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
A little bit of a different Safeguarding Spotlight this week...

Battery **Safety**

As we approach Christmas, batteries are on many shopping lists...Batteries are common in many household items and toys, but they can pose serious risks if not handled properly. Small button batteries, in particular, can be extremely dangerous if swallowed, causing severe internal injuries within hours. Please ensure that batteries are kept out of reach of children, and check that battery compartments on toys and devices are secure. Dispose of used batteries safely and never leave them loose around the home. If you suspect a child has swallowed a battery, seek medical attention immediately by calling 999 or going to A&E.

SIAMS INSPECTION
Our school underwent a SIAMS (Statutory Inspection of Anglican and Methodist Schools) inspection on Tuesday, 2nd December. The inspection focused on evaluating how our Christian vision impacts the life of the school and the experiences of our pupils. The official report is currently being prepared and will be published soon. As soon as it is available, we will share the report with parents to keep you fully informed.

BREAKFAST WITH SANTA
A big thank you to all the children who joined us for our wonderful Breakfast with Santa events this week — we hope you had a magical time! We are also very grateful to the staff who came in early to support the events, and of course to Santa himself for making the mornings extra special!

CANCELLLED NURSERY PARENT TEACHER MEETINGS MONDAY 8TH DECEMBER
Unfortunately, we have had to cancel the Nursery Parent / Teacher meetings this coming Monday 8th December. Apologies if you had already booked an appointment and planned to come. These will be rescheduled for January and we will let you know the new date as soon as one is arranged.

ROYAL BRITISH LEGION
Thank you for your support during our fundraising efforts for the Royal British Legion, we raised £320.75. Thank you for all your kind donations and supporting this cause.

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

FRIDAY 12TH DECEMBER:
CHRISTMAS DINNER
Today (Friday 5th December) is the deadline for ordering a school Christmas Dinner if your child normally has a packed lunch. The catering team need to order supplies so we cannot accept orders after today. Please ensure the slip is completed and payment is made if necessary. Children normally on school dinners will automatically receive one on this day. The cost of the dinner is £2.50.

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

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

Web www.sm-st.co.uk

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.

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.

RECEPTION HEARING SCREEENING
The 0-19 team will be in school on MONDAY 2ND FEBUARY to carry out a hearing screening on all Reception age children. A letter has been sent out via email and Class Dojo with more detail. If you do not wish for your child/children to take part in the hearing screening you need to email the School Screeners on wchc.schoolscreeners@nhs.net with your child's full name, DOB and the school they attend.

WALKING HOME
As the evenings are becoming darker, starting Monday 8th December, any children who usually walk home on their own will no longer be permitted to do so. For safety reasons, they will only be dismissed to a parent or carer outside their classroom door. Thank you for your understanding and support in keeping our pupils safe.

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

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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.

FAMILY OF FAITH

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

Joy

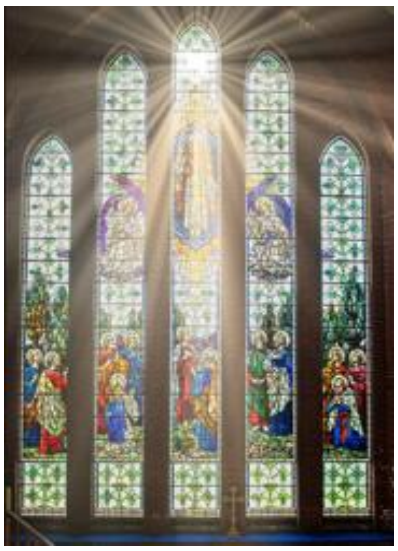
A reflection from… Miss Bell

As our students gathered this week to enjoy a special breakfast with Santa, their smiles and excitement reminded us of a simple but beautiful truth: joy is a gift from God. In the Bible, we are encouraged to "be joyful always," because joy grows when we share kindness, laughter, and love with one another. Watching the children delight in the fun of the morning with Santa reminds us that God's joy is often found in the everyday moments — in friendship, in giving, and in being together as a school community. As we celebrate this season, may we carry that same joy into our classrooms, our homes, and our hearts.

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 – Olivia for amazing singing during our practice for our Christmas concert!

Rec – Nayeli for settling in beautifully!

Y1 – Nellie for always working hard!

Y2 – Sophie for super effort in class

Y3 – Ola for always being ready and respectful in lessons!

Y4 – Anna for a fantastic piece of writing

Y5 – Jacob for outstanding confidence and application

Y6 – Leo for consistently being ready and respectful!

