



11th October 2024

Dear parents / carers

Praying the Rosary



The month of October is always dedicated to the Rosary. This is because the liturgical feast of Our Lady of the Rosary is celebrated every year on October 7th. During worship, children discussed how Catholics use a Rosary as they meditate on the life of Jesus and call on Mary to offer their prayers to God. We talked about how Catholics do not worship Mary or the saints, but ask them to pray to God on our behalf. Children focused on the fact that the Rosary can help us focus on our prayer so that our mind doesn't wander. Praying the Rosary, and meditating events that happened in the life of Jesus (Mysteries), can help our wellbeing and our relationship with God. Children thought about times when you might be given a set of Rosary beads as well as times when they might pray the Rosary. Mark 10 Mission have invited all schools to take part in praying the Rosary together with them in Lourdes and our KS2 are taking part. Here is a link if you would like to explore this at home. <https://www.themark10mission.co.uk/rosary-challenge>



Children in KS2 have also been invited to join our Rosary prayer group with Canon David. A reminder that Cottesmore's virtual Rosary can also be found in the Catholic Life section of the school website. There are also a range of other documents that would help you to pray the Rosary at home should your family wish to make this an extra special focus during this month.

Grandparents Day Sunday 6th October marks Grandparents' Day. We will be inviting all grandparents into school on Thursday 1st May 2025 but used the 6th October to encourage our invitations. You will have been sent a range of invitation templates so that your child can write an invitation to post to their grandparents about this event. The invite notes that on Thursday 1st May 2025, 1:45pm-2:45pm, grandparents are invited to Cottesmore St Mary to celebrate the contribution that they make to the lives of the children of and the wider school family. Children, with attending grandparents, will join them and will spend time with their grandparent completing activities linked to the Rosary (as this event will take place in May which is the month of the Mary). Any grandparents wishing to attend must sign up by emailing the office by Friday 4th April 2025. Children who do not have grandparents attending will take part in activities in class such as writing poems, painting pictures for the elderly in our local care home, as well as writing prayers for their grandparents whether living elsewhere or in Heaven. We will ensure that all celebrations, and class activities, are completed with sensitivity. However, if you have any concerns regarding this

topic, please do contact your child's class teacher. In the meantime, we would like to gather images of children's grandparents for a special slide show to show our grandparents just how much we care for them. If you wish for your family to be included, please email photographs of children's grandparents (both with us or in Heaven) to colettefairbanks@cottesmore.brighton-hove.sch.uk Please send these images by Thursday 25th October 2024.

World Mental Health Day

Every year, World Mental Health Day is held on 10th October. The day seeks to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health. Ensure a world in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and where everyone can access the mental health care they need. This week, children took part in wellbeing activities focusing on the importance each person has to play in creating a mentally healthy society. We champion the NHS's 'Five Ways to Wellbeing'. This links to our focus on ensuring our pupils are provided with ways that will help them with their emotional and mental needs now and in the future. Making sure you look after your mental health is just as important as looking after your physical health. Here are some suggestions that everyone can try, to help manage stress and look after your mind.

- Spend time with or in nature. Spending time in natural surroundings or with animals is proven to reduce feelings of stress and anxiety and improve your mood.
- Practise meditation or mindfulness to find calm and restore.
- A few times a week, take time to move. Mind and body are one; so, whether it's going for a walk, climbing, swimming or attending a yoga class, movement is a great way to de-stress, increase feel-good hormones and improve your overall health.
- Have a digital detox. Phones and social media can cause us to feel anxiety and pressure. Taking some time away from technology, whether it's short breaks away from your phone or a day when you limit all technology, can be really helpful for reducing stress and worry.
- Talk it out. If you're ever worried about your mental health or start to feel like you're becoming stressed or anxious, talking to someone you trust, such as a friend or family member, is a great way to calm yourself down and look after yourself.

