

# St Mary's Church of England Primary School, Dover



Learning for life with God as our guide

Friday, 19<sup>th</sup> September 2025



## Our Christian Values

Peace; Friendship; Respect; Trust; Perseverance



## A Message from Mrs Comfort

### Class 6 Swimmers

Year 6 began their school swimming lessons this week. They attend the Dover Leisure Centre two afternoons a week for five weeks – a total of ten lessons.

Swimming is a part of the National Curriculum so all children are required to attend. These lessons build on those they undertook last year when in Class 5. I thank our families for their support with this matter.

By the time they leave primary school, all children should be able to swim at least 25 metres unaided. They should also be able to perform a 'self-rescue' – this means being able to roll over from a life-threatening face down position, to independently float face up breathing without panic and to swim to safety or remain in that position until help arrives. You will all agree how important this life skill is.

Class 5 will be undertaking their swimming lessons next term.

### School Clubs

You will all have seen the offer letter which went out last week with our list of extra-curricular clubs. Huge thanks to the staff who run these; we have a super variety for the children to join. Clubs start next week for those children who have applied for and been given a place. Please be reminded that children attending a club must be collected by an adult (aged 18+ years) and you must advise in advance who this will be.

### Forest School

Another core enrichment provision we have for all children is our forest school. Forest school lessons are held on Fridays throughout the school year led by our qualified forest school teacher. You will be informed when it is your child's turn and be reminded in the week ahead dates on the newsletter. These sessions are hugely popular with the children. Please be reminded that the children do need changes of clothes on these days.



## Harvest Festival

Hopefully you will have seen the letter which was sent out earlier this week regarding our Harvest Festival on Tuesday, 30th September from 9:30am (for Classes 1 – 6) – please refer to the letter to see where this is being held.

We are collecting for Dover Foodbank – if you are able to donate something please send it to school on Tuesday, 30th September, or sooner if you wish. Please don't feel under pressure to send anything in, there is always plenty to share around and no child or family would ever be singled out if they do not donate – we completely understand.

Families are warmly invited to join us; you will be able to take your seats in the church from 9:25am.

Dover Foodbank most needed items include:

|                   |                           |
|-------------------|---------------------------|
| Instant mash      | Fruit juice (UHT)         |
| Cereal            | Tinned fish               |
| Tinned vegetables | Deodorant – male & female |
| Tinned meat       | Shampoo & conditioner     |
| UHT Milk          | Noodles                   |
| Jam and spreads   | Custard                   |
| Laundry products  | Cleaning products         |



Wishing you all a good weekend. I shall be keeping my fingers crossed for a positive outcome for the England Women's Rugby Team on Saturday afternoon!

Wishing you all a good weekend.

Mrs Helen Comfort – Executive Headteacher



## Annual Flu Vaccination Year R to 6

The annual flu vaccination for Year R to 6 is due to take place in school on **Monday, 29th September 2025** by the NHS School Immunisation Team.

**The vaccination is administered by nasal spray and is completely painless.**

Please visit the link below and select '**Seasonal Flu**' to complete the online consent form. The schools unique code is: **KT118748**.

<https://www.kentimmunisations.co.uk/>

**Please note - the deadline to complete the consent form is 4pm on 25th September 2025.**

## 5 reasons to get your child vaccinated

- 1. Protect your child**  
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**  
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**  
The nasal spray is painless and easy to have
- 4. It's better than having flu**  
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**  
If your child gets flu, you may have to take time off work or arrange alternative childcare

## Spotlight on SEN...

The 'Elmer' **Kent Adult Education** course is a practical workshop where family creativity and individuality shine.



Taking place on **Tuesday, 7th October** between 3:15pm and 5:00pm, we will share the stories of Elmer and make a colourful model to take home.

This course will include opportunities to:

- Look at what makes us 'one of a kind'
- Get creative with your child

**The course is open to all parents/carers and children. Please note - children MUST be accompanied by an adult.**

Please confirm your attendance using the recent ParentMail form no later than Monday, 29th September 2025.

Mrs Charlotte Burkett - SENCO

## GOLDEN MANNER POINTS

**1<sup>st</sup> - Class 5 - 122 points**

**Joint 2<sup>nd</sup> - Class 1 & Class 4  
120 points**

## Collective Worship at St Mary's CEP School, Dover

There were lots of valued contributions in Collective Worship this week as the importance of supporting one another was discussed. The story of Ruth was explored with the children - Christians believe that sometimes we don't know the impact of our kindness or kind words can have. Ruth had been through a tough time, but through love and compassion she felt she had hope and support. I wonder who you could help and support and bring hope to?

