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

Welcome to the last newsletter of the term and of 2025! It has been a fantastic year full of learning, laughter, and memorable experiences. School ***closes today at the normal time (no wrap around care available)*** *and will* ***re-open on Monday 5th January*** *at the usual time. We wish all our children, families, and staff a very happy and peaceful festive season!* 🎂✨

SAFEGUARDING SPOTLIGHT
As children spend more time online whether gaming, chatting, or exploring new apps, we're reminding families of the importance of staying curious and connected about their child's digital world. A quick daily check-in about who they're talking to, what they're playing, and how it makes them feel can help spot concerns early. We encourage parents to keep devices in shared spaces, set age-appropriate privacy controls, and remind children never to share personal information or photos with people they don't know offline. If something online ever feels worrying or confusing, children should know they can always speak to a trusted adult.

THANK YOU ASDA!
We would like again to extend our sincere thanks to the ASDA store next to school for their generous support. They have kindly provided additional items for our families, as well as resources that we can use throughout the school year. Their contribution has made a real difference to our school community.

PANTO / PARTY DAY
This week, our children and teachers enjoyed a brilliant trip to the pantomime Dick Whittington, with lots of laughs, singing, cheering and plenty of "He's behind you!" The fun didn't stop there - everyone loved their special party box lunches before heading back for a party-filled afternoon of dancing and games. It was a truly memorable day and a perfect way to celebrate together in the festive season.

CINDERELLA THEATRE TRIP WEDNESDAY
Year 3 were also luck enough to see their second pantomime of the week this Wednesday. They enjoyed a trip to the Shakespeare North Theatre where they watched the pantomime, Cinderella! There were sparkling costumes, funny characters, and plenty of chances to cheer and laugh and a magical experience for all. The children were beautifully behaved throughout – well done Y3!

KS1 NATIVITY THURSDAY
Our Year 1 and Year 2 children gave 2 wonderful nativity performances for parents this Thursday. Everyone enjoyed the singing, acting, and festive storytelling, which helped both the children and the audience understand the nativity story and the true meaning of Christmas. The children shone on stage with their confidence and enthusiasm, making it a joyful celebration for all! A big thank you to all the staff who have worked tirelessly to put the production together. Well done everyone!

ATTENDANCE
Congratulations to Sienna in Year 2, who has won this term's attendance prize - four tickets to Gulliver's World. All children with 100% attendance for the autumn term were entered into the draw, and Sienna's name was randomly drawn. We hope she and her family enjoy a fantastic day out. We will be holding more attendance draws throughout the year. Every day in school makes a difference, and we're excited to celebrate more great attendance in 2026.

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

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

Web www.sm-st.co.uk

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.

PARENT TEACHER MEETINGS
Don't forget to book your slot for the Parent/Teacher meetings taking place in January. If you cannot make these times please speak to the class teacher.

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.

FAMILY OF FAITH

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

Joy

A reflection from… Mr Pow

As we reach the end of a busy and vibrant term, it's been wonderful to see our children enjoying so many special opportunities together. From our joyful nativities to exciting pantomime trips and lively class parties, the term has been filled with moments where children have shone, and families have shared in the celebrations.

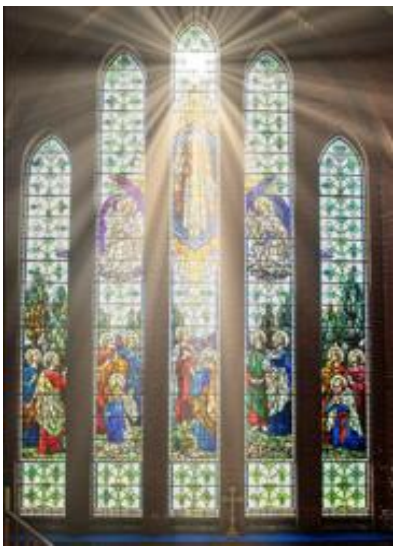
Throughout it all, the Christian value of joy has been clear in smiles, in laughter, and in the sense of togetherness across our school community. These shared experiences remind us how powerful it is when joy is lived out collectively.

We are grateful for every moment and look forward to carrying this joy with us into the new year.

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."



