



ST CUTHBERT MAYNE WEEKLY BULLETIN

WEDNESDAY 21st October 2026

Welcome to the Wednesday email!

Below you'll find the key dates and important notices for the weeks ahead. This bulletin, can always be found on our website at [Wednesday email](#) . For full school calendar please follow this [link](#).



Upcoming Events and Trips

Date	Year Group	Trip/Event
Monday 26th October to Friday 30th October 2026	All	Half term.
Saturday 31st October 2026	6	Deadline for secondary applications.
Monday 2 nd November 2026	5	Royal Maritime Museum Trip .Please consent and contribute via Arbor.
Monday 2nd November at 9am	All	All Saints Day Liturgy. All welcome.
Tuesday 3 rd November 2026	6	National Child Measurement Programme.
Wednesday 4th to Friday 6th November 2026	All	Poppy Day Appeal. Paper poppies are 50p. Other items £1. Please bring exact coins as no change given.
Thursday 5th November 2026 (mop up session 27th November 2026)	All	Flu Spray. Please see communication from Nurse Vaccination Team.
Thursday 12 th November 2026	3	Celtic Harmony trip – Please consent and contribute via Arbor.
Thursday 19th November 2026	All	Individual and sibling photos (St Cuthbert Mayne children only).
Thursday 19 th November 2026 and Tuesday 12 th January 2026	For those looking for a place in Year 3 - September 2027	Year 3 Open Events - please see poster below for details. To sign up please follow this link St Cuthbert Mayne Tours 2027 - 2028 Admissions



Wraparound Care

Please ensure that your wraparound care account is topped up and in credit.
We have noticed that there are a few accounts that are in debit.

Swimming Year 4 Autumn Term 2026 – reminder for contribution via Arbor

- First instalment due by 1st October 2026
- Second instalment due by 1st November 2026

Slapped cheek syndrome

A case of slapped cheek has been reported in Year 6. Please follow NHS guidance [Slapped cheek syndrome - NHS](#)

Poppy Day Appeal

Royal British Legion Poppy Appeal - Poppies are available in school, **Wednesday 4th November to Friday 6th November**, 50p for paper poppies and £1.00 for other items (keyring or bracelet). Exact coins only as no change available.

Secondary School Place for Year 7

Places for Year 6 to apply for a place in secondary school are open. Deadline is 31st October 2026. If you are having any issues accessing the system please do contact the Office at admin@cuthbertmayne.herts.sch.uk.

[Secondary and upper school places | Hertfordshire County Council](#)

Dress Up Day/Non Uniform Day – PA Fundraiser

The children had a fun day on Friday dressing up. Thank you for the support and for helping the PA to raise much needed funds for school. If you haven't already, please make the £2 donation via the Arbor Shop.

School Tours - St Rose's Catholic Infant School

Pre School 2027, Nursery 2027 & Reception 2027

We are now taking bookings for tours of St Rose's on the following dates:-

- Wed 4th Nov at 1.30pm
- Wed 2nd Dec at 1.30pm
- Wed 13th Jan at 1.30pm
- Tues 2nd Feb at 1.30pm

(Tues 2nd Feb is after Reception admissions close) to book please use this link [St Rose's Early Years Tours 2027 - 2028](#)

Year 6 - PGL – instalment due

If you have not yet paid October instalment of £100 for PGL, please do so as soon as possible.



BBC 500 Word Essay

Just a reminder to parents that children will be entered into the BBC 500 word competition after Friday 17th October if they haven't been opted out. The children are very excited about the competition and we already have some fantastic entries to submit! Well done to all of the children that have put so much effort into their stories so far!



Ongoing Reminders

- If your child will not be attending school due to illness or medical, please email attendance@cuthbertmayne.herts.sch.uk
- **Please remember we are a nut free school.** We have a number of pupils with serious nut allergies. Please be vigilant of the ingredients in pre-wrapped items and do not
- Please do remember that if your child will not be present at school, to cancel their lunch through the Swift Kitchen app before 9.30am as otherwise you will be charged.