Please visit our Wellbeing website page

<https://www.cottesmore.brighton-hove.sch.uk/page/wb/>

Fishbourne Roman Palace

Year 4 enjoyed a trip to Fishbourne Palace in Chichester, linking to their History topic The Romans. At the Roman Palace, children took part in an audio/visual presentation, a 'hands on' activity workshop, as well as a walk around to see the beautiful Roman mosaics. The children got the chance to dress up in Roman costumes and explore artefacts related to the topic. They had great fun!



Have a lovely weekend. Rachel Breen, Headteacher

Reception September 2025 – please encourage new families to visit our school

If you are currently a member of our school family and have a younger child due to start school in September 2025, don't forget that, in addition to completing the online Brighton and Hove admissions form, you must also complete the school Supplementary Information Form (SIF). This can be found on the school website and is required to be delivered to the school office. We encourage you to complete the SIF form sooner rather than later, especially if you require a priest's signature. A reminder that the deadline for Reception applications is 15th January.

Please encourage families who are new to our school to visit one of our open days. The dates and times of these are

9am Tuesday 5th November

9am Wednesday 6th November

9am Thursday 7th November

9am Monday 11th November

9am Tuesday 12th November

9am Wednesday 13th November

9am Monday 18th November

9am Tuesday 19th November

9am Wednesday 20th November

Families can email office@cottesmore.brighton-hove.sch.uk with their preferred date/dates and their full name, the name of their child (who they are considering enrolling at the school) and mobile number.

In the meantime, you may wish to watch a video that we created when, due to Covid 19, parents were unable to visit the school.

<https://player.vimeo.com/video/482774309>

Please do share this with friends.

The Admissions Page of our school website also contains a range of helpful information, including the promotional video, so you may wish to explore this also.

<https://www.cottesmore.brighton-hove.sch.uk/page/admissions/>

Please spread the word about Cottesmore to all that you know. We admit families from category 11 (the lowest category) so please do encourage friends and families that you know to get in touch. We look forward to hearing from all prospective parents and are here to help in anyway. If schools don't fill, they lose vital funds so getting as many applications as possible is vital.

Swerve Soccer new camp

Swerve Soccer and Coach George are launching a new camp together at Patcham High School on 28th and 29th October for players aged 5 -13 years old. This is Coach George's own camp, so he is really looking forward to hosting it. The facilities at Patcham are great and children will be training on the 3G pitch which is a fantastic surface for children to enjoy their football. The camp will also be supported by the original Swerve founders, Jay and Olly which will make the camp that little bit more special. The camp is £35 for 1 day or £45 for 2days. With code SATSOCCER you can also receive an additional £10 off when you book both days consecutively. For full details please follow the link

<https://www.swervesoccer.com/news/2024-october-camps>



Harvest Events

Key Stage One

You are invited to year group Harvest liturgies. These will take place in the Forest School area, at 9am, and run for approximately 20 mins.

- Reception - Tuesday 15th October at 9am
- Year 1 - Wednesday 16th October at 9am
- Year 2 - Friday 18th October at 9am

Please can all children wear full school uniform on these days.

Once you have dropped your child off with the class teachers in the infant playground, please head straight to the Forest School area on the field.

Key Stage Two

- Children in Year 6 have been invited to a special Harvest Mass at Cardinal Newman School, with other Year 6 classes from across the Deanery, on Tuesday 22nd of October. This is an event for children only. If you can volunteer to help with this eg walking children over and back, please email Year 6 teachers directly. Smart school uniform please. No PE kits.
- Year 3 and 4 and 5 Harvest Mass will take place on 17th October at 9am, in the school hall celebrated by Fr Chris Benyon. Parents are welcome to attend. Please enter via Radinden Manor gate only. This will be locked at 8.40am as usual and then reopened from 8.50am - 9am.

