



29th September 2023

Newsletter No. 2

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

Message from Mrs Porter

We are halfway through this first half term! On the one hand it hardly seems possible, but on the other, when I think about all the events and activities that have taken place over the last couple of weeks, I am not surprised. From Y2 walking in Cheam, Y4 Roman Day to our recycling champions, on Thursday afternoon, being filmed as part of the 'Recycle Week 2023' campaign, this week alone has flown by. We look forward to seeing the final edit for the campaign and are inspired by the passion and advocacy of our pupils - well done. Please can I take this opportunity to remind you all that Mrs Soma continues to suffer with her paralysed vocal cord and therefore emails remain the best way to communicate with her unless otherwise notified.

Thank you to all who came to our new parents' drinks last night which hopefully enabled you to put names to faces and to get to know your class parents a little better.

Finally I would like to thank all those parents who attended our first coffee morning yesterday. As one parent said, "It was very informative, with a range of resources and practical advice."

We aim to hold these once a half term moving forwards, so please look out for more information.

Enjoy your weekend and see you on Monday. *Mrs L Porter*

Harvest 2023

We will be holding our Harvest Celebrations on Thursday 12th October. The KS2 Harvest Eucharist Service will be at **9:00am** in school and a Harvest Celebration for **KS1 and Reception at 2:30pm in school**. Parents/carers are very welcome to attend.

Much of the focus of harvest is round being thankful for all that we have, and also thinking about those who are less fortunate than ourselves. This year, we request that the children bring in donations for Sutton Foodbank, which helps local people in crisis. Below is a list of items that the foodbank is currently requesting. Please send your donation into school with your child **on Thursday 12th October**. The donations will be delivered to the Sutton Foodbank on Friday 13th October by Mrs Cordery and the House Captains.

Thank you for your donations and support.



COMMITTED TO ERADICATING
FOOD POVERTY



We are seeing significant increases in demand. We are most in need of:

JAMS	RICE (500G)	TINNED VEGETABLES
SHAMPOO	INSTANT MASH	TINNED TOMATO SOUP
BISCUITS	TINNED FRUIT	COFFEE (SMALL JARS)
MEAT SOUPS	SUGAR (500G)	TEABAGS 40'S & 80'S
SHOWER GEL	PASTA (500G)	TINNED RICE PUDDING
DEODORANTS	TINNED CUSTARD	SMALL CHOCOLATE BARS
PASTA SAUCE	TINNED TOMATOES	UHT SEMI SKIMMED MILK
TINNED FISH	SPONGE PUDDINGS	CEREALS (500G OR LESS)
TINNED MEAT	VEGETABLE SOUPS	ORANGE JUICE (LONG LIFE)

Thank you for your support!

www.suttoncommunityworks.org

Sutton Community Works Registered Charity: 1140363

National Recycling Week



Well done to all the KS2 children who

were interviewed for this year's National Recycling Week Campaign! The campaign staff were overwhelmed with how keen our pupils are to make changes to help the beautiful world we live in. All we

now need to do is to wait with excitement for the final product! Great job everyone involved and thank you for taking part!

Mrs Tobitt



Thank you for all your donations for the good as new uniform sale this morning. Further information regarding the sale of items will sent out by ParentMail next week.

Date for your Diary:

Christmas Fayre Saturday 2nd December. We are looking for a volunteer that has a Food Hygiene Certificate to run the catering stall for the Christmas Fayre. If you are interested, please email the PTFA directly at ptfa.stdunstans@gmail.com.

Please look out shortly for a survey asking for any ideas/suggestions that you would like the PTFA to do, any fundraising ideas and what you would like to see going forward from the PTFA.

Thank you for your ongoing support.

PTFA

**STAND
OUT & SHOW UP**



#HelloYellow

M&S | YOUNGMINDS

Conversation Starters

Talking to your child about how they're feeling can be tough at times, especially if you're concerned they're having a difficult time. You may not know what to say, how to say it or feel worried about how they may react. It doesn't matter what topic the conversation starts with - it's about the opportunity it gives you to talk about feelings and provide comfort.

What's the best way to encourage your child to open up?

Here are some conversation starters to help.

- What was the best part of your day?
- What could have been better about your day?
- What did you do to make you feel proud?
- How are you feeling?

Mental Health and Well-Being September 2023

#Hello Yellow Day

Don't forget #HelloYellow Day on Tuesday 10th October 2023

Stand out and show up for young people's mental health on World Mental Health Day this year. We are really looking forward to seeing a sea of sunshine across the school. The children can come to school dressed in yellow or wearing their school uniform with a yellow item in support of Young Minds.

The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

There will be no need for monetary donations.

