



ST MARY STAR OF THE SEA

CATHOLIC PRIMARY SCHOOL

Friday 24th April 2026 - NEWSLETTER

THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON

He opened their minds to understand the Scripture.

Dear Parents and Carers,

A very warm welcome back to everyone as we begin Term 5. I hope you all enjoyed a restful break and a joyful celebration of Easter. As a Catholic community, we now enter the season of Eastertide, a time when we celebrate the joy of the Risen Christ and reflect on the hope, renewal and new life that Easter brings. These themes will continue to guide our worship, learning and life together in school over the coming weeks.

The Summer Term is always a busy and exciting time for our pupils. Across Terms 5 and 6, we have many planned class trips, enrichment activities and fundraising events, which greatly enhance the children's learning experiences and support the wider life of our school.

To help everything run smoothly, it is very important that families regularly check all school correspondence, including letters sent home, emails and messages shared via the Arbor app, as these will contain key information, dates and permissions.

Thank you, as always, for your continued support. We are looking forward to another positive and rewarding term together.

Have a lovely weekend.
Mrs C O'Rourke



<https://www.facebook.com/profile.php?id=100065194633700>



https://www.instagram.com/st_mary_star/

Week beginning 13th April 2026

Attendance target for 2025-2026 is 96%

Year Group	Attendance	Punctuality
Reception	94.58%	100%
Year 1	97.85%	99.64%
Year 2	96.27%	100%
Year 3	91.11%	100%
Year 4	99%	100%
Year 5	99.33%	99.67%
Year 6	95.81%	100%
Whole School Average	96.39%	

Well done to **Year 5** for the highest attendance this week.

Excellent effort from **Reception, Year's 2, 3, 4 and 6** for outstanding punctuality.

TenTen Resources

PRAYERS & LITURGY

New Eyes



Gospel Worship

God wants us to know that He is with us always. To understand that we sometimes need help to see things clearly. To recognise and see Jesus with eyes of faith. And to know that Jesus is the Way, the Truth and the Life, and we celebrate this during Eastertide. Eastertide is a 50 day long celebration of rejoicing from Easter Sunday to Pentecost - when Jesus sent the Holy Spirit to His disciples. Jesus' grace and the Holy Spirit enabled the disciples to see Him in a new way, with new eyes of faith! Just like the disciples, Jesus gives us His grace and the Holy Spirit to help us to know Him with new eyes of faith.

*May the grace of our Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with you all.*

Week beginning 20th April 2026

Attendance target for 2025-2026 is 96%

Year Group	Attendance	Punctuality
Reception	91.67%	99.58%
Year 1	96.76%	99.28%
Year 2	95.24%	100%
Year 3	92.22%	100%
Year 4	99.33%	99.33%
Year 5	99%	98.33%
Year 6	94.19%	99.68%
Whole School Average	95.63%	

Well done to **Year 4** for the highest attendance this week.

Excellent effort from **Year 2 & 3** for outstanding punctuality.

Safeguarding

Designated Safeguarding Lead: Mrs O'Rourke

Deputy Designated Safeguarding : Mr Beaney & Miss Basson

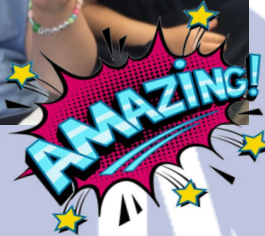
St Mary Star of the Sea Catholic Primary School
Magdalen Road, St Leonards on Sea, TN37 6EU

Tel: 01424 427801

www.st-mary-star.e-sussex.sch.uk

Learning from across the school

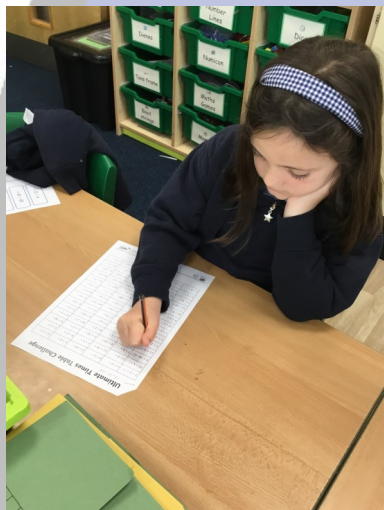
In **Reception** Class, we have been remembering Holy week. We thought about how the cross is a symbol of Jesus' love. At the end of last term, we made cross shape soap to take home. We also enjoyed hot cross buns and talked about how these are a celebration of Jesus' love for us. We went on a spring walk to look for signs of new life. This week we have been listening to the story of the Ascension, when Jesus went back to Heaven and how he has shown us the way to get there. We have started our new story The very Hungry Caterpillar. We made paper caterpillars, sequenced the story and we wrote some sentences to go with the illustrations in the book. In Maths we have been recapping number bonds to 5 and looking at part, whole models to represent the bonds. NB: Our class trip to Rye Harbour is on **WEDNESDAY 3rd June**. Please speak to the office if you need assistance in accessing your Arbor App.



