St Mary Federation Newsletter

Docking

February 2026

Important dates for your diary



Tuesday 3rd February: Parent Information Session (Horstead) at 8.45am

WC. 9th February: Children's Mental Health Week

Tuesday 10th February: Safer Internet Day

Friday 13th February: Wear what you love—non uniform day—raising money for the PTFA. Cake sale after school

Friday 13th February: Break up for half term

Monday 23rd February: Return to school

Thursday 5th March: World Book Day

WC. 9th March: Science Week

WC.16th March: Parent consultations

Friday 20th March: Red Nose Day

Friday 27th March: Easter Service at 2pm led by Plovers

We are still awaiting an update re: swimming lessons, as soon as we know, we will notify you of the date that swimming will resume.

Thank you

Thank you for your support in ensuring that children are bringing in healthy snacks for breaktime. There has been a noticeable difference!

Thank you also for your efforts to improve the parking situation around the school. Please continue to park safely.

Hello from the Head



Thank you, as always, to our parents and carers for your continued support of the school. Your encouragement and partnership make a real difference to our children and our wider school community.

I would also like to extend a special thank you to the parents who attended the recent Horstead Parent Information Session, offering your thoughts and views on setting up a Parent Forum. These will be invaluable as we work towards getting a parent forum up and running — watch this space for further updates.

With the weather remaining rather changeable, please could we ask that children come to school appropriately dressed for the conditions. On colder days, this includes warm coats, hats, scarves and gloves, so that everyone stays comfortable during outdoor learning and playtimes.

As we move steadily towards spring, there is much to look forward to, and we are excited about the opportunities the new season brings. In the meantime, we wish all our families a restful and enjoyable half-term break when it arrives.

Thank you once again for your ongoing support.

Just One Norfolk – Here to Help

Just One Norfolk offers advice and support for families on health, development, and wellbeing from birth to teens. If you have a question or need guidance, their friendly team and online resources are a great place to start. Visit Just One Norfolk to find out more.

Children & Young People's Health Services

JustOneNorfolk.nhs.uk

Norfolk & Waveney

0300 300 0123

'Many people, one body, many gifts, working together'

Courageous **Curious** **Confident** **Collaborative** **Compassionate**

World Book Day – Thursday 5th March



On Thursday 5th March, we will be celebrating World Book Day. As in previous years, children are welcome to come to school dressed as a book character or wearing pyjamas (please ensure these are suitable for school).

Throughout the day, classes will explore a shared focus book, taking part in a range of reading and creative activities. We will finish the day by inviting parents and carers to join us for a Story Café at 2.00pm, where we can all enjoy a story together!

Mental Health Week:



The week commencing 9th February is Children's Mental Health Week. We will be doing activities in class to support children's mental health and it would be great for you to join in at home. A simple way to support this at home is to take time for a **daily check-in** together.

Choose a quiet moment and ask your child:

- What has made you feel happy today?
- Was there anything tricky or worrying?
- What is one thing you are looking forward to?

You could also try drawing or writing feelings using colours or pictures, helping children to share how they are feeling in a relaxed way. These small conversations can help children feel listened to, supported, and valued.



We will finish the week with the children coming to school in non uniform on **Friday 13th February** for a '**Wear what you love' Day.** They can come in PJs or non uniform for **£1 donation to the PTFA.**

Our Value for this half term - Curiosity

This half term, we are still focusing on our value, Curiosity.

Curiosity means wanting to know more, asking questions, and taking time to wonder about the world God has created. When we are curious, we learn more deeply and grow in understanding.

Curiosity in Action

Our school value of curiosity reminds us that asking questions is a good thing. The Bible tells us: "Ask and it will be given to you; seek and you will find." (Matthew 7:7) Jesus encouraged people to ask, seek, and explore. When we are curious, we open ourselves to learning more about God, ourselves, and the world around us.



At-home activity:

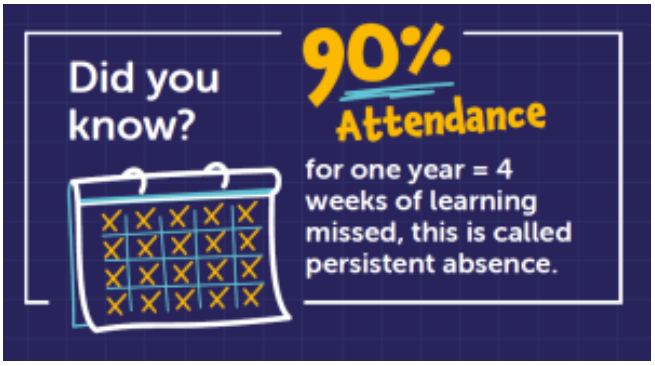
On a walk or while spending time outside, pause and look closely at what you can see. Can you spot something you haven't noticed before? Talk together about what you wonder and what questions you have about God's creation.

