrant class will exercise every part of your body while you just have fun!
Cost £5pp.
Enquiries: Jodie: gozumbajo@gmail.com 07752 573793

Dance OPTIONS
9-12 Ewell Road, Oran Village, Surrey SM5 8SU Cheam

Vouchers available for CLASSES or PRIVATE LESSONS.

Give someone - or even yourself - the perfect Christmas Gift, the chance to learn to dance.

Call 07808 148456 or contact: info@danceoptions.com

HOUSE POINTS
St Andrew 120
St David 150
St George 128
St Patrick 125

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