

After school clubs – some spaces still available

 Girls' Football Club (Years 5 & 6)

When: Wednesdays after school, 3:30–4:30pm

Our team is entering a league this year, so we're especially keen for any girls who enjoy football to come along and get involved.

 Girls' Netball (Years 5 & 6)

When: Tuesdays after school, 3:30–4:30pm

With our team entered into a league, we'd love for more girls interested in netball to join and be part of the squad.

The cost for these clubs is £5 per session.

Please contact the Office should you wish for your child to join at

admin@cuthbertmayne.herts.sch.uk.

Gaelic Football

Gaelic football is a traditional Irish sport that blends the skills of football and rugby—players use both hands and feet to control a round ball in a fast-paced, exciting game.

Gaelic football runs Mondays after school 3.30pm until 4.30pm - 29th September until 15th December 2025 at school and they are looking for more players to join!

Please sign your child up via the link below:

[St Cuthbert Mayne After School Gaelic Football club year 3, 4, 5 & 6 - Educating Grassroots](#)

Important Notices

Attendance

If your child will be absent from school or has a medical appointment during the school day, please notify us by emailing: attendance@cuthbertmayne.herts.sch.uk

For any other requests for time off (not related to medical or dental appointments), please complete the [Leave of Absence Request Google Form](#).

Arbor

Please ensure that your consents and details are up to date in Arbor.

Lost property

Please ensure all your child's belongings are clearly labelled—from all uniform (especially jumpers/coats) and water bottles to lunchboxes and PE kits.

Unlabelled items often end up as lost property, making it difficult to return them to their rightful owners. Naming these items can make all the difference!

Thank you for your support in helping lost items find their way home.

Secondary Places

Year 6 - Please see transition to secondary school information sent last week in the Wednesday email.

School Events

Thursday 18th September 2025

Special Celebration Mass at school - all welcome at 9am.

Thursday 2nd October 2025

There is a special menu available – please see attachment. It is also 'Bring Your Teddy into School Day!'

Trips

Friday 19th September 2025 until 5th December 2025 - Swimming - Year 5

Please consent and contribute for Swimming this term as soon as possible via Arbor.

Wednesday 8th October 2025 - Whipsnade Zoo Trip – Year 4

As per recent communication, please consent and contribute via Arbor.

15th to 19th June 2025 PGL Liddington Year 6

Payment is now due in Arbor (thank you to those that have already paid this month's instalment). As a reminder, please see schedule of payments below:

- £60 deposit - PAID
- £100 by 12th September 2025
- £100 by 1st October 2025
- £100 by 1st November 2025
- £100 by 1st February 2025
- £65.50 by 1st March 2025

If you have any questions or concerns, please do contact the School Office.

Community Notice

First Holy Communion Registration

Registration for First Holy Communion classes in our local parish of Hemel West is now open. To register, please fill out the following form: [First Communion Registration Form](#)

There is a parent meeting in Ss Mary and Joseph at 7pm on the 16th October. Registration closes on the 7th December. Classes begin in January and celebrations take place in May.

For more information please visit the parish website at: [Hemel West Parish Website](#)

Please ensure you are attending mass regularly to help support your child in their preparation and especially the St Cuthbert Mayne Masses that will soon be starting at Ss Mary & Joseph.

St Cuthbert Mayne Masses in Ss Mary & Joseph

Held on the last Saturday of each month at 5pm, these special Masses are led by Fr David and focus on children and families.

To help our community flourish, pupils are invited to contribute their talents in the following roles:

- Altar Serving
- Choir
- Reading
- Stewarding (with parents)
- Offertory

Each Wednesday, Callum Moore, Parish Catechetical Coordinator, leads choir sessions and youth ministry activities at St Cuthbert Mayne School.

If your child would like to be involved in the Masses, please contact Callum at: cmoore@jfk.herts.sch.uk

Vacancies

The All Saints Catholic Academy Trust is recruiting for Clerks for two school boards, St John's Catholic Primary School and St Joan of Arc Catholic Secondary School. This is a great opportunity with flexible working and professional development. More information is available at:

[Clerk to Local Academy Council - St John's](#)

[Clerk to Local Academy Council - St Joan of Arc](#)

Interested parties can contact Director of Governance & Compliance, [Christina Reffold](#) at governance@ascac.co.uk for more information.

