

STMARY'S



www.stmarysmiddlewich.cheshire.sch.uk

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Newsletter 18th December 2025

Dear Parents / Carers,

May I take this opportunity to wish you all a very Happy and Holy Christmas, rooted in the true meaning of this festive season. With Jesus in our hearts and minds, the peace and joy of Christmas will reign in us.

Mrs Janet McKinlay

Headteacher

Arbor

Moving to Arbor - Important Information

As parents may be aware, from the New Year our school will be moving fully over to **ARBOR**. As part of this change, **ParentPay will no longer be available**.

All club bookings, school trips and school lunch payments will now be managed via Arbor. All School communications will also be sent via Arbor going forward.

If you are having difficulty logging in to Arbor or accessing your child's account, please contact Mrs Lea on admin@stmrc.uk, who will be happy to assist.

Thank you for your continued support as we make this transition.

School Uniform Reminder

It is integral to school policy for children to be proud of their school and to identify with it. Therefore the following uniform is worn:

- Grey trousers/shorts.
- Grey skirts or tunics.
- White shirts worn with school tie.
- Green sweatshirts/cardigans, with school logo.
- Sensible black school shoes are required.

Trainers are not allowed other than for outdoor PE.

Mini Vinnies & Year 5 Mass

Year 5 attended Mass at Church last Thursday to celebrate the appointment of our Mini Vinnies.





ELF RUN

The children enjoyed taking part in the Elf Run again this year. Thank you to Coach Gary for leading the event!

Thank you for all your kind donations, don't worry if you didn't manage to - we can still accept donations until the end of January.





Carols in the community

Some children from our lunchtime choir were able to visit Newton Court Care Home on Friday to sing some Christmas carols to the residents. The children had a wonderful time with big smiles on their faces, and the residents really enjoyed our visit.





Carol Concert and Christmas Fair

A very big well done to our KS2 students who hosted their Carol Concert on Monday. It was lovely to see everyone at church, and the children had a wonderful time.

Thank you to all those who helped out at the PTA Christmas Fair, and to all the students and parents who attended. It was a busy event but a huge success! The money tree was a big hit and sold out in minutes.

The PTA are delighted to confirm they raised £292!





EYFS & KS1 Nativity

A very big **Well Done** to our youngest students who performed two shows of our Christmas Nativity "Hey Ewe!".

It was wonderful watching them all, and seeing all their hard work come to life on stage!

Thank you to all the parents who came to support them.



Bringing Christmas Cheer!

This week the children have been out in the community delivering Christmas cards they have made to our neighbours. This has been really well received, and we have had some lovely messages from the recipients on the children and their Christmas cards.





St Vincent de Paul and Mini Vinnies Carols

The choir and the Mini Vinnies sang carols to bring cheer to local residents.







Steps to healthier Schools

- [Education Hub Blog](#): Reducing the spread of illness this winter: Seven steps to healthier schools and higher school attendance.
- [NHS Guidance for Parents Is my child too ill for school?](#) – a useful resource to help parents decide when children should stay at home.
- [Preventing and Controlling Infections Guidance](#) - Includes advice on vaccination, ventilation, and good respiratory hygiene.

- [A–Z of managing Infectious Diseases](#) - Practical guidance on managing specific illnesses.

Music For Life

Music for Life have asked us to pass this on to parents.

Instrumental and Singing lessons are available with Music for Life at school, and your child could be part of something amazing.

Here's what you need to know:

- Weekly 20 or 30 minute lessons in school, individual or small group
- Lessons start from just £29.95 per month (pupil premium subsidies available)
- Access to our multi award winning, not-for-profit organisation that invests in students through performances, ensembles, tutor training and workshops
- Easy instrument purchase through one of our partners such as 'Gear 4 Music' or hire with Musical Instrument Hire.

Booking is simple: visit our online portal, complete your details, and we'll confirm lesson times with one of our fantastic tutors.

If you have any questions, email us at info@musicforlife.org.uk.

To begin, complete the booking form on their portal (<https://www.musicforlife.org.uk/apply-now/>) by 21st December to start lessons in January.

School Trip Reminders

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 Arbor

Green are school residentials

Red are school day trips

Cost	Place	Year Group	Date
£218	Robinwood	6	4 th to 6 th February 2026
£203	Redridge	5	18 th to 20 th March 2026

Household Support Fund Information

https://www.cheshireeast.gov.uk/council_and_democracy/council_information/financial-support/household-support-fund.aspx

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](#)

 January 2026 Timetable <small>All sessions delivered live online via zoom. 90 minutes long</small> £24 each or FREE with School Membership <small>Book online at facefamilyadvice.co.uk</small> <small>Recordings available for 48 hours (excluding Free Talk)</small>	
Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
FREE Responding to Angry Behaviour	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 7pm

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](#)



Helpful 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



Middlewich IT Sessions

FREE IT SESSIONS

DO YOU LACK CONFIDENCE IN FINDING YOUR WAY AROUND YOUR PHONE OR TABLET?

If so, please come along to St Mary's Catholic Primary School (Manor Lane, Middlewich) on:

Saturday 24th January
Saturday 7th March
Saturday 18th April

10.00 — 11.30am

Help with Smartphones and Tablets

Refreshments provided

For more information, please contact Lucie Ferneyhough on 07929 717909 or lucie.ferneyhough@cheshireeast.gov.uk

Extra-curricular Clubs

All extra curricular clubs will start again from **Tuesday 6th January 2026**.

Monday

- KS1 and KS2 Climbing Frame Fun (£44 per term)

Tuesday

- KS2 basketball (£48 per term)

Wednesday

- KS1 and KS2 football (£48 per term)

Thursday

- Reception & KS1 dodgeball (£48 per term)
- Mad Science (£63 for 6 sessions - to book click [HERE](#))

Friday

- Rock Steady Music - 8.30am to 10.30am (to book click [HERE](#))
- KS2 Drama (no charge)
- Homework Club (whilst in ASC)

Reception 26 starters 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 school in September 2026.

You must still apply even your child has a sibling already at the school, or the applicant is attending our nursery.

To apply online and for further information please go to www.cheshireeast.gov.uk or call 0300 123 5012.

For up to date information please follow Cheshire East's twitter @CE_Admissions and follow The Family Information Service – @FISCheshireEast or <https://www.facebook.com/FISCheshireEast/>

School Nursery



Please see our nursery page for more information on our school website - [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/>