

St Mary's Catholic Primary School

Newsletter - Friday 30th January 2026

Message to parents from Mrs Tusting

Dear Parent/Carers,

Welcome to issue 20 of our Newsletter.



Another busy week at school is almost behind us.
Yesterday we had our first Class Assembly of the term.

Year 4 started us off with a bang!

They presented their assembly on **Jesus, the Messiah** and it was truly amazing. Children presented poignant message about Jesus and how we can follow His example in our lives.

All children spoke confidently and worked really well together. The hymns selected were chosen perfectly for the theme of the assembly and children sang them all beautifully. We are very proud of all of them. Thank you Year 4 and thank you to the amazing Y4 team!

Pope Leo XIV announce 2026 the **Year of St Francis**, starting in January 2026 and ending in January 2027. This is to celebrate the eighth centenary of the death of Saint Francis of Assisi, who died in the year 1226. St Francis is well known for his embrace of poverty, love for nature, and preaching peace, becoming a highly popular saint and patron of animals, ecology, and Italy. Born to a wealthy merchant, he renounced his riches after war and visions to live as a beggar, establishing a religious life focused on simplicity, serving the poor, and seeing God in all creation.

The Year of St Francis fits perfectly with the Catholic Social Teaching principles we are trying to live by.

I would like to wish all our families a restful, relaxing weekend.

I hope you enjoy reading the rest of the Newsletter.

With Best Wishes

Magdalena

Have a lovely weekend,

Best Wishes,

Mrs Tusting

Catholic Life and Mission of the school

**This coming Sunday is the 4th Sunday of Ordinary Time.
We will hear one of the most beautiful Gospels – The Beatitudes:**

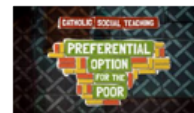


‘Blessed are the poor in spirit.’

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: ‘Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.’

Matthew 5:1-12a

Our School Value for this half term is **Kindness** and the matching Catholic Social Teaching Principle is **Option for the Poor**. It is a core principle emphasizing a **preferential love and commitment to**



the needs of the poor and vulnerable, seeing their plight as a challenge to the entire community, not just an individual problem, and calling for systemic change, empowerment, and justice, inspired by Jesus' own focus on the marginalized.

It involves actively taking up the cause of the poor, advocating for them, sharing resources, and working for economic systems and societal structures that respect human dignity and ensure everyone's basic needs are met, making them central to moral action.

Safeguarding information

Safeguarding remains our highest priority, and we continue to work closely with staff, pupils and families to ensure that all children are safe, both in school and online.

As part of our commitment to online safety, we are subscribing to *Wake Up Wednesday*. **Wake up Wednesday** is a national campaign by 'National Online Safety' which has been designed to inform

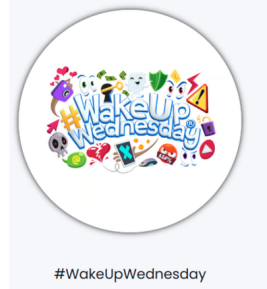
and help parents understand the dangers and the attraction of different types of online activity. It covers everything from social media platforms, gaming and online gaming, mobile and iPad security and much more.

In our Newsletters we will be sharing a weekly resource that provides up-to-date guidance on current online trends, apps and potential risks. These materials will support you in navigating the digital world safely and responsibly.

We encourage families to engage with these resources and to work in partnership with us to promote safe, respectful and responsible online behaviour, in line with our Catholic values of care, dignity and responsibility.

Scroll down to the **Safeguarding information** section. Under **Wake up Wednesday** we included a new poster with for parents regarding Tips for building your child's emotional resilience.

This week:
Tips on



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, links and tips, please visit thenationalcollege.com.

