



3rd March 2023

Newsletter No. 168

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

Message from the Headteacher

I am delighted to be sharing our Newsletter with you today which, as you will see, is full of the amazing array of wider learning opportunities that the children (and staff!) have been enjoying over the past 2 weeks. Thank you also to all of our parents/ carers for your incredible support of all that the school is providing—including the most wonderful costumes in celebration of World Book Day today!



Last Friday we said a fond farewell to Mrs Dobbs, our Senior Midday Supervisor here for many years—we were able to celebrate all that she had contributed to our school and she was overwhelmed with her gifts and the good wishes with which she left to move to her new home. We wish her every happiness.

As well as the culmination of our Book Week celebrations, many of the children have also participated in a day of learning the skills of Speed Stacking so that they can enjoy all of the new equipment which we have in school. The remaining classes will get their turn shortly so no one will miss out! I would like to wish you all a relaxing weekend with your families.

Ms J Corby

WORLD BOOK DAY 2 MARCH 2023

To celebrate this year's World Book Day, we have taken the theme of 'Traditional Tales from Around the World'.



There has been a buzz around school throughout this week as we have been hearing traditional stories from a range of different countries and cultures, listening to some of these stories read in languages other than English (sometimes by staff and sometimes by pupils) and have been thinking about what we, in our individual classes, love about reading.



We will be using some of this week's work to create new displays in the school library. Today, the school is full of wonderfully dressed book characters and the children have been sharing their love of reading with children in other classes.

Mrs Cordery, KS2 Phase Leader.

KS2 On-Line General Knowledge Quiz Championship

On Monday 27th February twelve KS2 children took part in the Area Heat of the KS2 On-line General Knowledge Quiz Championship. Our teams competed against 37 other teams from schools across the country and impressed everyone with their depth of general knowledge. Well done to Olivia, Eva, Toby, Sophia, Sebastian, Ianthi, JJ and Eleana, Elisabeth, Eugenia, Annie and Gustav.



We are very proud of your achievements!



Thank you to everyone who entered the half-term 'Marvellous Mathematicians' challenge to raise funds for new resources and projects that will further enrich the curriculum. Thanks to your support and generosity we raised **£320.00.** **PTFA**

WORLD THINKING DAY

It was lovely to see members of our uniformed organisations on Tuesday 22nd February to celebrate World Thinking Day and Founders Day. We all renewed our promises together to mark this celebration. All the children looked so smart. I was very proud to be wearing my uniform alongside them.

Miss Eggitt



St Dunstan's Prayer Group

1st and 3rd Thursdays of the month
in the school library after drop off (term-time only)

WHAT HAPPENS?

We take 5-10 minutes of our day to come together after the morning drop-off. It's a time to reflect on what we're grateful for and consider those in need.

BUT DO I NEED TO KNOW HOW TO PRAY?

You do not have to say or do anything you're not comfortable with. We may say the Lord's Prayer or the Grace - but perhaps you just want to pray silently. Pray as you feel comfortable, but also respect others, the way they pray and feel comfortable. Silence is okay.

WHY COME?

Perhaps you want to be prayed for or know someone who you want to be prayed for. Life throws us daily challenges and this is a time to come together and find solidarity with others.

NEXT DATES

Thurs 16th March
Thurs 20th April

If you can't make it but have a prayer request please email or let the office know in confidence. Your children also have the opportunity to write and submit a prayer request in confidence with the Prayer Box in the School Library.

House Points Totals

St David
136

St Andrew
150

St Patrick
355

St George
146

Attendance

The attendance figure
for w/c 20/02/2023 was:

96.9%

Our target is **96.4%**

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

Nursery	Rio	Daniel A
Venus	Eliza	Rainn
Pluto	Muireann	Daniel D
Neptune	Maisie	Theo
Mercury	Drew	Zara E
Jupiter	Bernardo	Amberly
Saturn	Rukiyye	Jeremy
Delphinus	Zara	Melissa
Phoenix	Cora	Blake
Orion	Elizabeth	Evie
Pegasus	Kamilly	Alice
Unicorn	Isabel	Christy
Hercules	Angelo	Maryam R
Aquila	Aadya	Emily T
Cygnus	Hareesh	Kaveri



Early Years would be most grateful for the donation of old kitchen tools such as - spoons, ladles, spatulas, whisks, and sieves for our mud kitchen. We will leave a box by the infant gate for you to put them in.

Additionally if your children have outgrown their doll buggies or prams, or their two wheeler bikes and you would like to donate them please speak to a member of the Early Years team.

Many thanks. Miss O'Hanlon, EYFS Phase Leader.