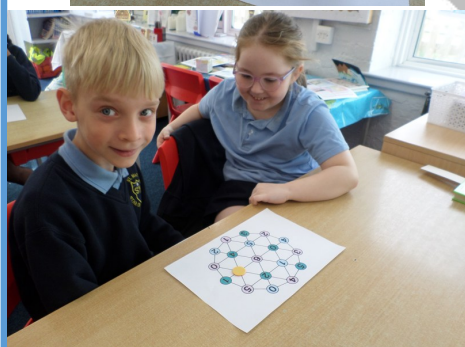
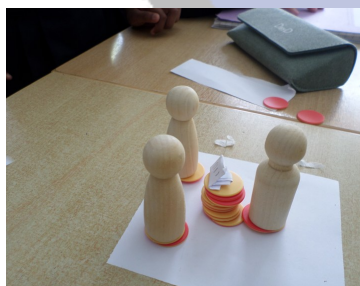
Year 1 have had a very busy and enjoyable start to the summer term! In RE, the children have been learning about the story The Road to Emmaus. We explored the meaning of this important story and talked about how Jesus' friends felt as they walked along the road. The children then created their own pictures of this scene using a sliding mechanism, allowing Jesus and his friends to move along the road. We were very proud of their creativity and careful design work. In Maths, we have been developing our counting skills by counting in 2s, 5s and 10s. The children have also begun learning how to make doubles of numbers, using practical resources and fun activities to support their understanding. They are growing in confidence and enjoying the challenge. In English, we continue to practise our reading comprehension skills, making sure we understand what we read and can talk about the characters and events. We have also started our exciting new class book, Claude in the City. The children have loved meeting the main character, Claude, and have begun writing descriptive sentences about him. In PE, we have been lucky to enjoy the beautiful weather and take our learning outside. The children have started practising their target games, focusing on aiming, throwing and teamwork while having lots of fun.



This week, in **Year 2**, we have started our Growth Mindset and Thinking Classroom lessons. We thought about what it would be like to climb a mountain and enjoyed looking at different pictures of mountains, discussing which parts might be the most difficult to climb. We then linked this to our own learning, recognising that sometimes learning can feel tricky, but if we keep trying and don't give up, we will reach the top of our learning mountain. The children also created their own learning challenges to work towards for the rest of the term. In English, we have been focusing on developing our comprehension skills. The children have been independently reading pieces of text, highlighting any words they are unsure of the meaning of, and then answering questions about the text. In RE, we have been exploring the story of the Ascension, learning about what happened after Jesus rose into heaven and discussing its importance to Christians. In Project, we have been learning about different types of weather, exploring seasonal changes and daily weather changes in the UK. In Maths, we are now exploring fractions. We have looked at equal and unequal parts and used this understanding to learn about halves and quarters. In PE, we have been playing striking and fielding games, which we have very much enjoyed!



As well as starting off the term completing lots of PSHE activities which included; online safety, antibullying, staying safe in school, and how to be a good friend, **Year 3** have started investigating the topic of Extreme earth. This has been met with much enthusiasm. In Geography, we have found out about volcanoes - what they are, how they occur and why. We have also found out about the different types of volcanoes and where some of the more well-known ones are. In Maths we have been measuring mass and capacity - comparing amounts, adding and subtracting too. Our English lessons have focused on prepositions and letter-writing around the book 'Dear Greenpeace' - the children have also enjoyed finding out about endangered animals. Our RE learning has looked at the events following Jesus' resurrection - how the disciples felt and different events that happened at the time. This has led to them examining how they too can share the Good News.