Donations

We ask for your support, at Harvest, to help with our annual collection of food or money for our local food bank based at St. George's church - Hangleton and West Blatchington Food Bank as well as for City Mission. Donations of food will be collected across the week beginning 9th of October and retiring monetary collections will take place at the end of each event.

Please see the list of much needed food on the next page (below) to see how your family can help. Any contributions are to be left in the KS2 shelter. Every contribution is gratefully received.

World Homeless Day - 10th October 2024

Thursday 10th October is World Homeless Day as well as World Mental Health Day (see the information on the front page of the newsletter). The link between poverty and mental health has been recognised for many years. The relationship operates in two directions: having financial challenges can bring about mental health problems (most commonly anxiety and depression), but mental health problems can also lead people into poverty due to discrimination in employment and reduced ability to work. We ask for your support, at Harvest, to help with our annual collection of food or money for our local food bank based at St. George's church - Hangleton and West Blatchington Food Bank as well as for City Mission. Donations of food will be collected across the week beginning 9th of October and retiring monetary collections will take place at the end of each Harvest event.



Do you need help?

If your family is finding the cost of living a challenge and you are finding yourselves needing to access a food bank, please do reach out to the school as there are many ways in which we can help. We have a special fund to help any of our families who may be in challenging circumstances. All information is treated in confidence.



Dear Parents/Carers,

A big thank you to all who were able to attend our Annual General Meeting (AGM). It was a wonderful evening, and we're truly grateful for your continued support and involvement, as well as our wonderful PTA for hosting.

For those who couldn't make it, here's a brief update. The PTA is now organised into 7 panels, which allows us to spread responsibilities and makes it easier for everyone to volunteer without committing to every event. This means you may only need to volunteer your time once or twice a year, rather than at each event we host—something that makes helping out both manageable and rewarding! Please see the panels below:



DATES FOR YOUR DIARY

Friday 18th October Reception Disco
Friday 18th October year 3 and 4 Film Night
Thursday 24th October Halloween Cake Sale
Friday 8th November year 1 and 2 Film Night
Friday 15th November year 3 Disco
Friday 22nd November year 5 and 6 Film Night
Friday 5th February Valentine's Day Cake Sale
Friday 30th March Easter Egg Trail
Friday 27th June (or 18th July) Summer Fair



At the meeting, we were able to fill several of our current vacancies, but there are still some roles available. If you would like to help in any capacity, please email: melistopcam@cottesmore.brighton-hove.sch.uk

CURRENT VACANCIES



Thank you again for your continued support, and we look forward to another successful year with the PTA.

Best regards,
The PTA Team
Cottesmore School.



CARDINAL NEWMAN
CATHOLIC SCHOOL

Save
the
Date

Come and see
what we do
at Cardinal
Newman Catholic
School!

We invite you to join us for our

OPEN DAY AND EVENING EVENT

Thursday 24th October

Daytime tours - 9.15, 11.15 & 12.15

Open evening 4-6.30pm



Scan to book tickets



Brighton and Hove Secondary School Transition - Prospective Open Evening and Open Morning Dates and Information

