



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:

This half term, our focus value is perseverance. We have chosen this value because it helps children understand the importance of keeping going when

- learning feels challenging,
- when friendships are tested,
- or when things don't go as planned.

Perseverance encourages resilience, confidence and hope. Our memory verse is inspired by, "I can do all things through Christ who gives me strength" (Philippians 4:13), reminds children that they are not alone when things feel difficult — with God's help, they can find the strength to try again and keep going.

[Click here to listen](#) to the children singing the memory verse – you might just recognise the tune! Additionally, we have learned the British Sign Language to accompany it. Please ask the children to show you.

The children have really taken the idea of perseverance into their own thinking – here is just a small example from Isabella in Y2: *'You don't have to be perfect – you just need to keep going!'*



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, in the week commencing 9th of February, with this year's official theme being 'This is My Place'. This theme will be exploring as sense of community and belonging.

It hopes to enable children to be more connected with themselves and others, 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/>



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!

Diocese of St Albans
London Borough of Barnet



Hopeanuary 2026
I wonder how many things you can tick off in the month of January?

- ☐ Business Jar: Each day add a note about one kind thing you did or saw
- ☐ Hope Cards: Make cards or drawings for others to make their smile!
- ☐ Secret Helper: For a day or week, quietly help someone (clean up, share, encourage)
- ☐ Gratitude Messages: Record short thank-you notes or make notes for people you appreciate
- ☐ "My Future" Drawings: Draw or write about what you hope the world will be like in the future
- ☐ Plans for Joy: Create a playlist or perform a song that makes people feel happy
- ☐ Story of Courage: Write or tell a story where a character overcomes something hard
- ☐ Plant Something: A seed, flower, or tree-sprouting or grow vegetables patience and hope
- ☐ Clean-Up Mission: Tidy part of your home, or school area and celebrate the difference
- ☐ Reuse Challenge: Use "hubbies" into art or useful objects
- ☐ "I Can" List: Write or draw things you are proud of learning or trying
- ☐ Good Ladder: Pick a good deed and look it into steps that you can do
- ☐ Bravery Journal: Note moments when you have tried something even if you felt scared

My name: Class:

Hopeanuary 2026:

For the last few years, we have rebranded January as Hopeanuary! January can be a hard month after the celebration and fun of Christmas.

Our Hopeanuary checklist is a way of engaging with fun, creative tasks to share hope with others. You can find the checklist on your child's Google Classroom or by [clicking this link](#).

Please encourage the children to participate. It's free and so wholesome!

It's a great way to demonstrate care and personal growth.

We'd like the children to return the checklist to school on Monday 2nd February.

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.



**Be In SCHOOL
Be On TIME**

Reminder: School starts at 8.55am. Children must be **on site 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. In all classes, the children will be engaged in early morning learning from the moment they arrive, so the earlier the better (from 8.45am!).

FOSM Dates:

- **Friday 30th January:** Y4 cake and fruit sale
- **Friday 6th February:** Non-uniform day

Look out for more information from the FOSM soon. We are planning a Y4,5,6 disco and an AGM this term too!



The Grove – After School Club:

The Grove runs every day in term time except on INSET Days, Bank Holidays, our annual May Day celebration, and on the last day of each term (as we close early on those days).

It operates from home time until 5.45pm and is run by our own staff who know the children well.

It is based in the school hall and the children can be collected at any time between via the school office.

Children can access The Grove either immediately from the end of the day or straight after another club has finished.

What do the children say?

'I'm really happy going to The Grove; everyone's invited to come together from all different classes – and you get nice sandwiches too! I've learned to play a new game called Downfall since I've been going.' Emilia Y5

'I love all the Lego – I make all sorts of cars and ramps. I did that yesterday and it was so fun. I love the crumpets too!' Stephan Y2

St. Mary's Church Dates – Summary:

- Sunday 1st February – All Age Messy Christingle Service at 10am
- Sunday 1st February – Evensong at 6pm

**EAST BARNET
PARISH CHURCH**
St Mary the Virgin



Y3 and their amazing musical composition:

Year 3 joined over 250 other schools across the country last term, to take part in the [English National Opera's 'Finish This...' project](#). They worked on Omar Shahryar's purposefully unfinished operatic piece, 'Blue, Red, Yellow'. We were tasked with choosing a fourth colour, and composing a 1-1.5 minute composition that represents their chosen colour and finishes off Omar's piece. Year 3 chose Gold and showed great collaboration, perseverance and resilience to produce their composition. Y3 received the following individual feedback from the ENO for their submission: *"This piece instantly made me think of a golden jewellery box, or a pirate treasure chest, full of glinting gold treasure! The glockenspiel was sparkling and the rustling layers of percussion brought to mind the sound of gold coins jingling together. Magical!"*

A huge well done to Y3 for their imaginative composition!

Free parent workshop: 5th February 7-8pm on Zoom

We are really pleased to offer a free parent workshop on theme of 'Anxiety, Exhaustion and Masking: Supporting Neurodivergent Girls.'

Neurodivergence can be more difficult to identify in girls because they often present differently from boys. Many girls learn to mask their difficulties by copying others, staying quiet or working hard to meet expectations, which can hide challenges with attention, social communication or sensory processing. As a result, their needs may go unnoticed for longer, highlighting the importance of careful observation, listening to children's voices and working closely with families.

The workshop, led by Una Archer who is a qualified psychologist, will explore:

- How girls learn to mask
- How it can contribute to burnout and anxiety
- Why unmasking isn't the whole answer
- What helps girls to feel safe and confident



[Follow this link to register](#) for the workshop or via the QR code. Having worked with Una

before, we know that there is no pressure to participate in the session – you can just come along and listen. This certainly isn't just for parents of children who have a diagnosis.

We understand that this subject might cause parents some anxiety, please get in touch if you have any questions ahead of the workshop. Find out more at www.helpyourchildthrive.co.uk

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

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

