



13<sup>th</sup> September 2024

Newsletter No. 1

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

*'Guided by God to love, trust, hope, serve and inspire the best in everyone.'*

## Message from Mrs Mann

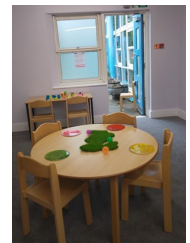
What a lovely and calm first week back we have had! It has been wonderful to see the children settling into their new classes and routines and enjoying being with their friends. It was a real pleasure to award some certificates today in our celebration worship.

We have also welcomed our new Reception children this week and they have settled in beautifully and are a wonderful addition to our school.

We were really pleased to host the Cheam & Cuddington Horticultural Society at St Dunstan's last weekend and I was lucky enough to see the amazing contributions and entries from our local community, not to mention some of our own children who won some prizes there too.



Over the summer, we have developed a lovely new learning space. This is a safe and calm multi-use room which can be used for interventions, quiet time and as a quiet place to sit with an adult during lunch time if the playground feels a little overwhelming. The School Council will be helping us to choose a name for our new learning space.



As the Autumn is drawing in, we are asking that children come to school in their winter uniforms from Monday. Although we are still seeing some sunshine, the chilly weather is starting to show its face!

We wish to inform you that after many years at our school, due to ill health grounds, Mrs Soma has had to step down from working at St Dunstan's.



Mrs Soma has been a loyal and dedicated member of our school community and has contributed enormously to our children's development and achievements. We thank her for her valuable service and wish her all the very best as she journeys onward from St Dunstan's. Mr Belardini will be continuing to support us as we prepare to appoint a new SENCO.

Please could I highlight the importance of a letter coming soon regarding donations to the Friends of Cheam Church School charity and how we use this to fund the 10% liability of capital projects that Voluntary Aided Schools have to pay. St Dunstan's has been very fortunate with the recent improvements to the school without having to divert funds from the pupils or other day to day activities of running the school. A letter containing details of this will be sent next week.

Finally, I would like to remind all of our children that they should be using our school bookbag to transport their belongings to and from school. This is for practical reasons as due to coat pegs being in the classroom space, there simply is not enough room for rucksacks.

I do hope you have a lovely weekend and I look forward to seeing the children again on Monday.

**Mrs A Mann, Headteacher**

## Welcome to St Dunstan's

A huge well done to all our Reception children who have shown such enthusiasm, kindness and resilience during their first week at school.



EYFS

## Parent Overview Meetings

Year Group	Date/Time	Google Meet Link
EYFS	Monday 16th September 4-4:30	<a href="https://meet.google.com/hej-enpv-kyw">https://meet.google.com/hej-enpv-kyw</a>
Y1/2	Monday 23rd September 4-4:30	<a href="https://meet.google.com/tpr-nifb-fom">https://meet.google.com/tpr-nifb-fom</a>
Y3	Wednesday 18th September 10.00 - 10:30	<a href="https://meet.google.com/wak-mfjj-yhg">https://meet.google.com/wak-mfjj-yhg</a>
Y4	Date to follow	<a href="https://meet.google.com/bip-tcbo-fts">https://meet.google.com/bip-tcbo-fts</a>
Y5	Wednesday 18th September 4:00 - 4:30	<a href="https://meet.google.com/ptx-xtph-fcb">https://meet.google.com/ptx-xtph-fcb</a>
Y6	Wednesday 25th September 4:00 - 4:30	<a href="https://meet.google.com/wch-hwbq-iki">https://meet.google.com/wch-hwbq-iki</a>

### Italian Day at St Dunstan's!

On 3<sup>rd</sup> October, the school dinner menu will take on an Italian vibe. If your child does not usually have a school dinner, they will be invited to have a school lunch on this day.



More information will be sent out via ParentMail shortly with a google form for you to complete.

### Cheam and Cuddington Horticultural Show

It was lovely to see the hall in full colour on Saturday 7<sup>th</sup> September for the Cheam and Cuddington Horticultural Show.

Congratulations to Noah in Year 6 for receiving awards for his lovely displays.



