

STMARY'S



www.stmarysmiddlewich.cheshire.sch.uk

T: 01606 516171 E: admin@stmrc.uk



Follow us on social media

Newsletter 5th December 2025

Dear Parents / Carers,

As the second Sunday of Advent is fast approaching, may the warm thoughts of your loved ones, family, and friends fill your heart with joy. May your Christmas shine brightly with joy and goodwill! Thank you for your support and consideration this term. You should be proud of your children as they are an asset to you.

Mrs Janet McKinlay

Headteacher

Christmas Workshop on 5th December

We continue to provide as many enrichment opportunities as possible. The children had a fabulous day with Madame Dellapiana.





Y5/6 Dodgeball Competition at MHS

On Thursday 4th December, a team of Year 5 and 6 children participated in a dodgeball competition at Middlewich High School and they were amazing.

After a loss to the eventual winners, our team won three matches and came third out of six teams. Not only that, but they impressively represented St. Mary's by being supportive to one another, enthusiastic to do their very best and by being extremely respectful to each opposition team.

A very big well done to Aidah, Faith, Georgia, Lilly and Lorenzo in Year 5 and Andre, Daniel, Isabelle and Louie in Year 6.





CAROL CONCERT AND CHRISTMAS FAIR

KS2 will be hosting a carol concert at St Mary's Church on Monday 15th December at 6pm. The PTA Christmas fair will be straight afterwards in the parish centre. There will be lots of stalls - bottle tombola, toy stall, cake sale, craft stalls, the Tree of Surprises to name but a few.

The Tree of Surprises is a new one - Children take a green envelope home and place some money inside (50p, £1 or £2 - more if you like!). This is returned to school. The envelopes will be hung on a Christmas tree. Children then pay 50p to enter. They can choose any envelope off the tree and will get their money back at the very least but they might get one of the other amounts - who knows!

ELF RUN

The newly appointed Mini Vinnies would like to raise some money for St Luke's Hospice by hosting 'The Elf Run' which is a sponsored run or walk in December. Coach Gary will orchestrate the event. All children can take part on 11th December. **There is no obligation to sponsor your child or send any money in as we are conscious that families are hard pressed at this time of year.** If you wish to do so, sponsor money can be returned in January.



Jubilee Celebration Day

Jubilee Celebration Day on 21st November was an opportunity for schools involved in the Catholic Church's 2025 Jubilee Year, themed "Pilgrims of Hope". The pupils spent the day reflecting, giving thanks, and looking ahead, marking the end of the main school-based initiatives for the Jubilee year. have a look on Facebook for the pictures.





PTA CAKE and TOY DONATIONS

Dear parents and carers,

Could parents send in cake and toy donations for use at the Christmas fair by Friday 12th December?

Please help out at the Christmas fair if you can - even half an hour.

To learn more or to get involved, please contact: **07525 845 735**.

School Trip Reminders

Saturday 29 th November 2025	Creative Craft Fair 11am till 4 pm and Christmas Santa Photograph
Friday 5 th December 2025	Modern Foreign Languages Christmas Workshop for pupils.
Wednesday 10 th December 2025	Whole School Christmas Panto Aladdin Northwich No swimming this day
Sunday 7 th December	Carol Concert in the Victoria Hall at 3.30pm
Friday 12 th December 2025	Rock Steady Concert at 9.15 am in school hall
Monday 15 th December 2025	St Mary's KS2 Carol Concert (6pm) at the parish church in King Street at 6pm. Followed by PTA Christmas Fair
Tuesday, 16 th December 2025	Nursery, Reception and KS1 Nativity. Performances at 2pm and 6pm
Wednesday 17 th December 2025	Christmas Lunch and Christmas Jumper Day
Thursday, 18 th December 2025	School closes at 13.30pm
Friday 19 th December 2025	Inset Day - School Closed
Christmas Holiday	Monday 22 nd December 2025 to Friday 2 nd January 2025
Monday 5 th January 2026	School opens 8.30am
Monday 12 th January 2026	Robinwood Parents' Information Evening straight after school
Wednesday 18 th to 20 th March 2026	Y5 residential to Redridge
Friday 27 th March 2026	Y4 Pupils visit to St Nicholas High School
Wednesday 17 th June 2026	Y5 Activities' day at St Nicholas High School
Tuesday 7 th & Wednesday 8 th July 2026	Y6 Transition Days to St Nicholas High School

