Don't hide your light! Let it shine for all; let your good deeds glow for all to see, so that they will praise your heavenly Father. – *Matthew 5:16*

St Mary and St Thomas CE Primary School Newsletter

SAFEGUARDING SPOTLIGHT
Kindness help keep us safe- At St Mary and St Thomas CE Primary School we believe that kindness is more than just being polite- it's a way of keeping our school community safe. When children show respect, compassion and care for one another, they create an environment where everyone feels valued.
-Simple acts like including someone in a game or speaking up when a peer is left out reduce the risk of feeling isolated or alone.
- When children know they will be listed to and treated fairly, they are more likely to share worries with trusted adults.
- Families, staff and pupils working together with care ensures that we support each other and know where support is available.
-By **believing** in ourselves and other, **achieving** together and shining though **kindness** we can make our school and community a happy and safe place to be. – **Believe, Achieve, Shine!**

SIAMS INSPECTION
Parents should have received a letter from our SIAMS inspector, Caroline Mackenzie, on Wednesday 26th November. SIAMS stands for *Statutory Inspection of Anglican and Methodist Schools*, and its purpose is to evaluate how well our school's Christian vision is embedded in all aspects of school life, including teaching, learning, and the wider community. This inspection helps ensure that our values and ethos are making a positive impact on pupils and staff. The inspector will be in school all day on Tuesday 2nd December, meeting with staff, pupils, and governors as part of the process. Thank you for your continued support as we work together to celebrate and strengthen our school's distinctive character.

WEDNESDAY 4th / THURSDAY 5th DECEMBER: BREAKFAST WITH SANTA (Nursery to Y6)
The deadline for buying a ticket for Breakfast with Santa is today Friday 28th November. KS1/Reception Breakfast with Santa takes place next **Wednesday 3rd December** and KS2 Breakfast with Santa takes place **next Thursday 4th December**. Children who are attending are to be dropped off at 8am at the main doors (near the school hall and school office), they will receive breakfast, a photo with Santa and a selection box.

MONDAY 8TH DECEMBER: NURSERY PARENT TEACHER MEETINGS
Nursery Parent / Teacher meeting slots are now available to book on Class dojo for Monday 8th December between 12:30-5:30pm. Each slot lasts 10 minutes. If you are unable to make this date please speak to Miss Bell. Reception, KS1 and KS2 Parent / Teacher meetings will take place in January.

WEDNESDAY 10th DECEMBER: Y6 CHURCH SERVICE
All Y6 families are invited to our Y6 Church Service on Wednesday 10th December at 9:30am at St Thomas's Church. We look forward to seeing you there!

FRIDAY 12TH DECEMBER:
CHRISTMAS DINNER
Our School Christmas Dinner this year will take place on Friday 12th December. Children normally on school dinners will automatically receive one on this day but if your child normally has a packed lunch they can opt to have one on the day and receive a Christmas dinner by completing the slip handed out last week BY Friday 5th December and paying on Arbor if not entitled to a free school meal. If you have lost the letter please speak to the school office. The cost of the dinner is £2.50.

CHRISTMAS JUMPER DAY
We are celebrating Christmas Jumper day on Friday 12th December. Please send children in their best festive ensemble – Christmas jumper, dress, t-shirt etc all allowed.

NURSERY AND RECEPTION CAROLS AROUND THE TREE
All Nursery and Reception parents are invited to join us for Carols Around the Tree on Friday 12th December at 9:15am in the school hall.

Believe in ourselves, each other and God; Achieve in all we do; Shine every day!

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS **Tel** 01744 734320 **Email** stmarythomas@three-saints.org.uk

Web www.sm-st.co.uk

MONDAY 15TH / TUESDAY 16TH DECEMBER: PANTO / PARTY DAY
A reminder to pay for panto for your Reception to Y6 children as soon as possible. Our Christmas Pantomime trip this year is to see 'Dick Whittington' at the Theatre Royal. Reception and KS1 are booked to see the show on Monday 15th December and KS2 on Tuesday 16th December. Children will walk to the theatre and will be back in time for lunch. The trip is now open on Arbor and **tickets cost £13** (please note there was an error in last week's newsletter, apologies!). For lunch all children with be provided with a party box lunch free of charge (this includes those on packed lunches), the part box normally consists of chicken nuggets and chips. Then in the afternoon there will be a Christmas party for the children in the school hall, so party dress for all!

