

Newsletter

26th June 2020

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

<http://www.stmaryscatholicprimaryipswich.com>

Welcome to this week's newsletter.



St Mary's & Holy Family open for private prayer 11.30am – 1.00pm

St Mary's Church Prayer Days

Tuesday Thursday & Saturday 11.30am - 1.00pm

Holy Family

Wednesday & Friday 11.30am - 1.00pm

St Pancras Church open for private prayer

Tuesday Thursday & Saturday 10am – 12.00pm

Mass Online

Great news for anyone who is enjoying participating in the Mass via live-streaming. Frs Peter and Alan have set up a little 'studio' in the sitting room of the presbytery and are now live-streaming daily Mass.

The web address for the Mass is <https://www.youtube.com/channel/UCCJ4RA2ocNUgNNombaKiy5A>

Press the Subscribe button to add to your list of favourite channels.

The times of the Masses will be as follows:

Each Sunday 10:00 and 11:30

Daily 10:00

For the parish newsletter please follow the link below.

<http://www.st-mary.org.uk/>

Tweet of the Week



"The Word of God is given to us as the Word of life, which transforms, renews, and does not judge in order to condemn, but heals and has forgiveness as its aim. A Word that is light for our steps"

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

Safeguarding

Please be reassured that although the school is closed to most 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 and Mrs Berry will contact you directly.

The video below emphasises the importance of vigilance in and around our communities. <https://www.youtube.com/watch?v=P2VjgN1Tlx&feature=youtu.be>

St Mary's Catholic Primary School will be closed over the summer holiday.

Welcome to this week's newsletter.

Dear Parents and Carers

I hope that you are all enjoying this beautiful weather. At school the children have been making the most of this lovely weather by taking their learning outdoors and finding a cool shady spot.

Schools are still awaiting guidance documentation from the government regarding school opening in September, as soon as I can I will share our plans with you.

Over the summer <https://www.thenational.academy/> will continue to stay live so that you can access learning that you have missed or revise topics. This website contains videos and learning activities matched to the national curriculum by year group, it is a great tool to keep learning going over the summer.

We continue to enjoy hearing about what our pupils at home have been enjoying. Remember that you can email the school for learning advice from your class teacher.

I hope that as many of you as possible can join us for our live stream of sports day. We have planned activities that you can join in with from your garden or front room.

Be kind to yourself and each other.
God Bless,

Mrs Berry

Cycling Safety – Always wear a helmet!

As some of you may know, one of our pupils Kaell was very badly hurt in a cycling accident. Kaell's family and the school want to reinforce the important message of wearing a cycle helmet as this saved Kaell's life.

Kaell wants to thank everyone who wished him well, prayed for him and thought of him.

He's thankful and full of gratitude. He is recovering well and strong and if all goes well he will be back in September.

And please remind children NEVER to forget their helmets when riding bikes during holidays. Even if it's just as briefly, because without his HELMET Kaell would have died or had severe brain damage!

A helmet saved Kaell's life. Please remind all the parents and children never to forget!

Live Stream Sports Day 07th July 2020:

We will be holding a live stream sports day for the children at school, you will be welcome to join in with us from home. Visit our school Facebook page to join in with us. Below are the times and what you will need to join in.

The activities and times will be

Reception: 1.15pm

- Balancing a book or bean bag or cushion on your head
- Target practice – ball or socks into a bucket
- A pick-up race, 4 objects will be on the floor, how long will it take you to pick them all up and put in a bucket

- Running race

Year 1: 1.35pm

- Running Race
- Tennis ball balance on racket/hand
- Target practice - ball/round object into bucket
- How long can you balance on one leg?

Year 2/3: 2.00pm

- Throwing a balled-up pair of socks into a bucket
- How many times can you catch a ball in 1 minute?
- Standing long jump
- How fast can you dribble a ball around obstacles?

Year 6: 2.20pm

- Running across an outside space.
- Balance something on your head (book/beanbag) and walk/run to the end of your outside space.
- Close your eyes and see how long you can balance on one leg.
- A round object on a spoon race to the end of your outside space.
- Sack/bag/pillow case race to the end of your outside space.
- Tidy up race: laying out 5 objects. Running to pick up the first object and back to your spot and then running to get the next and so on until your space is tidy.
- Throw your sock- how far will it go.

