

Newsletter

Issue 14

10th December 2021

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

"In our lives, there will always be times when we get the impression that we are in a desert. Yet it is precisely there that the Lord makes his presence felt with words of closeness, compassion and tenderness"

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



Key Dates w/c: 13th December 2021

14th Dec: KS2 Nativity – Yrs 3 & 4 2.15pm

15th Dec: KS2 Nativity – Yrs 5 & 6 9.15am

17th Dec: Ensemble (No Audience – Access via link)

17th Dec: End of Term 3.15pm

Dear Parents and Carers,

The whole school would like to thank the FOSM for providing us with the best Christmas Fun Day we have ever had. The children and staff had a truly wonderful day.

The FOSM have so far managed to raise over £300.00 and would love it if you could help with any donation big or small before they have to close the link. If you still wish to donate please go to:

<https://gofund.me/b771b90b> or <https://www.paypal.com/uk/fundraiser/charity/3266508>

Many thanks for all of your continued support of our school

Have a great weekend

Mrs Berry and Mrs Measham

Find:

Mrs Berry can make referrals to FIND for families over the school holidays. Please get in touch with Mrs Berry directly to organise this.



Christmas Dates: Please see parentmail for more information

The following measures will be in place for our Christmas events should we remain in Level 1

- Restricting the number of attendees in the hall to 60.
- No attendance of positive cases, symptomatic individuals, contacts of positive cases;
- Enhanced ventilation
- Enhanced hygiene measures
- Audience to wear face covering at all times
- Audience to take a LFD test within 4-8 hours before the event
- Audience to provide proof of the negative LFD test result upon entrance

Should the school move into Level 2, we may have to cancel the performances.

Parents are welcome to attend the following events during Level 1

KS2 Nativity – This will be recorded and put on google classroom

Years 3 & 4 Parents only, 14th December at 2.15pm.

Each child will be allocated 1 ticket. Due to the restriction on numbers, young children will not be permitted.

Years 5 & 6 Parents only, 15th December at 9.15am.

Each child will be allocated 1 ticket. Due to the restriction on numbers, young children will not be permitted.

Christmas Ensemble – This event will be live streamed from the Church on 17th December at 9.15am – if we remain in Level 1 – Link below:

<https://youtu.be/kO2VJShmJBQ>

SPORTS CLUBS FOR SPRING TERM – Details were sent via parentmail this week.

It is possible that, by the time you apply, the club you are interested in may become full. Places are allocated on a first come, first served basis. Thank you.

YRS 1 & 2 FOOTBALL CLUB – Mondays **Fully Booked**
YRS 1 & 2 MULTISPORTS CLUB – Wednesdays 8am
YRS 5 & 6 FOOTBALL CLUB (BOYS) – Wednesdays 3.15pm
YRS 5 & 6 NETBALL CLUB (GIRLS) – Wednesdays 3.15pm
YRS 3 & 4 FOOTBALL CLUB (BOYS) – Thursdays 8am
KS2 MULTISPORTS CLUB – Fridays **Fully Booked**
KS2 GIRLS FOOTBALL CLUB – Friday 12.10pm



Reception:

Reception have been reading the story of one snowy night, we pretended that we were the fox and thought about what he might say? The children used their sounds to write their sentences. They were all able to remember Captain Capital and Finger Spaces and our Full Stops. Well done Reception. Take a look at their wonderful writing.



KSI Nativity:

Year 1 and Year 2 preformed their nativity "hey ewe". The children were amazing and impressed us all with their talents, singing, musicians, narrators and actors. We are so very proud of every single one of them. Wishing you all a Merry Christmas Year 1 and Year 2



Year 3:

In year three, as part of our Design and Technology topic, we cooked some delicious flapjacks.

Our brief was to make a Palm Oil free snack. This links to our geography topic of the Amazon Rainforest.

We planned our flapjacks, made them and then evaluated them- deciding what changes might improve the finished product next time. We all enjoyed the evaluation part when we got to eat the flapjacks, warm from the oven.

Great work year three!



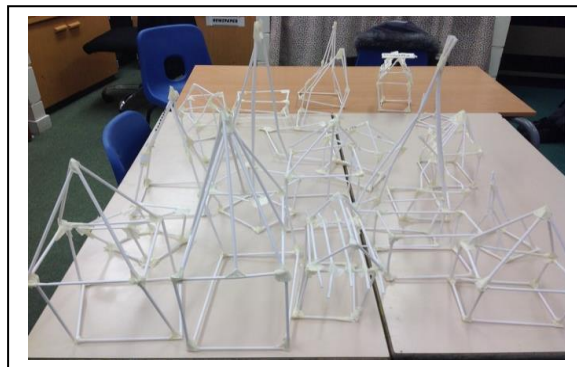
Year 4:

Year 4 have been very busy making a prototype for their Christmas giftbox. They've been learning how to join materials, strengthen them and how to scale up their design for a final product. Good job Year 4.



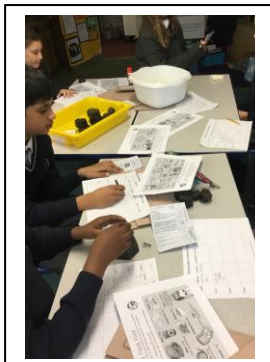
Year 5:

Year 5 have made mock ups of their Anglo-Saxon house frames using straws. They have also begun measuring and cutting the wood for their final models. Well done year 5 for careful and sensible use of the tools!



Year 6:

Year 6 had a great day of practical activities on Monday, to consolidate their learning about WW2. They created a meal plan for a week using rations, they made some carrot cookies (delicious by the way!), they wrote a very heartfelt letter imagining they were an evacuee writing to mum and made a toy for a younger sibling from a dolly peg and scraps. Wonderful work Year 6!



