



23rd February 2024

Dear parents / carers,

Lent and Buddy Mass

During half term, many families will have marked Shrove Tuesday by making pancakes. Some will have also attended an Ash Wednesday service and reflected on what Lent means and ways in which we can make changes so that we can be more like Jesus. We usually celebrate this in school but seeing it was half term, we talked about it on Monday. We reminded children how we had rolled away the word 'Alleluia' as this won't be said again now until Easter Sunday, when we can shout it from the rooftops to show that Jesus has risen. Children also thought about their Lenten promises. On Seesaw, you will have access to a virtual Lent prayer space as well as receive weekly, Lent based, challenges to take up during this period. Children in Reception and Year 6 also enjoyed their first Buddy Mass in the Chapel and Newman school. The children participated wonderfully and it was a lovely celebration. Father Chris reminded us of the importance of being a 'buddy' to one another, especially during this time of preparation.



Royal Pavilion

Year 5 enjoyed a trip to the Royal Pavilion recently, delving further into the fascinating history of King George VI. The day included a tour through opulent rooms, providing a glimpse into the regal past. Children learned fun facts about each of the rooms and were challenged to spot different features. Children then participated in a lively drama workshop with 'Lady Buzzby', bringing our local history topic to life.

Elysa (5 St Josephine)

Inside the Royal Pavilion, there are many amazing chandeliers and there are dragons on the ceiling. From the outside, it looks like the Taj Mahal in India which is a beautiful place. There were so many rooms and we walked around where the servants used to walk - we knew this because the floors were worn out. My group and I went inside the kitchen - it was huge. Even the pots were big because King George the fourth loved food! In the banqueting room we saw the table where he ate feasts with up to 36 guests. All around the Pavilion there were secret doors where King George's servants came in and looked after him. It was an amazing day and I learned lots. Do go and visit.



Mentor Group

A couple of weeks ago, I wrote about how Newman's racial literacy / anti racist mentor group came back to continue work on their identity project with some pupils from Years 5 and 6. Please find a link to their blog about it here.

<https://www.cnscs.co.uk/post/peer-mentoring-at-cottesmore-january-2024>



Children's Mental Health Week Children's Mental Health Week is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health. This year's theme was, 'My Voice Matters' and focused on empowering children and young people by providing them with the tools they need to express themselves. Children took part in lessons and discussions to encourage the message that their voice matters. For example, Year 2 made affirmation trees. Follow this link for support on how to talk to your child about mental health and for tips and advice.

<https://www.childrensmentalhealthweek.org.uk/media/vxgdpw3x/cmhw-24-top-tips-for-families.pdf> Please also see our wellbeing website page for useful links and information on how we teach the children to look after their wellbeing:

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



Dirt Is Good Before half term, the whole school enjoyed an assembly learning about a new project Cottesmore are taking part in. The 'Dirt is Good' project is supporting schools to choose an initiative from the UN Sustainability Development Goals and to create a project which is close to their values as individuals and as a school. The Eco committee have already done some work on this area and brainstormed their own values. From this exercise, it became clear that the children value their planet, their beaches and their access to healthy food. All pupils have been asked to place their own ideas for a project in their class Eco suggestion box and we will gather them for our next meeting. The aim is to choose a project we will all work on together until July, which aligns with one of the UN goals. Projects such as these are taking place all over the country and inspiring you people to make a difference. Please talk to your children about how they can make a difference to our world and give them support in choosing a project. Currently, the most popular idea is to grow vegetables and fruit at school so that the whole school may take part in the growing and then taste them at lunchtime, but it is early days and we are open to all ideas.



Keeping all families in our prayers and always here to help.
Rachel Breen, Headteacher

Recycle and reuse

Please save all your yoghurt pots (big and small), plastic fruit punnets and spray containers for an Eco committee project. Please drop any to Year 4 classrooms.



Measles

Measles is now circulating in England and families are advised to check with children, teenagers, and adults that they are up to date with their MMR vaccine. Measles is a highly infectious disease which can lead to serious illness.

The measles, mumps, and rubella (MMR) vaccine provides excellent protection against measles, and it is free on the NHS. Children are offered the first dose of the MMR vaccine at one year and the second dose at 3 years 4 months, but they can be given with as little as a one-month gap between doses, depending on age.

