



27th January 2023

Newsletter No. 166

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

Message from the Headteacher



As we approach the end of January, it is wonderful to see the days becoming slightly longer and the first signs of Spring emerging in the gardens and parks.

We have had another very busy 2 weeks here at school and I am sure you will enjoy reading all of the reports in this newsletter!

Congratulations to Oscar and Tiana, our winners of the competition to design a poster reflecting our School Vision. You can see these proudly displayed in the school entrance. Thank you to all of the children who entered the competition -so much thought was put into the posters to reflect all that our school stands for, we are very proud of you all.

Thank you for your understanding with regards to the partial closure of the school next week; I will write with more details on Monday.

Ms J Corby



恭喜發財!

On Thursday 26th January, Year 3 were incredibly fortunate to have Mrs Thorpe come in and talk to us about Chinese New Year.

Our topic at the moment is 'Scrumdiddlyumptious' so we learnt all about the food eaten during Chinese New Year. We tasted delicious food and sauces such as prawn crackers, rice and noodles. We even had a go at using chop sticks! Thank you Mrs Thorpe!

"We learnt all about Chinese food and it made me hungry! I enjoyed eating the crackers, they were lovely." Alfred.

"I enjoyed eating all of the different foods and sauces. One sauce was really spicy!" Sophia.

"I loved the pancakes!" Teddy.

"Everything was delicious, I had so much fun!" Faith.

Venus and Pluto have been learning about how Chinese New Year is celebrated around the world. We have created our own banners, dragons, puppets and red envelopes. Mrs Thorpe came in to talk to us about Chinese New Year and we also learned a simple lion dance.



Mrs Thorpe visited nursery. She showed us how Chinese people celebrate Chinese New Year with red cloth on the table and lots of food like rice, dumplings, and Chinese tea. We had a go at touching and smelling the Chinese tea and we put it in a tea pot. We also found out that it is the year of the rabbit. Mrs Thorpe told us that the red colour is the colour of luck for Chinese people. We also sang a Chinese New Year song in Chinese.



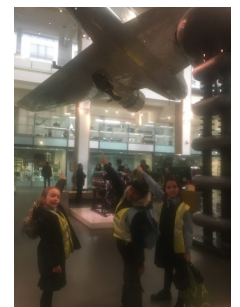
Year 4 Science Museum Trip



On Thursday 19th January Year 4 visited the Science Museum to support our topic Burps, Bottoms and Bile. We travelled by coach and everyone was very excited because we hadn't been on a school trip in a long

time. We had time to explore various galleries such as 'Space Exploration' before we went to a workshop called 'It Takes Guts!'

In the workshop we learnt about the digestive system, we even saw a camera going through someone's DIGESTIVE SYSTEM! There were lots of revolting images, some of us even needed to cover our eyes! Did you know that your small intestine is 6 metres long? Then we had lunch. Some of us even lost our appetites because of how disgusting the It Takes Guts workshop was. Then we explored a bit more and looked in the 'Who I am' exhibition. In this gallery there were lots of interactive things including showing you what you would have looked like at certain ages.



Then we got back on the coach, very tired but very happy. Some of us even fell asleep.

by Evie, Florence S and Isabel



The PTFA Committee needs your support! As previously shared, 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 February 9th 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

Royal Academy of Dance Awards



The following children have been presented with awards today in Worship for their achievement in Miss Lister's Ballet or Jazz club by the Royal Academy of Dance.

Ballet Awards

Reception—Indiana M
Year 1 —Ava L
Year 2 —Arunima C
Year 3 —Sofia R
Year 4 & 5 —Rosalind B
Year 6 —Keira M

Jazz Awards

Year 1 & 2—Isabella H
Year 3 & 4—Alice L
Year 5 & 6—Luna C

Congratulations to you all.

Appointments Wherever possible and to save any disruption to the children's school day, please can medical appointments be made outside of school time.

House Points

St David
295

St Andrew
233

St Patrick
306

St George
221

Attendance

The attendance figure for w/c 16/01/2023 was:

96.2%

Our target is **96.4%**

Sports News

On Wednesday 25th January, the Year 5/6 girls football team played against The Avenue Primary Academy. In the first half of the game it was 1:0 and in the second half we managed to score again. The final score was 2:0 to St Dunstan's. The team played extremely well and we were so proud of our first win. by Pollyanna, Year 5.

