



St Mary's Newsletter

Issue 31

20th July 2023

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

"Let us imagine a seed: it is tiny, barely visible, but it makes plants grow that bear fruit. The Word of God is thus: think of the Gospel, a small book, simple and within reach of all, that produces new life in those who receive it."



Pope Francis (@Pontifex)

Week Commencing 4th September 2023:

Mon 4th Sept: PD Day no children in school

Tues 5th Sept: Children Return to school

Dear Parents and Carers,

It has been another busy year at St Mary's. Mrs Measham and I were looking back over the year and we were just beaming with pride with everything that we have been a part of as a school and as St Mary's community this year. The sporting and musical events, our wonderful ArtS week, the truly fantastic academic results that the children achieved both in external SATs for Year 2 & Year 6 and our internal assessment for the other year groups. But more than all that, the examples we, as their teachers see every single day of each and every one of the children living out the word of God in everything they do. The little acts of kindness the children show one another, the support they give to a friend in need, their willingness and desire to help the adults they come into contact with. We are so very proud of every single one the children.

And to our wonderful Year 6 class. What a class you have been! You are kind, caring, hardworking and totally embody our school ethos. We are really excited to hear about your achievements as you move forward in life.

Have a wonderful weekend

Mrs Berry and Mrs Measham



GOODBYE TO MRS SHEVLIN:

We wanted to take this opportunity to say goodbye and good luck to Mrs Shevlin and she departs from the school office to begin her new adventures. We will all miss her so very much.

Here is a message from Mrs Shevlin to you all:

Thank you (and your children) for all the lovely gifts and good wishes for my retirement.

I have had the best job, seeing your children every day and working with the amazing team at St Mary's.

Enjoy your summer break and thanks again.

Christine Shevlin



GOODBYE TO MISS MUDD:



We wanted to take this opportunity to say Goodbye and good luck to Miss Mudd. Thank you for your wonderful teaching, for your brilliant ART projects and for your amazing fundraising. We will all miss you. Thank you for our beautiful Stain glass window that you helped us create during this year's ArtS week, it will always remind us of you.

GOODBYE TO YEAR6:

The time has come to say goodbye to our Year6. The words I would use to describe Year 6 are Loyal, Dedicated, Hard Working, Kind, Thoughtful and a Little Bit Crazy. We will miss you all so much. You have been wonderful ambassadors for the school and we cant wait to see how much you achieve going forwards. Stay in touch and let us celebrate in your future successes. You have been an amazing class. — Mrs D-N, Mrs Ahmed and St Mary's School

Class of 2022-2023



A MESSAGE FROM FIND:

FIND – Our local Food bank – have shortages

As the schools break up for the summer holidays, some children will miss the free school dinners. Parents in all postcodes in Ipswich will have extra pressure in the current cost of living crisis, to produce a dinner every day.

Please help by donating food as you come to church.



MY SELF CARE PLAN:

My self-care plan

A large yellow sun with rays is on the left, and a blue cloud is on the right. Below the sun, a woman and a young boy are sitting at a table, looking at a laptop. The background is a light yellow color.

Anna Freud
building the mental
wellbeing of the
next generation

What is self-care?

Just as we look after our physical health, it's important to look after our mental health.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.

There are lots of different ways you can try self-care: dancing, spending time with friends, playing sports, laughing, drawing, spending time with pets - anything that makes you feel good!

We have listed some activity suggestions in this booklet - give them a try and see what works for you.

These activities are designed to help improve your mood. If you feel like you need more help, please talk to a trusted adult or [use the AFC Crisis Messenger](#).

Everyone has mental health.
Talking almost always helps.
Listening always helps others.

A stylized tree with a yellow trunk and three green circular canopies.

For more information, please follow this link: <https://www.annafreud.org/media/18656/my-self-care-plan-primary.pdf>



SPOTLIGHT ON YEAR 3

What a term it has been! The children have worked incredibly hard and thoroughly enjoyed their weekly swimming lessons at Crown Pools. The pupils met their new teacher, Mr Bentley on Monday and discussed what they were most looking forward to next academic year.

English

Last week, we studied poetry based on the theme of trust and friendship. The pupils focused specifically on rhyme and alliteration. We planned, wrote and performed our poems in pairs and in front of an audience.

Maths

In Maths, the pupils have been identifying, ordering and comparing different angles. They participated in an "Angles Hunt" locating these in the classroom environment. We also mixed our mathematical learning with P.E. The children worked in small groups and used their bodies to represent an acute angle, a right angle and an obtuse angle.

Science

Year 3 recapped their knowledge of the effect food has on the human body. The children discussed the importance of a broad and healthy diet as well the different food groups. They designed a healthy meal and also conducted research on protein alternatives for vegans and vegetarians.





TERM DATES:

Term dates for 2023 – 2024

Autumn Term 2023

Tuesday 5th September – Wednesday 20th December

Half term: 23rd – 27th October

Staff training days: 4th September & 30th October

Spring Term 2024

Thursday 4th January – Thursday 28th March

Half term: 19th – 23rd February

Staff Training day: 3rd January & 26th February

Summer Term 2024

Monday 15th April – Friday 19th July

Bank holiday: 6th May

Half term: 27th May – 31st May

Staff Training days: 12th April