Useful Links

- [Information about Breakfast and Afterschool Club](#)
- [Link to School calendar](#)
- [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](#)
- [Healthcare Plan – Pupil with Medical Condition](#)



Uniform

- [St Cuthbert Mayne RC Primary School – Leonard Hudson](#) (to buy a tie)
- <https://www.teamworld.co.uk/scm> (to buy a badge and PE Kit)



Tips for a Safe and Fun Halloween



Hertfordshire Fire and Rescue Service and Hertfordshire County Council's Trading Standards and Waste and Recycling teams have put together some tips and advice to ensure everyone has a safe and enjoyable Halloween this year.

Halloween Costume Safety

- When choosing Halloween costumes look for the CE or UKCA mark. These labels don't mean a costume won't catch fire, but it has been tested for fire safety so it should burn more slowly.
- Look for costumes that state they are tested to the Nightwear (Safety) Regulations or look for a label that says "This garment has undergone additional safety testing for flammability" as manufacturers are now choosing to apply this higher standard of protection to their costumes.
- Make sure to stay away from sparklers, tea lights, lanterns and candles when wearing costumes, or replace candles with LED equivalents where possible.
- Be sure to know how to stop, drop and roll in the event clothing catches fire.
 - Stop immediately
 - Drop to the ground
 - Cover your face with your hands and roll over and over to extinguish flames
- If you are creating a costume from scratch, choose material that won't easily ignite if it comes in contact with heat or flame. Avoid billowing or long trailing features. Plastic capes and bin liners, sometimes used as costumes, are also fire risks.

Decorating your home for Halloween

- Don't overload electrical sockets with extra lighting or special effects equipment. Decorative lights should always be switched off at the mains last thing at night or if the bulbs need to be changed.
- Be careful with lanterns and candles. Always keep lanterns and candles away from curtains, decorations, and flammable materials, or areas where people will be standing or walking.
- If you're lighting a candle inside a pumpkin, use long, fireplace-style matches to avoid getting burnt and make sure an adult is lighting it rather than a child.
- If you can, it's better to use LED lights or torches – children's costumes will be safer, and there's less chance of a fire or getting a burn.

Recycling Tips for Halloween

- [Our Waster Aware tips](#) page offers help on what to do with pumpkins, decorations, partyware and costumes, to help reduce waste and save money.

For more advice visit [fire safety in your home or workplace](#)



St Cuthbert Mayne
Catholic Junior School

All Saints
Catholic Academy Trust



Year 3

Open Events

for children joining us in
September 2027

Belong
Learn
Thrive

A bright
future
starts
here

**Come and see what makes
our school so special!**

We warmly invite parents and carers
of children due to join Year 3 in
September 2027 to attend one of
our Open Events.



**Thursday
19th November
4pm – 5pm**

OR



**Tuesday
12th January
9:15am – 10:15am**



Take a
tour of
our school!

Please sign up for one of our Open Events

Tap the link below to book your place:

<https://forms.cloud.microsoft/e/nqNVZFBQbH>



Inspiring
learners



Supportive
community



Brighter
tomorrows

We can't wait
to meet you! 

Respect

| Aspiration

| Kindness

| Together



Be on Time, Ready to Learn

Every minute in school counts



Key times for our school day



**Gates open
8:30am**

You can arrive from 8:30am.



**Learning starts
8:40am**

Children should be in class, ready to learn.



**Gates close
8:50am**

Please make sure your child arrives before 8:50am.



**Register closes
8:55am**

Arrivals after 8:55am will be marked as late.



Being on time helps you to:

- ✓ Make a positive start to the day
- ✓ Feel settled and less rushed
- ✓ Take part in the full curriculum
- ✓ Achieve your best
- ✓ Build good habits for the future



Did you know?!

Even a few minutes late can add up to a lot of lost learning time.

