



Care, Grow and Flourish in
God's Loving Hands.

St Mary's C of E Primary School

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Newsletter No. 6

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Dear Parents and Carers,

I hope this newsletter finds you all well. We are half way through this half term already – time flies when you're having fun at St. Mary's!

Collective Worship this half term:

Last half term, we talked so much about the birth of Jesus in the run up to Christmas. This half term, we are taking time to reflect on the big question: Who Is Jesus?

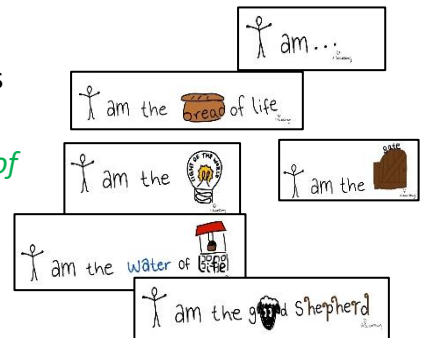
We have learned a combination of memory verses to help us to think about Jesus in different ways. We have also learned the British Sign Language signs to accompany the key words – ask the children to show you!

'Jesus said: I am the bread of life, the light of the world, the gate, the water of life, the good shepherd'.

We have learned from Jesus' example and how He broke down barriers by speaking to a Samaritan woman at the well and showed such kindness and compassion healing a man at the pool of Bethesda.

You might like to listen to some of the hymns we have learned too; click to listen to [Water of Life](#).

Mrs Poojari and her Thursday lunchtime singers have also taught the whole school the wonderful song ['Faith as Small as a Mustard Seed'](#) which aligns beautifully with the underpinning of our school vision – the Parable of the Mustard Seed!



MP visit to St. Mary's:

Last week, we had a special visit from MP Dan Tomlinson who is the Labour MP for Chipping Barnet. Dan joined us for collective worship, he had a tour of the school, met with some of our pupils and also met with me and our chair of governors to discuss some of the challenges schools face locally and nationally. You will have heard about funding issues for example in the national press, so we took time to demonstrate the impact this has on us at St. Mary's. Dan listened and noted our concerns and feedback which he has assured us will be shared with his colleagues.



Dan was particularly impressed with how well engaged the children were around school. He was also delighted to hear how we have become a [Smartphone Free School](#) and he spoke with some children in Y6 about why this is so important. Dan is a huge advocate for the campaign.

Children's Mental Health Week: A note from Miss Christou, our PSHE leader

We are very excited to be taking part in Children's Mental Health Week, from the 3rd-9th of February. This year's theme is 'Know Yourself, Grow Yourself'. The theme has been supported through the use of characters from the Disney animation 'Inside Out'. Children are encouraged to take notice of their feelings. It hopes to enable children to be more connected with themselves and to be able to recognise what support they need.

If you wish to explore this further and discover what resources you can use at home, you can visit the 'Families' section on the website below. You can find some 'Top Tips' for families shared specifically for Children's Mental Health Week here: <https://www.childrensmentalhealthweek.org.uk/families/>



First Aid Workshops:

Please look out for a letter shared with you this week. We are very excited to welcome Mini First Aid back to St. Mary's who will be leading age appropriate first aid workshops to children in all classes in March. This learning is so essential, so please take a moment to read the letter.



A Big Thank You for Your Support and a Call for Help from Stephen Edwards, our Chair of Governors:

- As a Voluntary Aided (VA) school, the Governing Body is responsible for funding all capital works, including essential building repairs, IT infrastructure, and key fixtures and fittings. In previous years, your generous parental contributions have enabled us to install a new security alarm system and CCTV, replace fire doors, and even complete major roof repairs (with additional support from Diocesan grants).
- This year, we face significant challenges: another section of the roof urgently needs replacing (pending a Diocesan grant), and our teaching staff are in desperate need of new laptops—most of our current devices are barely functioning. These improvements are crucial to ensure a safe and effective learning environment for both pupils and teachers.
- Every contribution makes a significant difference. Contributions can be made through ParentPay - details of how to pay and suggested amounts can be found on the school website at <https://stmarysen4-barnet.co.uk/parents/parent-information/parents-contributions/>.
- If you can support us, please know that your generosity is deeply appreciated and directly impacts our school community. Thank you for being part of our ongoing success!

Y5 Djembe Drumming:

Y5 have been learning how to play djembe in their weekly music lesson, courtesy of expert music teaching from Barnet Education Arts Trust. Y5 parents and carers will be invited to an exclusive performance once the children have mastered the art! It's already sounding AMAZING after just a few lessons!



Consultations and Reports:

Next half term, all class teachers will be offering consultation slots for you to book an appointment with them. This will be an opportunity for you to see some of your child's learning and to hear about their progress since the Autumn term. Look out for a text message inviting you to book a slot. Children in Y1 to Y6 will be bringing annual academic reports home ahead of consultations. Reception reports will be shared in July.

