



ST MARY STAR OF THE SEA

CATHOLIC PRIMARY SCHOOL

Friday 16th October 2026 - NEWSLETTER

THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON

With the Lord there is mercy, and fullness of redemption.

Dear Parents and Carers,

As we continue through this busy autumn term, we are reminded to be thankful for the many blessings within our school community. Each new week brings opportunities to learn, grow and show kindness to one another, and it is wonderful to see our children embracing these opportunities with such enthusiasm.

This week, Year 6 enjoyed a fantastic trip to see the Bayeux Tapestry. It was a brilliant day, thoroughly enjoyed by all, and a wonderful opportunity to bring their learning to life. We are very proud of the way the children represented our school.

A gentle reminder that our Parents' Evening's take place next week on Tuesday and Wednesday. These meetings provide a valuable opportunity to discuss how your child has settled into the year and new class routines with their teacher. Please ensure that you book your appointment through Arbor if you have not already done so.

Year 6 parents and carers are also reminded that the deadline for secondary school applications is 31st October. Please ensure your child's application is completed and submitted by this date.

Thank you, as always, for your continued support and partnership.

Have a lovely weekend.

Mrs O'Rourke
Headteacher

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

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



Gospel Worship

Jesus' parable about the king's party explains our invitation to God's Kingdom. God is so generous that He invites everyone to share in His love and friendship forever. Saying 'Yes' to God's invitation is not the end of the story — God calls us to change our hearts, follow Jesus and grow in love each day. Jesus reminds us that God's invitation is for everyone and our response matters. Remember Jesus' words, 'Many are called but few are chosen.'

*Thanks be to you, my Lord Jesus Christ,
for all the benefits
which you have given me,
for all the pains and insults
which you have borne for me.
O most merciful Redeemer,
friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.*

Amen

Week beginning 5th October 2026

Attendance target for 2025-2026 is 96%

Year Group	Attendance	Punctuality
Reception	98.48%	99.24%
Year 1	97.83%	99.13%
Year 2	98.62%	99.65%
Year 3	99.04%	100%
Year 4	97.59%	98.62%
Year 5	98.67%	100%
Year 6	98.06%	99.03%
Whole School Average	98.35%	

Well done to **Year 3** for the highest attendance this week.

Excellent effort from **Year 3 and Year 5** for outstanding punctuality.

Week beginning 12th October 2026

Attendance target for 2025-2026 is 96%

Year Group	Attendance	Punctuality
Reception	98.1%	99.62%
Year 1	99.13%	99.13%
Year 2	98.62%	99.66%
Year 3	95.87%	99.37%
Year 4	97.93%	98.97%
Year 5	99.33%	99.67%
Year 6	95.48%	99.68%
Whole School Average	97.7%	

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

Excellent effort from **Year 6** for the best punctuality.

Safeguarding

Designated Safeguarding Lead: Mrs O'Rourke

Deputy Designated Safeguarding : Mr Beaney & Miss Basson

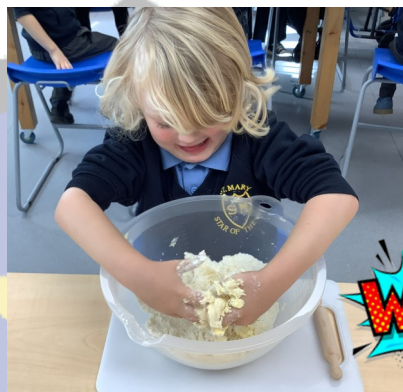
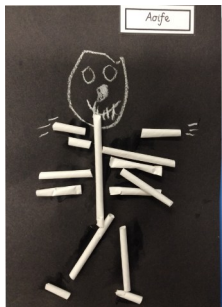
St Mary Star of the Sea Catholic Primary School
Magdalen Road, St Leonards on Sea, TN37 6EU

Tel: 01424 427801

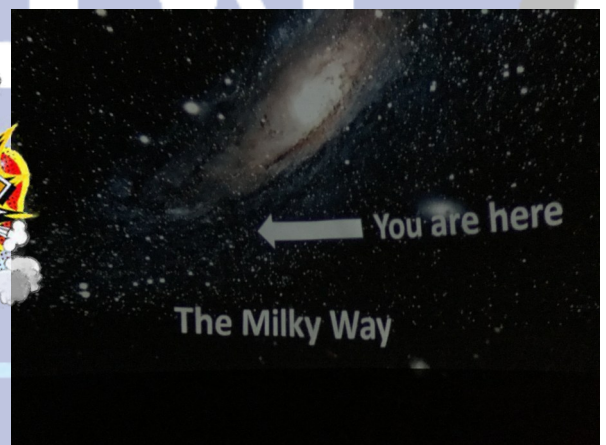
www.st-mary-star.e-sussex.sch.uk

Learning from across the school

In **Reception** Class we have been listening to the story 'Funny Bones'. We have made skeleton pictures using art straws. We talked about how important our skeletons are and that they protect us and make our body shape. We also talked about being healthy and caring for the bodies God gave us. We have been baking and making short bread cookies, shaped like bones. In Maths we have been counting carefully and subitising amounts.