Congratulations to lanthi in Year 5 on receiving a bronze gymnastics award in floor and vault.



Lost Property

We have a large amount of lost property in school. If your child has mislaid any item of clothing, please take a look in the lost property bin which is in the entrance to the school by Tuesday 31st January 2023.



DO YOU WANT TO SAVE MONEY AND EAT BETTER?

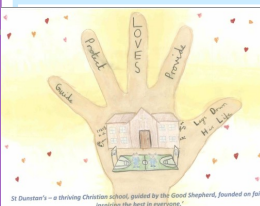
Join our fun and free 2 week budget cooking course - all you need is a kitchen and a phone
*for qualifying participants only

REGISTER

thamnet@bagssoftaste.org

07926 139404

www.bagssoftaste.org



St Dunstan's is a thriving Christian school, guided by the Good Shepherd, founded on faith, inspiring the best in everyone.

MIDDLE EASTERN FLAVOUR

ITALIAN PASTA SAUCE

CHANNA MASALA

Get a bag of food and recipes delivered free to your door and together we'll be cooking 3 delicious dishes!

CHANGING DIETS | CHANGING LIVES

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

Nursery	Olive	Hamza
Venus	Demi	Deekshitha
Pluto	Henry	Noelie
Neptune	Marcus	Jeremy
Mercury	Julia	Amelia
Jupiter	Jesse	Chester
Saturn	John	Bella
Delphinus	Amayah	Samuel
Phoenix	Isabel	Sapphire
Orion	Nicole	Noah
Pegasus	Tiana	Sophie W
Unicorn	Ellie B	Sofia H
Hercules	Benjamin	Chloe
Aquila	Carsten	Shelomi
Cygnus	Gil	Bella

DATES FOR YOUR DIARY

(Dates may be subject to change)

January 2023

Tues 31st Year 5 Visit to Sutton Synagogue

February

Wednesday 1st Year 5 Final Swimming Lesson

Thursday 2nd Prayer Group—meet in school library 8.45am

Year 1 Dog Visit

Friday 3rd PTFA Good as New Uniform Sale 3.00pm-4.00pm

w/c Mon 6th Feb Mental Health Week

Tues 7th Safer Internet Day

Fri 10th PTFA Mufti Day

Year 1 100 Day

Break up for half-term

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.



Mental Health and Well-Being

February 2023

Key Dates : Time To Talk Day 02.02.23 Make space in your day to talk about mental health.

"I've been feelingCan we talk?" <https://timetotalkday.co.uk/>

Mental Health and Well Being Week w/b 06.02.23 Let's Connect

Safer Internet Day 07.02.23

Feeling Positive Poster

Attached to this newsletter is a beautiful



positive thinking poster. It is full of gentle affirmations that will remind children about the importance of a growth mind-set, self-worth and kindness towards others.

Put it on the fridge and share it daily!

Mental Health and Well Being Week

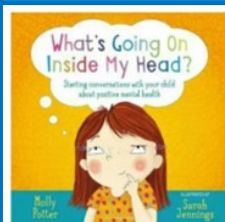


Children's Mental Health

Week is organised by the Place2Be charity and is taking place from February 6th-12th. This year's theme is 'Let's Connect' to encourage children (and adults) to look at how we can make meaningful connections. Lots of activities will be taking place in school across the week with pictures posted on our Twitter page.

Book Recommendation

This book has been designed to help open up



conversations about mental wellbeing with children. It explores the ways that children can keep their minds healthy, exploring topics such as positive self-image, emotional intelligence, relationships and mindfulness. It could prove a great foundation for some positive habits.

"A day without a friend is like a pot without a single drop of honey left inside."

- Winnie the Pooh

Shirley

Action For Happiness

Don't Forget Action for Happiness Calendar: Friendly February 2023

Friendly February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour
6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right
13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing
20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones
27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today					

ACTION FOR HAPPINESS
Happier · Kinder · Together

ST DUNSTAN'S, CHEAM, C OF E PRIMARY SCHOOL
www.stdunstans.sutton.sch.uk Tel No 020 8642 5463



FEELING POSITIVE



I am a
good friend.