5

minutes
late each day
=
3 days
of learning
lost each year

10

minutes
late each day
=
6.5 days
of learning
lost each year

15

minutes
late each day
=
10 days
of learning
lost each year

20

minutes
late each day
=
13 days
of learning
lost each year

30

minutes
late each day
=
19 days
of learning
lost each year



Top tips for being on time

- ✓ Get everything ready the night before (school bag, uniform, lunch).
- ✓ Leave plenty of time in the morning.
- ✓ Aim to arrive at school from 8:30am.
- ✓ Be on the playground ready to line up at 8:40am.
- ✓ If you are late, come to the school office.



Good habits now help bright futures!

Being on time shows responsibility and respect for yourself, your friends and your teachers. It helps you to:

- ✓ Make the most of your opportunities
- ✓ Develop independence
- ✓ Build skills for secondary school and beyond



Resilience
We keep going



Empathy
We care



Self-regulation
We manage our feelings



Responsibility
We do the right thing



Is My Child Too Ill for School?

A guide for parents and carers of children in Years 3–6

It can be tricky to know whether to keep your child at home or send them to school when they are unwell. This poster follows NHS guidance to help you decide.



They can come to school

Most mild illnesses do not stop children from taking part in school life.

If your child is well enough to do their normal activities and does not have a high temperature, they should usually come to school.

This includes:

- Mild cough
- Common cold
- Sore throat (without a fever)
- Runny nose
- Headache
- Mild tummy ache
- Head lice
- Conjunctivitis (pink eye)
- Hay fever
- Mild asthma (as long as well controlled)



Keep them at home

Your child should stay at home if they are too unwell to take part in normal school activities or if they have:



- A high temperature (38°C or above)
- Vomiting
- Diarrhoea
- A persistent cough that is making them feel unwell
- A severe sore throat (e.g. with fever)
- Chickenpox (until all the spots have crusted over)
- Shingles (until the rash has crusted over)
- Measles (at least 4 days from when the rash appeared)
- German measles (rubella) (at least 4 days from when the rash appeared)
- Scarlet fever (at least 24 hours after starting antibiotics)
- Impetigo (until the sores have crusted over or 48 hours after antibiotics)



When can they return to school?

For some illnesses, your child should stay at home for a certain period of time, even if they start to feel better.

NHS guidance for common illnesses:

Vomiting and diarrhoea	48 hours after the last episode
Chickenpox	When all spots have crusted over
Shingles	When the rash has crusted over
Measles	At least 4 days from when the rash appeared
German measles (rubella)	At least 4 days from when the rash appeared
Scarlet fever	At least 24 hours after starting antibiotics
Impetigo	When sores have crusted over or 48 hours after starting antibiotics



Being in school helps me to learn, see my friends and stay healthy.



Resilience
We keep going



Empathy
We care



Self-regulation
We manage our feelings



Responsibility
We do the right thing

Ready to turn over a NEW leaf?

Beezee
by maximus

Sign up to one of our FREE healthy lifestyle services today to start your journey.

Beezee FAMILIES

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families.

Beezee YOUTH

- 13-17 year olds can talk about topics that matter to them
- Build confidence
- Get expert support
- Join a safe space.

Spooky stuffed peppers

Ingredients

Makes 6

- 1 onion, diced
- 3 cloves garlic, crushed
- 500g lean beef mince (or meat-free alternative)
- 2 x 500g tomato passata
- 250g pouch cooked grains of choice (rice, quinoa, bulgur wheat etc)
- 3 orange peppers
- 3 green peppers
- 6 pitted black olives
- 120g grated mozzarella

Method

1. Heat 1 tbsp olive oil in a large pan. Add the onion and garlic to the pan and sauté for 2 minutes.
2. Add the beef mince and cook until browned.
3. Stir in the passata and leave to simmer for 5 minutes.
4. Add your grains of choice and stir until well combined. Leave to simmer for a further 5 minutes.
5. Meanwhile, preheat your oven to 200°C/gas mark 6 and start to prepare the peppers.
6. Cut off the tops of the peppers, setting aside. Use a metal spoon to deseed the peppers.
7. Using a small knife, carefully carve faces into the orange peppers to look like a jack o'lantern. For the green peppers, carefully carve Frankenstein faces and olive-sized holes on either side of the face. Place a black olive in the holes on either side of the green peppers to create Frankenstein's bolts.
8. Split the mince filling equally between the 6 peppers and fill.
9. Top the filling of each pepper with 20g grated mozzarella and replace the tops of the peppers.
10. Place the peppers standing up on a baking tray. Bake in the oven for 25-30 minutes, then serve.

