

Newsletter

Issue 31

21st May 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

"I invite all men and women in our world to make good use of the gifts that the Lord has entrusted to us to preserve and make his creation even more beautiful."

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



Dear Parents and Carers,

Please can we encourage all of our families to continue with regular lateral flow home testing to help reduce the spread of the virus. Testing kits are free to order and available from [Do you have coronavirus symptoms? - Get a coronavirus test - GOV.UK \(test-for-coronavirus.service.gov.uk\)](#), families can also pick up free testing kits from their local pharmacy and libraries. A full list of where families can collect lateral flow kits from can be found here [Find where to get rapid lateral flow tests - NHS \(test-and-trace.nhs.uk\)](#). Rapid lateral flow tests are for people who do not have coronavirus (Covid-10) symptoms, if anyone is showing symptoms of Covid-19 they should obtain a PCR test.

Have a wonderful weekend
Warmest regards
Mrs Berry and Mrs Measham

Families Suffolk Magazine:

To view the latest edition here is the link:

<https://issuu.com/familiesonline/docs/may-june-2021-issue-59-digital?fr=sMjYwOTM2NjIwMzA>



Year R:

Reception have been learning about ascension in RE. The children listened to the story, discussed a picture that they thought showed Jesus going up to heaven to be with his Father. Each child then made their own Jesus ascending to heaven. The children were able to tell the story whilst lifting Jesus up to heaven. Great work Reception!



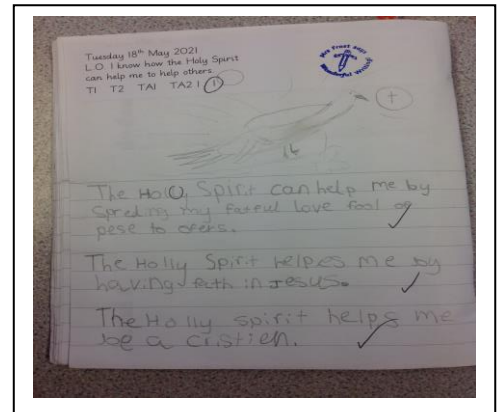
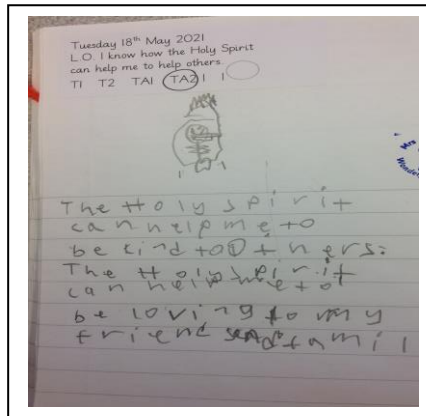
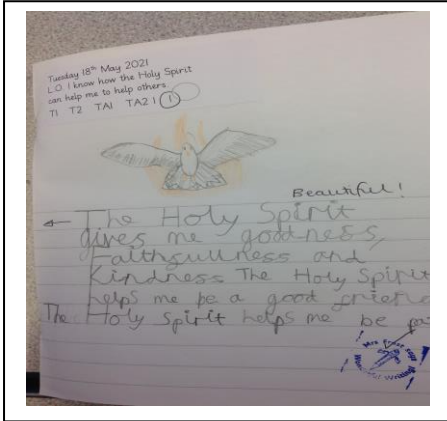
Year 1:

The children have been growing beans in jars to watch the roots and shoots develop. They have done very well - the beans AND the children - in their growing and learning!



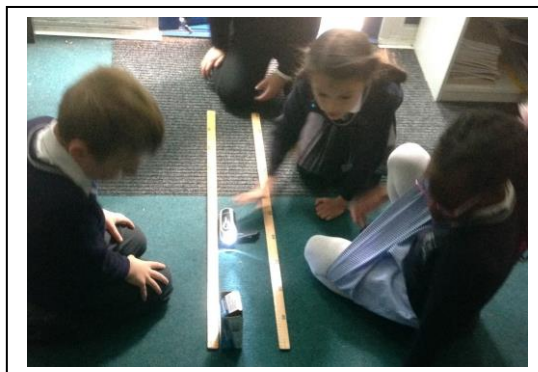
Year 2:

For our RE lesson this week, Year 2 were continuing their work on Eastertide. After recapping on our learning so far this half term, our focus this week was on how the Holy Spirit can help us to help others. After our class discussion, in our books we drew a picture to show what we thought the Holy Spirit might look like. We then thought of words that show how the Holy Spirit helps us - peace, love, gentleness, patience, faithfulness, self-control and joy. We then wrote about ways we can show this in our everyday lives. Lots of lovely thoughts and ideas Year 2 - well done!



