



ST MARY'S CATHOLIC SCHOOL
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Spring Term 2026: Term 4, Week 4

Friday 20th March 2026



Big Wheel & Walk – Scooter session

Thank you for all your efforts to support the children's participation in the first week of the 'Big Walk & Wheel' event.

On Monday, Miss Harrison (our school Travel Champion) arranged for all the classes to have a scooter session (funded by the GCC Think Travel team).

The session was a great chance to journey around the campus with accompanying music (via an outdoor PA system) adding to the sense of fun.

Good luck for week 2 of the event.

Values Role Models

Each week, class staff identify three pupils who are truly representative of the school values (in their learning, play and / or by contributing to the wider life of the school).

This week's values role models are:

			
Reception	Dasia	Ariyah	Atticus
Year 1	Eli	Sienna	Melinda
Year 2	Delphi	Annabel	Mary
Year 3	Seren	Ethan	Aakash
Year 4	Raphael	Verity	Xanthe
Year 5	Leila	Seb	Michelle
Year 6	Cohen	Ezra	Seb

***Friday 27th March is a staff training day - no pupils. Children return to school on Monday 13th April ***
There are no activity clubs next week – Summer clubs start in the week beginning 20th April (T5W2)

Year 5 Forest School

On Thursday, the class enjoyed a fantastic forest school session and completed a range of outdoor activities together. When the weather is wet and cold, the children still really enjoy forest school but when the weather is beautiful it makes the experiences even better! Thank you to Mrs Crowley our Forest School Leader (who gives up so much of her own time for our benefit).



FOREST SCHOOL TIMETABLE (Term 3):

For Forest School children should wear their basic kit, with shoes, to school and bring wellies & waterproofs (plus any extra clothing items) in a separate (**named**) bag.

Reception class Forest School: Wednesday afternoons

		Tuesday PM					Thursday PM				
Term 4	WK 1	WK 2	WK 3	WK 4	WK 5		WK 1	WK 2	WK 3	WK 4	WK 5
	24/2	3/3	10/3	17/3	24/3		26/2	5/3	12/3	19/3	26/3
	Y3	Y3	Y2	Y2	Y1		Y6	Y6	Y5	Y5	Y4



Big Lent Walk

Congratulations to all the classes on their excellent efforts with the Big Lent Walk - the figures below represent the class totals - mainly the joint walking sessions, so overall totals (with individual walks added) will be even higher.

Big Lent Walk: Whole-class walk distances						
BLW	Laps (Total)	Laps (average)	Metres	KM	Miles	Miles (average)
R	783	26	156600	156.6	98.7	3.3
1	900	30	180000	180.0	113.4	3.8
2	1039	35	207800	207.8	130.9	4.4
3	2020	67	404000	404.0	254.5	8.5
4	2460	82	492000	492.0	310.0	10.3
5	2849	95	569800	569.8	359.0	12.0
6	1920	64	384000	384.0	241.9	8.1

St Mary's Big Lent Walk Just Giving page:

Scan the QR code to donate



Children return to school after the Easter break in summer uniform...

SUMMER UNIFORM (from the start of Term 5 - 30th September)

Girls

Light blue small-checked dress
or Grey shorts / trousers / skorts / skirts
Light blue polo shirt
Royal blue cardigan or V necked jumper
White socks (Grey or black socks with trousers)
Black low heeled or flat shoes (no slip-ons)
N.B. Open-toed shoes or sling backs are not suitable
School caps (optional) or school colours sunhats / caps

Boys

Grey shorts or trousers
Light blue polo shirt
Royal blue V necked jumper
Grey or black socks
Black shoes
School caps (optional) or school colours sunhats / caps

School caps can be bought via the School Gateway app.

'You Won't Know Until You Ask': Helping Families Talk About Online Content:

The government has launched a new campaign called You Won't Know Until You Ask. It is designed to help parents and carers talk to children about harmful or upsetting content they may see online — things like body-shaming, unkind posts, or videos designed to shock. Research shows that many parents have never talked to their child about this, even though most 11-year-olds now have a smartphone. Many adults say they are not sure what their child is seeing online.

The campaign gives simple, easy-to-use help, including:

- step-by-step guides for safety settings
- quick conversation ideas
- tips for talking about false or harmful information



These small conversations can make a big difference. They help children understand what they see online and know they can talk to a trusted adult.