As you are aware, from September children will wear their PE kits to school on the days they are having PE. No PE kits will be kept in school.

#### Reception Children

Plain white round neck t-shirt and navy shorts  
Black plimsolls or black trainers.  
Navy tracksuit bottoms can be worn in colder weather.

#### Year 1 – Year 6

School branded or unbranded blue polo shirt and navy shorts  
Black plimsolls or black trainers.  
Navy tracksuit bottoms can be worn in colder weather.

## House Captains

We are pleased to announce the Year 6 House Captains for the Autumn Term.



**St Andrew's:** Lizzie & Lucia  
**St David's:** Tiana & Thea  
**St George's:** Millie & Betsy  
**St Patrick's:** Florence & Louise

*Congratulations to you all!*

## 'Stars' of the last week....

Venus	The Whole Class
Pluto	The Whole Class
Neptune	Violet S
Mercury	Noelie L
Jupiter	Poppy R
Delphinus	Daphne
Phoenix	Charlotte B
Orion	Theo D
Pegasus	Harry
Unicorn	Eden
Hercules	Zafran
Aquila	Josiah
Cygnus	Aarin

### NOTICE

**Year 6  
Applying for  
Secondary  
School**

**Applications to  
apply for a  
Secondary  
School place  
should be  
completed to  
your home  
local authority  
by  
31st October  
2024.  
Thank you**

## DATES FOR

### YOUR DIARY

(Dates may be subject to change)

#### September

w/c 16<sup>th</sup>

Weds 18<sup>th</sup>

Mon 23<sup>rd</sup>

Tues 24<sup>th</sup>

Weds 25<sup>th</sup>

Fri 27<sup>th</sup>

#### Future Dates

#### October

Tues 8<sup>th</sup>

Thurs 10<sup>th</sup>

Fri 13<sup>th</sup>

Fri 25<sup>th</sup>

Clubs start this week

EYFS Overview Meeting—Virtual 4.00pm

Yr3 Overview Meeting—Virtual 10.00am

Yr6 Swimming Lesson

Yr5 Overview Meeting—Virtual 4.00pm

Yr1/2 Overview Meeting—Virtual 4.00pm

Parent/Helper Meeting 9.00am—9.30am

Yr6 Swimming Lesson

Yr6 Overview Meeting—Virtual 4.00pm

Parent/Helper Meeting 2.45pm—3.15pm

SEN Workshop for Parents—details to follow

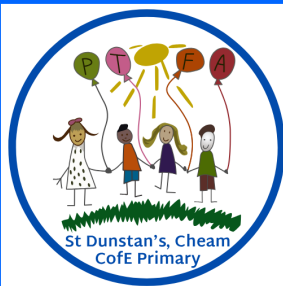
Open Day for new parents 9.15am—  
10.15am & 1.30pm 2.30pm

Year 4 Roman Day

Harvest Celebration

**INSET DAY**

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



Welcome back to the new school year from the PTFA!

### Autumn Term Event Dates

I'm sure many of you will already have these key dates in your diary, but as a reminder and for new parents, here are some of the exciting things we have planned for our Autumn Term:

**Friday, November 8<sup>th</sup> - Children's Glowtastic Disco**

**Friday, November 15<sup>th</sup> - Adults Sip & Swirl with Majestic**

**Saturday, December 7<sup>th</sup> - Christmas Fair**

We will be planning other adhoc events. Let us know if you have any ideas of things you'd like to see.

**PTFA**

### Year 6 Team—Building

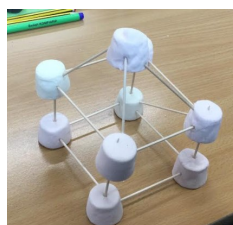
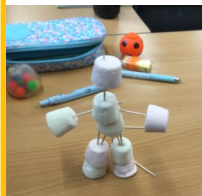
On the first day of Year 6, we took part in an exciting series of team-building

challenges.

One of these involved working together to create some amazing constructions using just marshmallows and cocktail sticks! In small groups, we

showed our creativity and problem-solving skills, building everything from cubes and people to a very impressive horse!

