

Newsletter

Issue 20

11th February 2022

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

<http://www.stmaryscatholicprimaryipswich.com>

School Rules:

Be ready, Be respectful, Be safe

Tweet of the Week

"Our Christian way of looking at others refuses to see them as a burden or a problem, but rather as brothers and sisters to be helped and protected."

Pope Francis (@Pontifex)



St Mary's School Drivers



Whole Child

Community

Communication

Faith

WC 14th February 2022

Mon 14th Feb: Yr4 Swimming

Fri 18th Feb: Celebration Assemblies – virtual times

Fri 18th Feb: End of half term

Pupils return on Monday 28th February

Dear Parents and Carers,

This week has been children's mental health week. Our theme has been thinking about how we grow physically but also emotionally. Things that upset us when we are younger may no longer be so upsetting when we are older – challenges and trying new things can help us to grow. Just like trees and plants need support to help them grow emotionally. We need our parents, carers, teachers and friends. We often need others to help us believe in ourselves, to keep going and to try doing things a bit differently.

Reflecting on how much we've grown and thinking of ways that we can continue to grow together is one good way to look after our mental health.

Have a wonderful weekend

Mrs Berry and Mrs Measham

NON UNIFORM DAY FRIDAY 11TH FEB FOR CHILDREN'S MENTAL HEALTH:

Thank you for all of your donations we have raised £151.75!! Well done St Mary's. We will use this to purchase some mini beast hunting kits for the willow garden. Being outdoors will support our mental health.

VITRUAL PARENTS EVENING:

Appointments can be booked for parents evening via the school cloud <https://stmarysipswich.schoolcloud.co.uk/>. Please see parentmail sent on Wednesday 9th February for more information.

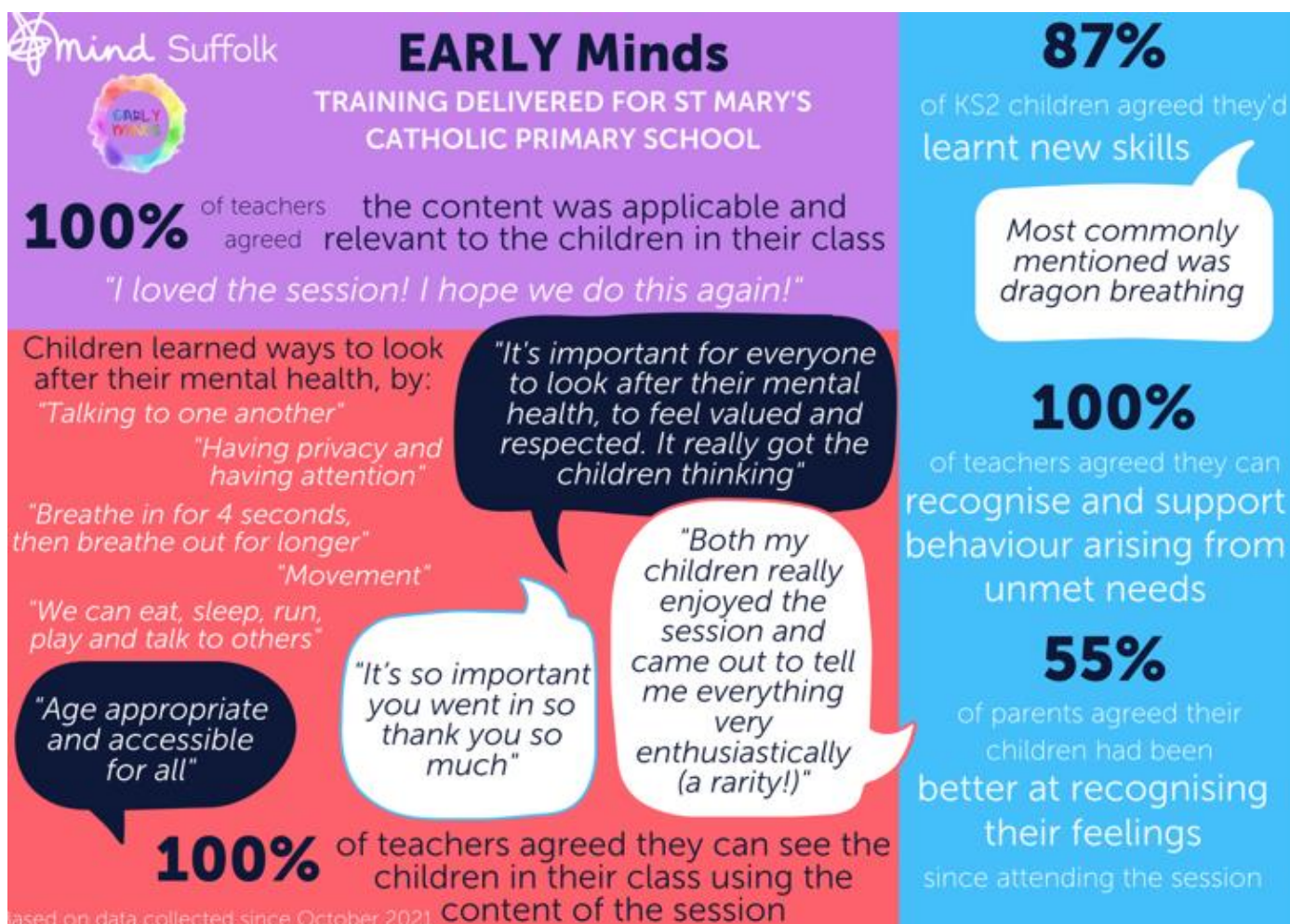
YEAR 5 SPONSORED WALK AGAINST HUNGER (CAFOD):