In addition, Singing Worship was full of enthusiasm as the children continue to practice their hymns for our upcoming Harvest Festival. Celebration Collective Worship was as joyful as ever with many children receiving praise and rewards for their excellent efforts shown this week - well done.

### Learner of the Week

**Congratulations go to the following Learners of the Week:**



**Class R** – Turtles Class Learner of the Week is **Phoebe** as she comes into school every day ready to learn! Phoebe plays well with others and is a kind friend. This week, Phoebe has enjoyed learning new letter sounds in phonics. She also challenges herself every morning to write each letter! Well done Phoebe!

**Class 1** – **Jasmine** is our Learner of the Week in Starfish Class as she has settled into class brilliantly and always has a smile. Jasmine is an excellent learner and listens carefully in class. She has written some amazing sentences this week in English, and can count, find one more and fill in missing number lines in maths. Well done Jasmine!

**Class 2** – Otters Class are thrilled that **Daksh** is our Learner of the Week as he has shown incredible effort and perseverance, impressing us with his writing of the Tale of Little Chicken. Daksh is not only dedicated to doing his best, but also demonstrates outstanding qualities as a listener and as a good friend to his peers. Keep making us proud Daksh!

**Class 3** – **Yadah** is our Learner of the Week in Puffins Class as she has worked very hard in all lessons. She has an excellent understanding of positioning numbers to 1000 in maths, and has made some perceptive observations about our class poem in English. We are all so very proud of you Yadah – keep it up!

**Class 4** – Penguins Class Learner of the Week has worked really hard on their retelling of Little Red Riding Hood and remembered all the details from our story telling. It has been lovely to see their confidence grow in maths, and they have listened to instructions carefully, following them beautifully. They are kind to children and adults alike and are a pleasure to have in Penguins Class. Well done!

**Class 5** – **Bella** is our Learner of the Week in Orcas Class as she is kind, thoughtful and a supportive friend to her peers. Bella is a keen member of the class and raises her hand to share information and knowledge. She is a role model to others and we are so proud that she is a valued member of Orcas Class. Keep being a superstar Bella!

**Class 6** – Seahorses Learner of the Week is **Aiden B** for the wonderful attitude he has demonstrated towards all of his learning. Aiden is always focused and contributing to whole class activities. We have been impressed with the amazing research he has completed to find facts about Scorpions, and he has worked hard to improve his handwriting. Well done Aiden!

### Thought for the Week



### HOUSE POINTS

- 1<sup>st</sup> – **RAMSEY** – 136 Points
- 2<sup>nd</sup> – **TEMPLE** – 135 points
- 3<sup>rd</sup> – **LANG** – 128 points
- 4<sup>th</sup> – **FISHER** – 93 points

## Term 1 2025

### Monday 22<sup>nd</sup> September:

- Class 6 - Swimming

### Tuesday 23<sup>rd</sup> September:

- Football Club

### Wednesday 24<sup>th</sup> September:

- KAE Parent Workshop 'Supporting ADHD in the Home – 1:00pm – 3:00pm
- Class 6 – Swimming
- Drama Club
- Multi-Skills Club
- Art Club

### Thursday 25<sup>th</sup> September:

- Class 4 – Ukulele
- Cricket Club
- Computing Club

### Friday 26<sup>th</sup> July:

- Forest School
  - Class 5 – morning
  - Class R – Afternoon
- Choir Club
- Science Club

## Go with the Flo...

# DOVER FOODBANK MOST needed ITEMS HARVEST 2025



Mrs Debbie Morris - Family Liaison Officer

**Kent County Council** **NHS Kent Community Health**

## Oral Health in Early Years

Sept 2025

**Did You Know? Tooth decay is the most common reason for hospital admissions in children aged 5-9.**

### Top tips for TEETH

The department of Health and Social Care have some fabulous resources on their webpage which you can order or download. Check out the

**'Top Tips for Teeth'** better health start for life campaign to help promote key messages within your setting.

[Better Health, Start for Life Top 100 For Teeth | Campaign | Campaign Resource Centre](#)

### The good news - Tooth Decay is preventable!

**Reduce Sugar Intake** - Limit sugary foods and drinks, think about the time between snacks and especially those consumed frequently or at bedtime.