General Reminders

Year 3 – Equality and Disability Form

We are still missing quite a lot of forms. Please complete and return to admin@cuthbertmayne.herts.sch.uk as soon as possible. See form attached below.

Year 6 – Secondary school applications

Please see poster attached giving information regarding secondary school applications.

Coats

Going forward please ensure that children bring coats (labelled with child's name) in each day.

Class 6 MLK only

Please wear PE kits into school on a Friday, the children will remain in PE kits all day.

Pencil Cases

If you have not yet purchased a pencil case for your child. Please do so via the Arbor shop.

School dinners and sickness

If your child is not in school due to sickness or any other reason, please do remember to cancel any dinners that you have ordered through the Swift Kitchen app before 9.30am on the day, otherwise you will be charged.

Hertfordshire Music Service – flute/recorder/clarinet and brass lessons (trumpet/French horn/trombone)

Please do contact the Hertfordshire Music Service as soon as possible if you would like your child to sign up. Please visit [Hertfordshire Music Service](#) for further details including costs.

Arbor

Please check Arbor and ensure that all your details are correct and up to date. Please ensure that we have two emergency contacts for your child noted in Arbor.

Healthcare Google Form

If your child has any new healthcare issues that the school need to be made aware of and/or requires long term medication at school (inhalers/EpiPens etc), please complete the following google form [Healthcare Plan - Pupil with a Medical Condition](#) and bring the medication into the school office.

Medication in School

Please note that we are only able to administer *prescribed medication*. Parents/carers must complete the google form below before handing any medication into the Office.

In addition, please be aware that paracetamol and ibuprofen will only be administered if this is at the guidance of a doctor.

[Administration of Medication- Parental Request Form](#).

Cuthbert Collective – afterschool club

Runs immediately after school until 6pm, Monday to Friday. Cost is £12.50 including a cold tea such as a sandwich, fruit. It is available to book via Arbor 'clubs'. Please note that pick up is from the Main Reception.

Breakfast Club

Please ensure that your child is booked into Breakfast Club at least 24 hours before each session. Cost is £4 per session including breakfast. Breakfast Club runs from 7.50am and the gates shut sharp at 8.15am.

Please also ensure that your Wraparound account is in credit and topped up via Arbor.

Kind regards

School Office

Google Forms

[Administration of Medication- Parental Request Form](#)

[Application for Leave of Absence Request](#)

[Volunteer Helpers on School Trips](#)

[Year 6- Walking Home From School Permission](#)

[Year 6- Mobile Phone Permission](#)

Ties and Badges

These can now be purchased directly from the suppliers. Please see link below:-

To purchase a tie:

<https://lynendo.com/products/st-cuthbert-mayne-royal-with-single-white-stripe-ties-5402-9103>

To purchase a badge:

<https://www.teamworld.co.uk/scm>

Empower Registration Form

What is Empower?

Empower is a funded project meaning that every session is absolutely free!

Empower is a 3 month project (12 weekly sessions) that aims to improve young people's mental health through the use of physical activity. Each session is 90 minutes in length and consists of 60 minutes of physical activity, typically in the form of a sport session such as dodgeball, football, basketball, badminton or dance. Following the physical activity, we complete a 30-minute wellbeing workshop, which is a facilitated conversation between participants, Watford FC Community Sports and Education Trust Coaches and a Mental Wellbeing Facilitator. The aim of Empower is to improve young people's wellbeing by helping our participants to manage their emotions and understand their triggers, increasing participant's resilience and protective factors, and offering a further support network for these young people. Each session is mixed gender and will have 16 young people aged between 9 and 12.



The project is split into three phases where we explore and implement different tools. Each phase has a different function to support your young person's wellbeing.

- The maintenance phase - exploring emotions
- The development phase - teaching coping strategies
- The reflection phase - reflecting on tools and areas for extra support

Who is Empower for?

Empower is suited for young people between the age of 9-12 years old with a mild to moderate mental health issue or are an individual who exhibits poor mental wellbeing.

How do I refer into Empower?

To refer a young person into Empower, we ask that the parent or guardian of the young person fills out the following forms.

- Registration and consent form
- Short Warwick Edinburgh Mental Wellbeing Scale (Young Person)

Once these have all been completed, please email a copy of these to empower@watfordfc.com who will contact you about the course.

How did you hear about
Empower?

Course Booking

Location:

Date of Event:

Child will be: Collected Make their own way home

In order for your child to take part in this activity, we need to collect their basic details, including information about their health. We will use this information to help us provide the activity, look after your child during the activity, track your child's progress, to report back to funders, and to contact you when necessary.