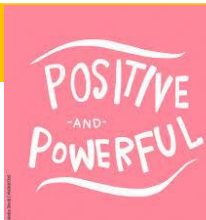
If your child is experiencing a challenging time, you can try to find out how they'd like to be supported by asking gentle questions like:

- Do you want to talk about what's going on?
- Can you draw it?
- How can I support you through this?
- Is there something you need from me? Or anyone else? Space, time to talk, time to do something
- What's your biggest worry?
- How have you managed your worries/concerns in the past? What helped you?

Talking is Powerful

Talking to someone you trust about something upsetting may help you to:

- Sort through the problem.
- See the situation more clearly.
- Look at the problem in a new or different way.
- Release built-up tension – this can help you to gain new insight into the situation that is causing the problem.



CALM DOWN YOGA FOR KIDS



**Don't Forget Action
for Happiness Calendar:
Optimistic October
2023**

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you"

Year 4 Roman Day



Year 4 were visited by a knowledgeable Roman on Thursday and were taken back in time. They found out what life was like in Roman Britain and handled real Roman artefacts. The children were especially excited by the invention of the toilet but equally disgusted by the method of cleaning: yuck! The children learnt Latin commandments and re-enacted the war with Boudicca. They learnt about the rise and fall of the empire and experienced a gladiator battle, with formations and battle commands. The children asked interesting questions:

Aryaman, 'When did the Romans introduce crossbows?'

Charlotte, 'How long did it take to make a soldier's uniform?'

Ray, 'When did the Roman empire break down in Italy?'

Year 4 had an enjoyable and active day!

Mrs S Jenkins



New Secondary School



Please take a look at the school's website for information on Open Evenings for secondary schools 2024 and how to apply.

Help Needed!

We are in need of help in our allotment / environment area to continue our project. If you are able to help and can spare some time please contact the school office@stdunstanscheam.co.uk. Thank you.



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

Venus	Elza A	Ella S
Pluto	Chloe K	Rio
Neptune	Christiyan	Olivia
Mercury	Poppy	Penelope
Jupiter	Theo	Oliver S
Saturn	James	Victoria
Delphinus	Sonny	Rukiyye
Phoenix	Georgia	Amelia
Orion	Sofia	Charlotte W
Pegasus	Alfie	Emily R
Unicorn	Kiera	Jude
Hercules	Gabriella	Ruby
Aquila	Gilbert	Ava
Cygnus	Ellie	Shaun

House



St Andrew
492

St David
533

St Patrick
456

St George
419

DATES FOR YOUR DIARY

(Dates may be subject to change)

October

Monday 2nd Yr 2 Overview Meeting 4-4.30pm
Monday 9th Yr2 Visit to Whitehall
Tuesday 10th Yr2 Visit to Whitehall
Flu Immunisations
Mental Health Day
Thursday 12th KS2 Harvest Eucharist in School 9.00am
KS1 & Reception Harvest Celebration in school 2.30pm
Friday 13th House Captains to deliver Harvest donations to Sutton Foodbank

Future Dates for your Diary:

Thursday 19th School Breaks up for half term
Friday 20th INSET DAY
Mon 23rd— Fri 27th Half Term

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

Optimistic October 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

As you are aware, covid appears to be on the increase so we would urge everyone to remain vigilant and stay safe.



CORONAVIRUS
STAY ALERT TO THE
RISK OF INFECTION

Remember it's critical to keep washing your hands regularly for 20 seconds.

For more ways to stay safe go to gov.uk/coronavirus

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

Are you looking for a church school for your child ?

Is your child born between
1 September 2019 and
31 August 2020?

**COME AND DISCOVER
ST DUNSTAN'S AT OUR
OPEN DAYS**

for children starting
Reception in Sept 2024

Tues 17 Oct 9.45am - 11am
Fri 3 Nov 9.45am - 11am

Come see how we celebrate and
live out our Christian values

www.stdunstans.sutton.sch.uk
office@stdunstans.sutton.sch.uk
[@stdunstanscheam](https://twitter.com/stdunstanscheam)

Applications for children to start Reception in September 2024
open on 1 Sept 2023 and close in mid-Jan 2024

ST DUNSTAN'S, CHEAM
CHURCH OF ENGLAND PRIMARY SCHOOL
* A thriving Christian school, guided by the Good Shepherd,
founded on faith, inspiring the best in everyone. *

Are you looking for Nursery for your pre-schooler?

Is your child born between
1 September 2020 and
31 August 2021?

**COME AND DISCOVER
OUR NURSERY AT
ST DUNSTAN'S**

NURSERY OPEN WEEK

Mon 6th Nov - Fri 10th Nov
from 9.30am

Contact us to book a 45 minute slot

www.stdunstans.sutton.sch.uk
office@stdunstans.sutton.sch.uk
[@stdunstanscheam](https://twitter.com/stdunstanscheam)

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