



3<sup>rd</sup> November 2023

Newsletter No. 4

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

## Message from Mrs Porter

*Welcome back for another exciting half term of learning and opportunities. I hope you enjoyed the holiday week with your children and made some new memories.*

*Towards the end of the summer term we reviewed our school values as pupils, staff and governors and refined the 12 down to 4. These are love, trust, hope and service. I am so proud of all the children as they have embraced our first two values, love and trust, and modelled them to one another.*

*Thank you to all who have donated money towards The Royal British Legion poppy appeal. Poppies will continue to be available from our house captains at the gate each morning next week. We will marking Remembrance on Thursday, both in KS1 worship and at our KS2 Eucharist Service at church to which you are all welcome.*

*If you have been into school this week, you may have noticed the newly planted tubs outside the main entrance that were purchased with a donation from one of last year's Year 6 pupils.*



## Woodland Learning



objects and learning how to carry sticks safely!

having so much fun during Woodland Learning on Friday afternoons! We have been exploring the woodland, finding different collections of

'The children in Reception have been



## Learning about ADHD

In an inspiring effort, students from Aquila Class in Year 6, led a school worship session to raise awareness about ADHD. They courageously shared their experiences and explained the impact of ADHD on children's learning and suggested the ways in which others might be more aware. These young leaders not only created the content but also conducted the session, addressing questions and dispelling misconceptions about ADHD. Their initiative fostered understanding, empathy, and a more inclusive school environment, showing that every student can be a positive force for change.



The school photographer will be in school on **Wednesday 22<sup>nd</sup> November** to photograph all the children for you to buy.

You will already have given consent for your child to be photographed. If you have more than one child in school the photographer will automatically take a family group photo. If you would like your child/children to be photographed individually please email the school office by Friday 17<sup>th</sup> November.

Unfortunately, due to time limitation, IT IS NOT POSSIBLE to have a family and individual photographs taken unless the child/children are new to St Dunstan's and an individual photo is taken for administration purposes. If you do not wish for your child's photograph to be taken, please let the school office know.

Many Thanks



'We have had a great start to our fundraising this academic year thanks to your ongoing support and generosity.

**Mufti Day:** thanks to your support and generosity during our mufti day at the end of term, we will be able to purchase a range of activities and gifts for the Christmas Fayre.

**Autumn Active Challenge:** we hope you enjoyed the challenge this year and we look forward to seeing the returned hampers on 1<sup>st</sup> December. As a reminder, please fill the hampers with items you would be happy to receive. Please only give what you can and are able to.

**Uniform Sale:** £101.65 was raised at the uniform sale held last term. Details of future sales will be circulated in due course.

**Christmas Fayre:** Our Christmas Fayre is scheduled to take place on Saturday 2<sup>nd</sup> December.

We are looking forward to hosting a great school community event but can only do this with the support of parents/carers. Class reps have sent out communications about what support is required for the stalls on the day. The more help we can get the better the fayre experience will be for you and your child/children!

If you have any skills, expertise or interest in any of the above then we would love to hear from you. Please email [ptfa.stdunstans@gmail.com](mailto:ptfa.stdunstans@gmail.com)

Thank you for your continued support.

PTFA

## Sutton Dyslexia Association

The next meeting of Sutton Dyslexia Association will be on Monday 6<sup>th</sup> November 2023 at 8pm. Neil Mackay will be talking on high impact revision skills to aid longterm recall and will be of interest, we hope, to some year 6 pupils. If you would like to join the zoom meeting, please send your first name, surname and email address to [admin@suttondyslexia.org.uk](mailto:admin@suttondyslexia.org.uk). You will get an acknowledgement and the access details will be sent to you on the morning of the talk so that you can join from 7.45 pm.

The next Parent/Carer Drop- In will be on Wednesday 13<sup>th</sup> December from 10-11.30 am, at The Sound Lounge at the bottom of Sutton High Street in Sutton. There is free parking at Sainsburys and LiDL for 90 minutes. Members of the committee will be there.

From time to time, the British Dyslexia Association is able to offer bursaries to support the cost of accessing diagnostic assessments. Applications for pupils of 12+, from low- income households are now open for a limited time. Eligible individuals can benefit from bursaries covering up to 90% of the assessment costs. <https://www.bdadyslexia.org.uk/services/assessments/assessment-bursaries>

Louise & Thea, Year 5, recently took part in an initiative to raise money for children who live in poverty in the South East of England. Christian Against Poverty is a charity that comes alongside people struggling with unmanageable debts.