Participant Details

Name:

Date of Birth:

Age:

Current School:

Ethnicity:

Religion:

Gender:

Parent/Guardian Details (who we should contact during the course)

Name:

Home Address:

Postcode:

Home Phone:

Mobile Phone:

Email:

Emergency Contact Details

Name and contact details of an alternative emergency contact during the course if the above individual is non-contactable:

Name:

Phone number:

Relationship to person:

Does your child have a disability?

Tick all that apply and provide details.

No	Physical
Hearing	Sight
Learning	Other

Does your child have any medical conditions?

Tick all that apply and provide details.

No	Diabetes
Asthma	Epilepsy
Allergies	Other

Does your young person have an issue with mental health/wellbeing that we need to know about? Please explain (e.g. low mood, low confidence, anxiety etc.).

Does your child require medication to safely take part?

Tick all that apply and provide details.

No	Inhaler
Epipen	Other

Why are you referring the young person onto the project? *Please note this box needs to be complete to ensure our staff know how to best support your young person*

Is your young person receiving support from any of the following services?

CAMHS	Private	Counselling	GP
SENCO/SEN	Other	EHC Plan in place	Prefer not to say

if yes please detail below:

If your young person is receiving extra support (e.g. external counselling, SENDCO, pastoral lead etc.), please provide a name and contact email. *(This allows us to provide your young person with wrap around support).*

Under 16's Media and Publication Consent Form

Participant name:

Parent/Legal Guardian name(s):

Parent/Legal Guardian contact telephone number(s):

Parent/Legal Guardian email address(es):

Data Protection

Watford FC's Community Sports and Education Trust (the Trust) is committed to ensuring we have the appropriate consent in place from individuals who participate in our community programmes. In accordance with UK Data protection Legislation (UK Data protection Act 2018 and UK GDPR) the details provided on this form will be held securely and will not be shared with third parties other than with the specific consent of individuals, their parents or legal guardians.

If you wish to see a copy of the information we hold on you/your child, or if you want to see a copy of our Data Protection Policy or our Data Privacy Policy, please contact DPOTrust@watfordfc.com

Media & Publication Use

The Trust is fully committed to protecting and promoting the welfare, safety and well-being of the children and young people we engage with.

Obtaining parental/legal guardian consent for

- taking and using images and video footage of children and young persons
- identifying children and young persons for the purposes of reporting progress to our funders
- identifying children and young persons when we compile case studies to exemplify the work we do and the benefits that accrue to individuals and communities
- is part of our total commitment to safeguarding.

Identifying Children & Young Persons

Identifying children and young persons for media and Publication use in respect of the work of the Trust is limited to the use of first names only. We will not disclose full names or any other means of identification or contact unless we first obtain specific and separate consent.

Photo and video footage of activities and project reports or returns, and case studies featuring participants and produced by the Trust will be taken/made by the Trust, its staff and associated photographers and film crews in a controlled and managed environment during and after the event. Photos, videos, project reports and case studies may be shared with selected partners and used for promotional purposes by publication in promotional literature, educational materials, the media and the internet.

Do you consent to;

The participant being filmed, recorded and/or photographed for the use of the Trust

The participant being identified by a single, first name in our reports and case studies

If you have ticked to either/both boxes you confirm that there are no known reasons why we would not be allowed to take and use images and identify the participant as above

Communication

We may wish to contact you in order to share any photos or videos of your child with you in order to let you know how a video or photo may be used and to see a report or case study prior to publication. Please tick below to confirm that you are happy for us to contact you in this way:

Phone

Email

Consent

By signing below, you certify that:

- You have legal responsibility for the participant detailed above and are entitled to give consent
- You have read, understood, and agree to the contents of this consent form

Signature:

Name:

Date:

Communication

Please tick here to confirm that you are happy to be contacted with information about offers, future courses and the work of the Trust. This includes contact via email, post, phone and text. Please note email marketing is carried out by both Goodform and Mailchimp on behalf of Watford FC and Watford FC Community Sports and Education Trust. This information will not be passed on to any third parties.

Yes

No

Parent/carer responsibilities

When you sign this form, you are agreeing to the parent/carer responsibilities:

- Making sure your child can travel safely to and take part in all Trust Programmes.
- Managing your child's medical needs before, during and after the project. Trust staff will NOT administer medication to children, except in an emergency.
- Letting us know should any of your or your child's information changes.
- Making sure that you have read and agree to the legal terms on this form.

