

MARCH 6TH 2023

ST MARY'S NEWS

Dear Parent,

Last week in collective worship, the children learnt about Lent; that Christians prepare for Easter, often by giving something up. The children were fascinated to learn that one of our teachers gave up computer games as a teenager and hasn't played them since. They were even more shocked that some people choose to give up chocolate for 40 days! However we also discussed that some people choose to 'take something up' instead; a commitment to do something different for the benefit of themselves or others. Inspired by this, our well-being ambassadors have created 40 Acts of kindness for classes to try over the coming weeks. On Friday, I had the pleasure of chatting to the year 6 class who shared some of the ideas they had tried this week. These included cheering on their friends at sporting competitions, encouraging each other to keep trying with challenging tasks and thanking staff in the hall at lunchtimes.

We hope the children will enjoy trying out each idea across the coming weeks and experience the joy of giving and receiving kindness. Unexpectedly, I was the recipient of two acts of kindness this week. On both occasions I was taken aback by the thoughtfulness of others towards me. When we step out and go the extra mile to show someone we care about them, appreciate them or want to encourage them, we may not know the impact that our actions have. Often, they mean far more than we realise. We have included some of the 40 ideas on page 2, in case you would like to take part at home.

The children had lots of fun taking part in world book day last week too. We have a new and very keen newspaper club who will be issuing their first edition later this week so you will find out more about World book day in their report!



A well deserved congratulations to our relay team who came second in the cross country races last week!

Kate Batorska



Thank you to everyone who supported the school disco - which raised £467!

A very big thank you to our PTA who make these events possible. They are always looking for new members so if you feel you could lend a hand at events or support the planning of events do contact the school office who can put you in touch with the team.

<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Give somebody a nice compliment today.</p> <p>See how many a compliment you can give today.</p> <p>Ask Mrs Samuels to sign you competing this challenge for this week's Well-being Challenge.</p> <p>This topic will be exciting...</p>	<p>40</p> <p>Tidy up your classroom without being asked.</p>	<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Send a letter, card or picture to an adult who is important to you.</p>	<p>40</p> <p>Be the first to say sorry to somebody.</p>
<p>40</p> <p>Go the whole day without arguing.</p>	<p>40</p> <p>Turn off lights, TV and chargers when you leave a room.</p>	<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Be a good team player - compliment team mates when playing a team game.</p> <p>Ask Mrs Samuels to sign you competing this challenge for this week's Well-being Challenge.</p>	<p>40</p> <p>If someone does something for you, make sure you say 'thank you'.</p>
<p>40</p> <p>Show your best manners whenever you are eating today.</p> <p>Improve the lunch staff!</p>	<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Include someone outside of your usual group of friends.</p> <p>Well-being ambassadors will be awarding certificates for this.</p>	<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Say something positive about someone else.</p> <p>Ask Mrs Samuels to sign you competing this challenge for this week's Well-being Challenge.</p>	<p>40</p> <p>Ask somebody in your class to say what they enjoyed most that day.</p>
<p>40</p> <p>Make an extra effort to smile more.</p>	<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Be a friend to a shy person.</p> <p>Ask Mrs Samuels to sign you competing this challenge for this week's Well-being Challenge.</p>	<p>40</p> <p>Ask if you can help at school.</p>	<p>40</p> <p>Thank the adults who help you.</p>
<p>40</p> <p>Make a card or note saying positive about someone and share it with them.</p>	<p>40</p> <p>See how many a compliment you can give today.</p> <p>Pick up litter and put it in the bin.</p>	<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Share your best joke today.</p> <p>Ask Mrs Samuels to sign you competing this challenge for this week's Well-being Challenge.</p>	<p>40</p> <p>Play with a child from another year group.</p>
<p>40</p> <p>Introduce yourself to another child who you see all the time. Remember their name next time you see them.</p>	<p>40</p> <p>Follow instructions and gently remind others to do so.</p>	<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Look out for someone who is sad today and find a way to cheer them up.</p> <p>Ask Mrs Samuels to sign you competing this challenge for this week's Well-being Challenge.</p>	<p>40</p> <p>Hold the door for someone today.</p>
<p>40</p> <p>Well-being Ambassador Challenge</p> <p>Don't walk past someone today without saying something kind.</p>	<p>40</p> <p>Eat all of your lunch and say thanks to whoever made it.</p>	<p>40</p> <p>When you're tempted to push in front, let someone else go first.</p>	<p>40</p> <p>Help someone who has fallen over.</p>
<p>40</p> <p>Help somebody else with their work.</p>	<p>40</p> <p>Ask somebody to tell you about themselves and listen closely to what they say. Share with an adult if you are worried about them.</p>	<p>40</p> <p>Tell somebody why you think they are special.</p> <p>Ask Mrs Samuels to sign you competing this challenge for this week's Well-being Challenge.</p>	<p>40</p> <p>Surprise somebody today. (In a nice way.)</p>

Drinks

Where possible we encourage pupils to drink water rather than juice or squash. We discussed this in eco club the other day and the children suggested that fruit pieces could be used to flavour water.



Allergies

The school has recently updated its policy on allergies. You can read the updated policy [here](#). If your child develops an allergy please let us know so that relevant medical paperwork and risk assessments can be completed.



'Be inspired by Rosie Revere, and think big with Little People, Big Dreams stories - hear these captivating stories, and find out all about how Kate and Anupama work in science.

These fantastic STEM Ambassadors will be inspirational, and for curious children with curious minds, there will be a chance to ask them both some questions.

The event is aimed at children aged 6+, but all ages welcome.' Book your tickets now Meet the Scientists - Curious Stories for Curious Minds STEM Ambassadors Tickets, Wed 15 Mar 2023 at 16:15 | Eventbrite



BRIDPORT & DISTRICT GARDENING CLUB



Spring Show 18th March 2023

Children's Classes

There are two classes specifically for children:

Class 54 - An Easter decorated hard boiled egg

Class 55 - A crown for the King made from recycled materials

Entries can be made by individuals, groups, classes and schools.

Entries will be judged in two groups - age 5 to 8 and 9 to 11.

Entry fee 30p per entry.

Children's exhibits are also welcomed in all of the other open classes.

The full show schedule is available at: bridportgardeningclub.co.uk/

Here are some images to spark your own ideas.



All entries must be on display at the United Church Hall, East Street from 6.00 - 7.30 on 17th March or from 8.30 - 10.30 on the morning of the show.

For more information call 07870 414222 or email bridportgcshow@icloud.com

F  M I L Y

Suitable for ages 4+
with open access and
FREE ENTRY

SCIENCE

Sunday 12th March, 11am-1pm | 2pm-4pm
Dorset Museum, Dorchester

DAY



Come and meet a real scientist!

Get involved with some fascinating hands-on learning and experiments. Lots of experts on hand to ask those tricky science questions and test your own knowledge!



Booking essential via dorsetmuseum.org

BU Bournemouth University

IOP Institute of Physics South West



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