Attendance

98-100%	• Excellent - Children are accessing all learning opportunities
96-97%	• Good - Very few learning opportunities are missed
94-95%	• Risk of underachievement • Up to 10 school days absent in an academic year
92-93%	• High risk of underachievement • Up to 15 school days absent in an academic year
90-92%	• Severe risk of underachievement • Upwards of 22 school days absent in the academic year
< 90%	• Extreme risk of underachievement • Upwards of 22 school days absent in the academic year

January has not been a good month for our overall school attendance. Well done to the Swifts for the highest attendance this month, who were the closest to our target of 96%. There have been a lot of bugs going around and we appreciate that some absences are unavoidable. Please visit **Is my child too ill for school?** for an up to date summary of illnesses and advice. Please also check our website **https://www.stmaryfederation.co.uk/st-mary-federation/term-dates** for term dates and avoid these when booking holidays.

Robins	87.6%
Swifts	94.9%
Plovers	93.8%
Red Kites	91.8%



Governors

We are still recruiting governors!



Do you care about education? If your answer is 'yes' then become a governor.

All schools need committed governors – people who are willing to take an active interest in the life of the school. It is important that governors reflect the local community.

Why become a governor?

Schools are more effective if there is regular and positive dialogue with parents and the school community. Being a governor is one of the ways that you can take part in the life of the school.

If you are interested in becoming a governor, please see/message Mrs Woodrow to express your interest and ask any questions that you may have.

Digital Safety Session

We held a digital safety session for parents. Unfortunately not many of you were able to attend but they have shared some really useful resources, so we have included them in our newsletter:

internetmatters.org

online issues, advice by age, settings controls, guides and resources – including social media and gaming, digital toolkit, email newsletters, schools resources.

Keep Children Safe Online: Information, Advice, Support - Internet Matters

NSPCC

Talking to your child about online safety, online wellbeing, parental controls, online safety newsletter, reporting online safety concerns, NSPCC Phone safety toolkit

Keeping children safe online | NSPCC

Childline – over 12s site

Risks, tips to stay safe online, keeping your information secure, how to spot fake news, online gaming, sexting, grooming.

Staying safe online | Childline

Childnet

Sections for teachers, parents and carers, young people, sextortion, how to make a report, video chat and webcams, keeping under 5s safe, livestreaming, screen time and healthy balance, sexting, online sexual harassment, privacy and data, online bullying, expiring content, parental controls, online grooming, social media, digital wellbeing, premium rate content and in-app purchases, online pornography, reliability online, apps, downloading, What do I need to know?

Help & advice | Childnet

Just One Norfolk

E-safety – younger children, E-safety - older children, staying safe online, helpline numbers.

Staying Safe Online (justonenorfolk.nhs.uk)

Children's Commissioner

Digital 5 a day

Digital 5 a day | Children's Commissioner for England (childrenscommissioner.gov.uk)

Gransnet

Online safety tips for grandparents

Online safety tips for grandparents | Gransnet

Vodafone

NSPCC Phone safety toolkit, Digital parenting, parental controls and safety settings for games, social media and messaging apps, smartphones, and tablets

Digital Parenting - Vodafone UK News Centre

CEOP Education (part of National Crime Agency)

Information and advice on keeping your child safe, home safety activities, reporting an incident to CEOP.

Band Runner for 8-10 year olds

www.thinkuknow.co.uk/parents

Cyber Sprinters

Interactive online security resources for 7-11 year olds

CyberSprinters - NCSC.GOV.UK

Cyber Land

A platform to help users test and develop their cybersecurity skills through a variety of interactive games.

Cyber Land - Cyber Games UK

Common Sense Media

Ratings and reviews for parents

Common Sense Media: Age-Based Media Reviews for Families | Common Sense Media

Ripple

Discreetly intercepts flagged search terms and signposts to free, 24/7 mental health support

Home - R;pple Suicide Prevention