



St. Mary's Catholic Primary School

Living and learning, inspired by our faith
www.stmaryschiswick.org.uk

NEWSLETTER

Week 24 Friday 13th March 2026

UPCOMING EVENTS

Monday 16th March – Year 6 Bikeability Week
Wednesday 18th March – School Visit from Neal Zetter - poet
Wednesday 18th March – Year 5 Virtual Author Visit – Barbera Henderson
Thursday 19th March – Year 4 Multi-Skills – Osterley Sports Hall
Friday 20th March – EYFS Parents' Evening & School Disco, Parish Hall (6.30-7.45pm
EYFS+KS1) (8.00-9.15pm KS2)
Monday 23rd March – EYFS Parents' Evening
Tuesday 24th March – Year 4 Passion Play - 9.15am
Wednesday 25th March – Feast of the Annunciation – Mass Y2-Y6 – 10.00am in Church
Thursday 26th March – Year 1- 6 Parents' Evening – 1.30pm onwards
Friday 27th March – End of Term – school closes at 1.15pm

Year 6 Macbeth Workshop

Mr O'Reilly writes - On Monday 2nd March, Year 6 visited the Polka Theatre to enhance our acting skills. We learnt how to prepare for acting and how we should deliver our lines. We did all of this through our class book, Macbeth where we rehearsed scenes and even created our own modern-day version of the play. Year 6 are really enjoying the challenge of reading a Shakespeare text and have refined their oracy, reading and writing skills through their work on it this term. This will all come in handy for our end of year show which we are looking forward to performing.

Nursery 2026

We are hoping to extend our Nursery offering from this September to full days. Our warm and welcoming Nursery provision develops and nurtures the whole child, preparing them for a seamless transition to school. Our dedicated staff are experienced in meeting children's individual needs, developing essential skills and giving them the confidence to grow and develop foundations for a lifelong love of learning. If you have a child of Nursery age – 3-4 years, or who will be turning 3 in the next academic year- or know someone else who has, please email the office or drop in to find out more about how to apply. Please contact the school office if you would like more information. Please submit Nursery applications for September 2026 to the office by Friday 6th March. Visits to the school are welcome. Please enquire through the Office.

Taking Time to Disconnect

Being able to disconnect for our phones and devices is an important skill. Reducing technology use can help children improve focus, build relationships, strengthen social skills, and give time for new experiences. Disconnecting isn't about abandoning technology use entirely. Instead, it's about using meaningful strategies to help us become more present, focused, and connected. It's something we ALL can learn from. The good news is that there are ample reasons why time away from our devices is truly beneficial for us. Here are a few-

- **Allows us to be more present in the moment** – Every moment truly only happens once. By putting your device away for a period of time, you are actively embracing the now. That means being present for chats with peers, learning new ideas in the classroom, enjoying time with friends, and much more.
- **Improves focus and attention skills** – Time on your phone can be exciting and fun, but it's also mentally draining. This has a big impact on your ability to pay attention and focus on tasks. Disconnecting allows your brain a chance to rest, reset, and replenish your focusing abilities.
- **Gives time for new hobbies** – When you are glued to your device, you're not doing other activities that might matter for you. Being away from devices allow you to truly prioritise the activities that positively impact your life, like spending quality time with family or friends, practicing a skill, getting outside or diving into a new hobby. If you had even just an extra 30 minutes a day, think about what you could do with that time.
- **Improves self-awareness** – Digital devices are a distraction. They might feel good in the moment, but they are preventing you from thinking about your own thoughts, feelings, values, needs, and hopes for the future. Spending some device-free time each day gives you the opportunity to check in with yourself, a valuable skill you can use for years to come.
- **Strengthens our social skills** – Genuine connections matter. During social events and activities, being away from online activity allows you to fully engage with others. It also helps you to build critical social abilities like teamwork, communication skills, self-advocacy, conflict resolution, and more.
- **Improves our sleep** – A good night's sleep is critical to helping you do and feel your best. Researchers have shown that online activity often plays a big role in reducing the amount of sleep children are getting each night. Even small interruptions in our sleep can negatively impact the quality of our rest. Having a plan to disconnect at a fixed time each night is an important step in securing this.

School Uniform

We take great pride in our uniform and smart appearance. Please ensure that your child is wearing a green coat to school and green hair accessories. Jewellery should not be worn in school, apart from small, discrete stud earrings for girls. Watches are permitted, but please note that smart watches or devices eg Fitbits are not allowed in school. A full uniform list is available on our website under the parents' section. Thank you for your co-operation with this. Our lovely PTA will be organising further uniform sales to help parents with this in the near future. If you have any good quality uniform which your child has outgrown, please send in to school.

Celebrations



Happy Birthday to Ariela (Y2), Naira (Y2), Eddie (Y2)

Star of the Week

Ciara (YR), Leonor (Y1), Hendrix (Y2), Santi (Y3), Jack (Y4), Maddie (Y5) and Florence (Y6)

Teacher's Award

Sebastian (YN), Nico (Y1), Eddie (Y2), Frankie (Y3), Theo (Y4), Joel (Y5) and Viktorija (Y6)

Reader Award

Elidah (YR), Caellum (Y1), Lily (Y2), Levaria (Y3), Ellie (Y4), Archie (Y5) and Eleazar (Y6)

Pen Licence

Ellie (Y4), Federico (Y4) and Gabriel (Y4)

With Best Wishes for the Weekend,

Miss Keane NPQH

Headteacher