**Promote good oral hygiene** - Encourage regular toothbrushing with fluoride toothpaste, starting from when the first tooth erupts.

**Supervised toothbrushing** - Consider implementing a supervised toothbrushing programme in your early years setting.

**Regular dental visits** - Schedule regular dental check ups for early detection and prevention of decay.

**Fluoride application** - Fluoride varnishes can be applied by dental professionals to strengthen enamel.

**Educate parents** - Provide parents with information about oral hygiene and the importance of healthy eating habits.

With a good understanding on oral health and facts about dental decay and prevention you can play a vital part in protecting the oral health of children.

### Become an Oral Health Champion!

We will provide you with the current guidelines and useful links to resources to share within your setting.

You will also be sent the link to our free quarterly webinars with CPD.

To sign up just send us an email at [kentcht.oralhealth@kent@nhs.net](mailto:kentcht.oralhealth@kent@nhs.net)

We will be holding our next free FREE webinar for you and your colleagues on Tuesday 25<sup>th</sup> November 2025 @10am -

**Join the meeting now**

### ABOUT US

We cover 12 districts in Kent and provide evidence based oral health education.

If you would like to speak to one of the team, please get in touch

Check out our website for more information and advice

[www.kentcht.nhs.uk/happyteeth](http://www.kentcht.nhs.uk/happyteeth)

# WINGS & WHEELS WEEKEND 2025

| 13TH AND 14TH SEPTEMBER | 10AM TO 4PM |  
RAF MANSTON HISTORY MUSEUM CT12 5DF



Climb in the Cockpits



CHARITY NUMBER: 1179982



Fire Engine Rides



Tank Rides



Loads of Vehicles



Museum Entry

NO NEED TO BOOK

USUAL MUSEUM ADMISSION PRICES APPLY | RIDE ADMISSION SEPARATE

[info@rafmanston.co.uk](mailto:info@rafmanston.co.uk)

[www.rafmanston.co.uk](http://www.rafmanston.co.uk)



What Three Words - remarried.mornings.pave



Refreshments available

Subject to change due to unforeseen circumstances including, but not limited to, weather conditions, mechanical breakdowns and shortage of volunteers and/or exhibitors.

**Lunch Menu – Week One**  
**Week Beginning Monday, 22<sup>nd</sup> September 2025**

If you pay for your child's cooked lunch, the cost will be **£2.50 a day**. **This payment will be made directly to the school and must be paid for in advance.** Please note payment details below: -

Name of Account - KCC RE DOVER ST MARY'S CHURCH OF ENGLAND PRIMARY SCHOOL  
 Sort Code - 60-60-08  
 Account Number - 83294082  
 Reference – [Child's Name] Lunch

