



St Mary's C of E Primary School

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Newsletter No. 8

Dear Parents and Carers

Friday 31st March 2023

I hope this finds you all well. This is our final newsletter of the spring term, packed with a summary of events that have happened, things to look forward to in school after Easter and things to do in the holidays too.

Show Racism the Red Card Competition:

This half term, we gave children from Year 1 to Year 6 the optional home learning task of taking part in the Show Racism the Red Card (SRtRC) competition '23. Participants were encouraged to think about racism and produce their own work about this serious issue. We were delighted to receive so many entries, produced in a variety of mediums, such as T-Shirt designs, artwork and creative writing.

Every school taking part was only allowed to submit a very small number of entries per category, therefore, we asked Rev Dr. Alec Corio to help us choose which ones to send off. These will be judged, alongside many other school entries, by an independent panel of judges at Show Racism the Red Card.

Winners will be invited to a special Awards Ceremony at Anfield Stadium!

We were impressed by all of the entries and these were chosen to submit: Yasmin (Y2); Oscar (Y4); Sabrina (Y6); and Ava (Y6).

Thank you to all those children who took part – we have displayed all entries in classrooms and around the school, **including in the playground display board so please take a look!** It really has been an inspirational way of spreading a positive anti-racism message.



Thank you for your generosity:

This week, we collected **over 100 bags** of donations for the Chipping Barnet Food Bank. We are so overwhelmed at your kindness and generosity. Your donations will make **such a difference** to so many families over the Easter break. Thank you.

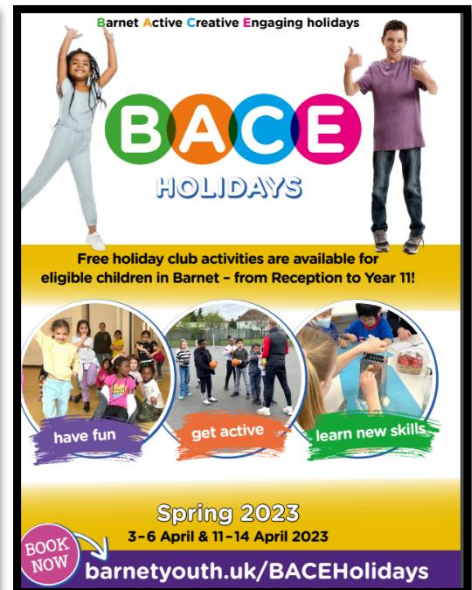
Ofsted:

As you know, St. Mary's school was inspected at the start of this month. We are expecting the inspection report to be finalised and ready for publication next term. Watch this space!



Things to do over Easter: Take a look at a few ideas [here](#).

Is your child eligible for Free School Meals? If so, take a look at the events by clicking on the flyers for GROW and BACE to access the websites.



Road safety workshop:

Year 5 and 6 have enjoyed a brilliant, interactive road safety workshop, led by the Box Clever theatre. We prioritised these year groups as many children in these classes are independent travellers. Here are a few things that the children learned:

I will make sure not to listen to headphones when I cross the road!

I will use a zebra crossing when I can and wear bright clothes so I can be seen.

I'm never going to look at my phone while I cross the road. I need to be alert!



St. Mary's Church Services over Easter:

Click [here](#) to find out more. There is even an Easter Egg Hunt too!



Holy Week and Easter at St Mary's, East Barnet

Palm Sunday, 2 April	10 am All Age Messy Eucharist with procession of palms at St Mary's 6pm Music and Drama for Passiontide at St Mary's
Maundy Thursday, 6 April	8pm Eucharist of the Last Supper and Washing of Feet at St Mary's
Good Friday, 7 April	12 noon Music and Readings for Good Friday at St Mary's
Holy Saturday, 8 April	8pm Vigil and Ceremony of New Fire at Brookside Methodist Church
Easter Sunday, 9 April	10am Festal Eucharist and Easter Egg Hunt at St Mary's

stmaryseastbarnet.org



We have signed up to an exciting project, called Hymnpact, that aims to help churches and schools build and strengthen links with each other and encourage children and young families into church communities and growing discipleship through the power of joyful singing!

As part of this survey, please fill in [this form](#). The short survey is designed to provide a snapshot of opinions about the church and singing at school as part of the Hymnpact Pathway Project.