The whole team walked the pilgrims way from Winchester to Canterbury to raise awareness and funds. Thea and Louise played their part by walking section 11 and have raised £430.00 so far. Well done girls!



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

Nursery	Amaya	Nora
Venus	Ava W	Alexia
Pluto	Leona	Hannah
Neptune	Ellie	Ibrahim
Mercury	Harvey W	Kaiyan
Jupiter	Enoch	Whole Class
Saturn	Sophia S	Amelia
Delphinus	Annabelle	Elle
Phoenix	Zion	Todor
Orion	William	Samuel
Pegasus	Amelia	Alfred
Unicorn	Dharana	Rosalind
Hercules	Thea	Tiana
Aquila	Ella	Dolly
Cygnus	Colton	Whole Class

House  
Points  
totals  
for this  
week

St Andrew  
297

St David  
372

St Patrick  
340

St George  
309

## Attendance Awards

As you are aware, each week we issue certificates to the classes that have the highest attendance. We are delighted to share the highest attenders of the last two weeks with you:



Saturn and Venus

## FCCS

Thank you to everyone who has paid the contribution to Friends of Cheam Church Schools (FCCS). If you haven't already paid, and are able to, we would really appreciate payment for this by 30<sup>th</sup> November 2023. Many thanks.



We have a few school places for pupils across the school. If you know anyone who may be interested in joining St Dunstan's, please ask them to get in touch with the school office.

## ENGLAND ROCKS

We have entered into the online times table competition that will boost maths confidence alongside accuracy and recall speed. Please visit <https://trockstars.com/event/?event=englandrocks23> for further details.

## EVENT DETAILS

**START DATE:**  
November 14th 2023  
**END DATE:**  
November 16th 2023  
**TIME:**  
Daily 7:30am to 7:30pm  
**LOCATION:**  
England  
**DAILY CAP:**  
1 hour per player

## DATES FOR YOUR DIARY

(Dates may be subject to change)

### November

Monday 6 <sup>th</sup>	Year 6 Evacuee Day
Wednesday 8 <sup>th</sup>	Delphinus Parent / Teacher Consultations
Thursday 9 <sup>th</sup>	KS2 Remembrance Service at St Dunstan's Church 9.00am Delphinus Parent / Teacher Consultations
Friday 10 <sup>th</sup>	Delphinus Parent/ Teacher Consultations
Thursday 16 <sup>th</sup>	Prayer Group—Meet in library 8.45am
Friday 17 <sup>th</sup>	Open Afternoon

### Future Dates for your Diary:

### December

Friday 8 <sup>th</sup>	INSET DAY
Thursday 21 <sup>st</sup>	Break up for Christmas

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 November 2023

STAND  
OUT &  
SHOW UP



## #HelloYellow Day

The school was awash with yellow and sunshine on Tuesday 10<sup>th</sup> October. A big thank you to all of you as we raised awareness of mental health issues and how important it is to be open and honest about how we are feeling.

## KINDNESS IS GOOD FOR YOUR:

### MIND

Studies show that the social connection promoted by engaging in acts of kindness is a key predictor of both well-being and recovery from anxiety and depressive disorders.



### BRAIN

### BODY

## Anti Bullying Week

World Kindness Day is a nationally recognised day for the celebration of kindness in society and day-to-day life. This year it is taking place on Monday 13<sup>th</sup> November. Individual acts of kindness are

encouraged on this day. There are a huge number of benefits to being kind so see how many ways you can find to be kind—you can use the attached 'Kindness Wheel' to come up with ideas.

This Anti-Bullying Week,  
let's make a noise about bullying.

MAKE A  
**NOISE**  
ABOUT  
BULLYING

come up with ideas.

## World Kindness Day



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## Time Away From Technology



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## Action For Happiness

Don't Forget .... Action for Happiness  
Calendar: New Ways November 2023 on  
the next page

## PLAYSAFE

### BREAKFAST AND AFTER SCHOOL CLUBS

THERE IS SO MUCH TO DO IN CLUB ...

- Arts and Crafts
- Science experiments
- Sports and games
- Cooking

My son has so much fun at club and he's made lots of friends there. He asks me to pick him up as late as possible so that he has more time to play with them!