School	Open Evening Date	Open Evening Information	Open Morning Dates	Open Morning Information	Website link with further information
BACA	Wednesday 2 nd October 5.00pm – 8.00pm	Information and booking on BACA website, but more than welcome to just turn up	Wednesday 9 th , Wednesday 28 th and Saturday 10 th October 9.30am – 11.00am	Booking for open morning via the BACA website	https://www.baca.co.uk
Blackthorn Mill School	Thursday 18 th September 5.00pm – 7.30pm	No need to book, please just turn up	Tuesday 24 th and Wednesday 25 th September 9.15am – 10.30am	No need to book, please just turn up	https://www.brightonandhove.gov.uk/schools/information-for-prospective-parents/
CNCS	Thursday 24 th October 4.00pm – 6.00pm	No need to book, please just turn up	Thursday 24 th October 9.15am, 11.15am and 12.15pm	Town booklet through the CNCS website from 20 th September	https://www.cncl.co.uk
Dorothy Stringer School	Thursday 20 th September 4.00pm – 7.00pm	Bookings for Headteacher speech available on the Dorothy Stringer website	School tours are running every morning from Monday 20 September to Friday 11 October	Booking for school tours via the Dorothy Stringer website	https://www.dorothy-stringer.co.uk/
Hove Park School	Wednesday 25 th September 5.15pm – 8.30pm	Booking for Headteacher speech available on the Hove Park website	Monday 25 th , Tuesday 24 th , Monday 30 th September and Tuesday 1 st October 8.45am – 10.00am (Valley campus) 10.45am – 11.50am (North campus)	Booking for open morning via Hove Park website	https://www.hovepark.org.uk/book-evening
King's School	Thursday 24 th September 5.00pm – 8.00pm	No need to book, please just turn up	Monday 20 th September to Friday 4 th October 9.00am and 11.00am	Booking for open mornings via King's website	https://www.kingschoolshove.org.uk/transition
Longhill High School	Thursday 3 rd October 5.00pm – 8.00pm	No need to book, please just turn up	Monday 7 th October to Friday 13 th October and Monday 14 th October to Wednesday 18 th October 9.45am – 10.45am	Please email admissions@longhillhigh.co.uk to book a visit, or call 01273 304088	https://www.longhillhigh.co.uk
PACA	Thursday 3 rd October 5.00pm – 8.00pm	No need to book, please just turn up	Monday 16 th , Tuesday 17 th , Tuesday 24 th and Wednesday 25 th September	To book please contact: transition@paca.co.uk	https://www.paca.co.uk/
Parthway High School	Thursday 10 th October 5.45pm – 8.30pm	No need to book, please just turn up	Monday 14 th , Wednesday 18 th and Friday 19 th October Arrive from 5.45am for 6am start	No need to book, please just turn up	https://www.parthwayhigh.brighton-hove.sch.uk
Vandana School	Thursday 19 th September 4.30pm – 7.30pm	No need to book, please just turn up	Monday 30 th September, Tuesday 3 rd October, Wednesday 24 th October and Thursday 2 nd October 9.25am – 10.30am	For Open Mornings, please book via school@vandana.co.uk or 01273 581261	http://www.vandana.co.uk