Beezee top tip:

Want to make these peppers look extra spooky? When cutting off the top of the pepper, you can cut in a zig-zag pattern for a monster-like look!

Beezee
FAMILIES

Ghoulish gingerbread

Ingredients

Serves 8

- 115g plain flour
- ¼ tsp bicarbonate of soda
- ¼ tsp cinnamon
- ½ tsp ginger
- 25g soft brown sugar
- 25g olive oil spread
- 2 tbsp honey
- Icing pens to decorate

Method

1. Preheat the oven to 190°C/gas mark 5 and line 2 baking trays with greaseproof paper.
2. Place the flour, bicarbonate of soda, cinnamon and ginger into a bowl and stir.
3. Heat olive oil spread, sugar and honey until they dissolve, then stir into the dry ingredients to form a dough.
4. Roll out the dough to ½cm thick and cut out gingerbread men using a cutter. You could try other ghoulish shapes too!
5. Place the gingerbread men onto the trays and bake for 5-7 minutes until golden.
6. Decorate with a white icing pen - have fun and get creative!

Beezee top tip:

You don't have to stick to skeletons! You could try ice ghosts, mummies and zombies. Get spooky and have fun.

Beezee
FAMILIES



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INTER-HOUSE

FOOTBALL

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BOYS & GIRLS AGED 6-8



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9AM-10AM**



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AGES
2½-5

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SATURDAY**
10:15–11:00AM



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LEISURE CENTRE**
EVERYONE ACTIVE • HP1 1JS

★ **FIRST SESSION FREE** ★



BOOK YOUR FREE TRIAL

www.sportingkids.co.uk/booking



Formally known as:



Exciting News:

Our Family Support Partnership is Rebranding!

We are delighted to share that the family support service working alongside our school is changing its name. Gade Family Support and Kings Langley Partnership of Schools is officially rebranding to Practical Parenting Support.

While the name and look are new, the fantastic team and the dedicated support they offer to our school community remain the same. They are still here to help you navigate the ups and downs of family life, offering free, confidential advice and guidance on everything from behaviour management to emotional wellbeing.

You don't need to do anything differently—if you feel your family could benefit from their support, please reach out to your school and they can refer.

www.practicalparentingsupport.co.uk



PPS
PRACTICAL
PARENTING
SUPPORT

Practical Solutions for Everyday Parenting

Our service provides accessible support, advice and signposting around parenting challenges. We aim to empower families, work in partnership with our local schools and organisations, focusing on practical steps that make a real difference.

Contact your school for Practical Parenting Support for:

- Parenting advice
- Educational support
- Relationship support
- Healthy lifestyles
- Emotional and mental health
- SEND support
- Money advice
- Domestic abuse support
- Online safety
- Post 16 support
- Signposting



Find the support you need at:
www.practicalparentingsupport.co.uk

**We work directly with families with children attending our
Partnership Schools**



PPS
PRACTICAL
PARENTING
SUPPORT

SEND Coffee Mornings

1st Tuesday of every month
(term-time only)

9am – 10am, join us for coffee and an informal information
session from 9.30am

Please scan QR code for further information

Contact your school for Practical Parenting Support for:

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Partnership Schools

The background of the poster is a dark blue night sky filled with white and orange firework bursts. A large white circle is centered on the page, containing the event details.

FIREWORK FEAST

5th November 2026

Hot Dog Banger in a Roll
with wedges & beans.

**Vegetarian Sausage Banger
in a Roll**
with wedges & Beans.

Toffee Apple Cake
& custard

Stir.
let's eat. together