Please pay on ParentPay

Green are school residentials

Red are school day trips

Cost	Place	Year Group	Date
£15	Whole school Panto		10 th December 2025
£218	Robinwood	6	4 th to 6 th February 2026
£203	Redridge	5	18 th to 20 th March 2026

PTA Christmas Wreath Making







Health and Wellbeing Event



The poster features the SMASH Care Community logo on the left and the SMASH Primary Care Network logo on the right. The central text reads 'HASLINGTON HEALTH AND WELLBEING EVENT'. Below this, a calendar icon is next to the date 'Wednesday 17th December' and a clock icon is next to the time '9am until 1pm'. A location pin icon is next to the address 'Voxhall Village Hall, Crewe Road, Crewe, CW1 5QZ'. A blue text block states: 'Join us to connect with over 20 organisations dedicated to providing health and wellness support in the community including:'. A yellow box contains a list of services: Mental Health, Finances, Employment, Substance Abuse, Carers, Benefit Advice, Dementia Support, Family Support, Free blood pressure checks, Physical Health, and Aging Well. A circular photograph shows a brick building with trees. At the bottom, a pink and green banner contains the contact information: 'CONTACT US PA.SMASH@mcht.nhs.uk'.

HASLINGTON HEALTH AND WELLBEING EVENT

Wednesday 17th December **9am until 1pm**

Voxhall Village Hall, Crewe Road, Crewe, CW1 5QZ

Join us to connect with over 20 organisations dedicated to providing health and wellness support in the community including:

- Mental Health
- Finances
- Employment
- Substance Abuse
- Carers
- Benefit Advice
- Dementia Support
- Family Support
- Free blood pressure checks
- Physical Health
- Aging Well

CONTACT US PA.SMASH@mcht.nhs.uk

Household Support Fund Information

[https://www.cheshireeast.gov.uk/council and democracy/council information/financial-support/household-support-fund.aspx](https://www.cheshireeast.gov.uk/council%20and%20democracy/council%20information/financial-support/household-support-fund.aspx)

3. Mental Health & Wellbeing

- British Association for Counselling and Psychotherapy - [Seasonal affective disorder: Tips on how to cope with SAD this winter](#)
- British Association for Counselling and Psychotherapy - [Seasonal affective disorder \(SAD\) | How counselling can help](#)
- Hammersmith and Fulham Association for Mental Health Ltd - [How to stay positive during winter](#)
- Hammersmith and Fulham Association for Mental Health Ltd - [What is Seasonal Affective Disorder?](#)
- Men's Fitness - [How To Protect Your Wellbeing This Winter](#)
- Mind - [What self-care can I do for seasonal affective disorder \(SAD\)?](#)

- Mindwell - [MindWell's top 10 tips for winter wellbeing](#)
- NHS - [Mindfulness](#)
- NHS - [Seasonal affective disorder \(SAD\)](#)
- Red Cross - [Wellbeing Support](#)
- Royal College of Psychiatrists - [Seasonal Affective Disorder \(SAD\)](#)
- Scottish Action for Mental Health - [Protecting your wellbeing during the winter months](#)
- The Met Office - [Looking after your mental health through the winter](#)

4. Keeping Active this Winter

- AXA Health - [Benefits & tips for exercising outdoors](#)
- British Heart Foundation - [3 tips to help you keep fit in winter](#)
- British Heart Foundation - [How to get active indoors](#)
- BUPA - [Home exercise program: Winter workout](#)
- NHS - [Walking for health](#)
- Nuffield Health - [The right way to exercise in winter](#)

5. Apps

- [Calm](#) – app for sleep, meditation and relaxation.
- [Headspace](#) – Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.
- [MyPossibleSelf: Mental Health](#) - access to the best toolkits available to improve your mind; includes interactive tools and coping strategies, using cognitive behavioural therapy (CBT), customised for digital use.
- [NHS Active 10](#) - records every minute of walking you do, tracking your steps, helps you set goals and shows your achievements
- [NHS Couch to 5K](#) - A running programme for beginners to help you get started with running
- [NHS App](#) – The NHS App gives you a simple and secure way to access a range of NHS services on your phone. You can view your health record, including test results, request repeat prescriptions and book appointments.

