

WELTON ST MARY'S CHURCH OF ENGLAND

PRIMARY ACADEMY

February 2025



Dear Parents and Carers,

Welcome to families who have joined our school this term.

Term 3 started with a visit to church for our Epiphany service led by Rev Lynne. It was a really lovely way to start 2025.

There has been great learning happening in school this term. It is always a joy to be in lessons and seeing the incredible learning that is taking place, the engagement of the children and the eagerness of participation. In addition to the curriculum, there have been other opportunities for children.

Years 4, 5 and 6 enjoyed a visit from Farmer Patrick as part of the Tractors to School project. Not only did they love sitting in the tractor, they also learnt lots about the produce being grown locally and what it is used for.

Foundation Stage and Year 4 have learnt how to be mini first-aiders. This is a great skill for the children to have. We hope they don't need to use the skills too often but also know what they would need to do if needed.

Our choir sang in Sheffield Arena as part of Young Voices. This is a great event and one which the children remember for a long time. The opportunity to be part of a large choir and to sing in an arena – who knows who will be inspired to be the next Taylor Swift?

Thank you to Year 5 for their collective worships. This year each class are raising awareness about something that is of interest to them. We hope that by doing this it encourages the children to be agents of positive change and to inspire others to make a change or a difference.

Thank you to the volunteers who spent a Sunday morning starting the transformation of the garden area. We have been fortunate in receiving a small grant to change our growing area into an accessible community garden. There is still work to do but after a morning of digging and laying slabs, we are well on the way.

The children are working towards achieving their Healthy Passport this year. To support this we are offering parent and child workshops. Mrs Williams, who teaches food technology has been delivering these. The children have loved them and the adults who have attended have enjoyed working with the children. Places are limited but if you have not yet booked on please do. We did have some families not attend. If you are not able to attend for whatever reason, please let us know so we can offer the place to another family. We have also bought the ingredients, so do not want them to go to waste.

It has been a really good term, with lots of great opportunities. We hope you have a good half term and look forward to seeing you all on 24th February.

Best wishes,
Mrs N Gough
Headteacher



Healthy Eating Workshops

Mrs. Williams (our food technology teacher) allowed for many children and their adults to follow her in the making of healthy soup and sandwiches this term with nutritious fillings of their choosing.

Sandwiches

A lot of people only have a certain sandwich filling and won't try new ones.

Some fillings that were available were:

- Salad (lettuce, tomato, cucumber)
- Tuna mayo
- Sweetcorn

Hummus

There was also an abundance of options instead of regular bread which were: pittas, which are oval-shaped, wholewheat bread; wraps, also known as a tortilla; bagels, a donut-like bread; and regular white bread. Thank you to the Coop for donating ingredients for this workshop.



Soup

Another super food created in the workshop was a delicious vegetable soup. This can consist of any vegetables lying around at home. All you need is a vegetable stock cube and water, then you're all set! All the ingredients used were donated by Tesco. So, thank you Tesco! This soup was a perfect, easy to make dinner for anyone.

Article by J.M. and H.F. (Year 6)



Healthy Eating Workshops

What parents have said about our Healthy Eating Workshops...

It was good fun. I even learned something.

What a fabulous opportunity to bring active learning and healthy lifestyles together.

I will allow the children to be more involved

It was really good. Never been involved with something like this before.

I will do more cooking with my granddaughter.

We will try more healthy sandwich fillings at home.

Good ideas for different and new sandwich fillings.



Lunchbox Tips

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Farmer Patrick Visits With a Tractor

On Friday 7th February, Years 4, 5 and 6 had a visitor (a local farmer named Patrick). He came to Welton St Mary's to inform us about what crops he grows and what life is like when working on a farm. He and his colleague, Stuart, also brought a tractor! The make of the tractor was a *Fendt* and Patrick was talking about many other interesting facts.

What they grow?

Farmer Patrick and his crew grow :

- Beans
- Barley
- Wheat

The beans travel to Egypt, the barley goes to Heineken and Guinness, and finally, the wheat goes to Weetabix and bread companies, so his produce does travel far and wide!

What Animals do they have on the farm?

Even though they don't have any cattle or sheep on the farm as they are arable, he does own 2 cattle dogs. He also finds badgers, foxes and hedgehogs on his farm.

About Fendt Tractor

- It has caterpillar wheels
- It is enormous
- The engine is huge
- It has many buttons

It has 2 seats.