Year 4/5: 2.45pm

- Running/skipping race across an outside space.
- Balance something on your head (book/beanbag) and walk/run to the end of your outside space.
- Close your eyes/blindfold and see how long you can balance on one leg.
- Clapping challenge - throw a ball/sock up in the air and see how many claps you can do before it comes back down again.
- Throw a sock/ball into a bucket
- Standing long jump - how far can you jump?
-

St Mary's Facebook page:

<https://www.facebook.com/ipswichstmarys/>

We have just launched this and will continue to update it with more information.

Class Teacher's September 2020:

Reception: Mrs Goodwin

Year 1: Miss Mudd & Mrs Ridall

Year 2: Mrs Veitch

Year 3: Mr Cook

Year 4: Mrs McGhee Wallace

Year 5: Miss Godbold

Year 6: Mrs D-N

National Book Tokens:

Our school needs you! Help us win £5,000 of National Book Tokens for the school library - and get £100

for yourself! Enter the competition online, it only takes a minute:

<http://www.nationalbooktokens.com/schools>

Online Safety:

Screen-time for children has, no-doubt, increased at the moment and during the lockdown. Your children may be accessing apps, games or websites that you may not have heard of yourself - TikTok, Fortnite, Instagram, Roblox, Houseparty, Discord etc.

While there are age-restrictions on most apps, the final say on whether your child accesses any application is yours. There are often perfectly safe ways of using apps, but this might require some settings being changed.

For the most up-to-date information on all of the apps that children are using at the moment, please see the advice on <https://www.net-aware.org.uk/>. This is a website run by the NSPCC that aims to provide parents with information and guidance about the most popular apps and websites for children.

Of course, if you have any questions or concerns about an online safety matter, please get in touch.

Mr Cook has posted some online games on the school website, please do try them with your children.

<https://st-marys-catholic-primary-school-ipswitch.secure-primariesite.net/computing/>

Class Pages:

Please take the time to look at your class pages there is lots of information available on there about your child's learning but also what their friends have been doing and maybe even what some children have been doing now that they are back in school.

Year 6 Memory Corner:

Gabi:

- The trial of Luke Lyster and being able to act this out. (Visiting the court in Year6)
- The worst weather possible at PGL BUT it was still fun!
- Messy Messiah in Year 6.

Jamie:

- One of my most memorable moments was during PGL, we would do different activities like rock climbing. My favourite by far was the swing, it was massive! We would pull a string then drop down. It felt like I was flying

Livio:

- In Year 5, I remember at PGL, in my room, we always played cards in our free time.
- In Year 4, I remember I held a chick at Trinity park farm fair even though I'm allergic to them.

Callum:

- I remember all of those great times we all shared with PGL. It may have rained the whole time but we had so much fun with all of the activities like playing sardines in the tunnels and working as a team in the hunt when we first arrived.
- I remember the years of sitting in church when Year 6 were going up to high school. I couldn't wait for it to be me. Now I wish primary school would never end.

Schools Out Activities:

Home Learning Project

Back in time.

This week's home learning projects are based on going back in time in history. We are going to be learning about different time periods such as the stone-Age and Ancient Egypt, and what life was like back then. There are ten activities for you to do, either on your own or with a grown up.



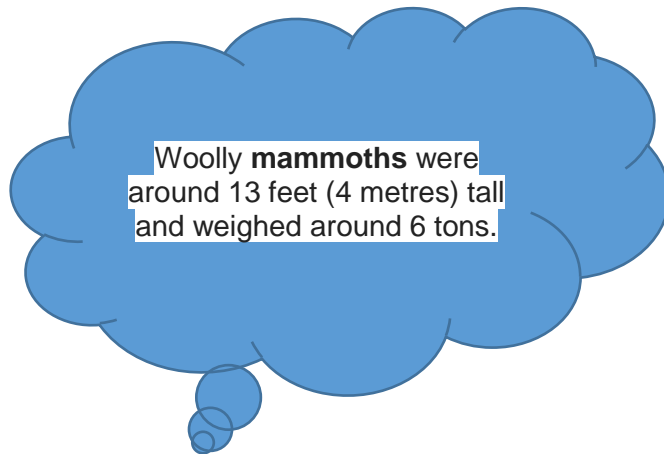
The Stone Age.

