

# Newsletter

Issue 18

29<sup>th</sup> January 2021

St. Mary's Catholic Primary School, Woodbridge Road, Ipswich, IP4 4EU

<http://www.stmaryscatholicprimaryipswich.com>



## Tweet of the Week

“The word of God is the antidote to our fear of having to face life. In speaking to us, the Lord reminds us that we are in his heart, that we are precious in his eyes, and that he holds us in the palm of his hand.”

[Pope Francis \(@Pontifex\)](#)



## SAFEGUARDING

Please be reassured that although the school is closed to some children, we are still here to support you and your family. If you have any safeguarding concerns please email [admin@st-marys-ipswich.suffolk.sch.uk](mailto:admin@st-marys-ipswich.suffolk.sch.uk) and Mrs Berry will contact you directly.

## Friday 05<sup>th</sup> February:

Please could we ask that all the children wear something bright coloured or multi coloured to help express how they are feeling, Friday 05<sup>th</sup> will be a non-uniform day.

## February Half Term:

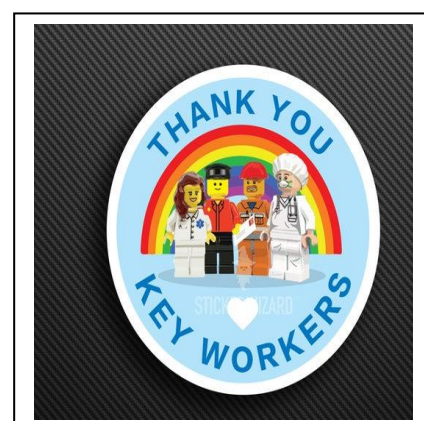
The school will be closed to all pupils for February Half Term, Monday 15<sup>th</sup> February to Friday 19<sup>th</sup> February 2021. School will reopen on Monday 22<sup>nd</sup> February to the vulnerable and key worker children that already have a confirmed space.

## Face Masks:

Please could we remind all parents to please wear a face mask/covering when dropping off or collecting your child from school.

## Thank you to all of our Critical Workers:

The whole school community would like to thank all of our critical workers their on-going work during this pandemic.



## Parents supporting children's mental health:

1 - 7 FEBRUARY 2021

#ChildrensMentalHealthWeek



Place2Be is the UK's leading school-based children's mental health charity. **Their mission is to improve children's mental health**, and they believe that no child should have to face mental health problems alone.

They provide a number of including **training for school** awareness and skills, one-to-one **support for children** and young **drop-in sessions** where any pupil appointment to talk about any have. Your support will ensure continue to be there for children when they need them most.

### ABOUT Place2Be

I DON'T HAVE WORRIES ANYMORE BECAUSE I HAVE LOTS OF IDEAS TO HELP ME FEEL CALM. YOU'LL LOVE PLACE2BE, IT'S AWESOME.

*Pupil in County Durham, North East*

services **staff** to build **specialist** people, and can book an worries they that they can and families

*Next week is Children's mental health week and on Friday 05<sup>th</sup> we will be learning about mental health at school and remotely. Please could we ask that all the children wear something bright coloured or multi coloured to help express how they are feeling, Friday 05<sup>th</sup> will be a non-uniform day.*



**The idea is simple – use colour to express yourself during Children's Mental Health Week (Friday 5<sup>th</sup> February 2021) by wearing a colourful outfit and donating £2 to Place2Be.**

Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. You could wear your favourite colour or choose a range of colours that express how you're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression.

Please donate at Just Giving - <https://www.justgiving.com/fundraising/stmarysipswich>

# HOW YOUR SUPPORT WILL HELP



**£7**

could pay for a child to speak to a qualified counsellor about their worries in a lunchtime session

**£50**

could pay for a child struggling with trauma to have a 50-minute one-to-one session with a counsellor

**£200**

could provide specialist support for 10 parents who are experiencing challenges such as abuse or addiction

**£500**

could allow over 70 children to book their own appointment to speak to a mental health professional about issues like anxiety, low mood or self-harm

**£1000**

could help fund a full round of one-to-one counselling sessions for two vulnerable children



## Important, Track and Trace for February Half Term:

If your child receives a positive Covid test during the February half term please follow the procedure below.