|  |             | MIDDLE SCHOOL COOKED LUNCH                                         |                                                      |                                                        |
|-----------------------------------------------------------------------------------|-------------|--------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------|
|                                                                                   |             | Week One<br>21/04, 12/05, 09/06, 30/06, 14/07, 01/08, 22/08, 13/09 | Week Two<br>28/04, 19/05, 16/06, 07/07, 04/08, 29/08 | Week Three<br>05/05, 02/06, 23/06, 14/07, 15/08, 06/09 |
| Monday                                                                            | Option 1    | Cheese Slice                                                       | Cheesy Pasta                                         | Cheese & Tomato Pizza                                  |
|                                                                                   | Option 2    | Pasta Provencale                                                   | Tomato Pasta                                         | Curried Vegetable Pasty                                |
|                                                                                   | served with | Pasta<br>Baked Beans & Peas                                        | Garlic Bread<br>Mixed Salad & Sweetcorn              | Pasta<br>Coleslaw & Sweetcorn Salad                    |
|                                                                                   | Option 3    | Jacket Potato with *Cheese & Beans                                 | Jacket Potato with *Cheese & Beans                   | Jacket Potato with *Cheese & Beans                     |
|                                                                                   | Dessert     | Ice Cream<br>Fruit Jelly or Fresh Fruit                            | Ice Cream<br>Fruit Jelly or Fresh Fruit              | Ice Cream<br>Fruit Jelly or Fresh Fruit                |
| Tuesday                                                                           | Option 1    | Chicken Fajitas                                                    | Beef Tacos                                           | Baked Sausages                                         |
|                                                                                   | Option 2    | *Mexican Bean Wraps                                                | *Veggie Tacos                                        | Quorn Sausage                                          |
|                                                                                   | served with | Rice<br>Carrot Batons & Shredded Lettuce                           | Rice<br>Roasted Mediterranean Vegetables             | Mashed Potatoes<br>Baked Beans & Peas                  |
|                                                                                   | Option 3    | Jacket Potato with *Cheese & Beans                                 | Jacket Potato with *Cheese & Beans                   | Jacket Potato with *Cheese & Beans                     |
|                                                                                   | Dessert     | Krispie Cake<br>Fruit Jelly or Fresh Fruit                         | Cheesy Chocolate Cake<br>Fruit Jelly or Fresh Fruit  | Iced Carrot Cake<br>Fruit Jelly or Fresh Fruit         |
| Wednesday                                                                         | Option 1    | Roast Chicken with Yorkshire Pudding                               | Sausage Roll Slice                                   | Roast Chicken & Stuffing                               |
|                                                                                   | Option 2    | Carrot & Lentil Bake                                               | Quorn Sausage Roll                                   | Veggie Meatloaf                                        |
|                                                                                   | served with | Roast Potatoes<br>Green Beans & Mixed Vegetables                   | Roast Potatoes<br>Diced Carrots & Broccoli           | Roast Potatoes<br>Cauliflower & Diced Carrots          |
|                                                                                   | Option 3    | Jacket Potato with *Cheese & Beans                                 | Jacket Potato with *Cheese & Beans                   | Jacket Potato with *Cheese & Beans                     |
|                                                                                   | Dessert     | Orange Flapjack<br>Fruit Jelly or Fresh Fruit                      | Oat Cookie<br>Fruit Jelly or Fresh Fruit             | Goey Chocolate Biscuit<br>Fruit Jelly or Fresh Fruit   |
| Thursday                                                                          | Option 1    | Meaty Pizza                                                        | Pork Meatballs                                       | Gammon Ham                                             |
|                                                                                   | Option 2    | Vegetable Frittata                                                 | Meatless Meatballs                                   | Crunchy Vegetable Crumble                              |
|                                                                                   | served with | Saute Potatoes<br>Mixed Salad & Coleslaw                           | Pasta<br>Mixed Vegetables & Green Beans              | Potato Puffs<br>Cucumber Sticks & Grated Carrot Salad  |
|                                                                                   | Option 3    | Jacket Potato with *Cheese & Beans                                 | Jacket Potato with *Cheese & Beans                   | Jacket Potato with *Cheese & Beans                     |
|                                                                                   | Dessert     | Iced Lemon Cake<br>Fruit Jelly or Fresh Fruit                      | Ginger Cookie<br>Fruit Jelly or Fresh Fruit          | Marble Sponge<br>Fruit Jelly or Fresh Fruit            |
| Friday                                                                            | Option 1    | Fish Fingers                                                       | Fish Fingers                                         | Fish Fingers                                           |
|                                                                                   | Option 2    | Veggie Nuggets                                                     | Veggie Nuggets                                       | Veggie Nuggets                                         |
|                                                                                   | served with | Chips or Pasta<br>Baked Beans & Sweetcorn                          | Chips or Pasta<br>Baked Beans & Peas                 | Chips or Pasta<br>Baked Beans & Sweetcorn              |
|                                                                                   | Option 3    | Jacket Potato with *Cheese & Beans                                 | Jacket Potato with *Cheese & Beans                   | Jacket Potato with *Cheese & Beans                     |
|                                                                                   | Dessert     | Cooks Choice<br>Fruit Jelly or Fresh Fruit                         | Cooks Choice<br>Fruit Jelly or Fresh Fruit           | Cooks Choice<br>Fruit Jelly or Fresh Fruit             |

Follow these links to our website and social media

<https://www.st-marys-dover.kent.sch.uk/>

<https://www.facebook.com/St-Marys-C-of-E-Primary-School-820857021275490/>

As always, please don't hesitate to make contact via email or telephone with any queries, comments or concerns you may have.

**Helen Comfort - Executive Headteacher**  
**Matthew Lamprell – Headteacher**  
**office@stmarysprimary.net - 01304 206887**