

## THE COMING WEEK

**Monday 9th**  
**All After School Clubs start back (expect for cooking which will start the following week).**

**Wednesday 11th**  
**U10 & U11**  
**Football v Dolphin School**

**Friday 13th**  
**School photos!**

### Data collection

The data collection sheet that was sent home this week has to be returned to the school office, even if all of the information on it is correct.

### Club news

Cooking club Smart Raspberry is now open to Kindergarten children.

Friday lunch time club Pins and Needles is being offered to years 4, 5, 6. Bookings will go live at 7 am on Monday morning.

Mr Stangroom will be offering an invitation only choir on Friday lunch time .

Finally, please do book in for regular Tea Club slots as soon as possible.

# St. Mary's Newsletter

6 T H S E P T E M B E R 2 0 1 9

## Welcome back!

Dear parents,

Welcome back! I do hope you have enjoyed a fantastic summer. The children have certainly returned in great form and I have been particularly impressed with how they have settled in to the new term so quickly.

On Tuesday of this week all of the St. Mary's teaching staff joined with a 1000 other teachers from the Cognita Group of UK Schools at the Intercontinental Hotel at the O2 for the inaugural Cognita Teachers Conference.

It was a great opportunity to come together with colleagues and share best practice as well as presenting an opportunity for staff to gain an insight into the global company which is Cognita

and seeing the opportunities which are available for our pupils (and staff) in terms of being global citizens.

We discussed the importance of feedback to pupils and metacognition (both of which are firmly embedded at St. Mary's) and at the top of table in terms of their impact on progress and pupil learning.

The importance of building character was also covered and I'm pleased to say that at St. Mary's we are certainly ticking all the boxes with regard to providing the children with the opportunities and the environment to leave for secondary school happy, confident, resilient individuals.

We also focused on the Cognita Global Be Well Day (27th September) which came about as a result of Heads raising the need to address mental health in our schools not just for our pupils but also for our staff. As you will find out further on in the newsletter we have a great day planned and I do hope you will be able to join us and participate in the many activities we have arranged.

St. Mary's is a busy school with lots going on. Please do keep an eye on the events calendar which you can access via the school website, or our app. If you do not have the school app on your phone, then simply search for PIOTA SCHOOLS in the app store and select St. Mary's.

Thank you for your ongoing support.

Rob Harmer  
Headmaster

## Pobble update

We are very excited about sharing our children's written work on Pobble. If you are new to the school you will have been sent an invite to give permission for us to publish your child's work. Your child's literacy teacher can give you more information about this.

The children will soon be given their own logins so they can look at other children's writing from around the world and use it to help them improve their own work.

Currently we do not use Pobble in Nursery and Kindergarten so apologies to

those parents who had an invite, this was a glitch and we are trying to resolve it.

Please remember to have a look at Pobble yourselves [www.pobble.com](http://www.pobble.com), the children love to see your comments on their work.

# Global Be Well Day

COGNITA



## Friday 27th September

Cognita schools across the globe are holding 'Be Well' days on Friday 27<sup>th</sup> September and here at St. Mary's we are setting aside the curriculum for the day to focus on wellbeing.

On this day children will have the opportunity to learn more about how to look after their own mental health. Workshops will

include yoga, nutrition and mindfulness. We are delighted that children will have the opportunity to try out intentional colouring with STIB and meet Mary Stevens, Author of Warrior Monkeys who will be showcasing martial arts. Lucy's Blue Day author Chris Duke will also be visiting us, as will Body

Awareness expert Tessa Venuti Sanderson.

In addition to the range of wellbeing workshops for pupils, we are also inviting parents and the wider community to join us at a number of wellbeing events—this is a day for everyone to enjoy!

Activities for parents range from parent talks, to a Be Well Festival and even an evening Brush Party. We do hope you will be able to join us. #Bewellday

The wellbeing of each and every pupil is of paramount importance to us.

## Parent 'Be Well' talks

The following parent talks will be taking place on 'Be Well' Day, Friday 27th September;

**9.15am-10.15am 'Sleep Fairy Talk'** Experienced Sleep Fairy Dee Booth offers practical advice about sleep, eating and behaviour issues in babies, toddlers and children up to 11 years old. To secure

your place at this free event please book [here](#).



**2.15pm – 3pm 'How DO you answer those tricky questions from children about their bodies?'**

**Talk by Tessa Venuti Sanderson from Cyclical Wisdom.** Local Weleda Advisor, Yoga Teacher and Menstrual Educator Tessa Venuti Sanderson helps parents tackle the challenge of talking to children about the changes their bodies are going through. This free event will be packed full of helpful tips, please book [here](#).