Lunchtime Award Winners

Rec – Nayeli

Y1 – Floki

Y2 – Amelia

Y3 – Teddy

Y4 – Stan

Y5 – Niamh

Y6 – Emmanuel

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… ***94.8%***	**Class Attendance Last Week** **YN – 89.5%** **YR – 89.9%** **Y1 – 91.7%** **Y2 – 98.0%** **Y3 – 94.7%** **Y4 – 94.6%** **Y5 – 90.3%** **Y6 – 96.0%**
Whole school attendance last week ***93.3%***	
Class attendance winners last week… ***Y2 with 98%***	

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

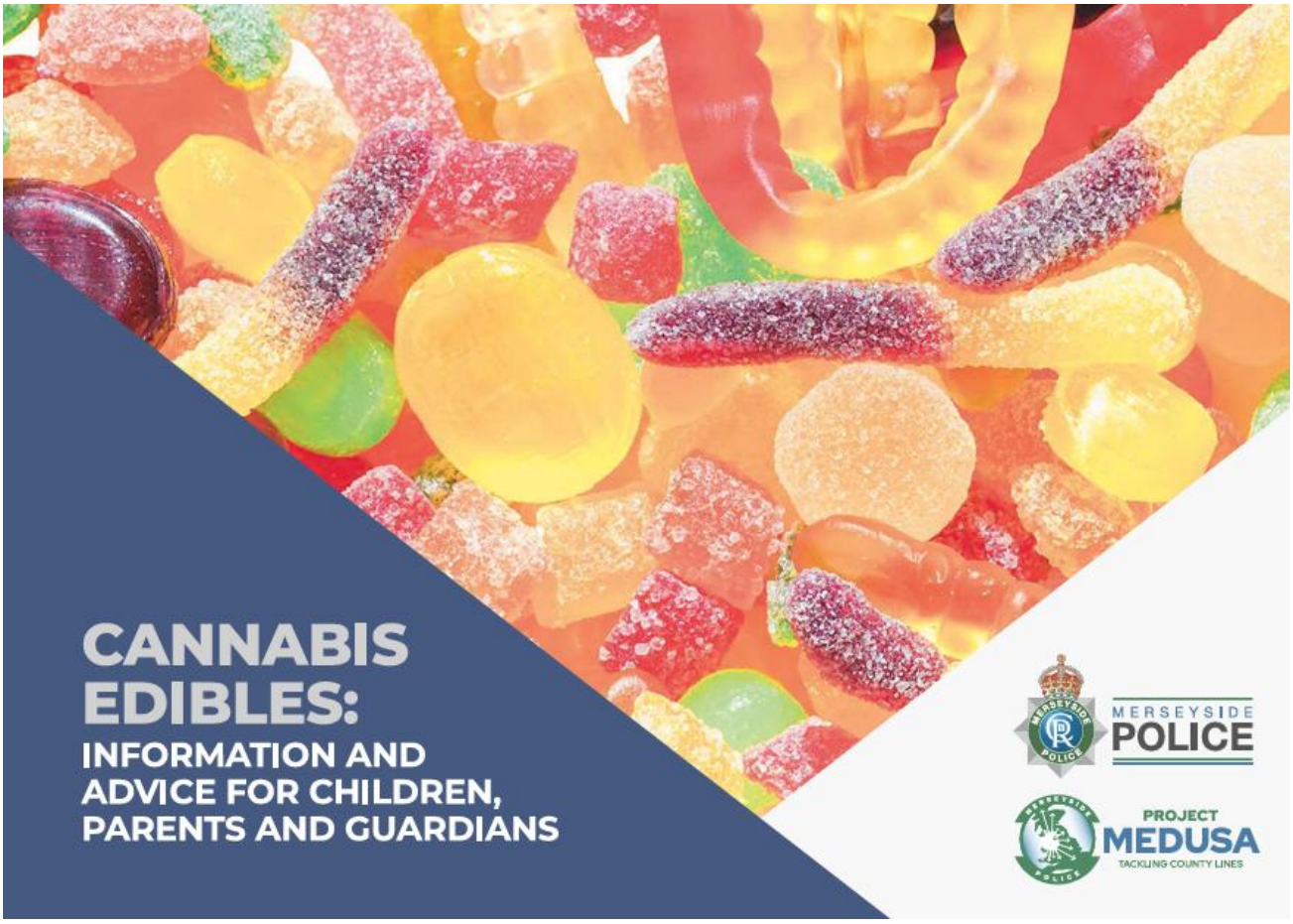
ALL WELCOME

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

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

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

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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?

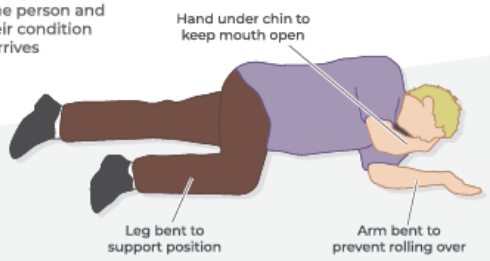
If the child is stable, speak to your child at an appropriate time.

⚠ **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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