



"Together we journey to a future of opportunity."

Friday 16th October

Rooted in love,
growing together,
flourishing in
all we do.

Stephen Shield Cross Country Event

Today, on a lovely sunny day, our Year 4, 5 and 6 teams headed to Torrington to compete in the Stephen Shield Cross Country competition. With over 150 pupils competing in each race, the standard was incredibly high, and our children should be extremely proud of themselves!

Every single runner showed fantastic determination, resilience and effort, pushing themselves to do their very best and representing St Mary's brilliantly. We were delighted to see some fantastic individual results, including an impressive 7th-place finish and a brilliant 13th-place finish.

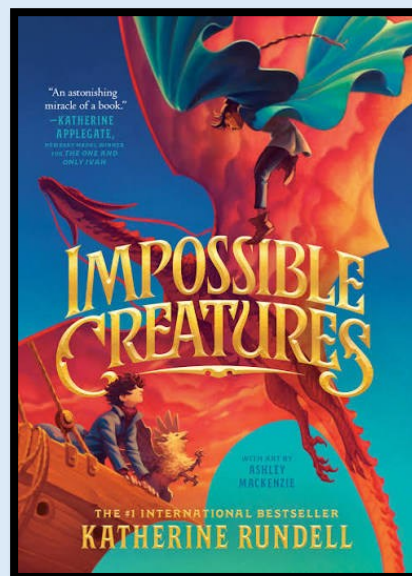
However, every child who took part deserves huge praise. Cross country is a tough challenge, and all our runners showed tremendous spirit, encouraging one another and demonstrating what it means to be part of our school team. Well done to everyone involved – you did yourselves and St Mary's proud!



Year 6 Books

To mark the Queen's birthday, Year 6 pupils have all received a book from her majesty. Today children took home a copy of Katherine Rundell's Impossible Creatures. The Queen's Present celebrates the National Year of Reading 2026- the biggest campaign in a generation designed to inspire every child, young person and adult to discover the joy of reading and embed it into everyday life.

In recent weeks, Year 6 have also visited the Reading Tent as part of the Appledore Book Festival. They had a fantastic time with the author Louie Stowell, creating their own myths, drawing Loki and having the opportunity to buy signed copies of her books.



**ST MARY'S
PARISH
CHURCH
BIDEFORD**

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Stay & Play

**Wednesday 28 October
10–11.30 am**

For children under 5 & their carers *

Toys

Snacks

Songs

Books

Story time

Baby corner

Play doh

Craft table

Parachute games

Tea & coffee for adults

FREE!**

* siblings up to age 8 welcome ** voluntary £2 donation to cover refreshment costs

Our School Leaders

Congratulations to our newly appointed **Play Leaders**, **Ethos Ambassadors**, **Head Boy and Head Girl**! We are very proud of all the children who have stepped forward to take on these special responsibilities.

Voting for our **School Council** is currently under way, with our **Mental Health Ambassadors** also being announced next week. We look forward to seeing our pupil leaders working together to make our school an even happier and more positive place.



Weekly Menu Week Commencing 19th October

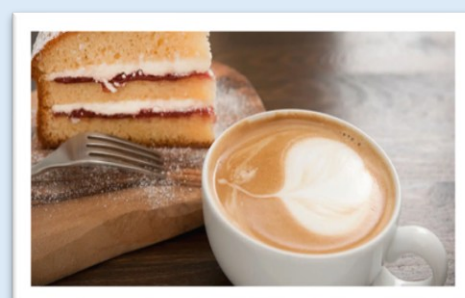
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Main)	Cheese Pizza	Pasta Bolognese & Garlic Bread	Roast Gammon & Pineapple	Butchers (Cheese) Beef Burger in a Bun	Jumbo Breaded Fish Fingers
Option 2 (Vegetarian)	Veggie Sausage	Cheese Toastie with Pasta	Cauliflower & Broccoli Bake	Feta & Potato Puff Tart	Vegetable Nuggets
Option 3 (Light Bite)	Egg Mayo Sandwich	Ham & Tomato Baguette	Tuna, Mayo & Cucumber Wrap	Ham & Lettuce Bap	Cheese & Cucumber Bap
Option 4	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Carbohydrate / Vegetables	Pasta & Sweetcorn or Veg Sticks	Peas or Salad	Roast Potatoes, Seasonal Vegetables & Gravy	Potato Wedges, Baked Beans or Peas	Crispy Chips, Sweetcorn, Peas & Ketchup
Salad	Green Salad	Green Salad	Garden Salad	Sweetcorn Salad	Crispy Salad
Dessert	Waffles with Summer Berries in Syrup	Pip Organic Lolly	Ice Cream	Lemon Drizzle Cake	Chocolate Banana Cake

Bideford Bereavement Cafe Launch

Message from Families in Grief:

Starting next month, we will be launching a Bideford-based Bereavement Cafe to support families in the area. We have been running our Barnstaple Bereavement Cafe for some time and this summer, opened our new cafe in South Molton. More information about our cafes and the dates and venues can be found via our website here: [Bereavement Cafes - Families in Grief](#), where you can also find out how to refer a child or young person who you think would benefit from FiG's one-to-one support.

We will also be bringing our art workshops for bereaved children, young people and their families to Bideford in the new year. Details of this will be available on our website very soon.



Dates for Your Diary:

- Tuesday 20th and Thursday 22nd October – Parent - Teacher Consultations
- Friday 23rd October – Non Pupil Day
- Tuesday 3rd November – Flu Vaccines
- Monday 9th November - Odd Sock Day
- Week Commencing 9th November - Interfaith Week
- Friday 13th November – Children In Need
- Monday 30th November – Advent Service
- Tuesday 8th December – Reception Christmas Performance
- Wednesday 9th December – Christmas Lunch
- Thursday 10th December – Christmas Jumper Day
- Monday 14th December - Year 2 Christmas Performance
- Tuesday 15th December - Rock Steady Christmas Concert
- Wednesday 16th December - Reception Vision Screening
- Thursday 17th December – Christingle

Term Dates:

- Friday 23rd October – Non-Pupil Day
- Monday 26th October – Friday 30th October – Half Term
- Monday 2nd November – Children return to school.
- Monday 21st December – Friday 1st January – Christmas Holidays
- Tuesday 4th January 2027 – Non-Pupil Day
- Monday 15th February – Friday 19th February 2027 – Half Term
- Monday 22nd February 2027 - Children return to school

Link for School Term Dates:

[Harbour Schools Partnership - Term Dates](#)

We also have paper copies of a term-time calendar for 2026-2027 and 2027-2028 in the school office, please call in if you would like a copy.



Belonging



Resilience



Kindness



Aspiration



Respect



Courage