Symptoms began on (or date of positive test if asymptomatic)	Between Monday 8 <sup>th</sup> – Friday 12 <sup>th</sup> February	Saturday 13 <sup>th</sup> February	Sunday 14 <sup>th</sup> February	Monday 15 <sup>th</sup> – Monday 22 <sup>nd</sup> February
Action Required	Parents Inform school immediately. School will notify individuals within respective bubble who may have come into contact. Notified individuals will have to self-isolate for 10 days	Parents Inform school immediately. School will notify individuals within respective bubble who may have come into contact on Thursday 11 <sup>th</sup> and Friday 12 <sup>th</sup> February. Notified individuals will have to self-isolate for 10 days	Parents Inform school immediately. School will notify individuals within respective bubble who may have come into contact on Friday 12 <sup>th</sup> February. Notified individuals will have to self-isolate for 10 days	Unless testing was delayed following onset of symptoms (for example, delays caused by postal tests), pupil was not in setting and therefore there is no need to contact school.
Please email <a href="mailto:admin@st-marys-ipswich.suffolk.uk">admin@st-marys-ipswich.suffolk.uk</a> in the event of a confirmed case.				
Parental Responsibility	Parents to notify close contact family and friends and follow advice as per NHS Covid-19 guidelines <a href="http://www.nhs.uk/conditions/coronavirus-covid-19/">http://www.nhs.uk/conditions/coronavirus-covid-19/</a>			

## Science:

Mr Cook will be sending 10 'Starters for STEM' science activities weekly for children to try at home. We'd love to see pictures of children completing the activities, for next week's newsletter.

There are some extra, more challenging STEM challenges available here

(<https://practicalaction.org/stem/?fbclid=IwAR2JqObtVVU75U6JOe0NIhvOxdYjwaZcAToPkzhSI0xIhCMXN8abXaoBVOQ>) too! Have fun!

## Starters for STEM



Starters for STEM are 10 activities that parents can use at home to help children develop their science, technology, engineering and maths skills. These activities are easy to resource and provide children with the stimulus to talk about the world around them. If you see a link, you can explore how to extend these activities, you will need to sign up, for free, to access these materials. Don't forget to share your work on social media [#ScienceFromHome](https://twitter.com/ScienceFromHome)

### Fantastic fruits,

Collect a selection of fruits. Are they all the same? Do you know what they look like inside?

Look inside—what patterns do you notice?

[www.stem.org.uk/rx64kj](http://www.stem.org.uk/rx64kj)

### Garden/home treasure hunt

Create a rainbow collage by collecting coloured materials from your garden or home.

[www.stem.org.uk/rx33ho](http://www.stem.org.uk/rx33ho)

### What's in your house?

Find 5 things in your house. What are they made from?

Can you name the properties of the different materials?

[www.stem.org.uk/rxq2rt](http://www.stem.org.uk/rxq2rt)

### Growing plants from the things you throw away

Collect the seeds from the fruit that you eat. Including tomatoes and squash.

Do they all look the same? Plant them and observe how they grow.

[www.stem.org.uk/rx32mj](http://www.stem.org.uk/rx32mj)

### Imagine what your life would be like without plastic

Write a story or create a comic strip for 'a life without plastic'.

Are all plastics the same? Do they all float

[www.stem.org.uk/rx355t](http://www.stem.org.uk/rx355t)

### How does our body work?

Go outside and use chalk to draw around someone's body.

Can you draw what is inside your body? What does each part do?

[www.stem.org.uk/rx34f3](http://www.stem.org.uk/rx34f3)

### Spooky sounds

Sit quietly for 60 seconds, make a list of everything you can hear. Try this in different places, indoors, outdoor or even in the bath.

What do you think it would sound like in space?

[www.stem.org.uk/rxzum](http://www.stem.org.uk/rxzum)

### Excellent electricity

Make a list using words/drawings to find all the things in your home that use electricity.

If you could keep only one item which would it be? Why?

[www.stem.org.uk/rxxxr](http://www.stem.org.uk/rxxxr)

### Fun with flight

Design and make a paper aeroplane that will travel the furthest.

Does changing your design make it go further?

[www.stem.org.uk/rxfiv7](http://www.stem.org.uk/rxfiv7)

### Who would live in a house like this?

Design a creature that would live in the boot of your car, or the bottom of your bag.

What special adaptations/characteristics would it have?

[www.stem.org.uk/rxq7nj](http://www.stem.org.uk/rxq7nj)



## Online Safety Mr Cook:

Please take the time to read the information regarding TikTok advise.

<https://www.net-aware.org.uk/networks/tiktok/>

<https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/>

# Safety Card: TikTok



TikTok is a free social media platform used to create and share short videos. TikTok rules require the user to be 13 or older to use it and with parental consent if you're under 18. Users are able to create videos of themselves lip-syncing that can last up to 60 seconds. You are able to watch other user's streams & videos, you may be exposed to inappropriate content.

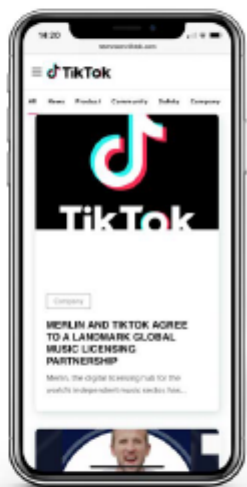
Stay safe on TikTok using the instructions on their **Digital Wellbeing** section, **Blocking** & **Reporting** below.