This tractor is the second largest tractor on the farm. They range from 70 to 500 horse power. Fendt tractors are owned by AGCO corporation.



Article by E.R. and A.S (Year 6)



Young Voices Sheffield



Young Voices 2025 - held on January 10th - was an unforgettable experience for our school choir, which took place at the Utilita Arena located in Sheffield. Having a blast alongside the world's largest children's choir amongst notable celebrities for example MC Grammar, Tommy Blaise & Souparnika Nair was a perpetual dream for most of the approximate number of 9000 primary school students. Singing original songs like Birdhouse in Your Soul and Hairspray gave so many opportunities for dancing and vivid spotlights as a way of embracing the once-in-a-year occasion further. A year 5 said "It was amazing to perform in front of a huge crowd." A highlight from this resounding event was everyone waving their torches in the air with their Young Voices t-shirts on in the darkness. Pure magic happened in that arena that left the students eager for Young Voice's 2026.

Article by D.J (Year 5)

KS2 had the best experience with the choir. As well as having a great time, they also got to sing with other schools and perform different genres of music at a concert at Sheffield Arena. Families and carers witnessed the breath-taking scene and were truly amazed. The children had the opportunity to sing with well known singers and rappers. Teaching the children British Sign Language, the Urban Striders performed mind-blowing dances for all to behold.

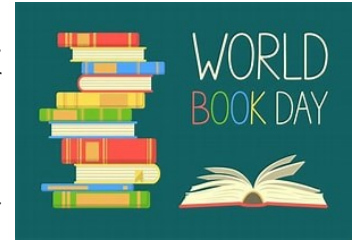
Young Voices is a magical event that takes place at various venues every year for children across the country to take part in. It is an experience of a life time. Many who attend this wish that they could go again!

Article by I.W and G.B (Year 6)



World Book Day - 6th March 2025

World Book Day 2025 is fast approaching! On Thursday 6th March, we are inviting both children and staff to dress up as a character from a book of their choice if they would like to. This is optional so if your child would prefer not to dress up, they are welcome to come in their school uniform instead. We understand that some families enjoy the dressing but others do not so we're trying to cater for everyone. No football kits please.



Activities will include a poem/nursery rhyme an hour and a 'book in a box' practical task. For the 'book in a box', we would like each child in Foundation Stage and Key Stage 1 to bring in a shoe box and a picture book that they cherish. The idea is that our children from FS and KS1 will be buddied up with children from KS2 so that they can work together to share the story and create their 'book in a box' as a team. Some of these will be displayed in our school library. Please also bring in any additional boxes and cardboard if possible. School Friends will also be selling our very own Wonderlicious Bars at the end of the school day!



Red Nose Day - 21st March 2025

On **Friday 21st March** Welton St Mary's Church of England Primary Academy will join thousands of schools up and down the country coming together to spread joy, have fun and raise money for those who need it most. Because there's nothing like Red Nose Day.

Let's face it, we could all do with a bit of a laugh right now. So, let's come together and do something amazing. Let's make Red Nose Day a day of laughter. Here's what we've got planned:

Wear something red to school (no football kits please)

and

Bring in your favourite, funniest joke to share

There will be other activities happening during the day including our very own 'Reddie's Run' and a special, fun Collective Worship.

We know there's a lot going on right now and for many people things are really tough. But if you can donate, every penny will add up to a life changing difference. You can donate by bringing £1 into school on 21st March or via our JustGiving page:

[Welton St Mary's Church of England Primary Academy is fundraising for Comic Relief \(justgiving.com\)](https://www.justgiving.com/welton-st-marys-church-of-england-primary-academy)

Thank you for your continued support - you are amazing!



Supporting ADHD session for Parents.

This session was led by Ben and Martyn for parents wanting to find out more about ADHD and how they can support their children at home. The parents who attended shared how useful it was and that there was a better understanding and strategies they could try at home. We had a lot of parents signed up to attend but it was disappointing that so few did go to the session.

Head Lice and Nits

Head lice and nits are very common in young children and their families. There is nothing you can do to prevent head lice but you can keep headlice outbreaks to a minimum by:

- Checking your child's hair regularly
- Use a detection comb with teeth no more than 0.3mm apart to trap head lice. The comb is usually white in colour so that lice can be easily identified.
- If you find live lice, consult a pharmacist to check the whole family.

