



## St Mary's Church of England School

### Infants:

Amyand Park Road  
Twickenham  
TW1 3HE

T: 0208 892 5840

### Middle:

Strafford Road  
Twickenham  
TW1 3AD

T: 0208 249 6836

F: 0208 891 1904

### Juniors:

Richmond Road  
Twickenham  
TW1 3BA

T: 0208 892 7849

F: 0208 607 0420

E: [info@st-marys.richmond.sch.uk](mailto:info@st-marys.richmond.sch.uk)

[www.st-marys.richmond.sch.uk](http://www.st-marys.richmond.sch.uk)

Friday 13<sup>th</sup> October 2017

Dear Parents,

### Staff news:

Mrs Gurdenli has decided to leave us at Christmas as she needs to prioritise her very young family and is going to take time out from teaching for a while to do this. We hope before too long she is back teaching at St Mary's. We will, of course, keep parents informed as we seek a replacement.

### "Birthday books"

Thank you for the positive reaction to our *Birthday Book* idea. We wanted to share the first one with you received this morning - Happy Birthday Tillie! The children loved opening their class gift.



### Black History Month:

At St Mary's the celebration of different cultures and their histories is embedded throughout our curriculum and not just taught in October. So, we thought you might like to hear about some of the things that have been going on recently in some classes:

Reciprocal reading texts across the year group based on: Ruby Bridges, Rosa Parks and the History of Black History. Art: History of Nelson Mandela, complete portraits for a display.

Homework: Create a poster of Significant People quotes-focus on Rosa Parks, Barack Obama, Nelson Mandela, and Martin Luther King.

Reception will be linking Black History Month to our 'Super Me' theme. We will be thinking about diversity, finding out about Martin Luther King and thinking about how we should treat each other.



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Year 1 learnt about the unknown space heroes and the women who crunched the numbers for NASA. They were three ladies called Katherine Johnson, Mary Jackson and Dorothy Vaughan.

Year 2 have been looking at Africa as a topic, we have looked at famous sports stars and their wonderful achievements as well as studying the culture of Kenya.

When we introduce you to our new curriculum sometime after half term, you will see a greater emphasis on diversity, through which we will more prepare children for life in modern Britain.

### Harvest Thanksgiving

We enjoyed a truly uplifting service in Church on Tuesday, led by Year 2. We raised a magnificent **£839.40** from your donations which we will send to Water Aid as soon as possible:

[www.wateraid.org/uk/donate/donate-to-wateraid](http://www.wateraid.org/uk/donate/donate-to-wateraid) Thank you so much.

### British children: dangerously low levels of sleep

We found an interesting article on sleep which we thought you might like to read:

Research published today has revealed that the academic development of British children is being significantly affected by dangerously low levels of sleep. The study, carried out by the University of Leeds in conjunction with Silentnight, looks into the effect of bedtime routines and the impact on quality of life of 6-11 year olds. Led by Dr Anna Weighall, a developmental cognitive psychologist with expertise in sleep research, this is the first major study to characterise children's sleep habits in the UK and has been conducted after consultation from more than a thousand parents. The findings have revealed that 36 per cent of primary school age children get eight hours or less sleep a night and 15 per cent get seven hours or less. Such low levels of sleep are likely to have a negative impact on a child's ability to function in the classroom and reach key milestones.

Poor routine could be to blame, with 83 per cent of children reporting being awake by 6:30am on a weekday despite five per cent still being awake at 10pm the night before and 16 per cent still being awake at 9pm.

"Our results show that children who experience inadequate sleep are more likely to have problems paying attention in class, forgetting things and keeping up with school work, and may then end up missing school because they feel unwell.

What's clear from our data is that parents know how much sleep children should be getting but for whatever reason it's not being made a priority and children just aren't getting the necessary time in bed. From looking into bedtime and waking patterns we can see that families are consistently going to bed late during the week and on top of this, these children are regularly having later nights at weekends, disrupting their sleep patterns and contributing to problems during the school week."



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The findings show that children who have smartphones or tablets in the bedroom sleep less than those who leave their devices out of the bedroom – losing up to an hour of sleep a night compared to families that keep bedrooms a tech-free zone. This sleep loss applied even to children who kept devices in their room but were switched off and the trend increased as they got older, with 11-year-olds losing the most sleep because of technology.

### St Mary's Fund:

Following our letter to parents toward the end of the last academic year, we have started see lots of families generously donate regular amounts to the St Mary's Fund. Having these regular donations makes more focused planning possible as we have a better idea of what is coming in each month. We would, therefore, like to extend our gratitude to all parents who have generously donated to the fund.