Year 5 are going to be doing a sponsored walk to support Cafod's walk against hunger campaign. Their walk will be on Wednesday 16th February. We will be walking up to 5km around the school! Children in Y5 have already received their sponsorship forms and are hoping to receive lots of sponsors. We will let you know how we get on!



EARLY MINDS SUFFOLK:

Please see feedback below on the impact of the EARLY mind training. When we spoke to children this week, they told us that they would like to talk about and learn more about mental health because it is something that they don't get to talk about anywhere else but school. Some children said it is important that we keep raising awareness and challenge the stigma attached to mental health.



Here is some of the children's feedback:

I have put the sticker on my bed so that it helps me remember what to do if I feel stressed.

I use it more at home when my brother and sisters annoy me.

I use dragon breathing when I feel angry, it helps me calm down.

I learnt how important sleep is for your mental health so now I don't mind going to bed at night.

We have the poster up in our classroom and that helps me remember what to do.

I draw mini circle using my body if I feel stressed in a test.

I like the stretching, that helps me to feel better.

When I got frustrated in a game I used dragon breathing to help me calm down.

I would like more people to be aware about mental health and to understanding that it is just illness like if you were physically unwell you can get better.

It helped me to think about what things calm me, I like to listen to music and draw.

We learnt that talking is important and sometimes talking to a friend can really help to make you feel better.

VIRTUAL CELEBRATION ASSEMBLIES OF FRIDAY 18TH FEBRUARY 2022:

You are invited to join us for a virtual end of term celebration at the following times, the meeting codes will be sent out next week. We look forward to welcoming you online.

Assembly times

10:00 - Year 6

10:30 - Year 5

11:00 - Year 4

11:30 - Year 3

13:10 - Year 2

13:30 - Year 1

14:00 - Reception

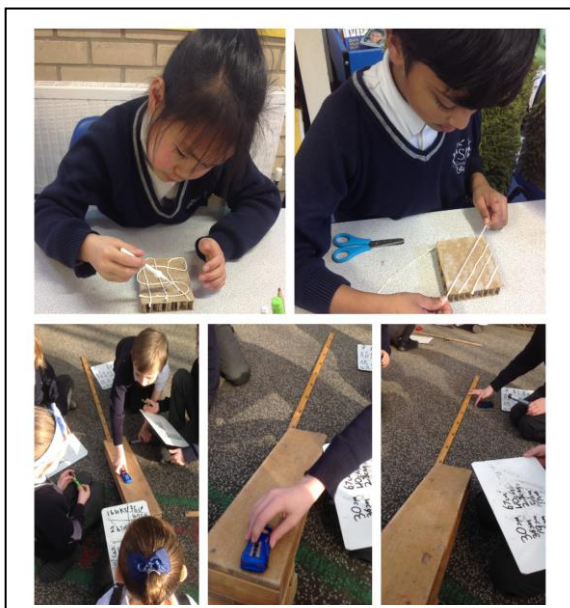
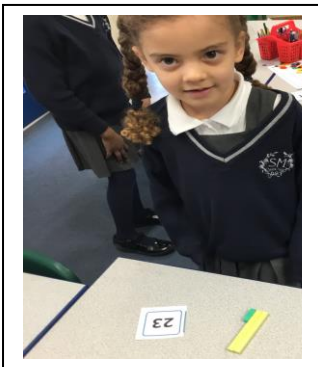
YEAR R:

As part of Children's Mental Health Week, we have been thinking about how we have grown and changed since we started school. The children thought about things that they couldn't do or struggle to do when they first came to school that they can now do. We had some brilliant ideas and the children drew/wrote about how they had changed. Well done, Reception.