The Stone Age was a time in history when early humans used tools and weapons made out of stone. It lasted from when the first stone tools were made, by our ancestors, about 3.4 million years ago until the introduction of metal tools a few thousand years ago. What was life like in the Stone Age? People living in the Stone Age had two main concerns - food and shelter. They were hunter-gatherers. This means that they either hunted the food they needed or gathered food from trees and other plants. Maybe look on the internet, in books and speak to an adult about what life was like during that time.

1. **Cave Art.** Cave paintings are paintings on cave walls and ceilings. Usually these paintings were made in prehistoric times and during the Stone Age. Most people think they may have been a way to portray information; to tell other people about something, like telling a story. Most of cave paintings had images of animals or people. Your task is to make a cave painting. All you will need is some paper and pastels, paint or chalk. Step 1. You can stain your paper to give it an old affect by soaking a teabag in water. Using a brush stain the paper. Once done leave to dry. Step 2. Using pastels, chalks or crayons or paint create your images onto the paper. Step 3. Talk to someone about your cave art, telling them the story behind it! Here are some examples to help you.



2. **Stone Age animals.** There were many different types of animals found in the Stone Age era. For example, the woolly mammoth, sabre -toothed cats, giant ground sloths and many more. Stone Age humans hunted large mammals, including woolly mammoths, giant bison and deer. Your task is to research into the woolly mammoth and create a poster based on this. You can research into things like how big it was, what it looks like, what it ate etc. You can draw the mammoth and label it. **Fact:**



3. **Make a Stone Age necklace.** Stone Age jewellery were made from things like bones, teeth, shells and beads. Make your own Stone- Age piece of jewellery. It can be a necklace or a bracelet. Here is what you need:



Flour, salt, water and a jug. (Get a grown up to help you with the dough mixture). Some string. A straw.

1. Step 1. Mix quantities of flour and salt in a bowl, add the water and mix until it forms a dough. Step 2. Form the dough into bone and teeth shapes. You can make other shapes to if you like. Step 3. Use a thick straw to make a hole through each shape. Step 4. Leave aside to dry until it is hard. Step 5. Cut a piece of string either for your necklace or bracelet. Get a grown up to help measure if unsure. Step 6. Put your length of string through each jewellery piece you have made. Step 7. Tie the two ends of string together. You now have a Stone-Age necklace!
4. **Stone Age quiz.** Could you survive in the Stone Age? Why not do this quiz and see your score! Work with an adult. The answers are at the end of the quiz. Remember it's just for fun!

1. When hunting a six tonne woolly mammoth, do you...

- A) Go at it alone
- B) Set up a trip wire
- C) Equip your entire tribe with spears
- D) Hope to find one that's already dead

2. Your village invites you to a feast. Do you take...

- A) Chocolate éclairs
- B) Balloons
- C) Fresh fish
- D) Stegosaurus steaks

3. You decide you want a pet. Which wild animal do you think will be easiest to house train?

- A) Deer
- B) T Rex
- C) Boar
- D) Wolf

4. You want to make an offering to please the gods. Do you...

- A) Sacrifice your animals
- B) Throw your finest possessions in a bog
- C) Build massive stone circles that align with the sun
- D) Build a shrine to the spirits in the trees

5. You need a sticky substance to help you make 'daub' to build the walls of your round house. Should you use...

- A) Glue
- B) Animal dung
- C) Cheese
- D) Tree sap

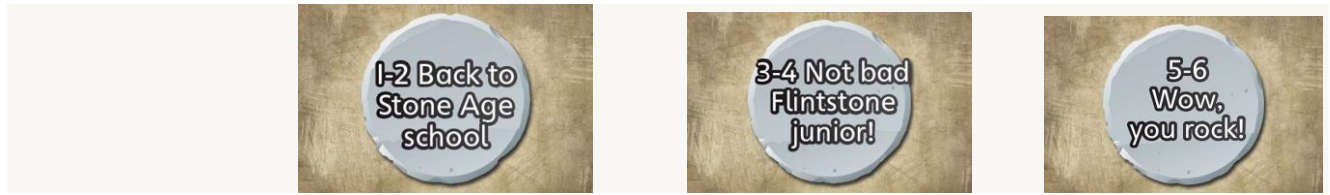
6. In the Stone Age, you would have made tools from...

