ST MARY'S SCHOOL
NEWSLETTER

Autumn 4 - 23rd October 2026

FROM MRS COLE

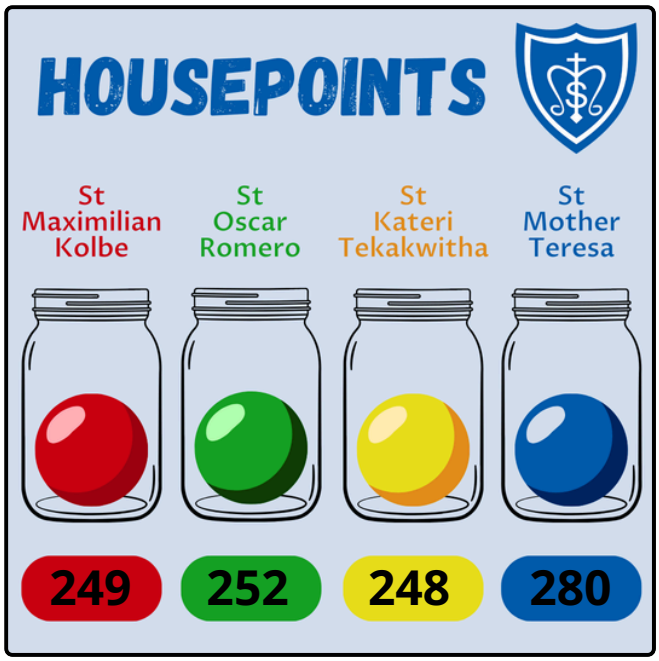
Dear Parents and Carers,



Happy half-term! It has been a busy half-term full of lots of exciting learning. Thank you to all those of you who attended parents evenings this week. We hope you will have seen the progress already in the children's books since the start of term and are pleased with the reports from class teachers. Please do follow up with any advice re spellings, times tables etc to practise at home as this makes such a difference.

Welcome to two new pupils and their families, Ruslan who has joined us in Starfish Class (Reception), and to Eliam who has joined us in Seagull Class (year One).

The PGL trip went very smoothly last week-Yr6 were fantastic ambassadors for our school and have a wonderful time. We are very proud of them all. They are looking forward to sharing their experiences with their families this afternoon.

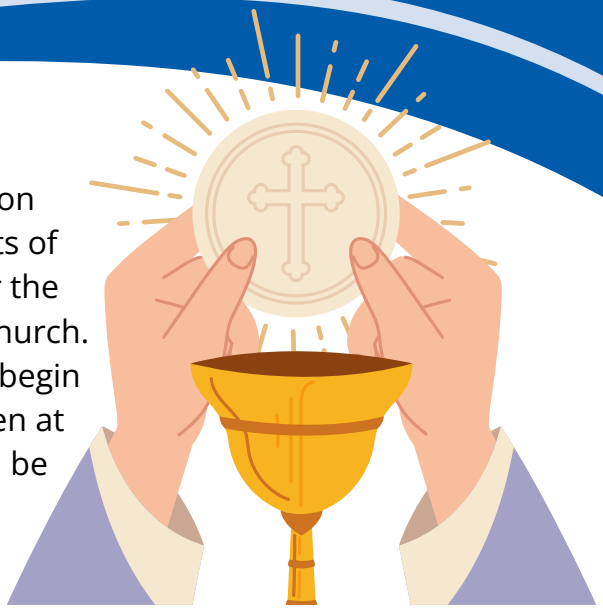


We are very sad to say a fond farewell today to Mrs Brook, Zoe, in the school office. She has been such a central part of our school community and we will all miss her very much, and I know that goes for yourselves as the parent community too. We are also sad that Mrs Myatt finishes her full-time LSA role at school today. Mrs Myatt will still be with us in her teaching role, but we will really miss her as part of the LSA team.

I hope you all have a wonderful half-term break, whatever you are doing. I hope there will be a respite from the current wind and rain, and that everyone will be able to be outside and enjoy some fresh autumn air!

With my best wishes,
Mrs Cole

FIRST HOLY COMMUNION

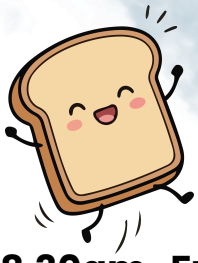


Preparation for First Reconciliation and First Holy Communion
The first meeting and registration for receiving the sacraments of Reconciliation and First Holy Communion in 2027 will be after the 11am Mass on Sunday 8th November in Our Lady of Sorrows Church. The course is for parents and children in Year 3 and above will begin the following Saturday 14th November for parents and children at 11am to 12.30pm in the church. Full details of the course will be available at the meeting on Sunday 8th November.



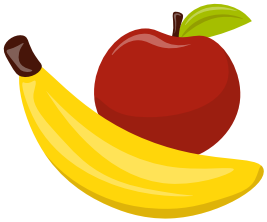
On Wednesday, Alan, Max and Amelia represented our school at a Boccia tournament, competing across many schools from Bognor and Chichester. They throroughly enojyed the morning learning and new game which we hope they might be able to teach us. They came fourth in their division after some very close matches and won the 'most determined team' award!

Thank you all for your support sending children into school in smart school uniform and with all the belongings they need. Please remember winter uniform and coats after half-term.



BREAKFAST CLUB

Launching Monday 9th November!



7.30am - 8.30am £4 per session

8.00am - 8.30am Free of charge (under Government breakfast club scheme)

Children will recieve a simple nutritious breakfast.

Staffed by Premier Education in the Parish Hall.

Please contact the school office to register. Once registered, sessions can be booked through ParentMail on a pay-as-you-go basis, similar to SMASH Club.

Children and will be escorted to their classrooms when the school day begins.

Please note that places are limited.

THE SCREEN CYCLE AND THE CHILD'S BRAIN:
WHY EVERYDAY LIFE FEELS HARDER AFTER SCREEN USE

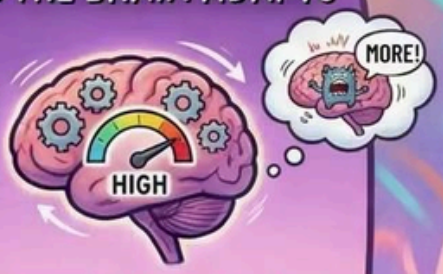
www.SocialWorkersToolbox.com

1. FAST REWARDS



TV, games, and videos give instant pleasure. The brain gets a strong dopamine hit.

2. THE BRAIN ADAPTS



With repeated fast dopamine, the brain starts to expect it and needs more to feel satisfied.

Dopamine is the brain's reward and motivation chemical.

3. REAL LIFE FEELS DULL



Play, homework, meals, and conversation feel boring or irritating by comparison.

4. BIG EMOTIONS APPEAR



Without screens, children may feel restless, frustrated, low, or overwhelmed. Their brain struggles with slower life.

5. SCREENS BRING QUICK RELIEF



Screens calm the brain fast. The child learns that screens mean comfort and escape.

6. THE CYCLE REPEATS



Screen use increases. Real life feels harder. Emotions grow bigger.



Break the cycle: Prioritise connection, outdoor play, and slow, engaging activities such as walking and talking, sports, creative projects, reading, music, cooking, building, puzzles, or shared tasks. These help the brain settle and cope with everyday life.