

Week 3 Autumn 2026

Friday 18th September



Unlimited Forgiveness

Dear Parents and Carers,

It was great to see the Church filled with the purple of St. Cuthbert Mayne uniforms on Sunday! It was also really special to see the children who are preparing for their First Holy Communion and Reconciliation this year receive their prayer partners.

On Monday, Year 1 to 6 attended Mass with the Parish to celebrate the start of our new school year, it was also the feast of the Exaltation of the Cross. Fr Alistair reminded us all that the cross is like a hug from God. Well done to the children from Year 4, 5 and 6 who read beautifully and took up the offertory with reverence.

There was great excitement in school with the start of the Rocksteady music lessons – I have heard lots of positive feedback from the children so far. Correspondence comes directly from them with regards to the timetable – they may make some tweaks following our first week.

Year 3 enjoyed thier swimming lesson on Thursday – a massive thank you to the parents that were able to help with this. We really appreciate you givingn up your time to help with this.

Have a lovely weekend,
Mrs O'Donovan

This week's Gospel

In this Sunday's Gospel, Peter asks Jesus how many times he should forgive someone who has wronged him. Thinking he is being generous, Peter suggests seven times. Jesus surprises him by saying, "not seven times, but seventy-seven times," meaning that forgiveness should have no limits.

Jesus then tells the Parable of the Unforgiving Servant. A servant is forgiven an enormous debt by his master, yet he refuses to forgive a fellow servant who owes him a much smaller amount. Through this story, Jesus teaches that, as God shows us great mercy and forgiveness, we are called to show the same kindness and forgiveness to others.

Forgiveness is not always easy. It can take courage, patience and humility. However, when we choose to forgive, we reflect God's love and help build stronger, kinder relationships within our families, schools and communities.

Ideas for exploring the Gospel at home

Family Discussion

You may wish to discuss these questions together as a family:

- *Why do you think Jesus wants us to forgive others again and again?*
- *Can you remember a time when someone forgave you? How did it make you feel?*
- *Is there someone you need to forgive, or someone from whom you need to ask forgiveness?*
- *Why can forgiveness sometimes be difficult?*
- *How can forgiving others help bring peace to our homes and friendships?*

Family Challenge

This week, try to be a "forgiveness family." If disagreements or misunderstandings arise, take time to listen, say sorry when needed, and offer forgiveness generously. Pray together that God will help you to show the same mercy and love that He shows to us every day. "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:32)

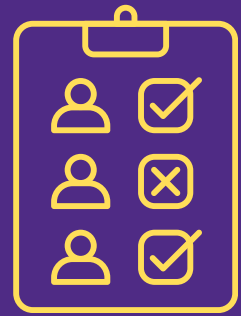
Year 6's BMW PGA/Pobble Day

A group of Year 6 children enjoyed an unforgettable day at the BMW PGA Championship, taking part in an immersive writing workshop hosted by Pobble that brought learning to life in a truly inspiring setting. Surrounded by the excitement of one of the world's premier golf tournaments, children had the opportunity to observe, explore and gather first-hand experiences to enrich their writing.

Throughout the day, the children engaged enthusiastically with a range of activities, using the sights, sounds and atmosphere of the event to develop descriptive language, journalistic writing and creative storytelling. They demonstrated impressive curiosity, asking thoughtful questions and carefully collecting details to help bring their writing to life.

The workshop provided a wonderful opportunity for pupils to see how powerful real-life experiences can be in inspiring high-quality writing. We were incredibly proud of the maturity, enthusiasm and excellent behaviour shown by our Year 6 pupils, who represented the school superbly and embraced every opportunity offered to them. It was a memorable day that will no doubt provide inspiration for many pieces of writing in the weeks ahead.





Attendance

Illness and Sickness

We understand that children will occasionally be unwell and unable to attend school. If your child is absent due to illness, please notify the school office via the Arbor app before the start of the school day.

It is important to remember that many common illnesses, including coughs, colds, sore throats and minor ailments, do not necessarily require time off school if a child is otherwise well enough to attend and participate in learning.