10 Top Tips For Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- 1 ENCOURAGE OPEN COMMUNICATION**
Regularly engaging children in open dialogue helps them build emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?" This encourages children to express themselves openly.
- 2 MODEL POSITIVE BEHAVIOUR**
Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."
- 3 TEACH PROBLEM SOLVING SKILLS**
Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."
- 4 FOSTER A GROWTH MINDSET**
Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.
- 5 PROMOTE SELF-CARE PRACTICES**
Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.
- 6 BUILD HEALTHY RELATIONSHIPS**
Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practising calm communication.
- 7 SUPPORT EMOTIONAL AWARENESS**
Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child is upset, ask them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.
- 8 ENCOURAGE INDEPENDENCE**
Giving children opportunities to make their own decisions builds confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- 9 DEVELOP COPING STRATEGIES**
Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques at their own accord during stressful moments.
- 10 CELEBRATE SMALL WINS**
Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert
Julian Elliott is Associate Vice Principal for Personal Development at Penrhos Grammar School and works on recruitment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

#WakeUpWednesday The National College

www.thenationalcollege.com @wake_up_weds @wake.up.wednesday @wake.up.weds

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St Mary's Primary School
East Row North Kensington W10 5AW



Baby and Toddler Group – All welcome

Please come along and meet other parents, enjoy messy play, cooking and explore outdoor activities in our large open grassed space! We will be joined by the local librarian for rhyme time sessions with the children and reading stories too! **Bring a reusable mug if you can!**

Parents stay and play with your child.



Come to our new EYFS building entrance where we have plenty of buggy parking space!



Dates 2025 (Autumn Term)
8.55am – 10.15am

Wednesday 19th November (cooking)
Wednesday 26th November (dance)
Wednesday 17th December
(xmas decoration and craft)

Where to find us:



Diary Dates

February 2026	
Thursday 5 th February	Y3 Class Assembly
Tuesday 10 th February	Parent Consultation Meetings
Wednesday 11 th February	Parent Consultation Meetings
Thursday 12 th February	Y2 Class Assembly
Monday 16th Feb – Friday 20th Feb Half Term	
W/c 23 rd February	Scholastic Book Fair (date tbc)
March 2026	
Thursday 5 th March	World Book Day
Thursday 12 th March	Whole school Lenten Mass in church 9.30am
Thursday 19 th	Y5 Class Assembly
W/c 23 rd March	Shakespeare Week
Easter Holidays Monday 30th March to Friday 10th April	

New diary dates will be provided weekly

We would like to share some important dates for the Autumn Term with you. We will also be adding some more dates and will share them with you soon, so please keep checking the Newsletter and the Parents' Information Board on the front gate.

PE Days

PE Days:

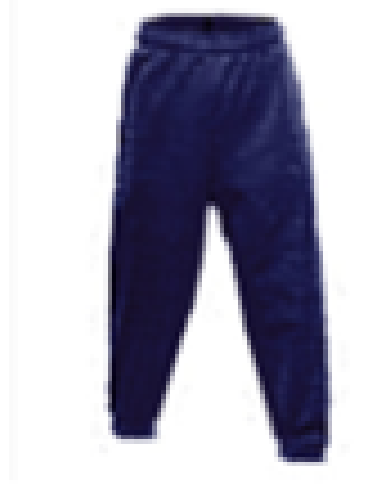
Please remember that children can come to school in their PE kits on PE days. Please refer to our guidance on school uniform and ensure your child has the correct PE kit. If for any reason they are not able to come in the correct kit, we require an email or phone call from home to explain the circumstances.

Unfortunately, we had to change the PE days and swap two year groups: Year 3 and Year 6. Please, find below the final PE days:

Mondays – **Year 3 and Year 5**

Thursdays – **EYFS, Year 1, Year 2, Year 4 and Year 6**

PE KIT



Whole School Uniform

Nursery Uniform



Whole School Uniform



Nursery

Sweatshirt – Crew neck	Embroidered – With School Badge	Cotton/Polyester
Sweatshirt – Crew neck	Embroidered – With School Badge	Cotton/Polyester
T-Shirt	Embroidered – With School Badge	100% Cotton
Infant Backpack	Embroidered – With School Badge	Polyester

Whole School

Knitted Jumper	Embroidered – With School Badge	V-neck.
Knitted Cardigan	Embroidered – With School Badge	Colour matched
Blazer	Embroidered – With School Badge	Phone and internal zipped pockets. Teflon coated Polyester buttons. Courtelle
Hooded Sweatshirt	Embroidered – With School Badge	Cotton/Polyester
Jogpants	Plain	2 pockets. Elasticated waistband. Cotton/Polyester
T-Shirt	Embroidered – With School Badge	100% Cotton
Reversible Jacket	Embroidered – With School Badge	Concealed hood. Reflective tape. Polyester
Infant Backpack - Reception to Year 2	Embroidered – With School Badge	Polyester
Junior Backpack - Year 3 - 6 Only	Embroidered – With School Badge	Polyester
Gym Bag - Reception - Year 6	Embroidered – With School Badge	Rucksack style. Zipped pocket. Name display pocket. Polyester
Tie	Plain	Broad Stripe design. Polyester Clip on also available

