

Welcome

Annwyl pawb,

A very warm welcome back to everyone as we begin a new academic year. We hope the summer has provided plenty of opportunities to rest, recharge and enjoy time with family and friends. The start of a new school year always brings a sense of excitement, with new experiences, fresh challenges and many opportunities for success awaiting our pupils.



Sarah Ruggeri

Around the World in Words

Malayalam

മലയാളം

Following their recent visit to Aberystwyth University to take part in a languages workshop, our Language Ambassadors have been inspired to develop a monthly programme celebrating different languages and cultures from around the world. Each month, learners will have the opportunity to learn key words and phrases, explore cultural traditions, and broaden their understanding of our diverse global community. We are delighted to begin this exciting initiative in September with a focus on Malayalam, one of the principal languages spoken in the Indian state of Kerala.

We would love to hear from members of our school community who can help bring these languages and cultures to life. If you, or someone in your family, speak Malayalam or have personal experience of the culture, we would be delighted to welcome your involvement through sharing stories, traditions, artefacts, music, food, or simply your experiences. There is no better way to learn than from those who know it best!

Our Malayalam celebration will take place on
Wednesday, 30th September - please come along to join in!



Farewell

Debbie Luke

We bid farewell to Debbie Luke, who retires from teaching this year after twenty-six years at St Mary's. Debbie has been a much valued member of our school community, supporting so many children and families throughout her time here. Her keen interest in developing pupils' literacy and numeracy skills has made a lasting impact, helping generations of children to grow in confidence and achieve their potential. Debbie has also played a significant role in preparing and guiding children on their journey towards receiving the Sacrament of First Holy Communion, supporting them in this important step of their faith development. We are grateful for all that Debbie has given to St Mary's over the years, and as she begins this new chapter, we wish her well, hoping her retirement brings her happiness, fulfilment, and many blessings for the future.



Welcome

We are pleased to let you know that Alice from the Walk Wheel Cycle Trust will be visiting our school on Wednesday, 9th September at 3:30pm to provide a practical demonstration on basic bike maintenance.

This is a fantastic opportunity for parents and carers to learn valuable skills to help keep their children's bikes safe and roadworthy.

We encourage all parents and carers to make every effort to attend and take advantage of this informative session.

We look forward to seeing you there!



Bike Maintenance Demonstration

Curriculum

I wonder...



Our Cynefin Curriculum encourages children to develop a deeper understanding of who they are, where they belong and how they connect to the wider world. This Autumn Term, our learning journey will focus on Science and Exploration, inspired by the idea that curiosity and a desire to seek answers help us better understand the world around us.

Throughout the term, our pupils will be posing questions, carrying out investigations, testing ideas and making exciting discoveries. They will learn how observation, evidence, reasoning and creativity work together to help us solve problems and uncover new knowledge.

To enrich these experiences, we would love to welcome members of our community who can inspire our learners through their work, interests or expertise. Whether you are a scientist, engineer, healthcare professional, farmer, environmental champion, technician, inventor, explorer, or have a unique hobby or career that encourages curiosity and innovation, we would be delighted to hear from you.

Together, we can help our children see that learning, discovery and inspiration are not confined to classrooms or laboratories, but can be found right here within our own community. If you would be interested in sharing your experiences with our pupils, please get in touch.

Curiosity is the spark, Discovery is the journey!

Swimming



On Wednesdays, all learners will be swimming, starting on 9th September.

Please ensure that your child brings their swimming costume and towel every Wednesday. For goggle-use, email the office with your written consent. The contribution to transport will be placed on Parent Pay.

PE

On Thursdays, learners will be required to wear their PE kit to school:

- yellow t-shirt
- black shorts / leggings / jogging bottoms
- trainers
- blue school jumper



Forest Schools



On Fridays, all learners will be enjoying Forest School sessions, starting on 11th September.

Please ensure that your child brings a waterproof coat and waterproof shoes / boots / wellingtons.

Music

On Fridays, Dosbarth Coeden will be enjoying musical sessions with Clovis Phillips, starting on 11th September.

If you wish for your child to receive a private tuition session, please let us know so that we can pass on your contact details to Clovis.