WEDNESDAY 17TH DECEMBER: Y3 CINDERELLA THEATRE TRIP WEDNESDAY
We are excited to announce that a theatre trip to Shakespeare North has been organised for our Y3 class to see Cinderella on Wednesday 17th December. Children will leave via coach at 9am to arrive for the 10:30am performance. They will leave the venue at 12:30pm and arrive back at school for 1pm when they will have their lunch. As this is later than normal lunchtime, they will be provided with a packed lunch if they are on school dinners. Packed lunch children can eat their lunch as normal. The cost of the trip is £24 per child. We appreciate this is a lot of money to ask for at this time of year. Please speak to school if there are any issues with payment.

THURSDAY 18TH DECEMBER: KS1 NATIVITY THURSDAY
Each Y1 and Y2 child will get 4 tickets which can be used to attend either the 10am or 2pm performance. They will be sent home with children at some point over the coming weeks.

A NOTE ON CONTACTING TEACHERS
A reminder to parents that if you wish to speak to your child's teacher please do so via the school office rather than the chat/message function on class dojo. This may be missed by teachers so we cannot guarantee a response. The school email/phoneline and office are regularly monitored so someone will always get back to you.

HEADLICE
We have had a few cases of headlice reported in Y3 and Y5 this week. Please regularly check your child's hair and treat if required. Thank you for your support.
NHS guidance on headlice https://www.nhs.uk/conditions/head-lice-and-nits/

RECEPTION 2026
Please ensure all Reception September 2026 application are completed by 15th January 2026. Nursery children are not guaranteed a place in our reception so please ensure you apply promptly.
https://www.sthelens.gov.uk/article/2868/Applying-for-primary-school-for-September-2026

CHRISTMAS AT ST THOMAS'S CHURCH
A celebration of Christmas with traditional carols is being held at St Thomas's Church on Sunday 7th December at 3pm. All are welcome! Further details can be found on the leaflet at the end of this newsletter. Opposite is a list if dates for St Thomas Church over the festive period which you can attend.

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FAMILY OF FAITH

Our **Christian value** focus this half term is…

Joy

A reflection from… Mrs Murphy

As we move closer to Christmas, our school fills with a special kind of joy — not the noisy excitement of presents and parties, but the quieter, deeper joy that comes from being part of a community. At this time of year, we are reminded that joy is something we create together. It appears in small acts of kindness, in the way children help one another, and in the moments when we pause to appreciate what we have.

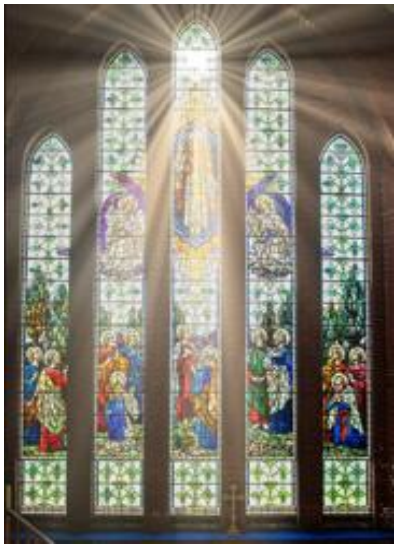
In the rush of rehearsals, crafts, concerts and end-of-term tasks, it can be easy to lose sight of that joy. Yet every day, we see it spark across classrooms and corridors: in a child mastering something they once found difficult, in the laughter shared during playtimes, and in the gentle encouragement between friends. These moments remind us that joy is not something we wait for — it's something we notice, nurture, and pass on.

As a school family, let us take time to slow down, breathe, and reconnect with what really matters. Let's encourage our children — and ourselves — to look for joy in the ordinary: a story shared, a hand offered, a smile given freely. When we find joy in these small things, we make our school a place where everyone feels valued and uplifted.

St Thomas Church
Peter Street, St Helens, WA10 2EB
01744 732463 / stthomaseccleston@gmail.com

Sunday Services
Parish Mass: 9.30am – 10.30am
Evening prayer: 4.30pm

"Seeking to love God and neighbour in the community of which we are part."



BEHAVIOUR MATTERS!

Ready, Respectful, Resilient

Mr Pow's Golden Book

Each week, staff write the names of children who have gone above and beyond in Mr Pow's Golden Book. It is so exciting when the names and reasons are read out in our celebration assembly!

It may be that a child has been ready to learn every moment of every day. Maybe they have been incredibly respectful to a visitor or a friend. Or maybe they have been resilient in a way that has *wowed* the staff!

Class Dojos

Children can receive Dojo points for being ready, respectful and resilient throughout the school day. They receive 5 Dojos if they read five times, which they should do every single week.

Each child has their own Dojo character and milestones are celebrated with certificates and prizes each time they meet one.