Look what we have been doing - Early Years & Key Stage 1

Early Years have had a fun filled fortnight. Learning our new books 'Walking through the jungle' and 'The Three Billy goats gruff' stories.

EARLY YEARS

We have made jungle animals, learn some fun facts and explore local bridges in our community. To celebrate we have had some music lessons to compliment each story and express ourselves through creativity and movement.



Year 1 have been absolutely penguin-mad!

We've fallen in love with learning all about Emperor penguins and this week began to *explore* Antarctica itself connecting with our story 'The Emperor's Egg'.

Year 1

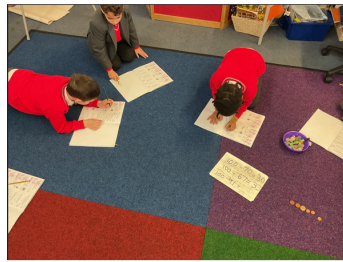
What better way to describe the setting of our story than to experience it right in our classroom? We discovered that Antarctica is freezing cold, covered in blankets of white snow, filled with whistling winds, crunchy footsteps and cracking ice — brrr! A frosty adventure without needing our passports.



Year 2 have been learning how to read maps in an atlas this week. We have also been working with money and exchanging coins for £1 to work out the change.

Year 2

The children really enjoyed the practical activities together and can use these skills when they go to the shop. Please encourage your child to practise giving money and counting the change.



School



Breakfast Club

Breakfast Club runs from 8am and will cost **£4** per child, per day for children from Reception to Y6. Before your child/ren attends Breakfast Club, please ensure you book the sessions and make the required payments first.!

This provision is only available to children from Reception to Year 6.

www.schoolgateway.com

Avenue Youth Project Primary AfterSchool Provision

You can now sign up to the Avenue Youth Project for Afterschool Provision, they also provide a walking Bus Service.

Aktivita Wraparound Care

Aktiva Camps After School Club hosted at the Ark Brunel Hub!
Aktiva has created a safe, fun, and friendly environment for our children.



Club Information: Aktiva After School Club will run from the end of the school day until 6:00 PM. The children will be collected from their classes at the end of the school day and brought over to the Ark Brunel hub by walking bus by 3.40pm where they will be registered into our after-school club. There are 2 sessions available to book - Early session 3.30pm-4.30pm and a full session 3.30pm-6pm

Contact Information: Aktiva's Ark Brunel contact number: 07776657491 - only available during service (3.30pm - 6pm). For all queries regarding bookings please email **bookings@aktivacamps.com** or call our parent enquiry number on **0203 551 8909**.

Booking Aktivita Services:

Single Sessions: Book until 1 PM on the same day for After School Club. This flexibility allows parents to use our services as needed. Places are subject to availability and strict cutoffs.

Booking and Pricing: Please visit **www.aktivacamps.com** to register yourself and your child/children and select the required service.

Star of the Week

Congratulations to all the pupils who have received **Star of the Week - Friday 30th January 2026**

Star of the Term:

Reception - Yousif

Y1 - Lamek

Y2 - Noel

Y3 - Sarah

Y4 - Whole School

Y5 - Yusuf

Y6 - Regina

Star Reader:

Y1 - Khalil

Y2 - Ineesha

Y3 - Luna.B

Y4 - Jayden

Y5 - Elly

Y6 - Nazwari

Term Dates 2025- 2026

FACEBOOK

INSTAGRAM

TWITTER



St Mary's Catholic Primary School

Email: info@st-marys.rbkc.sch.uk

Website: <https://www.st-marys.rbkc.sch.uk/>

Location: [East Row, London W10 5AW, UK](#)

Phone: 020 8969 0321

C

Charles Mary

Charles is using Smore to create beautiful newsletters



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