



Educate Protect Love Serve

Newsletter

No. 2

Nov 22

Please share this Newsletter with your child. All newsletters can be found on our website: <http://www.st-marys-bod.cornwall.sch.uk>

Merry Christmas and Happy New Year from all at St Mary's

What a whirlwind of a few weeks!

What can I say, we have decorated, baked, created, sang, performed, read, narrated, acted, ate and partied our way through the Christmas season in school in the last few weeks. It has been a tad busy!

A huge thank you for helping us with costumes and coming to watch the performances, it is so lovely to see you all in our school; it shows the strength of our community. It has also been really lovely to see some familiar faces in the crowd including past pupils that I taught a very long time ago!

Don't forget we are on the look out for volunteers to help us with Reading and if you can spare a few hours or an hour in a day please do let us know (contact Mrs Scott or Mrs Andrews in the school office).

All that remains for me to say is thank you once again for your unwavering support; we feel so lucky to have such an amazing community. Have a very Merry Christmas and a happy New Year and see you all on the 3rd of January!

Warmest wishes

Mrs McDonald, Mrs Breslin and the team at St Mary's



St. Mary's Catholic Primary School

Headteachers special mention to: Yr5 and 6 representing our school at the St Petroc's Christmas Tree Festival

Christmas and Mental Health

The festive season can be a time of great joy and spending time with loved ones but it can also be a time of worry and stress. During this time it is important to try and look after our mental health and wellbeing.

Talk about your feelings

It's hard to admit that at such an exciting time of year you don't actually feel that great. But talking about your feelings can improve your mood and make it easier to deal with the tough times.

Do something you are good at

What do you love doing? What activities can you lose yourself in? Enjoying yourself helps beat stress.

Ask for help

Donning a Christmas jumper can make us feel pretty special, but none of us are superhuman. At times, we all get overwhelmed by how we feel, especially when things go wrong. If things are getting too much for you in the next few weeks and you feel like you can't cope, ask for help. [Samaritans](#) are available to speak to all year round - their free helpline number is **116 123** and calls to this number do not appear on phone bills.

Keep in touch

When putting the finishing touches on holiday plans, we can often become distracted from the support systems around us and lose our footing. Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head, keep you grounded and help you solve practical problems - enjoy this time to catch up.

Accept who you are

Some of us make people laugh, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. If you have mental health problems, don't feel under pressure to do more than you feel up to this Christmas.

Further support and help can be found at <https://www.mentalhealth.org.uk/explore-mental-health/blogs/tips-looking-after-your-mental-health-christmas>

Parent Support

Advisor Update



It's Good to Talk

Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time.

If they don't want to talk, reassure them that they can talk to you at any time. You could say things like:

1. You can talk to me, I'm here for you.
2. If you need to talk to someone else, that's okay too.
3. If you talk to me about what is worrying you, I can do my best to help.
4. Even if I don't understand, know that I want to.
5. We're going to get through this together.

Try Martial Arts for FREE in Bodmin

No Direct-Debits, No Contracts.
Pay-As-You-Go class fees.

All instructors are DBS checked, train week.

Receive a FREE karate uniform if you continue after your free trial!

Classes for Children, Families & Adults.

- Discipline
- Build Confidence
- Get Fitter
- Learn Self-Defence
- Improve Balance & Coordination
- Meet new people
- Learn a new skill
- Become a Black Belt in time
- sport Kumite like the Olympics
- kobudo classes also available

To book your FREE TRIAL contact us via:
email: cornwall@doryokuryu.com OR
call/text 07792610207 or
message me on our social media.

You can also visit our website for more information! doryokuryukarate.com

Start of Spring Term	3 January 2023
Spring Half Term	13-17 February 2023
Inset Day	20 February 2023
End of Term	31 March 2023
Start of Summer Term	17 April 2023
Bank Holiday	1 May 2023
Summer Half Term	29 May – 2 June 2023
Inset Day	5 June 2023
Inset Day	24 July 2023
Inset Day/End of Term	25 July 2023



Winter Mini Challenge is only 2 weeks away!

Sign up online from 1 December 2022 until 20 February 2023

Following the success of this year's Summer Reading Challenge, The Reading Agency is once again teaming up with Science Museum Group to continue the Gadgets theme. For their next reading adventure, children will be able to join the six Gadgets as they find themselves in a snowy situation!

With activity ideas and resources from Science Museum Group, the Winter Mini Challenge will help to spark children's curiosity about the world around them, inspiring them through creativity and invention.

The Winter Mini Challenge encourages children to continue reading over the winter holidays with a free, digital platform offering rewards for reading.

Children can visit www.wintermini.org.uk from 1 December 2022 to sign up, start rating and reviewing their books and enjoying the online activities.

#CETHESIGNS

SPENDING LONG PERIODS OF TIME ONLINE TALKING TO PEOPLE WITH EXTREMIST VIEWS

WATCHING VIOLENT OR EXTREMIST VIDEOS

CHANGE IN STYLE OF CLOTHING OR APPEARANCE

SUPPORTING OR BEING INVOLVED IN EXTREMIST IDEOLOGIES

HAVE MATERIALS OR SYMBOLS ASSOCIATED WITH AN EXTREMIST CAUSE

LOSS OF INTEREST IN FRIENDS AND ACTIVITIES THAT ARE NOT ASSOCIATED WITH EXTREMIST IDEOLOGY

TRYING TO RECRUIT OTHERS TO JOIN THE CAUSE

DO YOU CE THE SIGNS OF CHILD EXPLOITATION?

Exploited children and young people often don't realise they're in danger and won't ask for help. Some may have been groomed to see themselves as willing participants and do not realise that what's happening to them is illegal.

If you're worried about a child or young person, it's important that you tell us. Contact the Multi-Agency Referral Unit today on 0300 123 1116 or email multiagencyreferrals@cornwall.gov.uk

Please dial 999 if the situation is an emergency.

#CETheSigns. Think exploitation.
dcsa.garding.org.uk/cethesigns

Walk a mile a day for charity this January

Join us for our January Marathon and help raise funds to support Citizens Advice Cornwall

Register today at www.eventbrite.co.uk/e/walk-a-marathon-this-january-tickets-465773299477
Or email tamsin@citizensadvicecornwall.org.uk

WHAT'S ON



EVENT CRAFTS

Wreath Making

Bodmin
Tuesday 20 December | 10am-4pm Wreaths are traditionally hung on our doors at Christmas to welcome good spirits and good luck. Join us at the Keep and learn how to create your own fabric wrea...

from £2.00



EVENT CRAFTS

Nutcracker Toy Soldiers

Bodmin
Wednesday 21 December | 10am-4pm Create your own Nutcracker-themed Christmas tree decorations and learn more about the magical history of these fascinating toy soldiers. This eve...

from £2.00

CHRISTMAS Cricket Camps

Soft Ball
MONDAY 19TH DEC, TUESDAY 20TH DEC
10-3PM
SCHOOL YEARS 1-4
£15 PER CHILD

Hard Ball
WEDNESDAY 21ST DEC, THURSDAY 22ND DEC
10-3PM
SCHOOL YEARS 5-8
£20 PER CHILD

LOCATION - CORNWALL CRICKET CENTRE

TO BOOK YOUR SPOT
<https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html>
Any booking queries contact
ADMIN@CORNWALLCRICKET.CO.UK