We celebrate milestones such as 100, 200 and 300 dojos in assembly too!

Headteachers Award Winners

Nursery – Victory for growing in confidence

R – Okeri for being a kind and respectful friend

Y1 – Alexander for beautiful singing in Nativity songs

Y2 – James for a mature effort in class

Y3 – Joseph for fantastic hard work and perseverance during assessments

Y4 – Kenzo for settling in wonderfully in his new class

Y5 – Madison Woods for outstanding application of Maths

Y6 – Timur for always trying his best

Lunchtime Award Winners

Rec – Luna

Y1 – Leo

Y2 – Francisco

Y3 – Sebastians

Y4 – Stan

Y5 – Piper

Y6 – Keira

Moments Matter, Attendance Counts!

Our school day starts at 8.45am; that's when the doors open!

Children should arrive at school on time, so they don't miss any learning! Regularly missing lessons can have a negative impact on wellbeing and on your academic achievement too.

Being on time is such an important skill and sets you up for a life of success and positive wellbeing!

Children should be in school EVERY DAY… unless you're poorly. Every day counts!

Every minute in school is a learning minute. The research tells us that children who are in school every day achieve more, and their wellbeing is better too!

Please let school know if you'll be absent before 9.15am or we'll have to contact you to check in.

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Whole school attendance this year to date… ***95%***	**Class Attendance Last Week** **YN – 96.7%** **YR – 90.8%** **Y1 – 96.7%** **Y2 – 98.3%** **Y3 – 96.7%** **Y4 – 98.3%** **Y5 – 96.7%** **Y6 – 98.3%**
Whole school attendance last week ***96%***	
Class attendance winners last week… ***Y2, Y4 and Y6 with 98.3%***	

A CELEBRATION OF CHRISTMAS

With Traditional Carols at

St. Thomas's Church, Westfield St.