Year 1 had a fantastic time exploring the wonders of space during our exciting visit from the Wonder Dome Planetarium. We discovered fascinating facts about the solar system, what astronauts eat in space, and even how they use the toilet during their missions! The children were full of curiosity and asked lots of thoughtful questions, making the experience both exciting and memorable. In our project work, we have finished paper mâchéing our rockets and have now begun painting them. They are looking fantastic and the children have taken great care with the details. We cannot wait to display the finished rockets and celebrate all of their hard work. In Maths, we have been developing our understanding of number by comparing quantities using the greater than ($>$), less than ($<$), and equal to ($=$) symbols. The children have worked hard to apply this knowledge in a range of practical activities and problem-solving challenges, showing growing confidence in explaining their mathematical thinking. In RE, we have been reflecting on how we can care for God's world and created thoughtful posters to share our ideas. We have also been learning about the importance of prayer and how we can prepare our hearts and minds to grow closer to God. Through discussion and reflection, the children have explored different ways they can show love, kindness, and care for others in their daily lives.



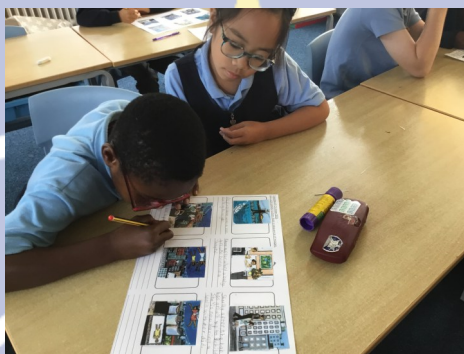
In English, **Year 2** have been enjoying our class story, 'George's Marvellous Medicine' by Roald Dahl. We have explored the different characters, thinking carefully about their thoughts and feelings and using clues from the story to make predictions about what might happen next. We have also been developing our vocabulary by choosing interesting words to describe Grandma. In Maths, we have continued to develop our addition and subtraction skills. We have also been practicing counting in 2's, 5's, 10's and 3's. In RE, we have been learning about stewardship and discussing how we can care for God's wonderful creations. We wrote our own pledges about how we can help to look after our world and reflected on the creations we are most thankful for through pictures and poetry. We have also been learning about baptism and brought our learning to life by recreating a baptism scene together. In Science, we explored what animals, including humans, need in order to survive, grow and stay healthy. We children enjoyed researching and discussing the different needs of living things. Finally, in Art and DT, we have created our own hand puppets! We very carefully joined two pieces of fabric by sewing and adding finishing touches and decorations. We were so proud of our puppets, they took a lot of perseverance and patience.



In **Year 3**, as part of our RE learning this week we have been exploring how King David gave thanks for the blessing of creation in the book of Psalms and how that creation itself bears witness the existence of God. In Math's, we continue into the topic of addition and subtraction. We have been adding two numbers without and exchange an using simple written methods. In English, we have been exploring and inferring the story of 'Charlie and the Chocolate Factory' by Roald Dahl. We have thinking about how Dahl uses vocabulary to engage and entertain our readers. We have been very busy in Art, exploring the illustrations of Quentin Blake (illustrator of the Roald Dahl books). We have also researched and then written a fact file about him. Our Spanish learning this week, has focussed on numbers to 10 and in DT, we have made Stone Age necklaces.



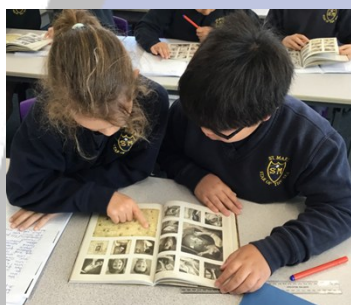
Year 4 have continued to develop their understanding of place value, focusing on rounding numbers to the nearest 10, 100 and 1,000. We also revisited our knowledge of Roman numerals. Can you work out how to write today's date in Roman numerals? We also completed a 'Sound Check' on Times Table Rock Stars to help identify the multiplication facts we each need to focus on practising. In English, we have begun exploring 'Tar Beach' by Faith Ringgold. Using illustrations from the book, we made predictions about the story and shared our ideas with one another. We also learned more about Faith Ringgold as an inspirational artist and closely studied her painting Groovin' High, drawing inspiration from its vibrant colours. In PE, we have continued to develop our ball skills through dribbling around cones, working with partners to shadow movements, and demonstrating greater control of the ball while moving. In RE, we have been learning about how God tested Abraham's faith and trust in him, by asking him to sacrifice his only son, Isaac. Much debate ensued and together we made links between this biblical event and God's sacrifice of HIS only son, Jesus.



