



2nd December 2022

Newsletter No. 163

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

Message from the Headteacher

As we enter the month of December, we are celebrating Advent in school and reminding ourselves of the importance of this special season of anticipation, preparation and waiting as we lead up to Christmas. KS2 celebrated a Eucharist in School last week, led by Nick and ably supported by Y4 children who led the readings, prayers and presentation on Advent. It was a beautiful service and it was lovely to have so many of our school community joining us in worship—thank you to all involved.

As we move steadily towards the end of term, our Christmas events started with Sing Aloud performing on Friday evening in Cheam Village at the switching on of the lights. It was a really happy occasion and we were all very proud of the choir. Thank you to Mrs Cordery for leading our first carols!

The Christmas Fayre, returning to school for the first time since 2019, was a joyous occasion! We thank the PTFA for all their hard work with preparations in advance of the big day as well as for everything on Saturday. It was such a successful day and we look forward to seeing how much was raised by your generosity—thank you everyone for making it such a special day.

Ms J Corby



On Friday, 2nd December, 'Sing Aloud' were delighted to be singing in Cheam Village as part of the Cheam Village Christmas Evening. They sang several traditional carols and finished with a preview of one of the songs that will feature in the KS2 Christmas Service. Very many thanks to everyone to came to listen and support. *Mrs H Cordery*

National KS2 Science Inter-School Quiz Championships Club

On Thursday 24th November 12 children from Y5 & Y6 completed in the first online Area Heat of the National KS2 Science Inter-School Quiz Championship 2022-2023. Our three teams competed against 79 other teams from schools across the country and impressed everyone with their breadth of scientific knowledge. All three teams were quick off the block to answer and, when necessary, make good tactical choices. Congratulations to all the children; Zurich, Sebastian, Oscar, Charlie, Tiffany, Rethish, Sebastian, Blake, Olivia, Sylvie, Ena and Andrew.



Thank you for supporting
St Dunstan's, Cheam, C of E Primary School
Christmas Fayre.
We had an amazing, fun filled day and raised
much needed funds for the school.
We really value your ongoing support.
PTFA



PTFA Online Christmas Raffle

Please see link below for our online Christmas raffle. Please share with friends and family as well as there are some great prizes.

Winners will be drawn on Monday 12th December

Enter Raffle to Win Some Great Prizes hosted by PTFA

raffall.com



In Environment club's final session for this term, we completed our Christmas centre pieces using dried flowers and donated decoration to coincide with our theme Reduce. Reuse. Recycle. A lovely decoration for Christmas.

Thank you for all your donations on Children in Need day. We raised a total amount of **£331.91.**

Congratulations to Sophia in Y4 for being awarded one of the new SILVER Blue Peter badges for kindness and helping others when welcoming her new friend from Ukraine into the class. Fantastic Sophia you are living out our Christian values. Thank you.



Chess News

We have been running internal tournaments in school this term and trophies have been awarded to the players as follows:

Monday Chess:

1st Aryaman K

2nd Alfred M

Friday Chess:

1st Shaun Fan S

2nd Sebastian Chan

3rd Andrew C



Well done to everyone who played chess this term.

Mr C Buckley

On Thursday 17th November, selected Yr 5/6 pupils took part in the Indoor Athletics - Yr 5/6 at Wallington High School for Girls. We took part in both track and field events including



running, high jump and obstacle courses.

We had lots

and fun and really enjoyed the event.

Out of a total of 8 schools that participated in the tournament, St Dunstan's came 6th.

Well done to everyone who took part.

By Blake and Eleora, Yr5.

Attendance

The attendance figure for w/c 02/12/2022 was:

95.1%

Our target is **96.4%**

House Points

St Patrick
328

St Andrew
301

St George
292

St David
353

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)

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

Nursery	Steve	Edward B
Venus	Shalom	Harley SS
Pluto	Roger	Amelia J
Neptune	Luke	Eric
Mercury	Kady	Alfie
Jupiter	Harry D	Samya
Saturn	George	Joshua
Delphinus	Trinabh	Teddy
Phoenix	Alfie	Alice
Orion	Isaac	Freya
Pegasus	Noah M	Daryna
Unicorn	Maisie	Henry
Hercules	Oliver L	Ava
Aquila	Conor	Riddhima
Cygnus	Arwin	Billy