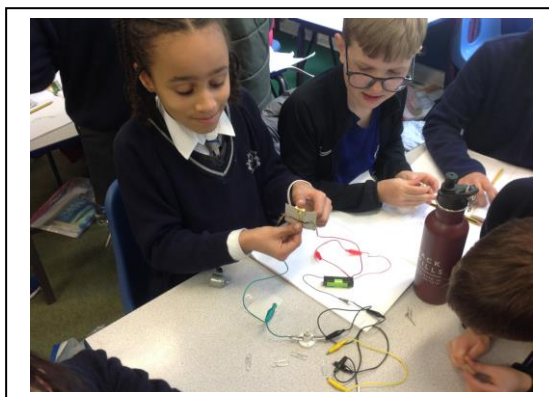
Year 3:

Year 3 investigated how shadows can change size, depending on how close or far away the light source is. They used torches and metre sticks to test their theory.'



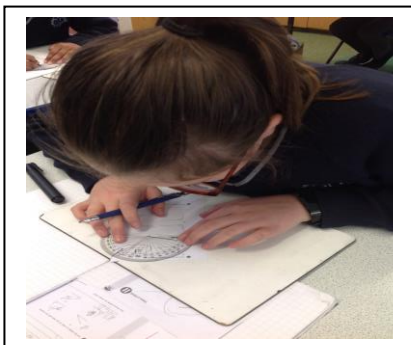
Year 4:

Year 4 have been investigating switches and why we need them in an electrical circuit. Today, we made our own switches with some bits of stationery.



Year 5:

Year 5 have been getting to grips with protractors this week. They have worked very hard with this new piece of equipment and their enthusiasm in this area of learning has been wonderful to witness. The concentration is evidenced in the photographs! Their confidence is growing as they measure angles and discuss problems using the correct mathematical terminology. Well done year 5!



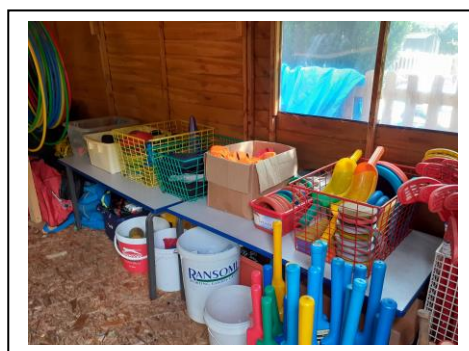
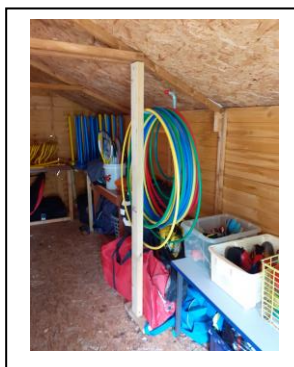
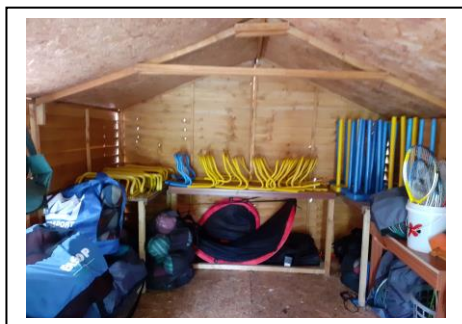
Year 6:

In English this term we are learning about Shackleton's harrowing expedition to across Antarctica. This week we took part in a conscience alley in which our very own class Shackleton had a BIG decision to make stay with his crew on Elephant Island OR take a small crew in search of help across some very treacherous conditions. The children acted as voices of reason as Shackleton walked through the centre. This then inspired some strongly convincing notes to him after. Great job Year 6!



Mrs Dyer:

Mrs Dyer came into school to a wonderful surprise on Tuesday. Amelia, Lily and Esme had tidied the PE shed! "I was so pleased to see such an amazing job but mainly so moved by such a kind and thoughtful gesture. Thank you girls"



Donations required:

We are asking for donations of boys/girls pants and socks and Navy jogging bottoms. Needed in age 4-8 years old. If you have any these items and you would like to donate them please send them into school with your child in a carrier bag marked for the attention of the office. We would be very grateful.



Five Tips for getting better sleep:

5 TIPS FOR FAMILIES ... to help children get better sleep ...



Light is hugely important to good sleep. In the morning: open the curtains to help your child feel awake. At night where your child sleeps should be comfortable, quiet and dark. This sends sleep signals to your brain to wind down.

Routine is key so encourage your child to go to bed and get up at the same time every day, aiming for 9-11 hours. Include some daily exercise and do not give them a big meal or drink before bedtime.



Relaxing into sleep. Good quality means falling asleep quickly, staying asleep, and feeling less stress and higher energy the next day. Help your child relax by practising together tensing and relaxing your muscles from toes to head.

Big feelings at night-time are common and sometimes wake children up. However, if worries are affecting your child's sleep, writing them down and putting them in a jar to talk about during the day can be therapeutic...



Cooling down our bodies sends sleep signals to our brain. Try having a warm

short shower or bath before bed and keeping the bedroom below 18°C.



Routine is key and you should aim for 8-10 hours, with consistent sleep and wake times, even on weekends. Avoid sleeping late into the afternoon or napping as this will just make you more tired.

Associations will really help you: beds are only for sleeping. Keeping exercise to the first half of the day and choosing calming activities before sleep break the connection between day and night.



Social media scrolling, using your mobile or gaming in bed are habits to break, as the blue light and stimulating activity makes your sleep later, shorter and more disrupted.