- A) Flint
- B) A mix of copper and tin
- C) Iron
- D) Wood

Answers

1.C) The more the merrier! 2. C) None of the other options existed at that time. 3. D) People shared their homes with wolves until they became dogs! 4.

All four of these were carried out by prehistoric Britons. 5. B) People used a mixture of mud, clay, straw and dung to make daub. 6. A) Over 4,500 years ago people were going underground to find flint. They sharpened it to make weapons and tools, and even used it to make fires. What was your score?



5. **Make Stone Age rock cakes.** Why not make some cakes with a grown up. Here is a simple recipe to follow. (make sure you have an adult to supervise you).

Ingredients

- 225g [self-raising flour](#)
- 75g [caster sugar](#)
- 1 tsp [baking powder](#)
- 125g unsalted [butter](#), cut into cubes
- 150g [dried fruit](#)
- 1 free-range [egg](#)
- 1 tbsp [milk](#)
- 2 tsp vanilla extract

Method.

Preheat the oven to 180C/160C Fan/Gas 4 and line a baking tray with baking parchment. Mix the flour, sugar and baking powder in a bowl and rub in the butter until the mixture looks like breadcrumbs, then mix in the dried fruit.

In a clean bowl, beat the egg and milk together with the vanilla extract.

Add the egg mixture to the dry ingredients and stir with a spoon until the mixture just comes together as a thick, lumpy dough. Add a teaspoon more milk if you need it to make the mixture stick together.

Place golf ball-sized spoons of the mixture onto the prepared baking tray. Leave space between them as they will flatten and spread out to double their size during baking.

Bake for 15-20 minutes, until golden-brown. Allow to cool for a couple of minutes, then turn them out onto a wire rack to cool.

Enjoy your Stone Age rock cakes!



Ancient Egyptians

The ancient Egyptian civilization lasted for more than 3000 years, longer than any other civilisation in human history. The people of Ancient Egypt depended on the waters of the River Nile. They believed in many Gods and built the pyramids.































6. **Make your own fact file.** Your task is to do some research into ancient Egyptian life and make a fact file based on this. You could include things such as where and how they lived, the food they ate, their culture, the pyramids etc.



7. **Ancient Egyptian language.** Did you know Egyptian writing was called Hieroglyphs. It used pictures to represent different objects, actions, sounds or ideas. There are more than 700 hieroglyphs. Here is an example of hieroglyphs.



Your task is to do some writing using hieroglyph symbols. This could be your name and a few sentences about yourself. Use the alphabet/symbol grid below to help you. Spell out what you want to write by drawing the symbol for each letter. You can get a grown up to help you. If you wanted to make the paper you are writing on look old, why not stain it with tea. Then when dried scrunch it up and lay it flat to give an old worn look. You can now do your writing. Once done get someone to decipher what you have wrote.

 A	 B	 B	 C	 D	 E
 F	 G	 H	 H	 I	 J
 K	 L	 M	 N	 N	 O
 P	 Q	 R	 S	 T	 T
 U	 V	 W	 X	 Y	 Z

. Hieroglyph symbol/alphabet grid

8. **Make an Egyptian collar.** Many Egyptians wore jewellery to adorn themselves. Collars were a popular thing worn back then. They were created with beads made of glass, precious stones, gold, and a glazed pottery called faience. Both collars were worn by men and women. Egyptians who could afford it wore brightly coloured jewellery to show their rank and importance in society. Your task is to make an Egyptian collar.

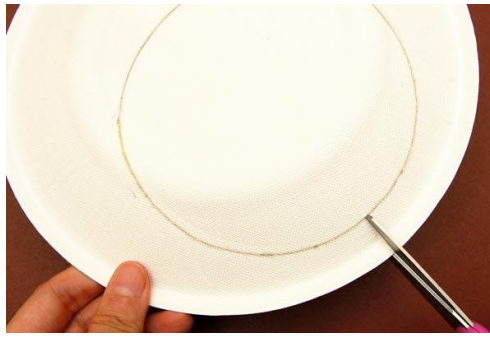


Here is what you will need.

- A large paper plate
- Poster paint or acrylic paint (gold, red, blue)
- Paint brushes
- Scissors



Step 1. Place a large paper plate upside down. Draw a circle inside nearest the top of one of the edges of the plate, (about an inch away).

