



31st March 2023

Newsletter No. 170

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

Message from the Headteacher

Welcome to our final newsletter of the Spring Term!
It was wonderful to have so many parents/carers and friends join us in worship yesterday at our very special Easter services.



We were delighted to welcome Bishop Rosemary to our KS2 Eucharist where Y6 presented an extremely moving presentation of the Easter story from Palm Sunday to Easter Day. All of the children sang beautifully and it was a joy to see so many join us for taking the sacrament or receiving a personal blessing from Bishop Rosemary and Nick.

In the afternoon, we enjoyed the Early Years and KS1 Easter Celebration in church—the first time of all being together in church this academic year. I was so proud of all of the children for their participation in this special service.

As we come to the end of term, we say a very fond farewell to Mrs Miscia and Mrs Duggin and thank them for all they have contributed to St Dunstan's this year. We wish them both every success in their new ventures.

Ms J Corby

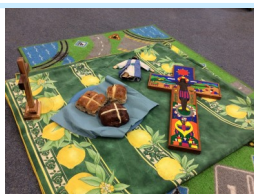


Children in Nursery had lots of fun this morning when we organised an Easter Egg Hunt.

We looked at the cross on the hot cross buns. We talked about what this reminds us of and after saying a prayer together

some children tasted hot cross buns during circle time.

Mrs Merova



Wanted - New Chair-Person for the PTFA!

As you are aware our chair will be stepping down at the end of the summer term. We are interested in hearing from people who might be interested in taking on this role.

The committee is made up of a group of parents and school representatives who all have the same vision of raising money for the school to enrich the learning environment for the children attending, as well as bringing families together within the school community.

No previous experience is necessary, we just need a parent or relative of a pupil who is enthusiastic about joining a well established and committed team, taking on a central role. If you would like to have a chat and find out more then please email Ally the current chair at ptfa.stdunstans@gmail.com

PTFA

Year 5 Tudor Day



The children of Year 5 had an exceptional time on Tudor day. Portal to the Past's lead educator, Lauren, gave us all an exciting taste of the 1500's and what our country was like. The children were able to answer questions based on their knowledge

acquired this term, and also learned a few gruesome facts along the way.

"Today Lauren visited, to tell us what happened in Tudor times. She explained the role of a barber and wise women, we then had to decide what we would rather do. For example: if you had a

cold, would

you go to the wise woman and eat 8 spiders in a glass of beer, or

have a huge hand drill bore a massive hole in the side of your head. This was to get the black bile out (well that was what he thought)!!

My favourite part of the day was jousting, where you had to gallop at a type of cross and collect woven rings hanging from the stands. You

were given a very long joust and you had to get it through the hole. You would get 10 points for each ring you collected."

By Ben, Unicorn



During March it was World Maths Day. All the children took part in celebrating this by entering the competition run by Athletics where they could compete in different games against their classmates or other children around the world to earn points. The children really enjoyed playing the different games and practising their maths skills. Also each class read the book 365 Penguins and completed different maths activities linked with the book. It was a great day celebrating maths!



Chess Results

All the boys and

girls have progressed well during the spring term. They should all be very proud as to how they improved.

Monday Chess Top Performers	Friday Chess Top Performers
Year 2 John Eik-esdal	Year 4 Jacob Ng
Year 3 Alice Chowdhury	Year 5 Shaun Fan
Year 4 Isaac Taylor— Hook	Year 6 Damon Chow

Snapchat - New Parental Controls

Snapchat have updated Family Centre again, this time adding controls that block 'sensitive' and 'suggestive' content from viewing by under 18's. To enable this feature, parents can toggle on the 'Restrict Sensitive Content' filter within Snapchat's Family Center and once enabled under 18's should not be able to see the blocked content, although this is only on Stories and Spotlight (short videos). It has no effect on content shared in Chat, Snaps and Search, so it is pretty limited.

More information for parents about this new feature can be found [HERE](#) and an explanation in regards to what Snapchat considers sensitive content can be found [HERE](#).

Thank you to the catering team who provided a delicious Easter lunch on Wednesday 29th March. The servery was decorated beautifully by the team.