Reminder: School starts at 8.55am. Children must be **in class by that time**, or they will be marked as 'late'. Children can arrive any time between 8.45-8.55am. It's really important that children are **on time every day**, as it sets them up for a positive day of learning.



FOSM Dates:

Thursday 6th February: Non Uniform Day in exchange for unwanted gifts please.

Friday 7th March Y4, 5, 6 Disco: Watch out for more information from the FOSM.



Growing Against Violence Workshops:

This week, Y5 and Y6 had excellent workshops delivered by Growing Against Violence (GAV), which is a charity that aims to prevent youth violence and protect young people against exploitation by gangs and grooming both on the streets and online. We invited Y5 and Y6 parents to attend a workshop too.



Here are just a few comments from some of the parents who attended:

'It was extremely insightful and was really good to address with my child after school.'

'I'm so grateful that St Mary's have organised these talks with the children because it really does have an impact on the children hearing from another source (particularly an ex-police officer) rather than parents all the time.'

'What was shown will be very helpful in the future. Things that aren't always thought of were pointed out and made me more aware. It is very sad to hear and see what is happening out there but at the same time good to be made aware of it, in case you need to deal with it.'

You can access some GAV [resources here](#). Please take a look.

Easter celebrations across our St. Mary's Family:

Next half term, we will be preparing for Easter and in Collective Worship, we will take time to explore the Easter Story and how Christians prepare for Easter during Lent. We will also be reflecting on how people celebrate Easter in different ways, so I'd love your help with that please! I would be very grateful if you could spend a few minutes of your time sharing how your family spends Easter. Are there specific faith or family traditions that you follow? Even if you don't follow the Christian faith, do you celebrate Easter and how? As RE and Collective Worship leader, I'd love to be able to share a representation across our school of what Easter looks like for our families. Please complete [this short online survey](#) to capture this information.



St. Mary's Church Dates – Summary:

- Sunday 2nd February – All Age Messy Christingle Service at 10am
- Sunday 2nd February – Evensong at 6pm



Other Resources, Support and Activities for Families:

YoungMinds: Mental Health Resources for Children and Young People: Includes web guides, videos/webinars and external resources on topics such as support on how to understand young people and online communities, supporting young autistic people with their mental health & responding to Black young people reaching out for

Generation Verified is a co-produced short film that explores young people's experiences of the online world and how they cope with the unique generational challenges that they must navigate in their day-to-day lives. The film benefits from being used as a 'standalone talking tool' between **peers, families, and communities**

- [Guide for parents and carers](#)
- [Guide for pupils](#)
- [Guide for SEND](#)

Helplines & support for children and young people

- [Kooth](#) - Young people can access, Kooth, the counselling service commissioned within Barnet to help students with their mental health and wellbeing.

- [Urgent Help Mental Health Crisis Line](#) –The North Central London 24-hours crisis line has a team of trained mental health advisors and clinicians who provide help or advice for young people aged under 18 in a crisis - 08001510023
- [Barnet CAMHS](#) – Duty team for young people already known to services, Monday – Friday between 9am- 5pm, young people or carers can telephone for support – 020893827
- [HOPELINEUK | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](#) If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.
Call: 0800 068 4141 Text: 88247 Email: pat@papyrus.uk.org
- [Mermaids \(mermaidsuk.org.uk\)](#) Supporting trans, non-binary and gender-diverse children, young people and their families since 1995
- [North Central London - Amparo](#) Support after suicide service for people who have been bereaved by suicide who live, work or study in the London boroughs of Camden, Islington, Barnet, Enfield and Haringey



Free Table Tennis Sessions with eBaTT for Ages 8-17

eBaTT hosts free after school table tennis sessions on Mondays near Brent Cross for children aged 8-17. Please [click here](#) for information about the table tennis centre.



Girls-Only Cricket Club for Under-11s & Under-13s

Canons CC is a ClubMark accredited junior girls-only Cricket Club offering donor funded indoor cricket, Girls U13 and U11 teams in Middlesex Cricket competitions. Please RSVP [here](#) to explore signing up for girl cricket.



Free Monday Basketball Sessions for Girls Aged 9-16

Basketball runs free sessions for girls aged 9-16 every Monday. [More information](#)



Family Be Well Dance Festival

The Family Be Well Dance Festival, organised by Dare2Dance, will be held on 22 February at the Arts Depot.

[More information](#) and [festival schedule](#).



Barnet Parent Carer Forum:

[Barnet Parent Carer Forum](#) is a voluntary group for parents of children with special needs or disability. Interested parents can join as members.

Thank you as always for your support.

Remember that even with faith as small as a mustard seed; we can do anything!

Maria Constantinou
Headteacher