YEAR 1:

In maths Year 1 have been thinking about numbers to 50. We have used numicon, 10s frames and base 10 to represent these numbers.



YEAR 2:

Year 2 have had a very busy week! We conducted our science investigation - we were investigating how the height of a ramp affects how far a toy car will travel. We also created our own printed blocks, ready for our final art piece next week.

YEAR 3:

Year 3 were inspired by the work of local printer Neil Bousfield to create their own pictures and prints featuring the coast, field and dogs he loves so much. Well done everyone.



YEAR 4:



In Year 4, we enjoyed helping Bob (The Internet Alien) understand all about our use of the internet and how we keep ourselves safe when gaming online. We shared what games we like to play and then looked at some screen grabs of games that Bob had been playing online. We decided in our groups if anything worried us and then presented to the class. We then enjoyed creating a Safe Online Gaming Guide.

YEAR 5:

Year 5 have been practising their applique skills in Art. They used watercolours to create a natural background and then covered this with different materials to create effect and texture.



YEAR 6:

In RE this week, Year 6 were thinking about what it means for Jesus to be The Bread of Life and what it means for him to nourish the spiritually hungry through the Eucharist. We had some wonderful, deep conversations and even a quote from the Bible from Andrea and Savio. Well done Year 6!

Matthew 4:4

The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.'



VACANCY:

Lunchtime Staff Required

Effective from 1st March, we have a vacancy in school for a midday supervisor to help with our busy lunchtimes.

The hours are 11.55am – 1.05pm (1 hour 10mins per day);
five days per week

The salary is £18,562 pro rata for 38 weeks per year 1 hour 10 minutes per day (plus 5 weeks paid holiday)

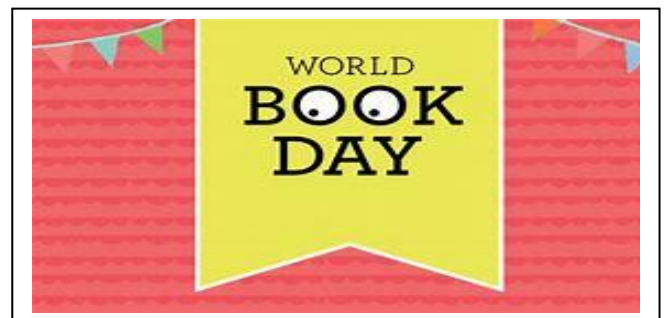
If you would like to express an interest or know of someone who would like this role, please contact Louise Pettit on louise.pettit@st-marys-ipswich.suffolk.sch.uk



WORLD BOOK DAY:

Key date: World Book Day – 3rd March

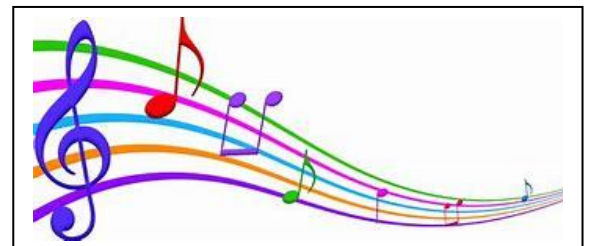
This year World Book Day will be on Thursday 3rd March. On this day, we would encourage children to come dressed up a character from a book they have read. We would also like them to bring in their favourite book, so we can share these in class.



MUSIC TUITION:

Instrument tuition has started. Spring term tuition fees are due for payment please 28th January 2022.

Polite reminder that when you sign your child up for music lessons that begin every September, that you are financially committed to this for the whole school year. Thank you



SCIENCE CHALLENGE:

Please find attached this week's science challenge. Mr Cook would love to hear how you got on making an inertial egg. Please feel free to send in photos of your attempts

INERTIAL EGGS

SCIENCE CHALLENGE 11

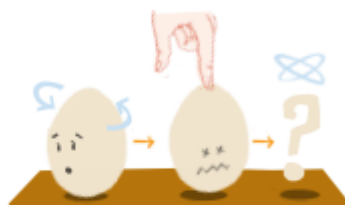
Designed by Tom,
Design engineer at Dyson

The brief

Use eggs to find out about momentum and changing direction.