Sports News



"On Monday 20th March, the Year 4 and Year 5 boys' football team went to Nescot College to play Dorchester Primary

School in the semi-final. In the first half, we went one goal down. The team kept their heads held high and we managed to score a goal in the second half of the match. At the final time it was still a draw and so we went to penalties. This was very tense. Unfortunately, we lost on penalties, with the final score being 2:1.

The team played extremely well and we should be proud of ourselves." By Oliver, Hercules.

The photographer will be in school on **Friday 21st April** to take class photos. You will already have given consent for your child to be photographed.



If you do not wish for your child to be included in the class photograph please let the school office know. *Many Thanks.*



Thank you to everyone who completed 'St Dunstan's Helping Hands project for the Bishop of Southwark's Lent Call. A total amount of £280.00 was raised.



We will be taking donations of second-hand uniform **at drop-off on Friday 28th**

April. Details of the next uniforms sale will be communicated after The Easter Holiday.

House Points Spring Term Totals

St David
5866

St Andrew
3980

St Patrick
4299

St George
4055

Attendance

The attendance figure for w/c **20/03/2023** was:

96.3%

Our target is **96.4%**



INSET DAY Monday 10th July 2023

DATES FOR YOUR DIARY

(Dates may be subject to change)

April

Mon 17th Children return to school
Weds 19th Year 4 Swimming
Fri 21st Class Photographs
Weds 26th Year 4 Swimming
Weds 26th—28th Year 5 Residential Trip to Dalesdown
Thurs 27th Phoenix Class Assembly 8.55am

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

Future Dates

Mon 1st May Spring Bank Holiday
Mon 8th May Coronation Bank Holiday
May 22nd—26th Year 6 Cygnus Residential trip to Maes y Lade
May 29th—June 2nd Half Term
June 5th—9th Year 6 Aquila Residential trip to Maes y Lade

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

Nursery	Louis	Ella
Venus	Oakley	George O
Pluto	Ibrahim	Poppy
Neptune	Tin Ching	Aria
Mercury	Vyshnavi	Louie
Jupiter	Tai Loi	Bianca A
Saturn	Elizabeth	Elle
Delphinus	Anna	William
Phoenix	Diyako	Gustav
Orion	Zayn	Keira W
Pegasus	Jude	Toby
Urnicorn	Sofia S	Nefeli
Hercules	Ianthi	James T
Aquila	Freddie	Horald
Cygnus	Lillyann	Sebastian C

Mental Health and Well-Being

April 2023

Active April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Listen to your body and be grateful for what it can do	2. Eat healthy and natural food today and drink lots of water	3. Turn a regular activity into a playful game today	4. Do a body-scan meditation and really notice how your body feels	5. Get natural light early in the day. Dim the lights in the evening	6. Commit to being more active this month, starting today	7. Spend as much time as possible outdoors today
8. Have a day with less screen time and more movement	9. Set yourself an exercise goal or sign up to an activity challenge	10. Move as much as possible, even if you're stuck inside	11. Make sleep a priority and go to bed in good time	12. Relax your body & mind with yoga, tai chi or meditation	13. Get active by singing today (even if you think you can't sing!)	14. Go exploring around your local area and notice new things
15. Be active outside. Dig up weeds or plant some seeds	16. Try a new online exercise, activity or dance class	17. Spend less time sitting today. Get up and move more often	18. Focus on 'eating a rainbow' of multi-coloured vegetables today	19. Regularly pause to stretch and breathe during the day	20. Enjoy moving to your favourite music. Really go for it	21. Go out and do an errand for a loved one or neighbour
22. Get active in nature. Feed the birds or go wildlife-spotting	23. Have a 'no screens' night and take time to recharge yourself	24. Take an extra break in your day and walk outside for 15 minutes	25. Find a fun exercise to do while waiting for the kettle to boil	26. Meet a friend outside for a walk and a chat	27. Become an activist for a cause you really believe in	28. Make time to run, swim, dance, cycle or stretch today

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Cognus Therapies
parent and Carer
Event

Wednesday 19th April 2023
10am - 2pm

Cognus Therapies are hosting a drop in event to share information and guidance about education-based speech and language therapy and occupational therapy.