Regular attendance is essential for children's academic progress, well-being and sense of belonging. We therefore ask parents and carers to carefully consider NHS advice before keeping children at home due to illness. Please refer to <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>.

Where a child has sickness (vomiting) or diarrhoea, they should remain at home and only return to school once they have been symptom-free for at least 48 hours, in line with NHS recommendations.

Should you need any support or guidance regarding your child's attendance, please speak with Mrs Hua, who will be happy to help.

PE days

On PE days, the children come to school in their PE kits. This should be: their St. Cuthbert Mayne t-shirt, their school cardigan or jumper, black leggings, joggers or shorts, white or grey socks and trainers. Earrings should NOT be worn to school on PE days please.

Wednesday: Reception, Year 1, 2, 3 and 4

Thursday: Reception, Year 3, 4, 5 and 6

Friday: Yr 1, 2, 5 and 6

Year 3 have swimming on Thursdays this term.

Reception 2027

We have just settled our Reception intake, but it is already time to think about 2027's new intake! If your child is due to start school in September 2027 and you would like to find out more about St. Cuthbert Mayne Catholic Primary School, we will be running tours of the school so that you can see us in action and have the opportunity to meet with Mrs. O'Donovan, Headteacher on the following Wednesdays at 9.30am:

October: 7th, 14th and 21st

November: 4th, 11th, 18th and 25th

Secondary School Admissions

Admissions for secondary schools opened on 1 September.

If you're a parent or carer with a child reaching age 11 between 1 September 2026 and 31 August 2027, you have until 31 October 2026 to apply for their 2027 school place.

Learn more about the admissions process on the Surrey Admissions webpages:
<https://orlo.uk/BQA2S>

Healthy Sleep Patterns

For children and young people, low-quality sleep can become a serious issue. It has been theorised that poor sleep can have a significant impact on children's brain development, affecting them for the rest of their lives.

A healthy – and consistent – sleeping pattern, therefore, is incredibly important for children and young people's wellbeing.

With the stresses and distractions that can present themselves to youngsters, it can be tricky to ensure they're in the best mindset to wind down in the evenings for the rejuvenating rest that they need. The right approach, however, can give them a better chance of cultivating a healthy sleeping pattern. Our guide has some practical tips on helping them to achieve exactly that.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- 1 MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- 2 EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- 3 HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.
- 4 CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- 5 OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- 6 RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- 7 PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.
- 8 NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- 9 PARENTAL SUPPORT**
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- 10 MILITARY SLEEP METHOD**
Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gilett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday
The National College

[X @wake_up_weds](https://www.wake_up_weds.com) [f /www.thenationalcollege](https://www.thenationalcollege.com) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.tiktok.com/@wake.up.weds)

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Supporting your children's learning at home



Video to explain the best seating position for handwriting.



Links to Read Write Inc letter formation



THE FRIENDS OF ST CUTHBERT MAYNE
PRESENTS



FUN FILM FRIDAY!

R, KS1
& KS2

FRIDAY 25TH SEPTEMBER 3.15 – 5PM

TICKETS £4

INCLUDES POPCORN BAG AND FRUIT SNACK

DON'T FORGET YOUR WATERBOTTLES

SHOWING



PRE BOOK YOUR TICKETS BY 23RD SEPTEMBER ON CLASSLIST

Join our school on Classlist

The parent app that brings you into the heart of our school community

- ✓ Get in touch with parents in our school
- ✓ See what's coming up for you and your child
- ✓ Find like-minded friends in our community
- ✓ Organise meet-ups and birthday parties
- ✓ Buy event tickets & RSVP to invitations



I'm in the loop with essential updates

I can ask the parents in my child's class questions

It helps me see who's who at my school and see who lives nearby

Now I know who my child is friends with, I can get in touch with their parents

I can buy and sell pre-loved clothing, books and household items

I can organise my child's birthday and see who's coming

Is Classlist moderated?

Yes! It's moderated by parents to keep our community friendly, welcoming and useful.

Is Classlist secure?

Yes! It's fully GDPR-compliant and private; only verified school parents can join.

How much information do I need to share?

You're in control of your profile info and notification settings!