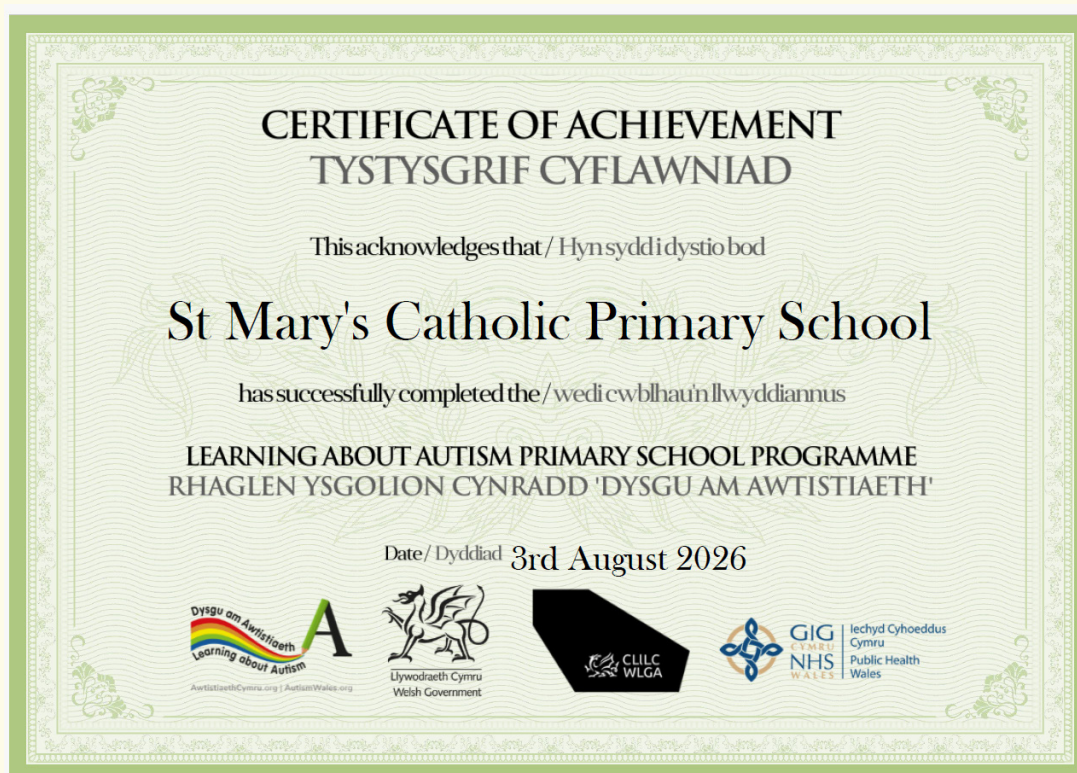


Congratulations

We are thrilled to announce that we have won first place in the Tesco Blue Tokens Grant Scheme, securing an amazing £1,500 for our school!

A huge thank you to everyone who supported us by voting. Your support has helped make this possible, and we are incredibly grateful.

The funding will be used to purchase new outdoor equipment, helping to enhance playtimes and outdoor learning opportunities for our pupils. Even better, our children will have the opportunity to help choose the equipment, ensuring it reflects their interests and needs. We look forward to sharing updates as we bring this exciting project to life!



We are delighted to share that St Mary's has been re-accredited with Autism Aware Status.

This recognition reflects our ongoing commitment to creating an inclusive, supportive, and understanding environment for all pupils. We are proud of the dedication shown by our staff, pupils, and wider school community in ensuring that every child feels valued, respected, and able to thrive. We remain committed to continually improving our provision and understanding, enabling us to meet the needs of all learners and foster a culture where everyone belongs.

Attendance

Be In School, Be On Time!



Ensuring that all pupils attend school regularly remains a major priority for us. Excellent attendance not only supports children's learning but also helps them build confidence, friendships and positive routines. By working together with parents and carers, we can continue to improve attendance rates and move closer to achieving the Welsh Government target of 95%.

Good school attendance leads to future success!



Dosbarth Hedyn

*Finding my feet,
finding my voice,
finding my friends*



Dosbarth Coeden

*Building my confidence,
building my skills,
building my future.*



High School

*Shaping my ambitions,
shaping my character,
shaping my future.*



College / University

*Pursing my passions,
refining my talents,
preparing my future.*



Employment

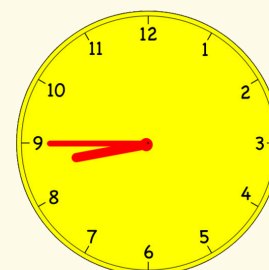
*Applying my skills,
achieving my goals,
making a difference*

7:45am - 8:45am

Breakfast Club (Breakfast served until 8:30am)

8:45am - 8:55am

School Gates Open



By 8:55am - All Children Should Be In School

A Personal Appeal: Every Minute Counts



Dear Parents and Carers,

As we begin another busy and exciting school year, I would like to ask for your support with something that has a significant impact on every child's education: punctuality.

We all want our children to succeed, feel confident and make the most of every opportunity available to them. One of the simplest ways we can help them achieve this is by ensuring they arrive at school on time every day.

The start of the school day is incredibly important. It is a time when children settle into their learning, connect with their classmates, hear important messages and prepare themselves mentally and emotionally for the day ahead. When a child arrives late, they miss these valuable moments which cannot easily be recreated.