## Digital Wellbeing

Set up **Restricted Mode**, **Screen Time Management** on your **TikTok app**:

- Tap on in the bottom right corner of the app.
- Tap on **⋮**
- Scroll down and tap on **Digital Wellbeing**



## Block

Block a user using these simple instructions:

- Go to the profile of the user you wish to block.
- Tap on **⋮**
- Tap on **Block** and then confirm.

## Report

Report a user using these simple instructions:

- Go to the profile of the user you wish to report.
- Tap on **⋮**
- Select **Report Account** or **Report Content**.
- Then select the reason why you are reporting.
- Select **Submit**.

For more apps visit;  
[oursafetycentre.com](https://oursafetycentre.com)



[oursafetycentre.com](https://oursafetycentre.com)



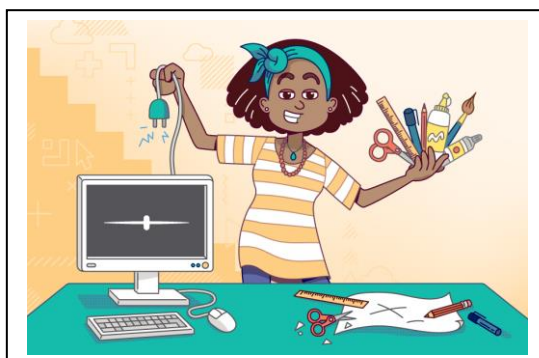
[oursaferschools](https://oursaferschools)



## 101 Unplugged activities:

Follow this link to find some interesting unplugged activities, which one will you try?

<https://habyts.com/101-unplugged-activities/>



## More Unplugged Suggestions:

<https://blog.pobble.com/100-non-screen-activities-for-kids>

# Non-screen activities you can do at home

Pobble

Our earth is very special. These activities will help you reflect on how we can make it a better place.

**1** **Imagine you're a reporter.** Can you write a news report from today? What is the major event you will write about?

**2** **Interview someone in your family about the world today, what will you ask? Write down their answers.**

**3** **Plant a seed!** Plants can save the earth! Can you plant a tree that will last for years?

**4** **Clean up your patch of earth.** Go out for a walk in your area, collect litter that has been dropped and put in the bin. Don't forget a pair of gloves and a rubbish bag.

**5** **Quiz time!** Can you think of ten questions about the earth today? Try them out on someone! How many can they answer correctly?

**6** **What does the earth look and feel like today?** Can you write a short description? Include what you like and don't like.

**7** **Hello me!** Write a letter to yourself to open in 20 years time.

**8** **Investigate!** How are we harming the earth at the moment? How can we change that? Write down what you discover.

**9** **Write a poem, song or rap to remind people to look after the earth.** Perhaps the title could be 'pollution solution'.

**10** **What would it be like to time travel?** Write a story about it! Which year will you travel to? What does the earth look like then?

**11** **Wild art!** Collect things from the garden and make a piece of art. A picture or sculpture from twigs or leaves, or something else.

**12** **Upcycle!** Use items from your recycling to make something cool. A model, a piece of art or something else.

**13** **Write a diary entry of a memorable day from this year.** Make sure you include how it made you feel.

**14** **Should we celebrate Earth Day every year? Or should every day be Earth Day?** Debate and discuss with someone you know.

**15** **Ask a friend or family member to write a letter to you.** Keep it safe and re-read it in years to come.

**16** **Draw, paint or make a model of what you think the earth will look like in 20 years time.**

**17** **Take charge!** Can you be in charge of recycling in your house?

**18** **Favourite things.** What are they at the moment? Write a list. How much do you think they will change over time?

**19** **Draw a self-portrait.** What do you look like now?

**20** **Be thankful.** Write a list or draw a picture of all the things you're thankful for on Earth right now.

**21** **Start a scrapbook.** Collect things from this year to include in it. Photos, newspaper clippings, tickets. What else could you include?

**22** **Going for goals.** Write a list of your goals for the future. What do you hope to achieve?

**23** **Eco-warrior!** Create a list of the rooms in your house and monitor how often the lights are used. Can you save electricity in any of them?

**24** **Design and make a poster of all the ways we can look after the earth.**

**25** **Make a time capsule.** You could include all of the things you produce from these activities. What else? Hide it away and don't open it for years to come.

Pobble.com – More writing. More progress.

## Dates for your Diary:

### Term dates for 2021

#### Spring Term 2021

Tuesday 5<sup>th</sup> January – Friday 26<sup>th</sup> March

**Half term:** 15<sup>th</sup> – 19<sup>th</sup> February

**Staff Training day:** 4<sup>th</sup> January

#### Summer Term 2021

Monday 12<sup>th</sup> April – Friday 16<sup>th</sup> July

**Bank holiday:** 3<sup>rd</sup> May

**Half term:** 31<sup>st</sup> May – 4<sup>th</sup> June

**Staff Training days:** 19<sup>th</sup> & 20<sup>th</sup> July (disaggregated)