on Sunday, 7th December at 3.00pm

The Vicar of St. Thomas's Rev. Harry Wood
The Pilkington Choir

The Sea Cadets

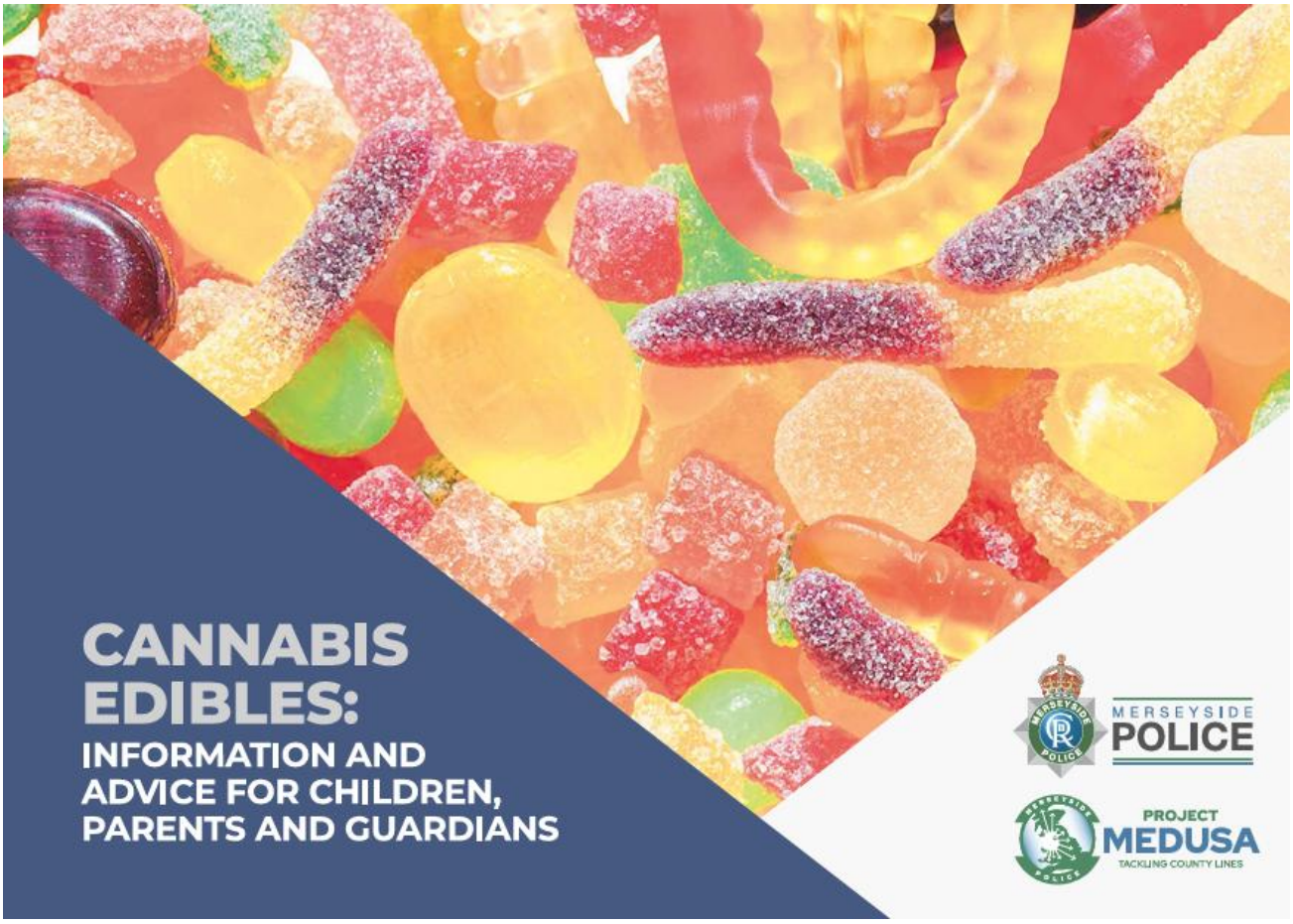
ALL WELCOME

Coffee and Mince Pie
Served After the
Celebration.

MS Society

The Event Hosted by
St.Helens & District Multiple
Sclerosis Society.

MS Society



CANNABIS EDIBLES:

INFORMATION AND ADVICE FOR CHILDREN, PARENTS AND GUARDIANS

MERSEYSIDE POLICE

PROJECT MEDUSA
TACKLING COUNTY LINES

Comparison point	Cannabis edibles	Cannabis joint
THC Strength	10-15mg per sweet	12mg
Time of impact	30-60 minutes	10-15 seconds
Length of impact	Up to three hours	1-2 hours

Short term effects

- Paranoia
- Anxiety
- Hallucinations
- Dry mouth
- Nausea
- Disorientation, confusion
- Dry, red eyes
- Changes in visual perception
- Increased appetite and thirst
- Changes in perception of time

Long term effects

- Changes in perception of time
- Loss of short-term memory
- Poor educational outcome
- Dependency
- Lack of motivation
- Poor sleep
- Longer term increased anxiety
- Increased risk of developing mental health illness
- Problems with thinking and understanding

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My child has taken cannabis edibles.
WHAT DO I DO?

Stay calm and try not to panic.
Assess the situation and gather the facts.

What information would be good to know?

It may not always be possible but there are pieces of information which would be beneficial to know if medical professionals are required. This information includes:

1. Details of the child (age, name, medical history etc.)
2. What actually happened? Did the child digest cannabis edibles or is it believed to have happened?
3. What type of edible were they?
4. Retain any packaging
5. When were the edibles consumed?
6. Has your child consumed any other substances/alcohol?

Is the child conscious and responsive but not themselves?

If the chid is conscious and responsive but not themselves as a result of cannabis edibles, gather the facts and **telephone 111 for advice and additional information.**

Is the child coherent, conscious and responsive?

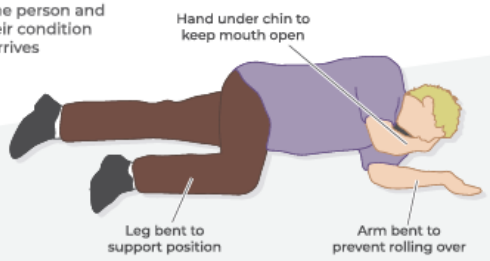
If the child is stable, speak to your child at an appropriate time.

⚠ **If the family pet accidentally eats cannabis edibles seek veterinary treatment.**

⚠ **Is speech slurred?**
Is the pulse rate elevated?
Are they disorientated, unresponsive or unconscious?
Call 999 without delay.

If a person is unconscious but breathing and has no other life-threatening conditions, they should be placed in the recovery position following the 9 steps below:

1. With the person lying on their back, kneel on the floor at their side.
2. Extend the arm nearest you at a right angle to their body with their palm facing up.
3. Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place.
4. Use your free hand to bend the person's knee farthest from you to a right angle.
5. Carefully roll the person onto their side by pulling on the bent knee.
6. Ensure the bent arm is supporting the head.
7. Open their airway by gently tilting their head back and lifting their chin.
8. Check that nothing is blocking their airway.
9. Stay with the person and monitor their condition until help arrives



For further information or support regarding drugs and alcohol, please contact your local service:

For young people living in...