Year 4 have enjoyed a very exciting and busy start to the term. In English, we have been brushing up our grammar skills, focusing on the correct use of apostrophes to show possession. In Maths, we have been adding fractions using bar models, part-whole models and number lines. We have also been learning new games to build fluency in addition and multiplication, while counting down the days to the MTC in June. In RE, we began a new branch called To the Ends of the Earth, exploring Peter and the important role Jesus gave him as the 'rock' of the Church. We discussed what this responsibility meant and reflected on the feelings of Peter and the other Apostles. By choosing Peter, Jesus showed great trust in him, giving him authority to lead. Today, we look to Pope Leo as the leader of the Catholic Church in much the same way the Apostles once looked to Peter – to lead, serve and protect. In Science, we continue to explore States of Matter. The children investigated the rates at which different materials melt, discovering that while chocolate and butter melt easily in our hands, other materials, such as metals, require extremely high temperatures. PE lessons have been full of energy as we practised batting and bowling skills for Rounders. The children worked on under-arm bowling with a partner and enjoyed taking part in mini games – especially lovely to do sport outdoors in the sunshine. A highlight of the term so far was our educational trip to Battle Abbey. The children learned all about the dramatic events of 1066 and gained a clearer understanding of how the Battle of Hastings changed history. They enjoyed exploring the site and listening to our guide's engaging storytelling, which helped them imagine life as medieval soldiers. The workshop, re-enactment and chance to handle replica weapons really brought learning to life and sparked thoughtful discussions back in the classroom. Back at school, we are excited to be starting our new topic, Frozen Kingdom. This project will explore biomes, polar regions and the text *Shackleton's Journey* by William Grill. The children are already showing great curiosity and enthusiasm, and we are looking forward to discovering more as the term continues.



Year 5 have made a fantastic start to Term 5 and are already fully immersed in their learning. In English, we have begun our project based on *Journey to the River Sea* by Eva Ibbotson. The children are enjoying exploring the story and using it to inspire thoughtful discussion, creative writing and rich vocabulary. Our Geography learning has taken us to South America, where pupils are learning about the continent's countries, capitals and populations. Alongside this, we are continually revisiting key human and physical geography concepts and making comparisons with our own experiences and surroundings. In Religious Education, we have started our discussions about the Holy Spirit. The children have written thoughtful conversations as if they were the apostles, exploring their thoughts, feelings and beliefs as they waited, wondered and shared their faith in Jesus. In Maths, we are developing our skills in interpreting and reading tables and graphs, using data to answer questions and draw conclusions. We are looking forward to the learning ahead!



In **Year 6**, we have made an exciting start to our new topics this term. In RE, we began our unit, 'To the Ends of the Earth', where we explored the crucifixion of Jesus. We looked closely at key moments from John's Gospel and discussed the deeper meaning and symbolism behind these significant events. As part of our geography project, 'Our Beautiful World', we have been learning how mountains are formed and identifying major mountain ranges around the globe. We are now beginning to prepare for writing non-chronological reports about our favourite mountains. In English, we have been revising key spelling rules, grammar, and punctuation to strengthen our writing skills. We have also started our new class text, Floodland by Marcus Sedgwick, where we have been making predictions and exploring the themes of the story. In Maths, we have been developing our understanding of measurement and building confidence in calculating angles within triangles, quadrilaterals, and other polygons. It has been a busy and exciting start to our new topics!



Dates for your Diary!

Monday 4th May - BANK HOLIDAY - SCHOOL CLOSED

Wednesday 6th May - Deanery Challenge Day - selected children (in school)

Thursday 7th May - Whole School Mass - St Thomas' @ 10am

Friday 8th May - Whole School Bake Sale @ 3:30pm in the Hall

Monday 11th - Thursday 14th May - Year 6 SATS

Monday 18th May - Hopkins Cup Football Tournament - selected children

Wednesday 20th May - Class Photos

Thursday 21st May - School Summer Census day

Thursday 21st May - Year 3 & 4 Mass - St Thomas' @ 10am

Friday 22nd May - Last day of Term 5

Monday 1st June - First day of Term 6

Tuesday 2nd June - Year 1 Trip to Hastings Museum

Wednesday 3rd June - Reception Trip to Rye Harbour

Thursday 4th June - Year 3 Trip to Hastings Aquarium

Thursday 4th June - Year 5 & 6 Mass - St Thomas' @ 10am

Staffing Notice

A Tribute to Mrs Smith

On Friday 1st May, we say a fond farewell to Mrs Smith, who is retiring after many years of dedicated service to our school community.

Mrs Smith's journey with us began way back in 1999, when she first joined the school as a volunteer reader while her son was in Reception. In 2005, she officially became part of the staff, starting as an INA, a role she carried out for 18 months before moving into her long-standing position as a Class Teaching Assistant.