As you will have seen from the recent ParentMail, this year for the Bishop of Southwark's Lent Call we intend to raise money for the projects by holding a week long 'St Dunstan's Helping Hands' event during the week beginning **Monday 6th March**. We ask that you would sponsor the children to complete tasks at home during the week/s that you decide together, that will serve your family and friends.

We are looking forward to seeing all the different tasks the children do over the coming weeks, whilst raising money to support this year's Lent Call. Please bring back the completed sponsorship form with the money in a sealed envelope between Monday 20th and Wednesday 22nd March.



INSET DAY Monday 10th July 2023

DATES FOR YOUR DIARY

(Dates may be subject to change)

March

Tues 7th

Year 3 Visit to the British Museum

Weds 8th

Year 4 Easter Experience

Year 4 Swimming Lesson

Year 6 Height & Weight Check

Thurs 9th

Delphinus Class Assembly 8.55am

Mon 13th

Year 6 E-Safety Talk

Weds 15th

Year 4 Swimming Lesson

Thurs 16th

Prayer Group 8.45am—meet in school library

Future Dates

April 26th—28th

Year 5 Residential Trip to Dalesdown

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

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 March 2023

Key Dates : **Nutrition and Hydration Week:** W/B 13th March 2023

World Sleep Day: Friday 17th March

International Day of Happiness: Monday 20th March

Rock Your Socks Day: Tuesday 21st March

In a world full of
doing doing doing,
it's important to take a moment
to just breathe, to just be.

©GILL WELLS



Every year on March 21st, people all around the world come together to celebrate World Down Syndrome Day by wearing brightly coloured, mismatched socks. March 21st is symbolic because people with Down syndrome have 3 copies of their 21st chromosome. Socks were chosen because the karyotype of DS chromosomes actually looks like mismatched socks!

The Healing Power of Sleep

This year's World Sleep Day will be held on Friday 17th March 2023 and is an

annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep.

Having enough good-quality sleep is a key, and often underestimated, protective factor for children and young people.

Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour.

Primary school-aged child generally need around 10 to 11 hours of sleep a night, while teenagers need around 8 to 10.

How to support positive sleep for your child:

- * Having a regular time to go to sleep and wake up.
- * Having a predictable and consistent night-time routine.
- * Making sure children and young people are in natural daylight for at least half an hour— particularly in the morning.
- * Making sure children and young people get enough exercise during the day.
- * Older children should avoid napping in the day.
- * Avoiding caffeine, particularly in the afternoon.
- * Turning off computer screens or other devices at least an hour before bedtime. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.
- * Having low lighting and a quiet space in bedrooms.
- * Avoiding checking devices, particularly in the middle of the night.
- * Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.



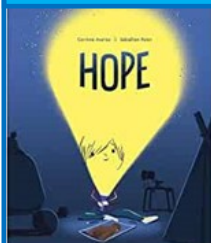
WEATHER YOGA

- It is sunny.
EXTENDED MOUNTAIN POSE
- It is windy.
TREE POSE
- I see lightning.
CHAIR POSE
- It is raining.
STANDING FORWARD BEND
- It is snowing.
CHILD'S POSE

Weather Yoga

Book Recommendation

Hope by Corrinne Averiss and Sebastien Pelon. "Hope is keeping a light on, however dark things seem."



Comet is Finn's dog, and his very best friend. They do everything together. But one day Comet won't get out of his basket - not even for his very favourite things! The vet tells Finn that Comet needs to stay in overnight for an operation. That evening, Finn sits in his den feeling very alone. Dad tells him to keep on hoping. At night, as Finn sleeps, thousand of little lights appear in the sky, each one a hope from a different person in the world. Emotional, funny and uplifting, this beautiful picture book is a pure delight from start to finish. A wonderful story that shows children not to give up hope when times are uncertain.

Action For Happiness

Don't Forget Action for Happiness Calendar: Mindful March 2023

Mindful March 2023


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Set an intention to live with awareness and kindness	 2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them		
6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying
13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today
20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today
27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life		

ACTION FOR HAPPINESS

Happier · Kinder · Together









Multi Sports Festival

Today, Friday 3rd March, seven children from Year 5 & Year 6 went to perform at a Multi Sports Festival at Purley Sports Club. There were many different sports including squash, tennis, hockey and play ball. It was really good fun and we enjoyed listening to the friendly coaches. It was a great opportunity as we got to take part in sports that we have never played before.
by Darcey and Audrey, Year 6.


Football Update

On Wednesday 1st March, selected boys from Year 4 & 5 played an away football match against Cheam Park Farm.