We are
all unique
and special.



I am loved for
just being me.



Embrace new
challenges.



I am grateful for
all I have.

Reach for
the stars!



Learn something
new every day.



I am beautiful
inside and out.



I am worthy of
being loved.



There is
only one me!

Today is going to
be a great day.



Everything
will be OK.



I am proud
of myself.

I stand up for
what I believe in.



Mother Nature Science

FEBRUARY HALF-TERM HOLIDAY CAMP
Mon 13 to Fri 17 February 2023 (5 Days)

• The No.1 Science Activity Holiday Camp
• Trusted by Parents - For Over 10 Years
• For All Boys & Girls Aged 5-12 Yrs
• Venues Across Greater London and Herts

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Childcare Vouchers Accepted
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Independent Service Rating

VENUES
Serving
NW London
• Barnet
• Brent
• Camden
• Ealing
• Harrow
• Hillingdon
• Westminster
SW London
• Kensington
• Hammersmith and Fulham
• Hounslow
• Kingston
• Merton
• Richmond
• Sutton
• Wandsworth

Book online at:
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Or call us today:
020 8863 8832

Science Investigators! - New for 2023
Day 1> Fabulous Forces!
Viral Viruses!
Ready, Steady, Go!
Car Friction!
Day 2> Living It Up
Brilliant Bodies!
Super Slime!
Heart Beat!
Day 3> Super Structures
Strong House!
Marble Maze Run!
Tallest Tower Investigation!

Day 4> Magic Materials
Tough Ropes!
Clean Water!
Insulation!
Day 5> Journeys!
Neuron Networks!
Chunnel Games!
Air Journey!

and many, many more cool science demonstrations, experiments, games and quizzes!

Early Booking Discount Available!

Science Investigators!
May-June Half-Term
Holiday Science Activity Camp
- Brilliant Biology
- Weird Science!

Did You Know?
we also do
THE BEST BIRTHDAY PARTY EVER!

ULTIMATE ACTIVITY CAMPS

GET SET FOR ULTIMATE HOLIDAY FUN!

FRESH AIR FUN

INSPIRING CHILDREN EVERYDAY

Outstanding holiday camps for 4 to 14 year olds this Easter and summer at
SUTTON HIGH SCHOOL IN SUTTON
ULTIMATEACTIVITY.CO.UK

BEDDINGTON CRICKET CLUB COLTS

1863 Beddington CC

4-16 years - Boys and Girls Welcome

Come along and join our family friendly club for cricket coaching and opportunity to join our colt teams that compete in the Surrey Junior Cricket Championship leagues at all ages. Experienced coaching team led by new Director of Coaching, Asad Butt, focusing on motivating players to learn new skills, develop natural talent and enjoy the game! Full winter/summer programme available.

Winter Training - £85 (additional sibling £75)
10 weeks starting week commencing 16th January 2023 @ Wallington County Grammar School

Monday 6-7 - Year 3, 4 & 5 - Softball - Mixed
Monday 7-8pm - Girls Only Year 4 and above
Monday 8-9pm - Year 9, 10 & 11 - Hardball

Friday 6-7pm - Reception, Year 1 & 2 - Mixed
Friday 7-8pm - Year 5 & 6 - Hardball - Mixed
Friday 8-9pm - Year 7 & 8 - Hardball - Mixed

Summer training starts in April for 16 weeks. Also available All Stars, Dynamos, Easter and Summer holiday clubs, Festivals, 1-2-1 Coaching.

ECB Club Mark accredited. Coaches DBS accredited. For more information or to book space on the Winter Training Sessions contact Chris Austin, Colts Manager at beddingtoncolts@hotmail.com
www.beddingtoncc.co.uk

TAEKWONDO CLASSES

at Cheam Parochial Hall

First class free

Every Tuesday 3:45-4:45pm

Facebook Instagram

✓ Self Defense
✓ Self Confidence
✓ Concentration
✓ Awareness
✓ Flexibility

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