During her time here, Mrs Smith has supported at least 16 different teachers, witnessed five different Priests come and go through the parish, and seen countless changes to the school building, staff, and school life as a whole. Through it all, her commitment, warmth and joyful spirit have remained constant.

Mrs Smith has said she feels truly blessed to have worked in such a lovely school. She has made many lifelong friends, both as a parent and a member of staff, and will miss seeing the children each day and watching them grow and move through their journeys at school.

This certainly won't be the last we see of Mrs Smith. She will still be popping in from time to time as a volunteer reader – something she has always loved. And we very much hope that in around four years' time, she may also be lending a hand on the school run once again, this time as a very proud nanny with her first grandchild.

Mrs Smith has been a true ray of sunshine within our school. Her kindness, positivity, and nurturing nature are treasured by both children and staff alike, and she will be greatly missed.

We would like to wish Mrs Smith every happiness in her retirement and offer our heartfelt thanks for her years of hard work, care, and dedication to our school.

If anyone would like to pass on a message or share a memory for Mrs Smith, please send it to the school office so it can be passed on to her next week.



Mr Beaney's Book Corner

My recommendation this week is:

Journey, Quest & Return

By Aaron Becker

A Wordless Trilogy (Journey, Quest, Return) is a beautifully illustrated fantasy set that tells a wordless story of imagination, friendship, and bravery. Ideal for all ages, the books follow a young girl navigating a magical world with a red marker, offering mesmerizing visual storytelling that encourages unique interpretation...



Certificates of Achievement

Well done to the following children for receiving achievement certificates for either fantastic work effort or demonstrating our Gospel Values.

Worker of the Week		
CLASS	Week 1	Week 2
Reception	Pakhi	Keira
Year 1	Isabella	Eric
Year 2	Minnie	Ian
Year 3	Ebube	Naidhal
Year 4	Hasan	Casi
Year 5	Rupert	Julia
Year 6	Isabelle	Caitlin
Letting your Light Shine		
CLASS	Week 1	Week 2
Reception	Louis	Michalina
Year 1	Betty	Jacob
Year 2	Eva	Eva
Year 3	Thenuri	Casper
Year 4	Whole Class	Alice
Year 5	Whole Class	Savio
Year 6	Christopher & Aria	Bernice

Week 1 House Winner

ST PATRICK'S



Week 2 House Winner

ST PATRICK'S



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College

Polite Notices

Breakfast and Afterschool Wraparound Provision – Important Reminders

Breakfast and Afterschool Wraparound has now been running for two weeks, and it is lovely to see how much the children are enjoying a more structured and engaging provision.

We would like to remind parents of the following important points:

- *Registration and medical forms must be completed and returned before your child can attend Breakfast or Afterschool Club.
- *All sessions must be booked in advance via the Arbor app. Children should not attend unless a booking has been made.
- *As outlined in the Extended Schools Procedure sent to parents last term, any cancellations must be made in writing (by email to the school office) at least 48 hours before the booked session.
- *If a session is booked and your child does not attend, the session will still be charged unless it has been cancelled within the required timeframe.
- *Afterschool Club finishes promptly at 5:30pm. Children must be collected by this time.
- *Children collected after 5:30pm may incur a late collection fee.

Thank you for your cooperation and support in helping us run a safe and well-organised wraparound provision for all children.

Reminder Regarding Late Arrivals

We would like to remind parents/carers that if your child arrives at school after the gates have closed, you must accompany them into the school office to explain the reason for their late arrival.

We are still seeing children arrive late without an adult present, often unsure of why they are late. This creates unnecessary additional work for the office team during an already very busy time, as staff then need to contact parents to establish the reason for lateness.

Thank you for your understanding and support in helping us keep our systems running smoothly and ensuring the safety and wellbeing of all children.



Summer Uniform Reminder

Summer school uniform may now be worn for the remainder of the school year, should you choose.

Girls may wear navy and white gingham dresses.

Boys may wear tailored shorts.

Both items can be purchased from local supermarkets.

Please be reminded that trainers should not be worn to school, unless your child is in Key Stage 2 and it is their allocated PE day only.

For health and safety reasons, open-toe shoes, sandals, and ankle boots are not permitted.

Thank you for your cooperation.



Join us for SMSS's Bake Sale

Cakes
Chocolates
Cupcakes

Cookies
Brownies
Donuts

and so much more!

Friday 8th May
3:30p.m. - 4 p.m.
In the school hall.

See you there!