So far, thanks to the donations made, we have been able to purchase valuable curriculum resources throughout the school. This continued, regular support will make a real difference as we continue to bridge the gap between the funding we receive and the necessary expenditure required throughout the academic year. Our plan formed way back in March remains, we intend to report to you in the new year on exactly how your money has been spent and what impact it has had.

We would also like to say a big thank you to FoSM for facilitating regular payments through their bank account.

Should you wish for a copy of the letter sent to parents back in June, please feel free to contact Simon Minty on [sminty@st-marys.richmond.sch.uk](mailto:sminty@st-marys.richmond.sch.uk).

### School meals - 30th October to 21st December 2017

The amount owing for the second half of the term is **£85.80**. Please make your payment on Tucasi.

### Tools:

Mohammad, on our middle, site is sending out an appeal which we hope you can help him with. He is trying to gather together a tool kit together with which he can continue to maintain our middle site. He wondered if you have doubles of any of your tools that you can spare? If so they will be very well used!



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**Celebration children:** *(please note there were no celebration pupils or Star of the week at the middle site due to our "Mental health" assembly)*

Year 1 Nightingales: *Joseph D & Eloise M*

Year 1 Puffins: *Matilda D & Zoya M*

Year 1 Kingfishers: *Adam H & Anoushka R*

Year 4S: *Pippa C*

Year 4T: *Oliver B*

Year 4W: *Jess G*

Year 5M: *Teodora G*

Year 5N: *Matilda E*

Year 5T: *Olivia P-E*

Year 6B: *Lexie T*

Year 6PG: *Thomas D*

Year 6S: *Henry M*

### Stars of the week:

Infant Site: Sofia C, 1 Nightingales

A true Nightingale....

She may be small, but has a powerful voice.  
Her love of learning is something to rejoice!  
Be it science or symmetry – her knowledge is vast.  
She picks up new topics incredibly fast.

She's a kind, caring friend, who loves her big bro.  
She enjoys making buddies wherever she goes.  
Her super smile is bright like the sun.  
And her hard-working nature makes learning fun.

She's bursting with answers, and wants to know more.  
Helpful and thoughtful – she's never a bore.  
Since she started at school she's come so far.  
And that's what make Sofia this week's star!



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Junior site: Jasper S 5T

Here's a little poem  
to acknowledge that you're great,  
you're always ready to learn,  
you're patient when you wait  
you're polite, supportive and kind,  
you always give your all,  
your manners are impeccable  
you're a pleasure to have in school

A keen Geographer you are,  
a feared opponent in a debate  
you're devoted to your reading  
with your general knowledge you fascinate,  
I just love being your teacher  
you're an attribute to 5T

The star of the site is Jasper S,  
who else could it be?

### Attendance data between 02.10.17 – 13.10.17

	% Attendance	% of Unauthorised Absences	No of Unauthorised Absences	No of Lates
Reception	98.22	0	0	6
Year 1	95.56	0.33	3	2
Year 2	99.67	0	0	4
Year 3	97.75	0	0	8
Year 4	97.67	0.11	1	2
Year 5	99	0	0	2
Year 6	96.78	0	0	5
<b>Total school</b>	<b>97.80</b>	<b>0.06</b>	<b>4</b>	<b>29</b>



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Year 5 storms away with a brilliant 99%, well done to you all. Attendance data is being kept each week with a view to providing a treat for the year group which achieves the highest percentage at the end of each term.

### Diary dates

Monday 16<sup>th</sup> October, Year 6 netball squad trials, 8am  
Monday 16<sup>th</sup> October, Year 6 cake sale  
Monday 16<sup>th</sup> October, Year 6 meeting re France, 7 – 8pm, junior site hall  
Tuesday 17<sup>th</sup> October, Year 6 Heights & Weights  
Wednesday 18<sup>th</sup> October, Year 2 Philharmonic Orchestra  
Friday 20<sup>th</sup> October, Year 1 to the London Aquarium  
Monday 23<sup>rd</sup> – Friday 27<sup>th</sup> October, Half term  
Monday 30<sup>th</sup> – Friday 3<sup>rd</sup> November, Year 6 cycling proficiency

### Richmond Knights Basketball camp

Battle camp 23<sup>rd</sup> – 27<sup>th</sup> October 2017 from 10am to 3pm at Waldegrave School, Fifth Cross Road, TW2 5LH

Book via our website [www.knightsbasketball.co.uk](http://www.knightsbasketball.co.uk) early booking discount available until 15<sup>th</sup> October!

One more week to go until half term; we know it will be a busy one.

Yours sincerely,

Angela Abrahams  
Headteacher

[headteacher@st-marys.richmond.sch.uk](mailto:headteacher@st-marys.richmond.sch.uk)