St Helens
Young Person's Drug and Alcohol Team (YPDAAT)
01744 675605
ypdaat@sthelens.gov.uk

Liverpool
River Young People Support Service
0151 706 9747
liverpool.info@cgl.org.uk

Wirral
Response
0151 666 4123
response@wirral.gov.uk

Sefton
Rise Up | Change Grow Live
0151 203 9755 (Option 1 for South and Option 2 for North)
sefton.service@cgl.org.uk

Knowsley
Engage | Change Grow Live
0151 482 6291
knowsley@cgl.org.uk

For adults living in...

St Helens
St Helens Integrated Recovery Service | Change Grow Live
01744 410752
Sthelens.info@cgl.org.uk

Liverpool
River Drug and Alcohol Support Service
0151 706 7888
Liverpool.info@cgl.org.uk

Wirral
Wirral Ways | Change Grow Live
0151 556 1335
wirral.services@cgl.org.uk

Sefton
Change Grow Live
0151 318 2804
seftonyp.info@cgl.org.uk

Knowsley
Knowsley Integrated Recovery Service | Change Grow Live
0151 482 6291
knowsely@cgl.org.uk

If you think that someone is supplying cannabis edibles in your local area please contact **Merseyside Police on 101 or visit www.merseyside.police.uk**

If you prefer to remain anonymous contact **CrimeStoppers on 0800 555 111**

Is it okay if I haven't cried?

How do I go back to school?

When will I stop feeling like this?

Why do I feel like this?

WINSTON'S WISH now

When grief feels too heavy, you can get FREE, instant grief support via text or WhatsApp (13+), phone, email, or live chat. Open on weekdays, excluding bank holidays. Please visit our website to find current opening hours.

07418 341 800

ask@winstonswish.org

08088 020 021

winstonswish.org

Winston's Wish is here for young people (aged 25 and under) when someone dies.

WINSTON'S WISH

Giving hope to grieving children

Registered Charity Number 1061359 (England and Wales), SC041140 (Scotland).

Online relationship support for parents

Parents in this area can now access THREE ONLINE COURSES from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents

Neurodevelopment pathway drop ins

NHS
Mersey Care
NHS Foundation Trust

Come along to one of our drop in sessions in St Helens.

Our team will answer questions you have about the neurodevelopment pathway process.

You don't need to be using our service, you can drop in if you have any questions to ask about this.

We look forward to meeting you.

Second Tuesday of the month at Parr Children's Centre, 9am to 12 noon

(with the exception of October, see alternative dates below)

Fourth Tuesday of the month at Central Link Family Hub, 1pm to 4pm

(with the exception of Oct/Nov/Dec, see alternative dates below)

12 August at Parr Children's Centre, 9am to 12 noon.

26 August at Central Link Family Hub, 1pm to 4pm.

9 September at Parr Children's Centre, 9am to 12 noon.

23 September at Central Link Family Hub, 1pm to 4pm.

7 October at Parr Children's Centre, 9am to 12 noon.

21 October at Central Link Family Hub, 1pm to 4pm.

18 November at Parr Children's Centre, 9am to 12 noon.

25 November at Central Link Family Hub, 1pm to 4pm.

9 December at Parr Children's Centre, 9am to 12 noon.

16 December at Central Link Family Hub, 1pm to 4pm.

Sutton Family Hub, Ellamsbridge Road, Sutton, St Helens, WA9 3PY

Central Link Family Hub, Westfield Street, (off Peter Street), St Helens, WA10 1QF

SCHOOL TERMS AND HOLIDAY DATES 2025/2026

Name of School: St Mary & St Thomas Church of England Primary School

The following dates were determined by the Governing Body at their meeting held on 27th November 2024.

*These should be the same as the dates in the standardised school year pattern unless you intend to take an in-service training day at the start or end of a term.

Term	Open on:	Close on:
Autumn Term	Wednesday 3rd September 2025	Friday 24th October 2025
	Monday 3rd November 2025	Friday 19th December 2025
Spring Term	Monday 5th January 2026	Friday 13th February 2026
	Monday 23rd February 2026	Friday 27th March 2026
Summer Term	Monday 13th April 2026	Thursday 21st May 2026
	Monday 1st June 2026	Friday 17th July 2026

Easter Bank Holidays:

Good Friday: 3 April 2026

Easter Monday: 6 April 2026

Bank Holidays during term time:

May Day: Monday 4 May 2026

CPD Days:

1st September 2025

2nd September 2025

21st November 2025

22nd May 2026

20th July 2026

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