Playsafe parent

The after school club is like an extension of school which is so amazing. It feels like a real community where the staff care about the needs of each individual child and go above and beyond to meet their needs.

Playsafe parent

To book or find out more

020 8669 1725

PLAYSAFE@HARRISJANETT.CO.UK

You can register online or book a place by visiting our website and clicking the 'Register for this Club' button on the Club page and complete a registration form.

WE HAVE SOME SPACES IN OUR BREAKFAST AND AFTER SCHOOL CLUBS  
- CALL OUR TEAM TO FIND OUT MORE!

\*CHOOSE\*  
KINDNESS

What if I fall?  
Oh, but my darling...  
what if you fly?



## New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Make a list of new things you want to do this month	2. Respond to a difficult situation in a different way	3. Get outside and observe the changes in nature around you	4. Sign up to join a new course, activity or online community	5. Change your normal routine today and notice how you feel		
6. Try out a new way of being physically active	7. Be creative. Cook, draw, write, paint, make or inspire	8. Plan a new activity or idea you want to try out this week	9. When you feel you can't do something, add the word "yet"	10. Be curious. Learn about a new topic or an inspiring idea	11. Choose a different route and see what you notice on the way	12. Find out something new about someone you care about
13. Do something playful outdoors - walk, run, explore, relax	14. Find a new way to help or support a cause you care about	15. Build on new ideas by thinking "Yes, and what if..."	16. Look at life through someone else's eyes and see their perspective	17. Try a new way to practice self-care and be kind to yourself	18. Connect with someone from a different generation	19. Broaden your perspective: read a different paper, magazine or site
20. Make a meal using a recipe or ingredient you've not tried before	21. Learn a new skill from a friend or share one of yours with them	22. Find a new way to tell someone you appreciate them	23. Set aside a regular time to pursue an activity you love	24. Share with a friend something helpful you learned recently	25. Use one of your strengths in a new or creative way	26. Try out a different radio station or new TV show
27. Join a friend doing their hobby and find out why they love it	28. Discover your artistic side. Design a friendly greeting card	29. Enjoy new music today. Play, sing, dance or listen	30. Look for new reasons to be hopeful, even in tough times			

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

## Pupil Premium



*Where every child reaches their full potential*

### What is Pupil Premium?

Pupil premium is additional Government funding paid to schools for any pupils who qualify or who have qualified at any point in the last six years. Schools receive this funding to support their eligible pupils and narrow the attainment gap between them and their peers.



**You check if you are eligible please visit?**

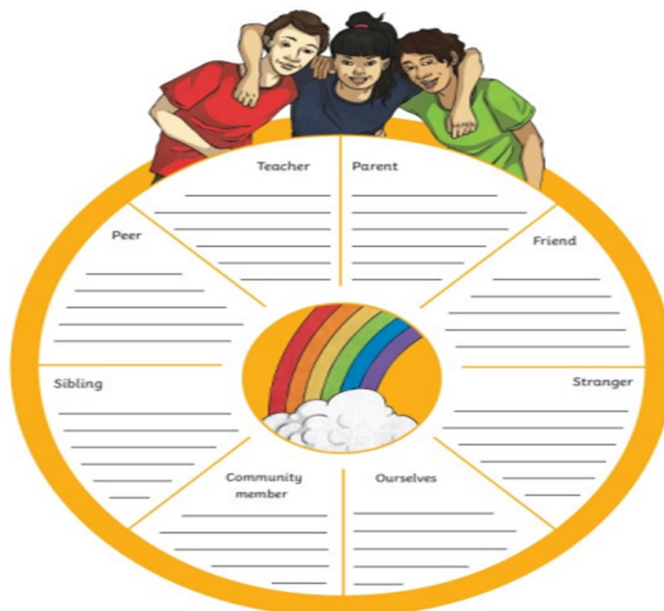
[https://www.sutton.gov.uk/info/200521/benefits/1288/free\\_school\\_meals\\_and\\_pupil\\_premium](https://www.sutton.gov.uk/info/200521/benefits/1288/free_school_meals_and_pupil_premium)



**Or by phone: 020 8770 5000**

## Kindness Wheel

Task: Describe different ways you can be kind towards different people.



Please ensure that child / children come to school with a water bottle to ensure that they are kept hydrated throughout the day.



Thank you

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