**BODY  
TALK**

## 'Be Well' Brush Party



A Brush Party promises to be a great way to unwind!

Leave your cares behind for the evening, enjoy a great night out and go home with a one-of-a-kind masterpiece, created by you! From newbie to seasoned painter, this fun approach makes painting easy for all.

This event is only for adults and is the perfect event to wrap up St. Mary's Be Well

day. The Brush Party costs £30 per person and includes all equipment and refreshments.

St. Mary's staff enjoyed a Brush Party at the end of the summer term and can testify that it is a very enjoyable night out! Please book your ticket [here](#).

# Be Well Festival!

**3.30pm –5.30pm**  
**Be Well Festival**

All are invited to St. Mary's Be Well Festival. This free of charge event will feature a range of stalls all focused on wellbeing.

Come along to meet nutritionists, a children's mental health author, have a massage, learn more about meditation, mindful colouring plus much more.

The Be Well Festival will allow

everyone time to think about their own mental health and there will also be refreshment stalls.

This event is a free to attend and there is no need to pre book.

Stall holders include STIB, Lucy's Blue Day author - Chris Duke, Prana Mind, Tropic, The Sleep Fairy, Weleda and hand massages, Massage by Siana Tonkins, Candela Hypnosis and therapy clinic including

information on microbiome.



Author Chris Duke will be visiting 'Be Well day', Friday 27th September

We will be showing the film 'Inside Out' for children to watch while the Be Well Festival is taking place, so you can take your time browsing!

## Music lessons—don't miss out

Mr Stangroom is very keen that the uptake of pupils taking instrumental lessons increases. "We've a lot of fantastic singers at St.Mary's and there are a few children learning an instrument, particularly piano, but I know there is a big void in the school where an orchestra, pop band or jazz band should be!"

Mr. S is actively contacting instrumental teachers in the area following a pupil survey he took last term and is in the process of inviting instrumental teachers to do 'Show and Tell' assemblies on Thursdays to introduce the children to the range of instruments available; currently this will include drums, woodwind (Flute, Clarinet, Saxophone), Brass (Trumpet, Trombone) - do let

us know if you have any other suggestions.

Mr Stangroom will also be offering lessons in the following: Piano, guitar, bass guitar, ukulele, singing, beginner brass and Theory/Composition at £15 for a half-hour on a Friday afternoon. "I trained classically on voice, trombone and piano but have a real passion for pop/rock and jazz - so music lessons don't have to be 'stuffy classical music' affairs, the foundations of playing a musical instrument are all the same." There is proven research that playing music is great for well-being, is fantastic for brain-development, boosts confidence and resilience (stickability), develops problem-solving and creativity, and is rewarding and fun. "There is no greater feeling than finally being able to play

that tricky section of a piece that has been frustrating you.

There's no magic bullet to music, it's learning how to practice - that's what the teacher is there for - and then it's just about doing it lots. It's no different to learning how to walk and talk!"

Please contact Mr Stangroom if you are interested in instrumental lessons for your child:

adam.stangroom@stmarys-henley.co.uk



# Celebrations

Many congratulations to Emily Southgate for winning first prize (8-11 years category) 'Nature on your Doorstep', the River and Rowing Museum's Wildlife Photography Competition for Henley children. Emily won £40 book tokens for St. Mary's as part of her prize and our literacy teachers are of course delighted! Emily's photography will be on display at the River and Rowing Museum until 1st December. Fantastic news!



Well done also to Charlie Scott who successfully passed his piano grade 1 with a merit. Brilliant news. Keep up the good work Charlie



## Open days and news from other schools

### **The Abbey**

19th September, 5.30pm—8.30pm  
11th October, 9.15am—11am

### **Leighton Park**

28th September, 9am—11am  
8th October, 9.15am—11.15am  
5th November, 9.15am—11.15am

### **Pangbourne**

21st September, 9am—12pm

### **Queen Anne's**

14th September, 9am—12pm  
15th November, 9am—12pm

### **Reading Blue Coat**

5th October, 9.30am—12.30pm

### **News from Sevenoaks School**

Jesse Elzinga will be the new Headmaster at Sevenoaks School from September 2020. Jesse has previously been Headmaster of Reading Blue Coat School and Director of Studies at Harrow.