What should you do? To see if your child is up to date with their MMR vaccine, check their red book, or contact your GP practice. If anyone has missed one or both doses of the MMR vaccine, contact your GP practice to book an appointment. [Find out more about MMR vaccinations on the NHS website.](#)

Measles signs and symptoms. Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes
- Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.
- A rash usually appears a few days after the cold-like symptoms - The rash looks brown or red on white skin. It may be harder to see on brown and black skin.

[More information about measles, symptoms and actions you can take are on this 0-18 NHS website.](#) information on this website is available in many languages and has Recite me facility.

If you or a family member develops any symptoms of measles, contact your GP by phone.

Please do not go to your GP, walk-in centre, or any other healthcare setting without calling ahead, as measles is very infectious.

Spring 2 Termly Overviews on Website

The Half Termly Overviews for the 2nd half of the Spring Term have been published on the relevant year group pages on our school website. These overviews give you detailed information about the upcoming topics and, whether it's exciting science topics, creative art projects, or language learning opportunities, there's something for every child to look forward to. We encourage you to find out, and have conversations with your child, about what they will be studying at school: perhaps you would like to investigate further, provide background reading or extra practice/support at home. If you have any questions about forthcoming topics, please speak to class teachers.



Safer Internet Parent Webinar

This session introduces you to the Cyber Choices programme, led by the National Crime Agency, and delivered locally by SEROCU (the South East Regional Organised Crime Unit). Cyber Choices is a programme that supports those people at risk of committing computer misuse offences, such as hacking. These risks are far more real than most people recognise, with around 1 in 4 young people admitting to committing low-harm cybercrimes, perhaps without even realising what they were doing was illegal. Ideally suited to parents/carers of children in Year 3 (age 7) and above, all the way up to college, university and beyond, this session will help parents and carers to understand what computer misuse is, what the risks to young people are, to recognise some of the indicators that young people may be involved in committing cybercrimes, and how the Cyber Choices programme supports at-risk individuals.

Parent Webinars for Safer Internet Day

When: Feb 27, 2024 10:00 GMT

Registration: https://us06web.zoom.us/webinar/register/WN_f85LCF9XQQiveByxpGjBRA

When: Feb 28, 2024 20:00 GMT

Registration: https://us06web.zoom.us/webinar/register/WN_XZSXC9NnRBWVsnUzxFUTgg

When: Mar 4, 2024 11:00 GMT

Registration: https://us06web.zoom.us/webinar/register/WN_2fwzDzv3RMmo7Gm0PGF_3w

Easter 2024 HAF - Adventure Camp

FREE for Children aged 6-16 on Benefit related
Free School Meals

Adventure Activities
from Archery to Zorb
with some Climbing
in the middle.

Lots more to do
including:
Sports, E-scooters,
Campfire, Art



Fun
Friendship
Adventure

To book follow the links on our FACEBOOK page or SummerAdventureCamp.co.uk

Cardinal Newman School in Hove
Weekdays 2-5 April & 8-12 April
East Grinstead Sports Club
Weekdays 2-5 April
The Mill Primary Academy in Crawley
Weekdays 8-12 April



Easter 2024 Junior - Adventure Camp

For Children aged 6-12 with parents paying by Childcare Vouchers /
Card / BACs. Daily bookings £48

Adventure Activities
from Archery to Zorb
with some Climbing
in the middle.

Lots more to do
including:
Sports, Art,
Bushcraft, Campfire



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20/04/24, 2:25 PM

Email - Cottessmore - Office - Outlook



THURSDAYS
3:20PM - 4:20PM

MARIPOSA LANGUAGES

KS1 SPANISH CLUB Cottesmore Primary School

Spanish after school fun!
Get ready for a blast! Join us for
lively Spanish fun lessons for your
kids. Our native tutors use music,
games, and crafts to make
learning interactive and
progressive.
Let's turn language learning
into a fiesta!

**ENROL YOUR
CHILD NOW!**

079 15 31 63 45

www.mariposalanguages.com

Yo hablo
español.

What will your child learn?

- Question words in Spanish;
- Talk about pets in details;
- Design their own Pet Super Hero
- Talk about famous families;
- Describe the physical appearance of others;
- Fun Easter activity!