Netball:

The netball club had a great time at Tenpin bowling on Thursday. It was a pleasure to take the girls who all showed amazing skills as well as having fun. I have never seen pizzas disappear so quickly. It brings an end to the term which we have really enjoyed as well as having the opportunity to play against another school. Well done girls!



Science Challenge:

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

LIQUID DENSITIES

SCIENCE CHALLENGE 05

Designed by Ben,
Design engineer at Dyson

The brief

Layer different liquids in a tube and discover how and why they settle in a certain order.

The method

1. Start by adding food colouring to the surgical spirit and to the water – using a different shade for each. This will allow you to identify each liquid.
2. Measure out equal quantities of each liquid. Add them to the tube, one by one.

Top tip

Try weighing each liquid before you add it and predict which order the liquids will settle in. The layers may be a little mixed at first. Allow them to settle for a moment and watch the layers start to define.

Materials

A test tube
Honey
Oil
Surgical spirit
Water
Washing up liquid
Two shades of food colouring

How does it work?

Different liquids have different densities and therefore, different weights. The heavier liquids will sink, the lighter liquids will rise to the top. Density is a comparison between an object's mass and volume. Remember the equation:

$$\text{DENSITY} = \frac{\text{MASS}}{\text{VOLUME}}$$

Based on this, if the weight – or mass – of something increases but the volume stays the same, the density has to go up. Lighter liquids, like water, are less dense than heavy liquids, like honey, and so float on top of the more dense layers.



Diocese of East Anglia Survey:

Please take a moment to complete the Diocese survey. Link below



<https://www.stmaryscatholicprimaryipswich.com/page/?title=Diocesan+School+Survey&pid=406>

Christmas Fun Day and visit from Santa:



5 TIPS FOR FAMILIES

Acknowledging...

behaviour is communication.
What might be happening for our children that they do not have the words for yet?

Science tells us that,

at times of big feelings, we need to **find calm** in a way that works for us and our child before we can safely explore what is behind the behaviour.



When we use a playful approach with curiosity acceptance and empathy, we increase our connection with our children.

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Noticing...

our own feelings and levels of stress, can have a positive de-escalating effect for ourselves and our children.

Showing our child unconditional gestures of love such as doing something together or cooking a favourite meal, reminds them that they are always loved and that we are reaching out with no judgement or blame.



...to support big feelings behind children's challenging behaviour...



5 TIPS FOR FAMILIES

Acknowledging...

behaviour is communication.
What might be happening for our children that they do not have the words for yet or feel unable to say?

Talking

together when we are all calm allows us to access our 'thinking brain' which can lead to better communication and understanding between us and our children.



Coming from a place of 'not knowing' how they feel, we are showing that we are not assuming or judging what is happening for them.

Noticing...

our own feelings and levels of stress, can have a positive de-escalating effect for ourselves and our children.

Using

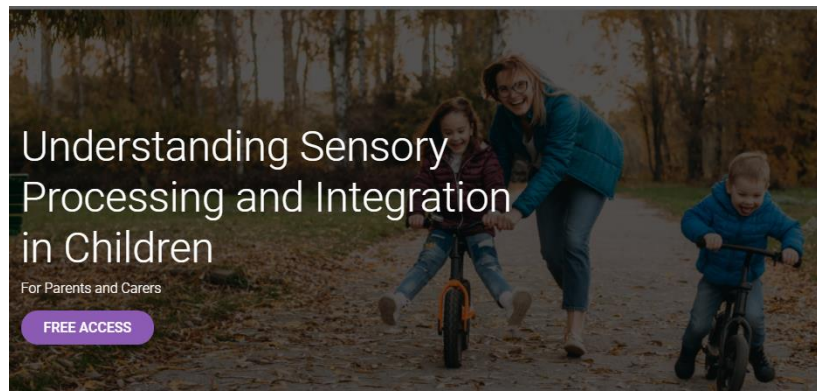
our natural support networks can help us to feel less alone by giving us practical and emotional support to have more strength to understand and help our children.



...to support big feelings behind young people's challenging behaviour...



Understanding Sensory Processing and Integration In Children:



Overview

Welcome to this short course which we have put together specifically to support parents and carers. In this course we aim to:

- Help you better understand the senses and how we process information from our senses
- Introduce you to what sensory issues can look like in a child's behaviour and engagement, and
- Give you some ideas on how to support your child's sensory needs at home

Objectives

- In this course, we will start with an explanation of the different senses. You will probably know about the 5 senses, touch, hearing, taste, smell and seeing.
- We will tell you about these senses and two more that inform our brain about movement. We will then look at different sensory integration difficulties.
- There are different types of difficulties that people present with as a result of inadequate sensory processing.
- We will explain what these are and the types of day to day difficulties that people may experience because of these sensory processing and integration difficulties.
- We will then look at strategies that you can use at home, these strategies are suggestions of activities and adaptations that you can try at home.
- Please note that these strategies cannot replace the advice from a therapist that has assessed your child.

Who should complete this course?

This course is suitable for parents and carers. It is open to all.

<https://www.sensoryintegrationeducation.com/courses/understanding-sensory-processing-and-integration-in-children-a-guide-for-parents-and-carers>

Term Dates:

Term dates for 2021 - 2022

Autumn Term 2021

Thursday 2nd September – Friday 17th December

Half term: 25th – 29th October

Staff Training day: 1st September

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 & 06th June

Half term: 30th May – 03rd June

Staff Training days: 25th April, 20th & 21st July