December

Mon 12th KS1 Christmas Nativity 2.30pm

Tues 13th KS1 Christmas Nativity 9.45am

Weds 14th Christmas Class Party 1.30pm

Thurs 15th Prayer Group in library 8.45am

KS2 Christmas Celebration in Church 2.00pm and 6.00pm

Fri 16th Term Ends at 1.30pm

January 2023

Tues 3rd

Wednesday 4th

Thurs 5th

Weds 11th

Thurs 12th

INSET DAY

Children Return to School

Year 5 Swimming

Prayer Group in library 8.4am

Emotion Coaching—Parent Workshop IN School Hall 8.45am—9.45am

Year 5 Swimming

KS2 Eucharist at Church

Mental Health and Well-Being December 2022

Welcome to our second Mental Health and Well-being focus in our newsletter. It 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.

The Happy 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 2023: <https://thehappynewspaper.com>



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->

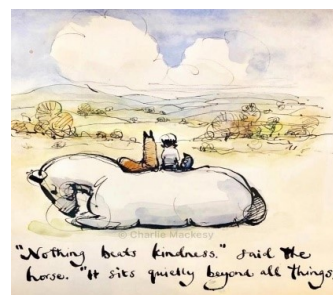
Breathe Like Santa:



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.



Action for Happiness:



I would like to wish you a very Merry Christmas and best wishes for the New Year.

Mrs D Soma, SENDCo

CHEAM PARISH CHRISTMAS SERVICES 2022

Sunday 11th December
5.00pm, Carol Service @ St Oswald's Church
Sunday 18th December
6.30pm, 9 Lessons & Carols @ St Dunstan's Church
Thursday 22nd December
7.00pm, Longest Night @ St Alban's Church

24th December Christmas Eve

ST ALBAN'S CHURCH 4.00PM CRIB SERVICE 8.00PM THE FIRST EUCHARIST OF CHRISTMAS	ST DUNSTAN'S CHURCH 3.00PM & 5.00PM CRIB SERVICES 11.30PM MIDNIGHT MASS	ST OSWALD'S CHURCH 4.00PM CRIB SERVICE 11.30PM MIDNIGHT MASS
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25th December Christmas Day

ST ALBAN'S CHURCH 10.00AM CHRISTMAS MORNING EUCHARIST	ST DUNSTAN'S CHURCH 8.00AM COMMUNION 9.30AM CHRISTMAS MORNING EUCHARIST	ST OSWALD'S CHURCH 10.00AM CHRISTMAS MORNING EUCHARIST
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NHS
Hounslow and Richmond
Community Healthcare
NHS Trust

Did your child miss their nasal flu vaccination?

If so, we are running community walk in clinics that you can bring your child to

- No Appointment
- Consent on the day
- Bring NHS number

Monday 19th December - 10am - 14.30pm
Centre Court Wimbledon
Vaccination Hub, Upper shopping level
4 Queen's Rd, London SW19 8YE

Tuesday 20th December - 10am - 14.30pm
ST Nicholas Centre
Vaccination Hub, Ground Floor
3 St Nicholas Way, Sutton SM1 1AY

!!Please note there may be a waiting time!!

<http://www.nhs.uk/child-flu>

For any queries, please email: HRCH.immunisationteam@mertonmailbox@nhs.net or HRCH.immunisationteamsuttonmailbox@nhs.net

Please return
library books and
any school sports
kit by Monday
12th December.
Thank you

Christmas the big mix

2pm
Saturday 17 December

Join us for our Christmas
Pantomime with games and
refreshments after

Book your tickets:
saintpauls.co.uk/children

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

SUTTON ECOLOGY CENTRE

WINTER WREATH WORKSHOP

SATURDAY 10TH DECEMBER
10-12:30 & 13:30-16:00

MAKE YOUR OWN ALL NATURAL WINTER WREATH!
WEAVE THE BASE FROM WILLOW.
COLLECT GREENERY FROM THE NATURE RESERVE AND
CREATE YOUR OWN MASTERPIECE FOR YOUR FRONT DOOR.
DRINK AND MINCE PIE INCLUDED.

BOOKING ESSENTIAL
[HTTPS://SUTTONBIODIVERSITY.EVENTBRITE.COM](https://suttonbiodiversity.eventbrite.com)

£30 PLUS BOOKING FEE
SUITABLE FOR ADULTS
ONLY



ST DUNSTAN'S, CHEAM, C OF E PRIMARY SCHOOL
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