Come and meet members of the therapy team and attend a therapist surgery slot.

We will be running a sensory drop in (OT) in the morning and a communication drop in (SALT) in the afternoon.

Places must be booked in advance, please email cognus.therapies@cognus.org.uk

Cognus Limited
Cantium House
Wallington
SM6 0DZ

10 Keys to Happier Living

Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys that tend to make life happier and more fulfilling.

Together they spell GREAT DREAM and you can explore them below.

<p>Giving</p> <p>Do kind things for others</p>	<p>Relating</p> <p>Connect with people</p>	<p>Exercising</p> <p>Take care of your body</p>	<p>Awareness</p> <p>Live life mindfully</p>	<p>Trying Out</p> <p>Keep learning new things</p>
<p>Direction</p> <p>Have goals to look forward to</p>	<p>Resilience</p> <p>Find ways to bounce back</p>	<p>Emotions</p> <p>Look for what's good</p>	<p>Acceptance</p> <p>Be comfortable with who you are</p>	<p>Meaning</p> <p>Be part of something bigger</p>

"Easter is meant to be a symbol of hope, renewal, and new life."

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

St Dunstan's Allotment and Edible Garden

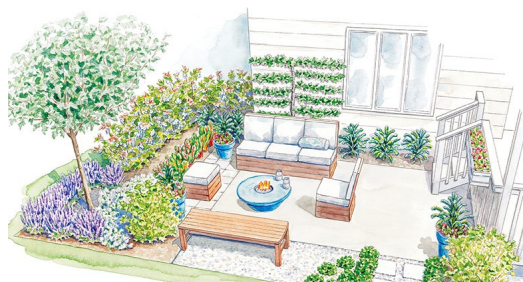
As you are aware and from today's Mufti Day, we would

like to introduce St Dunstan's Edible Garden. Our own Allotment on the school grounds will further promote the development of active citizens, as well as independent learners.

Our school project will build stronger links with our local communities, parents and churches. It will provide support and contribution to our charities, and alliances with Sutton Outreach programmes and local elderly homing. The allocated space will make use of the land to promote healthy choices, education, awareness of produce and sustainability.

Our allotment will be accessible to every child in the school from nursery to year 6, who will each have responsibility for maintaining and nurturing their allocated plots. In return the children will receive education from gardeners, who will inspire them to make healthier choices, have pride in their local area and see their hard work make a difference to our Christian outreach.

Thank you for your donations today which will be a great help in planning the new area. Mrs S Jenkins



Primary Family Support Group Empowering parents to build healthy relationships with their children

Time: 12.45 – 2pm

Venue: Limes College, Robin Hood Lane, Sutton, SM1 2SB (Wait by the blue gates opposite the Children's Family Centre)

Dates:

25/04/23: Introductions, ground rules, parenting styles
02/05/23: Parent's mental health and wellbeing
09/05/23: Contextual Safeguarding
16/05/23: Promoting positivity in children
23/05/23: Rules, boundaries sanctions rewards, bedtimes, conflict
30/05/2023 – Half term – no session
06/06/23: Online Safety
13/06/23: Supporting children's mental health, anxiety, self-esteem /Zones of regulation
20/06/23: Review ending, what next evaluation

All welcome

Whilst we know that some parents will not be able to attend every session, we do encourage parents to attend as many sessions as possible. As the group develops with each session, trust and relationships will build and parents will hopefully feel more supported by each other and grow in confidence.

Once you have signed up to the group, we ask that parents contact Georgia or Nibby if for some reason you are unable to attend that week

We would like to extend this invite to all parents of a primary aged child in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation to learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

Parents will:
Feel more empowered and confident to trust their own judgements when supporting their children

Build self-esteem and confidence

Share ideas and tips with each other

For more information and to register your interest and to discuss any queries please call or email either: Nibby Jackie or Georgie

Nibby: 07984 757878
Nibby.withers@coqnus.org.uk
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