Light is hugely important to good sleep, positive moods, and energy levels. First thing in the morning open your curtains and get lots of natural light during the day. At night keep your room cool, comfortable, quiet and dark.

Caffeine disturbs your sleep. Limit any stimulating substances like coffee and energy drinks or bars - and especially in the afternoons and evenings.



5 TIPS FOR FAMILIES ... to help young people get better sleep ...



Your School Lottery

Dear Parents and Carers,

Would you like to join school lottery?

The number of people who have joined up at this early stage has been very encouraging, we have over fifty tickets in the draw for next week. If these sort of numbers continue throughout the year, the school will benefit from raising over £1,000 from the draws.

We would love to eventually get to 100 tickets per draw like a 100 club, but for now we are moving our target up in increments. Our next target is to sell another 19 to get us up to 70 tickets – could one of those be yours? Step by step instructions are attached to the newsletter, or just search ‘Your School Lottery – St Mary’s Ipswich’ to join.

If you’ve been thinking about it, or even got as far as inputting the details, do come and join us and give it a try. It’s easy to join, and more importantly - if you don’t like it, it’s easy to leave. For less than the price of a takeaway tea or coffee you will be helping the school raise much needed funds.

Thank you all very much for your support.

Best wishes,

Marge Jessop and the Friends of St Mary’s PTA

The graphic features the school crest and 'YOUR SCHOOL LOTTERY' logo at the top. It lists three steps: 1. JOIN OUR LOTTERY (with a £1 ticket icon), 2. BOOST SCHOOL FUNDS (with a bar chart icon), and 3. WIN CASH PRIZES (with a person and money icon). Below this is a red banner that says 'It's As Easy As' followed by three hands showing one, two, and three fingers. A bulleted list follows: 'Tickets cost just £1 a week', 'The easy way to help us raise funds', 'Local cash prizes every week', and 'Chance to win the £25k jackpot'. At the bottom is a large 'Buy A Ticket' button and a small note: 'Supporters must be 18 years of age or older.'

Your School Lottery

Draws take place **every Saturday at 8pm**, step by step instructions follow on how to take part and you can join right now!

Tickets are £1 each and you can buy them using either direct debit or by debit card.

Each week all entrants in the ‘Your School Lottery’ stand to win a £25,000 jackpot, and someone from our school community will win a guaranteed prize every single week – a proportion of our school’s ticket takings.

It is open to everyone – parents, teachers, grandparents, work colleagues, parishioners – so please spread the word far and wide. The more people that play, the more funds we raise for the school.

Funds raised will go towards St Mary’s school as per the Friends of St Mary’s constitution.

How do I support the school? Step by step instructions follow:

Either: click this link - [Support St Mary's Catholic Primary School Ipswich when you play Your School Lottery - Your School Lottery](#)

Or: Search 'Your School Lottery' on the internet, click 'Buy a Ticket', put in St Mary's Ipswich and it will show our logo and 'St Mary's Catholic Primary School Ipswich', click support us.

Then:

- Click 'buy tickets'.
- Select your numbers – six digits between 0 and 9 in any order you like. You can use the same number more than once. Or you can opt for them to choose for you.
- Press 'choose payment method'.
- You may either choose a direct debit (this continues until you decide to cancel it. It is easily cancelled by simply clicking in to 'your tickets' and then 'cancel' on your account)
- Or you may choose to use a debit card to buy tickets for a set amount of weeks. They will remind you when your current payment is coming up to expiry, and will not take any money without your permission.
- The minimum purchase is a month's tickets.

Other relevant information:

- You may opt out of school lottery related communications on the website.
- The lottery is administered remotely by the 'Your School Lottery' company, and all draws, transactions and payments are handled by them.
- In the first instance please check the 'Your School Lottery' website for any queries you may have. If you can't find your answer there, please direct any queries to the FOSM PTA via the school office.

Dates for your Diary:

<p style="text-align: center;"><u>Summer Term 2021</u> Monday 12th April – Friday 16th July Bank holiday: 3rd May Half term: 31st May – 4th June Staff Training days: 19th & 20th July (disaggregated)</p> <p style="text-align: center;"><u>Term dates for 2021 - 2022</u></p> <p style="text-align: center;"><u>Autumn Term 2021</u> Wednesday 01st September – Friday 17th December Half term: 25th – 29th October Staff Training day: 01st September</p> <p style="text-align: center;"><u>Spring Term 2022</u> Tuesday 4th January – Friday 08th April Half term: 21st – 25th February Staff Training day: 4th January</p> <p style="text-align: center;"><u>Summer Term 2022</u> Monday 25th April – Thursday 21st July Bank holiday: 02nd May Half term: 30th May – 03rd June Staff Training days: 25th April, 20th & 21st July</p>
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<p>#YOUARENOTALONE</p> 	<p>COVID-19 IS NO EXCUSE FOR ABUSE.</p> <p>SUFFOLK DOMESTIC ABUSE HELPLINE - FREEPHONE 24/7 ON</p> <p>0800 977 5690</p>  <p>Suffolk Collective</p>  <p>ACT Anglia Care Trust Support - Advice - Action</p>
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