Legal information

Safeguarding

We believe that involvement in Trust activities must never leave participants open to any form of abuse. We have comprehensive safeguarding policies and procedures. Find out more at: www.watfordfccsetrust.com/about-us/safeguarding/

Data Protection Notice

We will treat all of your personal information with care and will fully comply with the Data Protection Act 2018 and the UK GDPR. We will ask for the appropriate consent where required. We will use your data to monitor performance and progress, and may share it with our funding partners. Find out more information about how we protect your data here: www.watfordfccsetrust.com/about-us/policies/

Name (BLOCK CAPITALS):

Relationship to Child: (parent/ guardian/ other (please specify))

Signature:

Date:

If you wish to see a copy of the information, which we hold on you/your child, please contact community@watfordfc.com

Short Warwick Edinburgh Mental Wellbeing Scale (Young Person)

Your Name:

Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 11th September 2025



Share the space

Take a few minutes to prepare your prayer space. Make it comfortable and inviting, perhaps with a favourite blanket or cushion. Share a piece of music you like or simply sit in silence for a few moments until you are ready to begin.

Share the signs

Notice the signs around you. What are the clues that we are in a season of change? Is it the autumn colours making an early appearance on the trees, or perhaps a shiny new pair of school shoes waiting by the front door? Is it the early alarm call after a summer of lazy days, or the crispness in the morning air?



The beginning of a new school year can be a time of mixed emotions. The excitement of a fresh start with a new teacher, classroom, or school, alongside the apprehension of the unknown. A feeling that we want to impress and show our 'best selves,' and a sense of disappointment when we inevitably make our first mistake. We can look to our loved ones for guidance and encouragement as we set out along our new path. And we can look to God and trust that we are exactly where we are meant to be.



Share the Word

The reading below tells us that God has promised to help us do well, whatever work He wants us to do.

Isaiah 41: 9-10

You were far away on the earth.

I called you from a faraway country.

I said, 'You are my servants.'

I have chosen you, and I have not turned against you.

So do not worry, because I am with you.

Do not be afraid, because I am your God.

I will make you strong and will help you.

I will support you with my right hand that saves you.



Share the prayer

Share the following prayer, from Mission Together:

Loving God,
As you bring us together for a new school year,
We thank you for the joy of seeing our friends
And the excitement of being back in school.
Fill us with confidence, that with you as our guide,
We will grow each day in wisdom and love.
Inspire us through your Holy Spirit,

That we may be curious to discover new things.
Give us courage to try again when we make mistakes,
And generous hearts, always ready to help others.
Bless our teachers and staff;
Help them to know how important they are to us and to our community.
Bless our families and parish;
Teach us how to grow together in faith, hope, and love.
Father of all, hear our prayer for our brothers and sisters around the world
Who are unable to go to school.
Encourage us to work as a family, so that all your children can live life to the full.
We make this prayer through Christ your Son.
Amen.



Share the wisdom

Over the next few days and weeks, look out for those around you who might be struggling with change. Offer a friendly smile and a helping hand.



GALLEY HILL SCHOOL, HEMEL, HP1 3JY

SATURDAY MORNING FOOTBALL

Reception Class
to Year 3

9:30am-10.20am



USE THE 1ST
SESSION AS
A FREE
TRIAL

Course Details

27th September to 6th December

No Sessions: 11th Oct & 1st Nov

Cost: £48 for 9 weeks

Register at:-

[gameonsportscoaching.co.uk/
football-for-all/](http://gameonsportscoaching.co.uk/football-for-all/)

Game On
Sports Coaching 



APEX
healthy, active, fun

**Tax-Free
Childcare
Accepted**

OCTOBER

**MULTI-ACTIVITY
CAMP**

9AM - 4PM

£27.50

PER DAY

AGES 5-11

**Childcare
Vouchers
Accepted**



**Longdean Sports Centre
Hill Common, Hemel
Hempstead HP3 8JH**

**Indoor &
outdoor
activities**

**10% off
until 12
Oct**

When? Mon 27 - Fri 31 Oct 2025

Extras

**Early drop
off 8am £3**

**Late pick up
5pm £3**

Active & fun

**Book
Now**



**apex360.co.uk | Contact Luke 07591 280950 or
luke.pidgeon@apexmultisports.co.uk**