It has been another busy and exciting couple of weeks in **Year 5!** In Maths, we have completed our work on place value and have now moved on to developing our skills in addition and subtraction. In English, we have been exploring figurative language and using it to bring our writing to life. We have also enjoyed writing lively, chatty diary entries that reflect Karl's experiences and thoughts from his day. Our Art project has got off to a fantastic start as we have begun learning about Leonardo da Vinci, discovering how he was not only an incredible artist, but also a scientist and careful observer of the world around him. The children have created some fabulous mind maps filled with key information and fascinating facts about the Mona Lisa and The Last Supper. Finally, as we come to the end of our first RE branch, we have been thinking carefully about how the Ten Commandments connect to our own lives today. The children have even created their own imaginative 11th Commandment, considering what the world we live in now might need most.



Year 6 have had a busy and exciting time across the curriculum! Our English learning continued with *The Arrival* by Shaun Tan, where we followed the main character's journey and wrote diary entries from his perspective, using emotive language and personification to bring his experiences to life. Building on our creative writing, we designed our own hybrid creatures and produced non-chronological reports describing their unique characteristics. Alongside this, our Maths lessons focused on short and long division, helping us to strengthen our calculation and problem-solving skills. Our curiosity continued through Science, where hands-on experiments and discussions helped us investigate reflection and refraction, exploring how light interacts with different materials. During our RE learning, as we explored our responsibility to care for God's creation through Pope Francis's letter *Laudato Si'*. Reflecting on the importance of protecting our planet inspired us to take action by writing persuasive letters to Primark, raising awareness of the environmental impact of producing and buying cheap T-shirts. The highlight of our week was our exciting trip to London! We visited the British Museum to explore the Bayeux Tapestry exhibition, bringing our history learning to life and giving us the opportunity to discover more about this fascinating period of the past. It was a memorable experience that enriched our learning beyond the classroom and gave us plenty to talk about!



Dates for your Diary!

Tuesday 20th October - Parents Evening - 3:30pm - 6pm

Wednesday 21st October - Flu Vaccinations for all Year Groups

Wednesday 21st October - Parents Evening - 3:30pm - 6pm

Thursday 22nd October - Year 5 trip to Hastings Museum, Lego workshop

Thursday 22nd October - Year 4 & 6 Mass @ St Thomas's

Friday 23rd October - Last day of Term 1 - Children in school

Monday 2nd November – First Day of Term 2 - Children return to school

Monday 2nd November - Year 2 Trip to Hastings Contemporary Art Gallery

Tuesday 3rd November - Individual Pupil Photos with Braiswick Photography

Thursday 5th November - Whole School Mass @ St Thomas's

Wednesday 11th November - Deanery Football at St Thomas a Beckett (info to follow)

Thursday 12th November - Reception and Year 1 Phonics workshop @ 9am

Tuesday 17th November - New Reception Open Afternoon - 1:30pm - 2:30pm

Monday 23rd November - New Reception Open Afternoon - 1:30pm - 2:30pm

Monday 23rd November - New Reception Open Evening - 4pm - 5pm

Mr Beaney's

Book Corner

My recommendation this week is:

Gwelf by Larry MacDougall

Gwelf is a critically praised cozy and systemless fantasy worldbuilding series by artist Larry MacDougall, blending the rustic animal charm of *Wind in the Willows* with the grand scope and underlying danger of *Lord of the Rings*.

If you love fantasy, beautiful art, as well as detailed worldbuilding, Gwelf is the book for you...



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 6	Week 7
Reception	N/A	N/A
Year 1	Mairead	Aylan
Year 2	Darina	Poppy
Year 3	Szymon	Aysha
Year 4	Ollie	Joseph
Year 5	Shenaya	Lakshya
Year 6	Evangelia	Veronika
Letting your Light Shine		
CLASS	Week 6	Week 7
Reception	N/A	N/A
Year 1	Keira	Malagha
Year 2	Betty	Sienna C
Year 3	Eva	Michelle
Year 4	Evin	Suzana
Year 5	Emily & Chidera	Bella
Year 6	Julia	Divine

Week 6 House Winner

ST PATRICK'S



Week 7 House Winner

ST DAVID'S



Year 6 Take on London!

Year 6 enjoyed a truly fantastic trip to London to visit the Bayeux Tapestry at the British Museum.