Being late can also be uncomfortable for children. Walking into a classroom after learning has already started can make them feel anxious or self-conscious. It can interrupt the flow of the lesson and impact not only their own learning but also that of their classmates. Although a few minutes may not seem significant, they quickly add up. A child who arrives just ten minutes late each day can miss around thirty hours of learning over the course of a school year. These are precious teaching hours that can never be fully recovered.

Perhaps even more importantly, punctuality helps children develop lifelong habits. Learning to be on time teaches responsibility, reliability and respect for others. These are qualities that will serve them well throughout their education and into adulthood. As adults, we are our children's first and most influential role models. The habits we demonstrate today often become the habits they carry into the future. By prioritising punctuality, we show our children that being present, prepared and respectful of others' time matters.

To help us ensure that all children get the best possible start to their day, from now on, any child arriving after the start of the school day will need to be signed in by their parent or carer using the sign-in book located in the entrance foyer. This process will help us maintain accurate attendance records and allow us to identify any patterns of lateness early, so that we can work alongside families to offer support where needed. We understand that occasional delays are sometimes unavoidable, and our aim is always to work in partnership with parents and carers to promote positive attendance and punctuality for every child.

I know that mornings can sometimes be challenging and that unexpected circumstances do arise. However, I kindly ask that, wherever possible, we work together to ensure children arrive at school on time and ready to learn.

Thank you for your continued support. Together, we can make sure every child gets the very best start to every school day.

Every minute counts, every lesson matters, and every child deserves the opportunity to succeed.

Warm regards,

Sarah Ruggeri

Snack - tember

**Snack
better this
September!**

**Snack
tember**

EXPLORE BETTER SNACKING...

TRY NEW SNACKS...

MAKE YOUR OWN SNACKS!



Inspiring healthier, more sustainable snacking
for children and young people. Find out more:
www.nutrition.org.uk/snack-tember-2026

Better snacking. One bite at a time.

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 **British
Nutrition
Foundation**

Snack -tember

What makes a better snack?

Snack
tember

MORE!

vegetables and fruit for
vitamins and minerals

MORE!

wholegrains, beans
and pulses for fibre

LESS!

saturated fat, salt and
sugars for better health

THAT'S A LOT!
HOW DO I DO IT ALL?



ONE BITE AT A TIME!
LOOK, I'LL SHOW YOU...



EXPLORE

... more vegetable snack options!

Try some raw vegetables such as cauliflower, peppers or sugar snap peas.

TRY

... a wholegrain version of one of your snacks!

Have wholemeal bread for toast or a sandwich.

MAKE

... your own better version of a snack.

Have a go at making Pizza muffins or Homemade popcorn.



Take a look at these recipes!

www.nutrition.org.uk/snack-tember-2026

Better snacking. One bite at a time.

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Snack - tember

Why healthier snacking matters

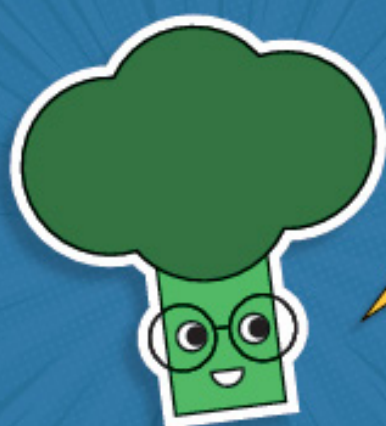
**Snack
tember**

A GUIDE FOR PARENTS AND CARERS OF SCHOOL-AGED CHILDREN

Snacking is a big part of children's daily routine, but many popular snack choices are high in saturated fat, salt and sugars, and low in important nutrients like fibre and vitamins and minerals.

Over time, eating too many of these types of snacks can lead to health issues like too much weight gain and dental problems.

Snacking isn't necessarily bad, it's just about choosing the right snacks.



HEALTHY SNACKS CAN:

- **Provide important nutrients** to support children's growth and development.
- **Be an opportunity** to have a drink to stay hydrated (water or milk are best).
- **Help children feel less hungry** so they don't overeat at mealtimes.

Better snacking. One bite at a time.

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Snack - tember

TRY
these healthy
snack ideas!

**Snack
tember**

ON-THE-GO:

- Fresh fruit (e.g. apple, banana).
- A slice of malt loaf.
- Two or three wholemeal crackers with a 30g portion of reduced-fat cheese.

AT HOME:

- Vegetable sticks (e.g. pepper, carrot) with hummus or a reduced-fat dip.
- Half a wholemeal bagel with reduced-fat soft cheese, cucumber and tomato.
- A rice cake with peanut butter and banana.



ENCOURAGE OLDER CHILDREN

to prepare their own simple snacks:

- Wholegrain breakfast cereal with milk.
- Wholemeal toast or crumpets with reduced-fat spread.
- Pizza toast (cheese and vegetables, such as tomato, pepper and sweetcorn, on toast).