Wellbeing week:

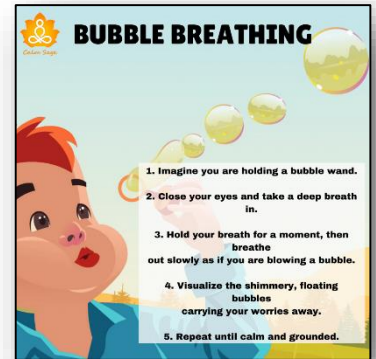
This week, we have been thinking about steps that we can take to be physically and emotionally well. We have been thinking about:

- Connecting with others (which linked beautifully to our Science week)
- Being active
- Learning about wellbeing
- Taking notice of ourselves and our surroundings
- Giving to others – our time, our patience, our friendship, our respect (as well as giving to the food bank this week)



Here is a flavour of what we have been up to:

- ♥ This week in Reception, we have been considering breathing techniques to make us more mindful and more connected with ourselves. We also tried [bubble breathing](#) to help us focus and talked about the importance of sleep and discussed our bedtime routines. We also looked at how to improve our physical wellbeing through completing cosmic yoga routines.
- ♥ Year 1 have been extra active this week with lots of running on the daily mile track. We have been giving and connecting - making Easter cards for family and friends. We have also spent time taking notice of what's around us, especially on our Spring walk. We also found some time to learn something new in a sign language lesson.
- ♥ Year 2 enjoyed the story "Out of A Jar" and discussed emotions and how we can let ourselves feel them and how to handle them. We made cards to connect with and give to others, played parachute games to be active and work together, we made sandwiches to learn new skills and find out how to be healthy, we found out about defeating the "I can't monster" by saying "I can" using Cosmic Mental Health Super Powers and finally, we made Easter baskets to learn a new skill!
- ♥ In Year 3 we have talked about staying safe online and out in the world. We have looked at how to keep our bodies healthy with exercise and healthy eating and thought about how we need to balance what we eat and the amount of exercise we do to stay healthy. We have been thinking about our mental health with the cosmic kids mental health superpowers looking at different strategies to manage our feelings when they get big. We have kept active with a Yoga Adventure and thought about overall wellbeing including being safe, healthy, active and responsible; and feeling nurtured, respected, included and that we are achieving.



♥ Year 4 have had lovely art sessions this week and we've created food out of Modroc whilst listening to calming music. We have explored how Mindfulness colouring helps to keep us calm, we have had extra jogging sessions around the running track as we know that being active is good for our wellbeing. We will be creating a wellbeing calendar for the Easter break and in PSHE we have been thinking about what strategies to use when feeling under pressure.



♥ Year 5 have been thinking all about techniques they can use to feel calm when they need to. We did some Qi Gong in our PE lesson. This allowed us to focus on our movement, posture and breathing. We have also continued with some mindful doodling and thinking about how we can use mindfulness at home with gratitude journals and 'my worry' diaries. We have also used Lego to create calm places! We performed our djembe rhythms to the whole school and Y5 parents and carers which felt amazing!



♥ In Year 6, we have been learning new things; making fabric doodles to inspire each other with positive affirmations, we played a question game finding out more about others to connect to our peers, we also thought carefully about the environment around us and planted sunflower seeds. Although we have been busy in school, we have been thinking of others and wrote get well messages for a staff member who's been poorly this week.



Thinking about the cross:

In the run up to Easter, we have been taking time to think and sing about the symbol of the cross in collective worship.

We have reflected how crosses appear in everyday life:

- ✗ as kisses in cards as a sign of love
- ✗ on a map to show the way to go
- ✗ when something is marked as 'wrong', giving us a time to reflect and improve ourselves
- ✗ on tombstones as a reminder of life after death

All these examples of reminders of Jesus's teachings and his role in the lives of Christians.

The children have been so creative, making their own crosses out of found materials, and even maths cubes!

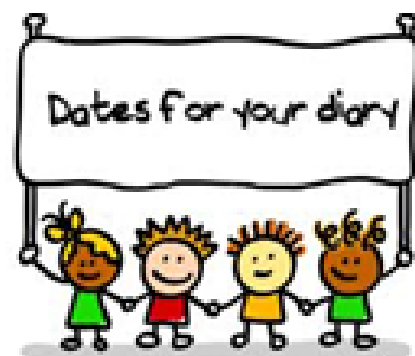


We will be sending palm crosses home with the children today; these are a kind gift from St. Mary's church.



Coming up next half term: More details to follow

- **INSET Day – Monday 17th April**
- **Children return for Summer term – Tuesday 18th April**
- Non uniform day – Thursday 27th April
- Bank Holidays – Monday 1st and 8th May
- Y6 SATs week - 8th May
- May Day – Friday 26th May
- Y1 school trip – Thursday 4th May
- Y2 school trip – Friday 5th May



An Easter Prayer

*God of compassion and mercy,
Let the story and life of Jesus come alive
into our hearts. Let us see that even the
most dangerous and darkest things will
pass away like shadows won by your love
and light.*

*Let us rejoice in the resurrection of Jesus, in
His love on the cross, in His forgiveness
unto death, and in your light breaking forth
like the dawn.*

*Send your Holy Spirit in us that we may
share with all your faithful love
Amen.*



***From all of us at St Mary's, stay safe,
stay well and our love and prayers are with you this Easter time, as always.***

***Maria Constantinou
Headteacher***