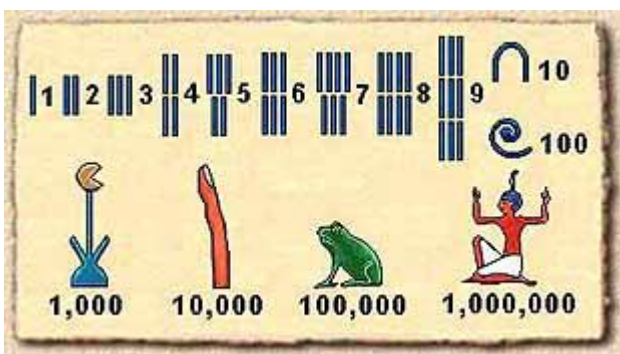


Step 2. Cut a slit. Cut out the circle.

Step 3. Paint your plate a gold colour. Once dried use blue and red paint to paint on strokes in rows. You can use a brush or use a fingertip to paint. Do one row at a time in the alternating colours. Complete until you have filled your whole collar. You should now have a decorated Egyptian collar to wear.



9. Egyptian Maths

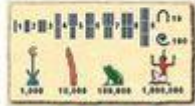


Egyptian maths system

Did you know the ancient Egyptian number system was composed of 7 symbols. These were a single stroke, a heel bone (upside-down smile), a coil of rope, a lotus plant, a finger, a frog, and a kneeling god. With these 7 symbols, the Egyptians could add, subtract, multiple, and divide and count into the many millions! They even created a system of algebra, which helped them build the pyramids. Your task is to do some Egyptian maths at home using the symbols for numbers using the example above to make up some numbers. For example, the numbers 10, 21, 100, 1000 etc. Get a grown up to help. Why not do some maths and get someone to tell you what numbers you have drawn. You can do as many numbers as you like small and large. Here are some examples:

EGYPTIAN MATH

Express answers as Hindu-Arabic numerals.



ANSWER KEY

It's easy! Just add the values in your head.



	= 160,204
	= 43,068
	= 3,500,000
	= 605,400

Egyptian Math

1		single stroke
10		heel bone
100		coil of rope
1,000		lotus plant
10,000		finger
100,000		frog
1,000,000		kneeling god

Examples:

$\cap \cap \cap \cap = 32$

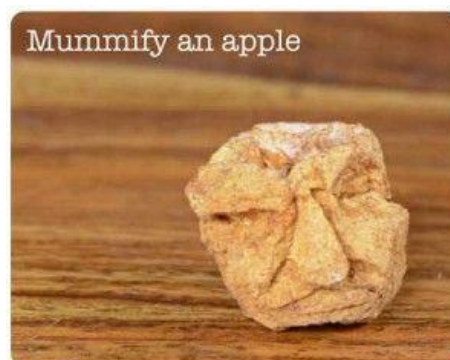
$\text{lotus} \text{lotus} \text{lotus} \cap \cap \cap = 2,313$

10. **Mummify an apple.** The afterlife was an important part of Ancient Egyptian culture. One of the ways they prepared for the afterlife when someone passed away, was to try and preserve the body as long as possible. They did this through a process called embalming. These embalmed bodies are called mummies. Your task is a fun experiment. You are going to mummify an apple.

What you will need: An apple, salt, baking soda, a container.

Instructions:

- Peel the apple. Carve a face into your apple with a lolly stick or knife. If using a knife ask a grown up to supervise you.
- Mix 1 cup of the salt and 1 cup of baking soda in your container.
- Place the apple in the container, making sure it is fully covered with the mixture.
- Leave the container upright and open so that moisture can escape.
- Leave the apple aside for a week
- After a week take your apple out of the mixture. Shake off the excess mixture. You should now have a mummified apple. The apple has now become preserved and all the water has been extracted from it by the salt and baking soda. Please note that the apple is NOT edible.



Fun Facts about Ancient Egypt

- Egyptian men and women wore makeup.
- They used mouldy bread to help with infections.
- They were one of the first civilizations to invent writing.

- The Ancient Egyptians were scientists and mathematicians.
The Pharaoh kept his hair covered.



Further information for parents and carers from the DfE.

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/reopening-schools-and-other-educational-settings-from-1-june>

Daily Prayers for home

<https://www.tentenresources.co.uk/daily-prayers-for-home>

Sunday Liturgy for Families

<https://www.tentenresources.co.uk/sunday-liturgy-for-families>