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… ***94.5%***	**Class Attendance Last Week** **YN – 94.3%** **YR – 89.3%** **Y1 – 97.3%** **Y2 – 93%** **Y3 – 97.6%** **Y4 – 94.3%** **Y5 – 96.4%** **Y6 – 95.1%**
Whole school attendance last week ***94%***	
Class attendance winners last week… ***Y3 with 97.6%***	

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

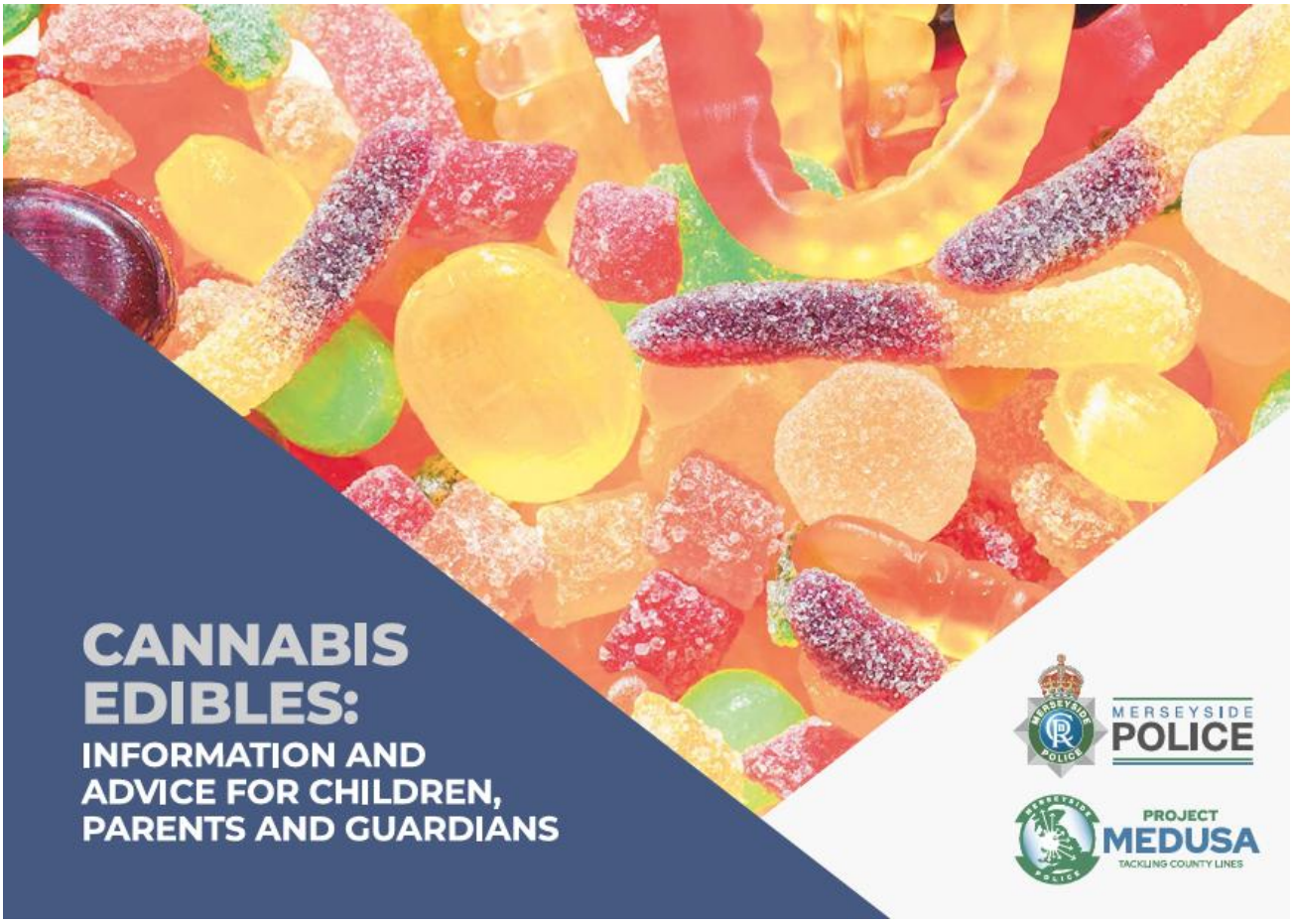
ALL WELCOME

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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Web www.sm-st.co.uk

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?

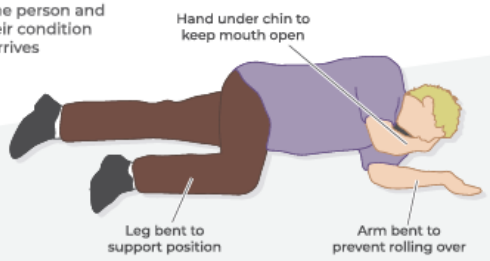
If the child is stable, speak to your child at an appropriate time.

⚠ **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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