

Monday 12th January 2026

St. Mary's News

Start children off on the way they should go and, even when they are old, they will not turn from it. - Proverbs 22:6



Watergrove
Trust
Providing more



Welcome

Hello! We loved welcoming everyone back last week after a well-earned Christmas break. The weather looks to continue to be unsettled through the week, so coats are a must! We are ready for another week of fantastic learning: let's get started!



Up and Coming

- Monday 12th January**
Clubs restart - book through Arbor
- Wednesday 14th January**
PTA Meeting at Kirkholt Pavillion
- Tuesday 3rd February**
Year 2 Parent Lunch - details to follow.
- Tuesday 10th February**
Year 6 Trip to Imperial War Museum



Menus Week 2

	OPTION 1	OPTION 2	DESSERT
MONDAY	Cheese & Tomato Pizza (V) Served with Wedges & Garden peas	Pasta Arrabiata (V) Served with Garlic slice & Crispy Mixed Salad	Assorted Cakes, Biscuits, Fruit or Yoghurt
TUESDAY	Chicken Curry Served with Wholegrain Rice & Naan	Veggie Beef Lasagna Served with Garlic slice & Crispy Mixed Salad	Assorted Cakes, Biscuits, Fruit or Yoghurt
WEDNESDAY	Roast Of The Day Served With Creamy Mash & Vegetables	Cheese & Onion Pie (V) Served with Creamy Potatoes & Vegetables	Assorted Cakes, Biscuits, Fruit or Yoghurt
THURSDAY	Classic Beef Burger Served with Potato wedges & Golden Sweetcorn	Vegan Sausage Roll (VE) Served With Potato wedges & Golden Sweetcorn	Assorted Cakes, Biscuits, Fruit or Yoghurt
FRIDAY	Battered Fish & Chips Served With Garden Peas	Selection Of Sandwiches Served With Chips & Salad	Assorted Cakes, Biscuits, Fruit or Yoghurt

Jacket Potatoes available everyday. All meals are served with Water & Milk, with Fresh Fruit & Yoghurts available.

Any dietary requirements please ask a member of our team or call the school.

St. Mary's News



Attendance

Week beginning 5th January 2026

Reception – 97.7% (1st)

Year 1 – 95.2% (3rd)

Year 2 – 93.4%

Year 3 – 92.5%

Year 4 – 97.4% (2nd)

Year 5 – 95.3%

Year 6 – 94.1%

This Week
94.9%

School
Target
95%



ClassDojo Winners

Reception – L

1 – Christos

2 – AJ

3 – L

4 – David

5 – Nusayba

6 – Daisy



D6

D6 is once again getting underway on Saturday mornings!

This Saturday morning learning environment is led by students and coaches and provides students with the opportunity to learn at their own pace, alongside peers and with sixth form coaches.

There is no uniform, set curriculum or teachers.

D6 is available to Year 5 and 6 pupils at Sandbrook Community Primary School. Find out more and sign up via this link:

<https://bit.ly/4ngD2D5>



Value of the Half-Term: Perseverance.

At St. Mary's, we show the value of perseverance in the following ways:

- I have a positive attitude
- I ask for help if I need it
- I use strategies to control my emotions
- I bounce back when things are hard
- I report problems that I can't solve
- I ask for help
- I use strategies to control my emotions
- I bounce back when things are hard and forgive
- I am patient
- I use strategies to control my emotions
- I make positive transitions into and out of school each day
- I persevere when technology is not working
- I ask for help



PTA Meeting

Our next PTA meeting is this Wednesday 14th January 2026 at Kirkholt Pavillion at 10am. Our amazing PTA is made up of caregivers sharing a little of their time to make a big impact on our day-to-day activity. All are welcome – if you have your time, a skill or a voice to offer, we'd love to see you there. Please contact the school office for more information.



St. Mary's News

School Uniform

A reminder that our full school uniform list can be found on our website:

www.stmarysce.rochdale.sch.uk/test/chdale.sch.uk/test/school-uniform

We pride ourselves on offering an affordable uniform that helps everyone feel part of the St. Mary's team.

The CAYP Webinar Series

Tuesday 13th January 8:00-9:00pm

Big Feelings and Big Reactions: Making Sense of Your Child's Behaviour

With Consultant Clinical Psychologist Dr Daniel Weisberg

This session is going to look at what's really behind the behaviours you might be seeing, from outbursts and shutdowns to school avoidance. We'll explore factors like anxiety, sensory overload and burnout.

Dr Weisberg will share practical strategies to support co-regulation, manage big feelings and handle meltdown moments.