Further advice on the treatment of head lice can be found on NHS website [Head lice and nits - NHS](https://www.nhs.uk/conditions/head-lice/)

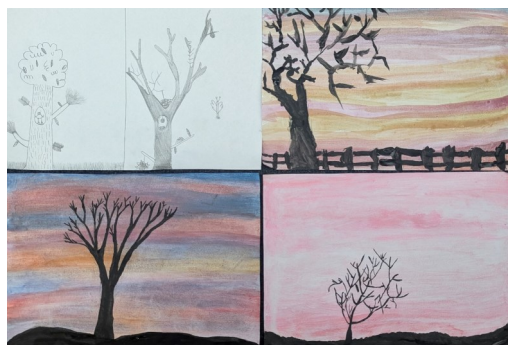
Becoming an Artist - Term 3 Club

I have enjoyed learning about different textures, water colours and silhouettes, before I wasn't familiar with these skills. E.R & D.J (Year 5)

Becoming an Artist club has been great. I remember my first time being here, I couldn't draw very well but now I can do a lot. Every week I look forward to the next session and wonder what we will learn. My favourite was the watercolour wash as it was quite cool. J.SH (Year 3)

I loved going to art club because there was a mix of drawing and painting and you can show your true talent and passion. We started with something accessible and then it got harder and harder. My favourite was the sunset and tree picture. I have done some extra work on this at home with elephant and flamingo silhouettes. We learned that to draw a tree, we use a series of Vs to make the branches. E.T (year 4)

At Becoming an Artist club, I have learnt skills such as perseverance, to learn from and adapt mistakes and how to do observational drawing. Joining art club has been a massive helping hand for – Thank you Mrs Lally. J.K (Year 4)



Online Safety

Understanding online safety is challenging with technology developing at such a fast pace. Studies show that children are more engaged online than they have ever been. In an ever-changing world, ensuring pupils' safety online has never been more important. With this in mind we will be delivering two online safety workshops for parents and carers on **Thursday 3rd April**. The content of each workshop will be the same. One will be at 2:30pm (until 3:30pm) and one at 5:00pm (until 6:00pm). There will be an option to join the 2:30pm one on TEAMS for working parents. Both will take place in the school hall, and this is for adults only please. To book a space on our workshop please go to Parentmail Forms.

During the workshop we will be discussing many of the concerns or worries raised by parents during the online safety questionnaire, along with some of the findings from our internal pupil voice. Both are anonymised. We will also share some of this data in our newsletters so that you are aware of the findings. Please see some of these findings below. We will share more statistics and findings in upcoming newsletters.

Thank you for your participation in the questionnaire. We were delighted to receive around 190 responses, which is roughly 50% of our school community. Your participation is crucial in developing our online safety curriculum and in helping us to plan our online safety workshop. There was a very equal number of responses from each year group, so we are confident that the data is representative of the whole school and not just a particular age of children.

Findings

60% of our children have independent access to the internet. Naturally, more older children than younger children have access but there were KS1 children with independent access, so this was varied. It is therefore important that when we consider online safety, we include KS1 children in this too.

Most popular devices at Welton St Mary's:

Option	Percentage	Quantity
Xbox	11.0%	21
Playstation	10.5%	20
PC	2.1%	4
Laptop	4.7%	9
Tablet	37.2%	71
Nintendo Wii / Switch	17.3%	33
Phone	14.1%	27
Other	3.1%	6
Total		191

Whilst PC and laptops appear to be going extinct at home, we know that professionals use them, so children do need to be taught the skills. We are fortunate that we have a well-equipped ICT suite with desktop computers to teach mouse and keyboard skills. Teachers do observe that children unsurprisingly have better tablet skills whereas mouse and keyboard skills are considerably weaker.

Do the children know how to use privacy settings on these devices? (according to parents)

Option	Percentage	Quantity
Yes	20.4%	29
No	50.0%	71
A little	29.6%	42
Total		142

We will be looking to place more emphasis on this in our curriculum and link it explicitly to the devices above that the children are using.



Online Safety Continued

Do parents know how to use privacy settings on these devices?

Option	Percentage	Quantity
Yes	83.4%	121
No	5.5%	8
A little	11.0%	16
Total		145

Parents clearly feel confident with this, which is excellent. Is there a shared understanding of what these settings are? We all only know what we know! We will explore this more in the workshop.