# Dates for your diary

## September dates:

9.9.19: All after school clubs start (except cooking)  
11.9.19: U10 & U11 Football v Dolphin  
13.9.19: Individual and sibling photos  
14.9.19: Grey's Court Cross Country Run  
17.9.19: U8 & U9 Tag Rugby v Long Close  
18.9.19: U10 & U11 Hockey v Waverley School  
18.9.19: U10 & U11 Football v Waverley School  
19.9.19: Kindergarten trip to The Lookout  
20.9.19: U8 & U9 St. Mary's Tag Rugby Festival  
25.9.19: U10 & U11 Tag Rugby v Long Close  
25.9.19: U11 Dolphin School Football Festival  
27.9.19: Global Be Well Day  
27.9.19: Macmillan Coffee Morning

## October dates

Black History Month  
Henley Literary Festival (events for all year groups)  
2.10.19: U10 & U11 Tag Rugby v Dair House  
4.10.19: U8 & U9 Hockey v Waverley School  
4.10.19: U8 & U9 Football v Waverley School  
5.10.19: Chiltern Edge Cross Country Run  
8.10.19: U11 ISA Girls Football Tournament (LVS Ascot School)  
9.10.19: U10 & U11 Football v Crown House  
10.10.19: Collapsed Curriculum Day  
10.10.19: Y4 Crosfields Football Festival  
11.10.19: School Council evening event for all children (5.30pm - 7pm)  
15.10.19: U8 & U9 Hockey v Dair House School  
15.10.19: Parents' evening  
16.10.19: Parents' evening  
16.10.19: U10 & U11 Hockey v St. Joseph's  
18.10.19: U8 & U9 Hockey v St. Joseph's  
18.10.19: Last day for after school clubs  
21.10.19 - 1.11.19 - Half term

## November dates

Queen Anne's Spelling Bee (date TBC)  
Cokethorpe School Lit Quiz (date TBC)  
2.11.19: Chiltern Edge Cross Country Run  
4.11.19: After school clubs start  
6.11.19: U10 & U11 Long Close Rugby Tournament  
6.11.19: U10 & U11 Football v Oldfield School  
6.11.19: U10 & U11 Netball v Oldfield School  
8.11.19: U8 & U9 - Football v St. Andrew's School  
8.11.19: U8 & U9 - Cross Country v Dolphin School  
11.11.19 - 15.11.19: Anti Bullying Week  
11.11.19: Remembrance Assembly  
12.11.19: Y5 Winchester Science Trip (TBC)  
13.11.19: U10 & U11 - Football v Waverley School  
13.11.19: U10 & U11 - Hockey v Waverley School  
14.11.19: Music Concert (2pm start)  
15.11.19: Children in Need Day (non uniform day)  
15.11.19: U8 & U9 Football v Dolphin School  
15.11.19: U8 & U9 v Hockey v Waverley School  
19.11.19: Zoo Lab visiting Stay and Play

20.11.19: U10 & U11 Football v Reddam School  
20.11.19: U10 & U11 Hockey v Long Close School  
22.11.19: U8 & U9 Football v Reddam School  
22.11.19: U8 & U9 Netball v Reddam School  
27.11.19: U10 & U11 Netball v Dolphin School  
27.11.19: U10 & U11 Football v Dolphin School  
28.11.19: Y5 Trip to Leighton Park, Author event  
29.11.19: U8 & U9 Netball v Dolphin School  
30.11.19: Chiltern Edge Cross Country Run

## December dates

2.12.19: Y6 Sharing Morning  
3.12.19: Y5 Sharing Morning  
3.12.19: Year 1 & 2 pantomime South Hill Park  
4.12.19: U10 & U11 Hockey v Dair House School  
4.12.19: Y4 Sharing Morning  
5.12.19: Y3 Sharing Morning  
6.12.19: U8 & U9 v Reddam School (Sport TBC)  
6.12.19: U8 & U9 Football v Oldfield School  
6.12.19: Y2 Sharing Morning  
6.12.19: Nursery to Norden Farm Theatre  
9.12.19: Y1 Sharing Morning  
10.12.19: Nursery Christmas Show  
13.12.19: Last day for after school clubs  
16.12.19: Dress rehearsal  
17.12.19: K/ Y1/Y2 Christmas Show  
18.12.19: Last day of term, School closes at 1pm. (No clubs/ Tea club)

## Extreme reading challenge!

We are creating a display of photos of the children and staff reading somewhere unusual! The more whacky the better!

Thank you to everyone who has sent in a photo of extreme reading over the summer. There is still time to send in a photo. Take a snap this weekend of your child reading somewhere unusual and send to your form teacher. Images should be no larger than 7x5 please.

Happy snapping!