- [Sorted: Mental Health](#) – accredited by NHS digital - a mark of its effectiveness, safety and good function. Easy to use, the audio modules uniquely combine applied relaxation with goal-focused visualisations derived from the latest neuroscience and sports coaching methods.
- [The Mindfulness App](#) – Enjoy a more restful sleep, stress less, and reduce your anxiety together with over 350 guided meditations.

Mirror Mirror on the wall...

👑👉 Where's the fairest fun of all?

Right here in Northwich this January! 🇬🇧🇮🇪 Join Mrs Lea's theatre group Together for Theatre Productions for a glittering adventure bursting with laughter, songs, and that classic panto magic! Expect wicked queens, hilarious dwarves, and a story filled with sparkle, silliness, and happily ever afters. ❤️

Don't let the magic fade — book your seats for Snow White today! 📄 togetherfortheatre.co.uk/tickets



After School Clubs

Extra-curricular Clubs

Monday to Friday 3pm - 4pm

Monday - Years 1 - 3 Multisports (free)

Tuesday - KS2 basketball (after Christmas)

Wednesday - KS1 and KS2 football

Thursday - dodgeball (after Christmas) /Spanish/ Mad Science

Friday - KS2 Drama (no charge)

Science Club from January 2026

Thursdays 3-4pm

Rock Steady Music Friday 8.30am to 10.30am

Rock Steady Music run inclusive rock and band sessions in school on a Friday morning 8.30am to 10.30am to book a place please go to the below link.

<https://www.rocksteadymusicschool.com/>

Homework Club

For those attending ASC on a Friday 3pm to 4pm there is an opportunity to complete homework with support from staff.

Mad Science



Mad Science Club

Mad Science Club after Christmas

Dates of club:

8th January 2026

15th January 2026

22nd January 2026

29th January 2026

5th February 2026

12th February 2026

You can still register your child online although they have enough pupils to run the club.

<https://northengland.madscience.org/parents-register-a.aspx>

Applications

Applications are now open for children transitioning to secondary school. Parents are strongly advised to apply for three preferences.

Applications must be submitted to the child's home local authority by:

- 15 January 2026 for pupils starting primary in September 2026.

Parents still need to apply even if the child has a brother or sister already at the school or the child is attending a nursery/preschool attached to the school. Further information about this will be available on the school's website.

To apply online and for further information please go to

<https://www.cheshireeast.gov.uk/schools/admissions/apply-for-september-2026-school-place.aspx> or call 0300 123 5012.

For up to date information please direct parents to follow our twitter @CE_Admissions and follow The Family Information Service – @FISCheshireEast or

<https://www.facebook.com/FISCheshireEast/>

Link: <https://www.cheshireeast.gov.uk/schools/admissions/start-school-september.aspx>

School Nursery



Please see our nursery page for more information on our new school website - <https://www.stmarysmiddlewich.cheshire.sch.uk/>

Parents tab at the top of the page then select Nursery.

Contacting the School Office

When contacting the school office for parent queries relating to clubs, medical appointments or school payment items, please contact the school office email which is: schooloffice@stmrc.uk

If you have a general enquiry or a query regarding admissions or paper copies of any information published on our website, please contact the School Office Manager at: admin@stmrc.uk

To contact the headteacher Mrs Janet McKinlay, please email head@stmrc.uk

To contact our school SENCO Miss Laura Dziamarski, please email ldziamarski@stmrc.uk

If you have a query or concern regarding your child please speak with your child's class teacher in the first instance.

Absence

- Reporting an absence, please ring 01606 516 171 & select option 1, by 9am latest each day. State child's full name, class and reason for absence
- useful information for parents - <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

St Mary's Catholic Primary School

Manor Lane, Middlewich. CW10 9DH

01606 516 171

Office hours are Monday to Friday 8.00am to 4.00pm

Visit us on the web at <https://www.stmarysmiddlewich.cheshire.sch.uk/>