When our sample group of KS2 children were asked about privacy settings, roughly half said they have privacy settings activated on their device and half either did not or did not know. Some children did refer to their parents having the ability to choose if an app is downloaded and said that parents get a notification for downloads on their device (essentially their device is controlled by their parent). Most children asked said that parents check their devices, but this varied greatly in frequency and what the check looked like.

93% of parents said that they monitor their child's device. Of these, 32% do this constantly through an app. Around 50% check multiple times a week with just 4% once a month and 5% once a fortnight. In the workshop we will share some resources to support parents in setting up privacy settings and parental apps that can be used to monitor children's devices.

The importance of sleep: Tiger Class Collective Worship

This term, Tiger class performed an informative collective worship to the school dedicated to sleep. They spoke about routines and mentioned that sleep is a gift and we should appreciate it. We realised that children need up to 11 hours of sleep and it's crucial so they can all rest and grow. The next week was mental health week which gave another opportunity to spread awareness about the necessity of sleep. It was evident that children enjoyed and understood the presentation as they were tested on some facts and lines the next week and managed to retrieve them all!

Article by D.J. Year 5

Wow Moments

Over half term, if you are out walking, take a look around you. The plants are beginning to grow, birds are nesting and the bulbs are popping through the soil. Spring is on its way. Please send us some wow moments on Seesaw.

Our Curriculum

To find out more about what your children are learning this year, please go to

<https://weltonstmarysacademy.co.uk/our-curriculum/>



Young Carers

A young carer is someone under 18 who is caring unpaid for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

We know that young carers may need a little extra support to enjoy and do well at school. At Welton St Marys, we are committed to ensuring that all pupils who are young carers are identified and supported effectively. We are currently raising the profile of young carers across our whole school community.

Please see the attached poster for more information on what the role of a young carer might be.

Please get in touch if you think your child might be a young carer or could be affected by any of the issues highlighted. Mrs Hilliard and Miss Sylvester will be able to chat with you in more detail.

Young Carers: Who are they? What do they do?



Who are young carers?

A young carer is someone **under 18** who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?

- There are about **700,000 young carers in the UK**. (BBC 2010)*
- That's about **1 in 12 secondary aged pupils**.
- There are likely to be young carers in every school and college.

*The Census identified over 200,000 young carers, but many remain hidden.



Who do young carers care for?

- Young carers care for someone:
- With an illness or disability.
 - With a mental health condition.
 - Who misuses drugs or alcohol.

What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.
- Their rights acknowledged so that they can discuss their needs for support.

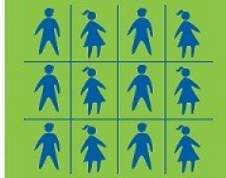
Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.

But young people can learn lots of useful skills by being a young carer.

1 in 3 young carers spend between 11-20 hours each week caring.

Which one is the young carer?



Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

The average age of a young carer

= 13

There are young carers as young as five.

A survey of 350 young carers found 48% were stressed because of their role.



Information
Carers.org



Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7097170. Registered office: 32-36 Loman Street, London SE1 0EH. © Carers Trust 2018.

R.E Learning

In R.E this term, Year 3 have been learning about significant symbols in Christianity and how understanding them can help you feel closer to God. The children were very excited to meet Peter Everett ALM (Authorised Local Minister) and Bishop's Visitor at Will Farr, who spent time explaining the meanings behind all the symbols and stories in the windows of Welton St Mary's Church - there was so much to learn! We are looking forward to going back to St Mary's Church soon so take a closer look ourselves and retell the bible stories with our peers.



OPAL - Outdoor Play and Learning



If you would like to learn more about the OPAL Primary Programme, please have a look at the OPAL website (www.outdoorplayandlearning.org.uk), where you will find lots of useful information and several videos about the programme.

At the beginning of term three, O.P.A.L began! With a mud kitchen, roleplay spaces, construction area and much more, O.P.A.L, which has dramatically upgraded the pupils' lunchtime experiences, has made lunchtimes more enjoyable for all. Playing outside is so important as it helps with pupils' mental health as getting outside is crucial for a healthy life-style. OPAL has encouraged many opportunities for creative play and learning. After interviewing students, it is apparent that O.P.A.L has been a phenomenal success. Here is what the children have to say:

A.K. (Year 5) – "I like that there is more freedom!"