20/04/24, 2:08 PM

Email - Cottessmore - Office - Outlook



TUESDAYS
3:20PM - 4:20PM

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AFTER SCHOOL CLUB

SPRING TERM '24 BOOK NOW



"MY DAUGHTER
ASKED IF SHE CAN
ATTEND THE CLUB
UNTIL SHE
LEAVES SCHOOL"



"I'VE SEEN
MY SON'S
CONFIDENCE
GROW DURING
HIS TIME SPENT
AT THE CLUB."

FUN, EXERCISE, FRESH AIR & DIFFERENT ACTIVITIES EVERY WEEK

NEW ACTIVITIES FOR THIS TERM INCLUDE:

ROMAN GIANT CATAPULT BUILD
ANIMAL AMBASSADORS "SEA TURTLES"
BUSHCRAFT & FIRE LIGHTING SKILLS
FORTNITE SPECIAL NERF
THE RANDOMISER
VIKING KUBB & WHITTILING
FLIP THE FLAG NERF
TEAM GAME & BUILD CHALLENGES
THE KEY INGREDIENT: LOTS OF FUN!

WATCHING CHILDREN'S
CONFIDENCE GROW &
NEW FRIENDSHIPS FORM
AT OUR CLUBS IS ONE OF
THE MOST REWARDING
THINGS WE DO.

COTTESMORE ST MARY'S
CATHOLIC PRIMARY
WEDNESDAYS 3:10 - 4:20PM
YEARS 1-6

CLUB RUNS 10TH JAN - 27TH MARCH 2024
TOTAL COST: £88 / 11-WEEK TERM

The
Outdoors
Project

MORE INFO & BOOK: WWW.THEOUTDOORSPROJECT.CO.UK

HOLIDAY CLUBS - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS - SAPLINGS PARENT & TODDLER GROUP

OFSTED REGISTERED & CHILDCARE VOUCHERS ACCEPTED

FEBRUARY/MARCH	
MONDAY 26th	
TUESDAY 27th	
WEDNESDAY 28th	- Year 4 St Cuthman Forest School am - Year 1 St Teresa Forest School pm
THURSDAY 29th	
FRIDAY 1st	
MARCH	
MONDAY 4th	
TUESDAY 5th	Year 5 & 6 Girls Cricket Tournament, BACA Sports Hall pm - info to those attending
WEDNESDAY 6th	- Year 3 St Martin Forest School am - Year 1 St George Forest School pm
THURSDAY 7th	World Book Day (dress in pyjamas and comfy clothes)
FRIDAY 8th	International Womens Day
MONDAY 11th	
TUESDAY 12th	
WEDNESDAY 13th	- Year 2 St Monica Forest School am - Year 3 St Cecilia Forest School pm - Year 4, 5, & 6 Swimming Gala, Prince Regent pm - info to those attending
THURSDAY 14th	Year 3 & 4 Albion Cup Boys, Lancing am - info to those attending
FRIDAY 15th	- St Patrick's Day (Sunday 17th) - Year 3 School Trip To Cuckmere Haven
MONDAY 18th	Science Week
TUESDAY 19th	Reception school trip to Drusillas
WEDNESDAY 20th	- Year 2 St Patrick Forest School am - Year 1 St Teresa Forest School pm
THURSDAY 21st	Year 3 & 4 Albion Cup Girls, Lancing am - info to those attending
FRIDAY 22nd	World Water Day
MONDAY 25th	9am Easter liturgy in hall for parents – Reception 2pm Stations of the Cross with Parents – Year 3 2.30pm Stations of the Cross with Parents – Year 6
TUESDAY 26th	2pm Stations of the Cross with Parents – Year 4 2.30pm Stations of the Cross with Parents – Year 5
WEDNESDAY 27th	9am Year 2 Easter liturgy in hall for parents - Honeypot Party - Year 5 Cross Country Sussex Finals am - info to those attending - Year 6 Cross Country Sussex Finals pm - info to those attending
THURSDAY 28th	9am Year 1 Easter liturgy in hall for parents - Reception Farm Day - PTA uniform sale after school – items between £1 and £2
FRIDAY 29th	Bank Holiday – school closed
EASTER HOLIDAYS Monday 29th March – Friday 12th April Outdoors Project Holiday Club on school field	
APRIL	
MONDAY 15th	INSET DAY – school closed to pupils
TUESDAY 16th	
WEDNESDAY 17th	