CELEBRATE SNACK-TEMBER

by trying out these tasty snack recipes!

- Paprika tortilla chips and spring onion dip
- Beany dip and crunchy veg
- Homemade popcorn
- Fruit and oat bites
- Pizza muffins



Take a look at these recipes!
www.nutrition.org.uk/snack-tember-2026



Better snacking. One bite at a time.

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Safeguarding

St. Mary's Catholic Primary School
Safeguarding – Everybody, Everyday



SEE something
HEAR something
SAY something

Report any concerns
immediately
to the designated
safeguarding team:

Deputy Safeguarding Lead



Gemma Mann
01686 625582

jonesg1388@hwbcymru.net

Safeguarding Lead



Sarah Ruggeri
01686 625582

ruggeris@hwbcymru.net

**Governor Responsible
for Safeguarding**



Vicky Morris
07967 582985

morrisv23@hwbcymru.net

If you have any safeguarding concerns about the Headteacher, Sarah Ruggeri,
you must report these to the Chair of Governors, Vicky Morris.

The Chair of Governors, will seek advice from the Powys' Designated Lead Officer
for Safeguarding in Education – Michael Gedrim - 01597 826431 - michael.gedrim@powys.gov.uk

Upcoming Events

September 2026

Snack-tember September

Snacktember is back! Last year, we were part of the 1 million children that took part in this initiative to help us choose healthier, more sustainable snacks.

Visit <https://www.nutrition.org.uk/snack-tember-2026/> for more information...



Curriculum Trip to Porth Farm - Friday, 4th September

Learning comes to life for Dosbarth Hedyn as they visit this local farm to pick their very own strawberries, raspberries and sunflowers. We will also explore the Woodland Wander!



Meet & Greet - Wednesday, 9th September @ 3:30pm

An opportunity for you to meet your child's teacher, find out about a typical school day and ask any questions you may have. Please come along for this informal gathering.

Curriculum Trip to Home Farm Attingham - Friday, 11th September

Learning comes to life for Dosbarth Hedyn as they visit a working farm to discover the origins of the food we eat every day. Please visit <https://homefarmattingham.co.uk/> for a taster of what they'll experience...

Roald Dahl Day - Thursday, 10th September

The whole school can come to school dressed up as their favourite Roald Dahl character. Amaze us with your creative costumes!



Flu Vaccine - Tuesday, 15th September

Paper forms will come home with your child.

Newtown High School Transition - Wednesday 16th September

Our Year 6 pupils will enjoy their first transition visit to Newtown High School

Curriculum Trip - Thursday, 17th September

Dosbarth Coeden will be exploring Birmingham's ThinkTank Science Museum, gathering inspiration and asking big questions as they launch into their 'I Wonder' topic.



Owain Glyndwr Day - Friday, 18th September

Our whole school celebration of Wales' last native Prince, as we explore Glyndwr's legacy as the founder of the first Welsh parliament. All children can come to school wearing the colours of his flag - red and/or yellow!



Malayalam Celebration - Wednesday, 30th September

Join us at 9:30am to celebrate our learning of the Malayalam language and culture culminating the end of our first Around the World in Words.



Upcoming Events

October 2026

Black History Month, 'Honouring our Communities'

Our whole school will take time to recognise and celebrate the invaluable contributions of Black people in Wales and around the world.



National Poetry Day, 'Wonder' - Thursday, 1st October

This National Poetry Day, children are invited to explore the theme of wonder by asking questions, noticing the extraordinary in everyday life, and letting their imaginations roam free. Poetry helps us capture those moments when we stop and think, "I wonder..." about the world around us, from the stars in the sky to the smallest creatures beneath our feet.



Cooking Up A Storm @ Cultivate on October Thursdays

We are delighted to be invited back to Cultivate for another fantastic sustainable cooking workshop. Each week, a group of children from Dosbarth Coeden will learn how to prepare delicious, healthy meals using locally sourced and seasonal ingredients, while exploring the importance of sustainable food choices. They will then bring their homemade meal home to share with their family for tea that evening.

Urdd Pel-Droed - Thursday 8th October

Year 5 & Year 6 Football Tournament at Latham Park!



Diwrnod Shwmae Sumae - Thursday 15th October

Every Word Matters! Across the school, pupils will be celebrating and using Welsh with confidence. Remember, Welsh belongs to everyone, and every attempt is something to be proud of!



A Harvest of Talent - Thursday 15th October

Families are warmly invited to our whole-school Harvest Celebration at 2pm. Prepare to be treated to a wonderful array of performances as we give thanks and celebrate together.



INSET Days - Thursday 22nd & Friday 23rd October

Cluster INSET Days - School CLOSED to pupils

Half-Term Holidays - Monday 26th to 30th October

Half-term holidays