We practised our teamwork and communication skills and had a lot of fun too!



**Self-Care September 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential.	2 Notice the things you do well, however small.	3 Let go of self-criticism and speak to yourself kindly.	4 Plan a fun or relaxing activity and make time for it.	5 Forgive yourself when things go wrong. Everyone makes mistakes.	6 Focus on the basics: eat well, exercise and go to bed on time.	7 Give yourself permission to say 'no'.
8 Be willing to share how you feel and ask for help when needed.	9 Aim to be good enough, rather than perfect.	10 When you find things hard, remember it's ok not to be ok.	11 Make time to do something you really enjoy.	12 Get active outside and give your mind and body a natural boost.	13 Be as kind to yourself as you would to a loved one.	14 If you're busy, allow yourself to pause and take a break.
15 Find a caring, calming phrase to use when you feel low.	16 Leave positive messages for yourself to see regularly.	17 No plans day. Make time to slow down and be kind to yourself.	18 Ask a trusted friend to tell you what strengths they see in you.	19 Notice what you are feeling, without any judgement.	20 Enjoy photos from a time with happy memories.	21 Don't compare how you feel inside to how others appear outside.
22 Take your time. Make space to just breathe and be still.	23 Let go of other people's expectations of you.	24 Accept yourself and remember that you are worthy of love.	25 Avoid saying 'I should' and make time to do nothing.	26 Find a new way to use one of your strengths or talents.	27 Free up time by cancelling any unnecessary plans.	28 Choose to see your mistakes as steps to help you learn.
29 Write down three things you appreciate about yourself.	30 Remind yourself that you are enough, just as you are.					

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

### Sports Update



On Tuesday 10<sup>th</sup> September, a group of Year 6 children were trained to be our new Junior Supremo's by Sutton Sports Partnership.

On Thursday 12<sup>th</sup> September, as part of their new PE topic, Year 5 took part in some great team building games.

**GIRLS FOOTBALL ACADEMY**  
www.southlondongirlsfootballacademy.co.uk

- Qualified & experienced coaches
- Individual player development
- Professional club curriculum
- Pathway to higher opportunities

**TRY A FREE TASTER SESSION**

**SCAN ME**

**GREENWICH - TUESDAYS**  
Woolwich Poly Boys School

**LEWISHAM - FRIDAYS**  
Jubilee Grounds, Catford

**SUTTON - FRIDAYS**  
Cheam Common Junior Academy

**SOUTHWARK - SATURDAYS**  
Various locations

**BROMLEY - TBC**  
Coming soon

**SOUTH LONDON GIRLS FOOTBALL ACADEMY**

**ELEVATE POTENTIAL**

More Information  
07903 250202  
contact@southlondongirlsfootballacademy.co.uk

**AZ2B THEATRE COMPANY**

**Grandma on the MOON**

Where do grandma's go when they die? There's only one thing for it, an investigation! Leaving their den at the bottom of the garden, Timmy aged 10 & Poppy aged 5 go on an action-packed adventure to try and find Poppy's grandma who has recently died. Poppy wants to tell her "Something really important" but they've got to find her first!

With unlimited imagination they travel through lands magical, memorable, and familiar. "A fantastical family show" Told through music, movement, and drama, Grandma on the Moon shows how we can keep those we have loved alive within our hearts and minds even though they are no longer with us.

Princess Alice Hospice  
Carnegie and Lee of Jolly

**WORKS**  
KINGDOM COUNCIL

**ARTS COUNCIL ENGLAND**

**BOOKING**

Suitable for all ages  
Monday 2 October 2024  
5pm - 6.45pm followed by 30 minute Q&A  
Kingdom Academy, Richmond Road, Kingston, Surrey, KT3 5PE

Tickets are free but registration is essential as places are limited  
Follow link <https://tinyurl.com/22baa2a2> or scan QR code to reserve your place

**Mrs Porter and Mrs Cordery would like to say a huge thank you for all your lovely gifts at the end of the summer term. They were very much enjoyed over the summer break.**