MONDAY 14 th	• Choir school trip to Glyndebourne
TUESDAY 15 th	• 9am - Reception Harvest. Forest School, parents welcome
WEDNESDAY 16 th	• 9am - Year 1 Harvest. Forest School, parents welcome • Year 3 St Martin Forest School am • Year 1 St Teresa Forest School pm
THURSDAY 17 th	• 9am - Year 3, 4 and 5 Harvest mass, parents welcome (school uniform) • Flu Vaccination – all years • Parent Consultation phone calls and SEN 3.20pm - 6pm
FRIDAY 18 th	9am - Year 2 Harvest. Forest School, parents welcome Year 5 Swimming Show Racism the Red Card Day - wear red today Year 3 & 4 PTA, after school film show
MONDAY 21 st	
TUESDAY 22 nd	Year 6 Harvest Mass (with other schools), Newman. Children only (school uniform) Year 6 Height and Weight screening Parent Consultation phone calls and SEN 3.20pm - 6pm
WEDNESDAY 23 rd	Honeypot celebration - home clothes for selected children / class.
THURSDAY 24 th	• Individual and sibling school photographs - all to wear school uniform eg no Forest school or PE clothes • PTA uniform sale after school - items between E1 and E2 • PTA Halloween Cake Sale after school – please bring in shop bought / homemade donations and leave them in the KS2 structure before school. Nothing containing nuts.
FRIDAY 25 th	• INSET DAY – school closed to pupils
THURSDAY 31 st	• Closing date for secondary school applications
HALF TERM HOLIDAY Monday 28th October – Friday 1st November Outdoors Project Holiday Club on school field	
NOVEMBER	
MONDAY 4 th	
TUESDAY 5 th	• 9am -10am School Tours for Reception 2025
WEDNESDAY 6 th	• 9am - 10am School Tours for Reception 2025 • Year 1 St George Forest School pm
THURSDAY 7 th	• 9am - 10am School Tours for Reception 2025
FRIDAY 8 th	Year 5 Swimming Donations of wine for the PTA Christmas Fair Year 1 & 2 PTA, after school film show
SUNDAY 10 th	• World Science Day
MONDAY 11 th	• Anti-Bullying Week - wear odd socks • Remembrance Day (Remembrance Sunday is Sunday 10 th) • 9am - 10am School Tours for Reception 2025
TUESDAY 12 th	9am - 10am School Tours for Reception 2025
WEDNESDAY 13 th	9am - 10am School Tours for Reception 2025 World Kindness Day Year 2 St Patrick Forest School am Year 1 St Teresa Forest School pm
THURSDAY 14 th	
FRIDAY 15 th	• Year 5 Swimming • PTA Year 3 Welcome to KS2 Welcome Disco 4.30pm – 5.45pm • Children in Need - non school uniform in exchange for money towards collection
MONDAY 18 th	• 9am - 10am School Tours for Reception 2025
TUESDAY 19 th	9am - 10am School Tours for Reception 2025
WEDNESDAY 20 th	• 9am - 10am School Tours for Reception 2025 • Year 2 St Monica Forest School am • Year 1 St George Forest School pm
THURSDAY 21 st	
FRIDAY 22 nd	Year 5 swimming Year 5 and 6 PTA film show, after school. Donations of toys, books etc that can be used at the PTA Advent fair
MONDAY 25 th	
TUESDAY 26 th	
WEDNESDAY 27 th	Year 3 St Cecilia Forest School am Year 1 St Teresa Forest School pm
THURSDAY 28 th	Years 3 - 6 Beauty and the Beast pantomime at school at 1.30pm.
FRIDAY 29 th	Year 5 swimming Donations of Christmas boxed biscuits and chocolates that can be used at the PTA Advent Fair
DECEMBER	
MONDAY 2 nd	Advent begins
TUESDAY 3 rd	
WEDNESDAY 4 th	Year 1 St George Forest School pm Choir to Brighton Centre for One Voice Singing Festival (rehearsal in day and show in evening)
THURSDAY 5 th	Interactive Fairy Tale Show for Reception - Year 2. Fairytale costumes or party clothes for children in Reception only
FRIDAY 6 th	Reception and Year 1 parent / carers Phonics workshop. School hall. 8.50am. PTA Advent Fair, school hall and outside, 3.15pm – 4.45pm. School uniform day (or PE kit is usual PE day). Please bring donataions of cakes and sweet treats.
MONDAY 9 th	
TUESDAY 10 th	
WEDNESDAY 11 th	
THURSDAY 12 th	
FRIDAY 13 th	
MONDAY 16 th	Year 6 Nativity - 2.30pm
TUESDAY 17 th	Year 2 Nativity - 9.15am Year 5 Nativity - 2.30pm
WEDNESDAY 18 th	• Year 1 Nativity - 9.15am • Year 4 Nativity - 2.30pm • Christmas Dinners: KS2 (these year groups wear Christmas jumper / colourful clothes). All children in KS1 to bring a packed lunch this day. • Honeypot celebration
THURSDAY 19 th	Reception Nativity - 9.15am Christmas Dinners: KS1 (these year groups wear Christmas jumpers / colourful clothes). All children in KS2 to bring a packed lunch this day. Y3 Nativity - 2.30pm PTA uniform sale after school – items between E1 and E2
FRIDAY 20 th	• Class parties for all school and Father Christmas to visit Reception – Year 3. • School finishes for Christmas holidays
CHRISTMAS HOLIDAY Monday 23rd December – Friday 3rd January	