'We played really well and took the lead late in the first half. In the second half, we managed to score a further 2 goals. The final score was 3:0 to St Dunstan's.' *by Oliver L.*


Well done to the team who played extremely well and had a fabulous result.



Future Sporting Events:

- Netball Match against Nonsuch High, Cheam Park Farm and Regina Coeli
- Next round of Year 5 football matches
- Year 3 & 4 Arrows Festival
- Rescheduled Year 3 Cross Country Event





We Have Been Recognised As The Best Children's Sports Coaching Provider in Surrey
<https://www.sme-news.co.uk/winners/community-advantages-sports-coaching/>

EASTER HOLIDAY

Street Dance + Gymnastics

St Dunstan's Primary School,
 Anne Boleyn's Walk, Sutton, SM3 8DF

Monday 3rd April to Thursday 6th April (Week One)
 Tuesday 11th April to Friday 14th April (Week Two)

\$20 per half day
 (\$16 per half day if you book five days or more)

9.00am - 1.00pm (Half Day)

\$25 per full day
 (\$22 per full day if you book five days or more)

9.00am - 3.00pm (Full Day)



Boys and Girls aged 4-11 years
 (Reception to Year 6)

Activities include Routines, Coordination Skills and Fun Games
 To book your place, please see details overleaf.

COMMUNITY ADVANTAGES

EASTER HOLIDAY

Street Dance + Gymnastics

Should you wish for any further information then please feel free to contact Naz (Head Coach) on 07793 815 752 or by e-mail at info@ca-sportscoaching.co.uk or check out our website at www.ca-sportscoaching.co.uk

Your child should arrive with: appropriate clothing to enable movement and flexibility; appropriate footwear, snacks and a drink (non fizzy)

To book a place, please email info@ca-sportscoaching.co.uk confirming the following details:

1. Child's Name
2. Current School Year
3. Emergency Contact Number
4. Medical Requirements (if any)



COMMUNITY ADVANTAGES



Save 20%, exclusive to parents at St Dunstan's! Get your DIY products from Cheam's Alloway Timber & Builders Merchants throughout the Easter break!

• Voucher code: STDUNSTANS
 Voucher code can be used online (www.allowaytimber.com) or in our Cheam branch

• Voucher valid throughout your Easter break (Sat 1st April – Sun 16th April)

• Voucher can only be used once per customer
 Excludes special promotions & prices

We look forward to seeing you!

Woodwork for Beginners

- Make Your Own Storage Solution



FREE course for women
 - held at Sutton College

Do you want to learn a new skill?
 Do you like getting creative?
 Are you looking for storage solutions to help you at home?

Make your own stylish storage solution...and upcycle fabric you might have around the home to cover it!

All the wood needed for your project will be provided and you'll be guided by our specialist tutor in our college workshop.

This course is a pathway to employment, giving you the opportunity to learn new skills and acquire knowledge to help you think about career development or career change.

To book a place, please e-mail Ursula.Johnston@reed.com

Woodwork for Beginners

- Make your own Storage Solution

Starts Thursday 30 March,
 9.30am-3pm for 8 sessions.

(session dates 30 March, 27 April, 4 May, 11 May, 18 May, 25 May, 8 June, 15 June)

Eligibility

1. Must be in receipt of universal credit - proof of benefits will be needed at enrolment. 2. Live local to Sutton College
 This course is offered to women ONLY and is delivered in partnership with Constructing South London, Sutton Council, Reed in Partnership Work & Health Programme and Sutton College, as part of Constructing South London focus on inspiring women to consider employment opportunities in the construction industry. Regrettably, we are unable to provide and/or fund any childcare costs.



• 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

EASTER CAMP

Weeks A: Mon 27 to Thur 30 March 2023 (4 days)
 Week B: Mon 03 to Thur 06 April 2023 (4 days)
 Week C: Tue 11 to Fri 14 April 2023 (4 days)

BRILLIANT BIOLOGY
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 Independent Service Rating

Orsted
 Registered
 Childcare Voucher Accepted

COVID-Safe
 Industry Certified

WE'RE GOOD TO GO



Learn to Play Tennis this SUMMER!

Junior Term Time Tennis Classes
 School Holiday Tennis Camps for Kids

Where We Teach: Cheam Lawn Tennis Club



Full Details: www.cheamtennisclub.co.uk/tennis-for-kids



We Offer a Special Discount for St Dunstan's Primary Students
 Please get in touch with tennismit@gmail.com

If you are looking for activities for your children to do during the Easter holidays, refer to our website: Local Services.



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