We will also cover how these difficulties affect school and how to work with schools to advocate for your child. You'll leave with clear, useful approaches to reduce conflict and strengthen connection, with the chance to submit questions in advance.

Overview

- Meltdowns vs. tantrums
- Understanding what behaviours are communicating
- Transitions and triggers
- Co-regulation, big feelings and managing meltdown moments
- Anxiety, burnout and sensory overwhelm
- Practical strategies for home and school
- When to seek professional support

Who can join:

This session is primarily for parents and carers of primary and high school aged-children, but anyone working with children is welcome to attend.

Click [here](#) to book your place.

Follow us on social media @caypphysiology for all webinar updates.

INFORMATION AND ADVICE SESSIONS

WHAT WE OFFER

A VALUABLE OPPORTUNITY FOR PARENTS/CARERS OF CHILDREN WITH NEURODIVERSITY AND/OR SEND TO ACCESS ADVICE FROM A RANGE OF LOCAL SUPPORT SERVICES

- NO DIAGNOSIS REQUIRED
- NO APPOINTMENT NECESSARY
- AVAILABLE TO ALL FAMILIES IN THE BIRMINGHAM AREA/AREA OF RESIDENCE

SERVICES AVAILABLE

- Home Start Rochdale
- The Neurodiversity Hub
- SEND Advice Network

WHEN AND WHERE

Session	Date	Time	Location
THURSDAY	18 th OCTOBER	9:30AM - 10AM	ST MARY'S C.E. PRIMARY SCHOOL
WEDNESDAY	12 th NOVEMBER	9:30AM - 10AM	ROCHDALE COMUNITY CENTRE, STANLEY LANE, ROCHDALE, M20 2PP
THURSDAY	27 th DECEMBER	9:30AM - 10AM	ST MARY'S C.E. PRIMARY SCHOOL
THURSDAY	27 th JANUARY	9:30AM - 10AM	ST MARY'S C.E. PRIMARY SCHOOL
THURSDAY	27 th FEBRUARY	9:30AM - 10AM	ST MARY'S C.E. PRIMARY SCHOOL

The Umbrella Sessions

Information and support for parents and carers of children and young people with Neurodiversity NO DIAGNOSIS NEEDED

- Has your child got a diagnosis of ADHD or Autism?
- Are you on the way to getting a diagnosis?
- Are you on the Neurodiversity Journey?

ANSWERED YES TO ANY OF THESE?

Then the Umbrella sessions are for you

The sessions will use person-centred approaches to build understanding of your child's Neurodiversity and increase resilience to support them on their journey in a positive and empowering way

Sessions are at Spitaland Bridge Mills, Rochdale, OL11 8BU

Neurodiversity and school
Tuesday, January 12th 10-12 or 6-8pm

Sensory challenges and strategies to support
Thursday January 13th 6.30-8.30pm

Neurodiversity All about it - part 1, Information
Wednesday March 9th 12-2pm

Neurodiversity All about it - Part 2, strategies
Wednesday March 14th 12-2pm

Please book Sessions via [Eventbrite UK](https://www.eventbrite.co.uk)

For more information please contact neurodiversity@rochdale.gov.uk

This Week in Worship

This week, we began our half-term by singing our two songs of worship for the half-term: Shine Jesus Shine and Amazing Grace. In the words of the songs, we hear about how we can put our faith in God and keep going through difficult times. Mrs. Brown reminded us of the 'Power of YET' and that try and trying again can lead to great success. In church, Jan told the parable of the Persistent Widow and how, through prayer, we can find solutions in God.

Are you looking for support with the cost of living?

Not sure which benefits you should be getting?

We're here to help you for free.

Families in your area are missing out on £500s of benefits. Get support with:

- Benefit checks
- Childcare costs
- Debt advice
- Utility grants
- Budgeting advice
- Council tax support

Get in touch or scan the QR code for self-referral:

Contact Sabah Noman at monymatters@rochdalepoverty.org

Or on 0855 554 5443 (available Monday-Thursday)

How does Money Matters help?

We offer free, non-judgmental support to check your entitlements, manage complex applications, and improve your financial situation.

We Make a Difference:

- Supported a family with care needs to gain over £36,000 in annual support
- Secured £6,843 for a family who were cutting back on essentials
- Achieved £4,262 in financial support for a parent struggling with anxiety and stress
- Provided over £5,000 in support, offering the family much-needed financial relief and stability

"The support from Money Matters has made a truly positive impact on our lives and gave us the breathing space we needed to focus on other important areas, such as spending more quality time with our children."

Is your child ready to start primary school?

Apply online using our simple application form

rochdale.gov.uk/schooladmissions

Apply by 15 January 2026 for your child's place at primary school.