Build amazing parent communities

Connect - Celebrate - Collaborate



Classlist

Connect - Celebrate - Collaborate

Join our parent app

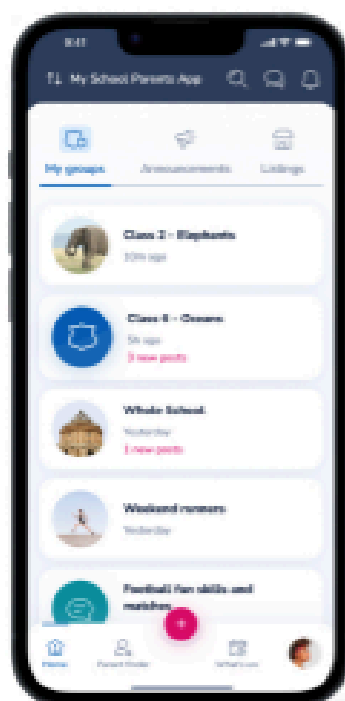
St. Cuthbert Mayne R C Primary School Parents

For quick approval, scan the code by Thu 24 Sep



You can also copy this link:

<https://app.classlist.com/s/W0ED2T>



Parents love Classlist to:

-  **Connect with class families**
-  **Organise meet-ups and birthday parties**
-  **Hear what's happening at school and ask questions**
-  **Get tickets to events**

GDPR compliant, private and secure.

www.classlist.com



Weekly Awards

Well done to the following children for living out our school mission this week.

Everyone Belonging 	Reception: Lola Year 1: Arthur Year 2: Lilly Year 3: Ciara Year4: Harriet Year 5: Beatrix Year 6: Lexie
Aiming High 	Reception: Ivy Year 1: Alex Year 2: Zach Year 3: Lucas Year4: Edith Year 5: Yefim Year 6: Aaron
Growing in Faith 	Reception: Reuben Year 1: Willow Year 2: Mabel Year 3: Millie Year4: George W Year 5: Victoria Year 6:Alex

The week ahead

Monday	21st	Fairtrade Fortnight
Tuesday	22nd	2.45pm Year 6 Class Led Collective Worship in the Hall – parents and families welcome 5–7pm – Parish Youth Group in the Parish Hall
Wednesday	23rd	8–9pm First Holy Communion session 1 for parents on Zoom
Thursday	24th	Reception and Year 6 School nurse All year groups Flu vaccine 2.30pm Reception Class Welcome Liturgy in school – parents do join us. Please come to the school office to sign in. 6–8pm Glebelands Open Evening
Friday	25th	Running Club at Glebelands starts before school 3.15pm – 5pm Friends Movie Night: Toy Story 5

4th October

ST NICOLAS CHURCH, CRANLEIGH

SERVICE
10AM
STARTS

JOIN OUR HARVEST CELEBRATIONS



Bring a tin or packet donation if you are able

FOR MORE DETAILS PLEASE EMAIL CLAIRE.JONES@STNICOLASCRANLEIGH.ORG.UK

Garden



Explorers

A nature based holiday club



**Inspiring curiosity, creativity,
and a love of nature**

October Half Term Holiday Club

Ages: 6-11 years

Monday 19th, Friday 23rd & Friday 30th October

Time: 9am - 3.15pm

Venue: The Therapy Garden, Normandy near Guildford

Price: £40 per day

Run by qualified, DBS checked nature lovers



Join us in our secure garden for exploring,
crafting, bug hunting, planting, den building..
and so much more



*"I loved being outside, getting
dirty and finding all the bugs
hidden in the gardens"*

*"The best bit was making and
taking home our bird feeders"*



Book now

www.thetherapygarden.org

admin@thetherapygarden.org

01483 813846

ADVENTURE

**on WITLEY COMMON
THIS AUTUMN**

WILD PLAY HOLIDAY CLUB

10.00-4.00 School Years 1-6 £50/day

Witley Common

Webb Road, Godalming GU8 5QJ

Activities can include:

- **Den building**
- **Track & trail**
- **Survival skills**
- **Ninja frisbee**
- **Wide games**
- **Rope courses**
 - **Craft skills**
- **Storytelling**

**We take
childcare
vouchers**

www.wild-learning.net