The method

1. Spin each egg, one hard boiled and one fresh, on a table.
2. Leave it to spin for a few seconds then momentarily stop it by placing your finger on top.
3. Release the egg and observe what happens next.



Materials

One hardboiled egg
One fresh egg –
the fresher the better

How does it work?

The fresh egg will start to spin again when the finger is released, while the other will remain at a dead stop. The fresh egg has egg fluid and yolk inside it which gains momentum. When the egg is momentarily stopped, the yolk continues to turn inside the shell. When it is released, the viscosity of the fluid between the still spinning yolk and the shell causes the shell to spin again.

Design icons



Inertia is the tendency of a moving object to remain moving or a stopped object to remain stopped. In engineering, flywheels are big, heavy wheels that are spun to gain inertia. The energy is stored and released to smooth out the operation of engines that have a short burst of power during their running cycle.

PAYMENT FOR SCHOOL MEALS:

School Dinners should be paid for in advance. If your child's dinner account is in arrears, please clear within the school week. Thank you. If you have any issues with payment, please email the school office.

FREE SCHOOL MEALS:

Universal Free School meals are available for every child in Reception, Year 1 and Year 2.

However, you may be eligible for what is known as 'Free School Meals', this is available for all families to apply who are on a low income from Reception to Year 6. If your application is successful the school will be provided additional financial support which will then enable us to help you. To ascertain if you are eligible please apply using the link below.

<https://www.suffolk.gov.uk/children-families-and-learning/schools/school-meals-uniforms-and-trips/apply-for-free-school-meals/>

COOL MILK:

If any of our Free School Meal pupils would like morning milk, the school would pay but please email the school to request this. If any other parent would like to pay for morning milk they can register and pay cool milk.



The graphic is a promotional poster for Cool Milk. It features a blue background with a white milk bottle icon and a photo of a child in a red school uniform holding a glass of milk. The text is arranged in several sections: a top left section with a milk bottle icon and the text 'FREE and subsidised school milk Register your child today!'; a top right section with a flowchart titled 'Is your child entitled to FREE milk?' showing 'Child under 5?' and 'Child over 5?'; a bottom left section with a photo of a child and the text 'Register your child for school milk today. Sign them up in a few clicks...'; and a bottom right section with a hand icon and the text 'Go online and quickly register your child for school milk at www.coolmilk.com'. At the bottom, there is a red banner with the Cool Milk logo and website address.

FREE and subsidised school milk
Register your child today!

Is your child entitled to FREE milk?

Child under 5? Child over 5?

Every child under the age of five is entitled to FREE school milk.

Every child over the age of five is entitled to milk at a subsidised price of around £14 per term.

Register your child online for FREE school milk today.

Register online now and you can pay straight away!

Register your child for school milk today.
Sign them up in a few clicks...

Go online and quickly register your child for school milk at www.coolmilk.com

Need help? Contact our Customer Service team on 0800 321 3248 or via email at register@coolmilk.com

Cool Milk
www.coolmilk.com

MICROSOFT TRAINING:



This is available for Parents and families, this is basic training, just select the course below to book your space.

Microsoft Team -- 16th March/13th April/11th May -- <https://www.microsoft.com/en-gb/store/workshops-training-and-events/detail/introduction-to-teams-webinars?program=Students&src=results&pos=19>

Windows 10 Basic -- 4th Feb/7th Feb/18th Feb/25th Feb -- <https://www.microsoft.com/en-gb/store/workshops-training-and-events/detail/get-started-with-windows-10?program=Professionals&src=results&pos=1>

Term Dates:



The graphic is a white box with a blue border containing text about term dates. It is titled 'Term dates for 2021 - 2022' and lists the dates for the Spring Term 2022 and Summer Term 2022, including half terms and staff training days.

Term dates for 2021 - 2022

Spring Term 2022
Wednesday 5th January – Friday 08th April
Half term: 21st – 25th February
Staff Training day: 4th January

Summer Term 2022
Tuesday 26th April – Tuesday 19th July
Bank holiday: 02nd May & 6th June
Half term: 30th May – 03rd June
Staff Training days: 25th April, 20th & 21st July

Term dates for 2022 – 2023

Autumn Term 2022

Monday 5th September – Friday 16th December

Half term: 24th – 28th October

Staff Training day: 1st & 2nd September

Spring Term 2023

Wednesday 4th January – Friday 31st March

Half term: 13th – 17th February

Staff Training day: 3rd January

Summer Term 2023

Tuesday 18th April – Thursday 20th July

Bank holiday: 1st May

Half term: 29th May – 2nd June

Staff Training days: 17th April, 21st July