Our adventure began with a short walk from school to the train station, where we boarded the train to Charing Cross. From there, we hopped on the Underground to Tottenham Court Road, followed by a short walk through the busy streets of London before arriving at the British Museum.

With some time to spare before our allocated slot, the children split into small groups to explore parts of the museum. They discovered fascinating treasures in the Roman, Greek and Egyptian galleries, with the Egyptian mummies proving to be a particular favourite!

After a lovely lunch provided by the museum, it was finally time for the highlight of our visit, the Bayeux Tapestry! The children entered the exhibition to find the tapestry displayed in an impressive showcase stretching the length of the room. We slowly made our way along it, taking around 40 minutes to observe the incredible detail and marvelling at how remarkably well preserved it is after almost 1,000 years.

Then it was time to begin our journey home, retracing our steps through London, back onto the Tube and then the train from Charing Cross to St Leonards Warrior Square.

The children were impeccably behaved throughout the entire day and were wonderful ambassadors for our school. They thoroughly enjoyed the adventure of travelling by train and Underground, and for some, it was their very first journey on the Tube, bringing a wonderful mixture of excitement and nerves!

Even on the long train journey, the children were fantastic, happily entertaining one another by playing cards, colouring and reading. Not an electronic device in sight!

A huge thank you to all our wonderful Year 6 children and to the ten members of staff who helped ensure everything ran so smoothly. It was a brilliant day filled with history, discovery, adventure and wonderful memories, and certainly one we will remember for a very long time!



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content, ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday®

The National College®



St Mary Star of the Sea

Primary School

COULD YOUR CHILD BE ELIGIBLE FOR FREE SCHOOL MEALS?

Apply Today and Unlock Additional Support for Your Child

From September 2026, the eligibility criteria for Free School Meals (FSM) have changed in East. Some families who were not previously eligible may now qualify.

Why apply?

If your child qualifies for **Targeted Free School Meals**, they may also be eligible for:

- ✓ Free school meals every day
- ✓ Additional educational support through Pupil Premium funding
- ✓ Support with school trips, activities and other enrichment opportunities
- ✓ Access to Holiday Activities and Food (HAF) programmes
- ✓ Additional support to help your child thrive at school

Important Information

 **An application must be made for EACH child.**

Even if one child in your family is already receiving Free School Meals, **siblings are not automatically registered or eligible**. A separate application is required for every child you wish to be assessed.

If your child received Pupil Premium FSM before September 2026, you will need to **reapply** to keep their **Targeted FSM status**.

Who may qualify?

You may be eligible if you receive **Universal Credit** or certain other qualifying benefits. Eligibility is checked by East Sussex County Council.

**SCAN THE QR CODE OR CLICK HERE
TO APPLY, AND ENSURE YOUR
ELIGIBILITY IS IN PLACE.**

**APPLICATIONS ARE QUICK, EASY
AND TAKE 5-10 MINUTES TO COMPLETE**





St Mary Star of the Sea

Primary School

OPEN DAYS

COME AND SEE US IN ACTION!

Wednesday 7th October (10am - 11am)

Thursday 15th October (10am-11am)

Tuesday 17th November (1.30pm-2.30pm)

Monday 23rd November (1.30pm - 2.30pm and 4pm-5pm)

Tuesday 1st December (4pm-5pm)



Did you know?

Everyone is welcome at St Mary Star of the Sea, we are a rich, diverse and vibrant community.

In our beautiful school you will find light, airy, modern and well-equipped classrooms, state of the art technology, fantastic facilities, an inspiring library, large play areas, outdoor learning spaces and so much more.

Wraparound childcare is on offer 5 days a week, with Breakfast Club from 7.45am and After School Club until 5:30pm.



ADMISSIONS ARE OPEN

FOR SEPTEMBER 2027

**AND THERE ARE ALSO A SMALL NUMBER OF PLACES
AVAILABLE IN OTHER YEAR GROUPS.**



Contact us to book a visit



Secondary School Applications



St Richard's Catholic College Open Evening

The Admissions Policy and Supplementary Information Form (SIF) for St Richard's can be collected from the school, or downloaded from the school website [here](#).

The closing date for ALL Secondary School applications is Saturday 31st October 2026.

For information regarding open evenings/days and Admissions for all other Secondary Schools in Hastings, St Leonards and surrounding areas, please click on the school logos below.

Mulberry
Academy St Leonards



**Ark Alexandra
Academy**

Mulberry
Academy Hastings



**CLAVERHAM
COMMUNITY
COLLEGE**

Mulberry
Academy Bexhill



The closing date for ALL Secondary School applications is Saturday 31st October 2026.