You can find the campaign here: <https://kidsonlinesafety.campaign.gov.uk>

Spring Term Events Calendar

Thursday 26 th March	-15:30-19:00 Parents consultation evening 2*
Monday 23 rd March	-Year 1 ukulele performance * (hall) <i>TIME TBC</i>
Thursday 26 th March	-9:15 end of term (Lent) mass* (Our Lady's Church) -Last day of term. School closes at 15:15
Friday 27 th March	-Staff training day (no pupils).
Easter Holiday: Friday 27th March – Friday 10th April	
Pupils return to school on Monday 13th April	

*Parents are welcome to attend these events

AFTER SCHOOL ACTIVITY CLUBS (Spring 2026)

There are no activity clubs next week – Summer clubs start in the week beginning 20th April (T5W2),

Please refer to the recent email with details of club availability
and, how to sign up for clubs in the summer terms.

REPORTING PUPIL ABSENCE:

Absences should be reported **daily**, by 9.15am **via email** to admin@st-marys-churchdown.gloucs.sch.uk please put your child's full name and year group in the subject line. Also include: **pupil name & year group with reason for absence, including symptoms of illness** (not just unwell/under the weather)

Dinner Menus – Term 4, 2026

W/C : 23 MARCH	
Mon	Pork Sausages, Mash, Veg & Gravy
Mon	Jacket Potato with Cheese/Beans
Tue	Pork Meatballs, Pasta, Veg & Garlic Bread
Tue	Home Made Cheese & Bean Pasty, Potato & Veg
Wed	Roast Beef, Yorkshire Pudding & Veg
Wed	Veggie Sausage, Yorkshire Pudding & Veg
Thu	Home Made Beef Burger in a Bun, Potato Wedges & Veg
Thu	Jacket Potato with Cheese/Beans & Veg

CLASS EMAIL ADDRESSES

>If you need to contact your child's class teacher (to ask questions, share information or for general contact), you can do this directly by emailing the year group account:

Reception Class : reception@st-marys-churchdown.gloucs.sch.uk

YEAR 1: year1@st-marys-churchdown.gloucs.sch.uk

YEAR 2: year2@st-marys-churchdown.gloucs.sch.uk

YEAR 3: year3@st-marys-churchdown.gloucs.sch.uk

YEAR 4: year4@st-marys-churchdown.gloucs.sch.uk

YEAR 5: year5@st-marys-churchdown.gloucs.sch.uk

YEAR 6: year6@st-marys-churchdown.gloucs.sch.uk



FOSTERING IN GLOUCESTERSHIRE

>There are Children in **Gloucestershire and surrounding areas right now** who need a safe loving home.

>You don't need to be perfect – just patient, caring and willing to learn.

>Could fostering be something you've never considered... but should?

Fostering Myths-Busted!

You must be married **X**

You need a spare mansion **X**

You must be a stay-at-home parent **X**

You **can** be single ✓

You **can** work ✓

You just need a spare room and a big heart  ✓

Contact Five Rivers Fostering – 0333 0603 962

carer.enquiries@thefosteringcompanyneltld.co.uk

NHS Pharmacy First Service

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may mean that can help children feel better and back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service.

There is no need to make an appointment; parents or carers can go to their local pharmacy with their child and ask for help.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

Common condition	Patient eligibility
Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites and stings	1 year and over
Sore throats	5 years and over
Sinusitis	12 years and over
Uncomplicated urinary tract	Women 16 to 64 years
Shingles	18 years and over

Online Safety advice / guidance for parents. What you need to know to keep your child SAFE online

Here are some reputable resources offering comprehensive advice for parents:

1. NSPCC: Online Safety

The NSPCC provides guidance on supporting children of different ages with technology use and offers tips on initiating conversations about online safety.

 <https://www.nspcc.org.uk/keeping-children-safe/online-safety>

2. Internet Matters: Online Safety Guide

Internet Matters offers a detailed guide covering topics like setting parental controls, managing privacy settings, and addressing online issues your child may encounter.

 <https://www.internetmatters.org/resources/online-safety-guide>

3. UNICEF: Keeping Your Child Safe Online

UNICEF provides advice on setting clear ground rules, having honest conversations about online interactions, and helping children understand the importance of a positive digital footprint.

 <https://www.unicef.org/parenting/child-care/keep-your-child-safe-online>

4. Childnet: Parents and Carers Toolkit

Childnet offers resources to help parents and carers support their children in navigating the online world safely, including guidance on various online safety topics.

 <https://www.childnet.com/parents-and-carers>

5. UK Safer Internet Centre: Advice for Parents and Carers

The UK Safer Internet Centre provides free internet safety resources tailored for parents, helping you stay informed about the latest online safety practices.

 <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>