J.F (Year 2) – "Playing in the office area is my favourite thing to do so I can do roleplay."

Mrs Hilliard (Forces Children Champion) – "I think OPAL is such a fantastic idea, I love how all year groups play and share together."

S.H. (Year 1) – "I love the mud kitchen and the small world area because I like making different things."

Mrs Wright (OPAL play team) – "O.P.A.L is going well, and we are all enjoying it. We are looking forward to further opportunities to come!"

Article by E.S and M.I. (Year 5)

OPAL - Outdoor Play and Learning

Throughout this term, we have been running an OPAL (outdoor play and learning) space for children to enjoy. Many adore dressing up, art and so much more. This affects how we play outdoors and makes a safer environment for children to express themselves. The pupils love the latest equipment and are eager for the new activities to arrive. Boosting their mood, kids like to explore the opportunities that have been brought upon them. Pupils cherish their exciting break and lunch times playing with friends. Kids like to pull each other around in suitcases and pushchairs. OPAL helps children have a wider play space and also helps them have a larger imagination.

impacts on how differently pupils play and helps them learn new things. Children love to go outside to explore ground-breaking activities. If kids do not want to participate in OPAL, they have other options like friendly games and sports. OPAL supplies activities such as: a mud kitchen, a sand pit, an office, a construction site and finally a coffee shop. At the start of lunch times, OPAL takes place outside on the playground until the song - The Final Countdown - plays through the speakers, but if the children are on the field, a whistle is blown to notify them that it is time to take off their wellies and circle up.

We really look forward to learning about the new activities that OPAL will bring in the Spring and Summer.

Article by K.S, C.M & C.FR (Year 6)



School Friends

School friends are very excited to offer something new for World Book Day.

We will be offering you all the opportunity to win one of our Golden Tickets!



After school on Thursday 6th March, you will find the School Friends team out on the main playground selling our Wonderlicious Chocolate Bars, will you be a lucky winner and find a Golden Ticket?

We have some great prizes to be won including some in school such as extra playtime for you and your class, hot chocolate for you and friend, and ice lollies for your class!

We also have some other wonderful prizes such as Bounce Central vouchers, book vouchers, and Jump Inc entry. Look out for a parentmail after half term with more details, and don't forget to check out our facebook page where we'll share the Information as well.

SCHOOL FRIENDS DATES FOR DIARY



THURSDAY 06 MARCH	WONDERLICIOUS GOLDEN TICKET SALE AFTER SCHOOL MAIN PLAYGROUND
FRIDAY 14 MARCH	SPRING DISCO FS/KS1 6-7PM KS2 7.15-8.30PM
FRIDAY 28 MARCH	EASTER FAMILY BINGO DOORS OPEN 6PM BINGO STARTS 6.30PM



Dates for the diary

We have planned our annual calendar so that dates can be saved. We will keep you updated, if any dates need to be changed.

24th February - Term 4 starts

28th February – Penguin Class leading Collective Worship. Parents/ carers and families are welcome to join us.

5th March – school Ash Wednesday Service (for the children and staff)

6th March – World Book Day

7th March – Crocodile class leading Collective Worship. Parents/ carers and families are welcome to join us.

7th March – Year 1 Parent Pop-in – this is for parents and carers only.

10th March – School will be open from 3.30pm – 6pm for children to share their learning with their parents/carers

11th and 13th March – Healthy Eating Workshops.

14th March – Zebra class leading Collective Worship. Parents/ carers and families are welcome to join us.

14th March – School Friends Disco

Week commencing 17th March – Parents' evening. Face to face meetings are on Wednesday 19th March. Virtual meetings will be held at other times during this week. More information about booking will be sent out after half term.

21st March – Red Nose Day

21st March – Butterfly class leading Collective Worship. Parents/ carers and families are welcome to join us. The learning pop in session after collective worship will be for parents/ carers only.

24th March – Y4 Rand Farm

26th March – Y5 to Space Centre

28th March Bee class leading Collective Worship. Parents/ carers and families are welcome to join us. The learning pop in session after collective worship will be for parents/ carers only.

28th March - School Friends Easter Bingo

3rd April – Online Safety workshop for parents (highly recommend parents do attend this)

4th April – Easter Service (outdoors) Parents/ carers and families welcome to attend.

4th April – Term 4 ends





UK Health
Security
Agency



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.