

# Newsletter

Issue 12

26<sup>th</sup> November 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

"The way we relate to children, the extent to which we respect their innate human dignity and fundamental rights, expresses what kind of adults we are and want to be, and what kind of society we want to build."

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



Key Dates w/c: 29<sup>th</sup> November 2021  
29<sup>th</sup> Nov: Yr 5 Swimming 8.30am  
29<sup>th</sup> Nov: Yr6 Trip to Ipswich Museum  
30<sup>th</sup> Nov: Yr1 Cafod Toy Sale  
2<sup>nd</sup> Dec: Reception Nativity

Dear Parents and Carers,

We are busy preparing for our Christmas Plays, it is wonderful to have the sound of singing filling the school. On Sunday, Advent begins and we will start preparing for the celebration of the birth of Jesus.

Have a great weekend

Mrs Berry and Mrs Measham

## CHRISTMAS LUNCH ORDERS – Details sent this week via parentmail

If you child would like a Christmas Lunch on 8<sup>th</sup> December, please email the school with their choices by the morning of Monday 29<sup>th</sup> latest.

The kitchen has to order the food at least a week in advance.

If you do not order a lunch please bring a packed lunch on the day as

there will not be any alternatives. The recipes and allergy information are attached to the parentmail for your information.



### Reconciliation Cancelled

This year we have made the decision based on Suffolk County Council school guidance to cancel the reconciliation service planned for the 8th December.

### Cafod Soft Toy Sale:

Year 1 are learning about toys in history and so have decided to do a bit of fundraising for CAFOD by having a soft toy sale. Could you help them out by having a Pre-Christmas Clearout of cupboards and toyboxes and sending in any unwanted, good condition soft toys for us to sell. Contributions can be left with the office, Miss Hawkins or Miss Mudd. (Sorry about using the C-hristmas word!)

Many thanks Student Fundraising Committee



### 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

#### Reception Nativity – This will be recorded and put on google classroom

2nd December at 2.30pm

Each child will be allocated will be allocated 2 tickets. Due to the restriction on numbers, if you bring a young child with you this will count as one of your places.

#### KSI Nativity – Years 1 & 2 – This will be recorded and put on google classroom

9th December at 9am

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

#### 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.

The following events will be for school pupils only to attend – no live audience

### Year 2 Advent Service

This will be recorded and shared with Year 2 parents via google classroom

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>

### REMINDER – KS2 School lunches:

Lunches should be paid in advance. Please ensure that there is enough credit on your parentmail dinner account for your child's lunches. Any arrears should be cleared immediately.

If you have any concerns about payment please email the school office. Thank you for your co-operation.

### 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 3.15pm  
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 3.15pm  
KS2 GIRLS FOOTBALL CLUB – Friday 12.10pm



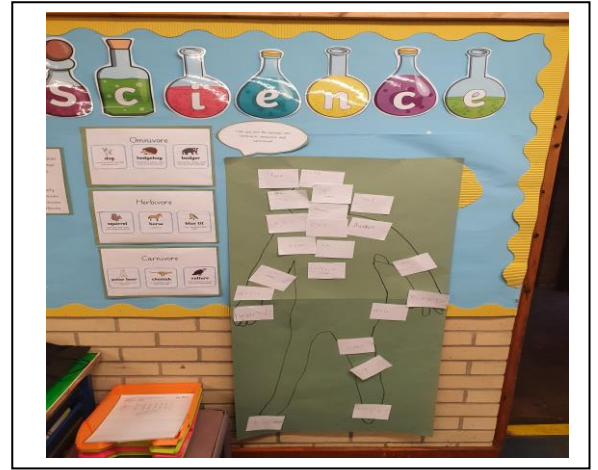
### Reception:

This week we have been reading the story One Snowy Night. We have been thinking about how we can help the birds to prepare for winter. We made some bird feeders for them, using lard, raisins and bird seed. We mixed all the ingredients together and then put them into a pinecone. We have hung them in the garden and hope the birds like them.



### Year 1:

In Science this week we drew around a friend and labelled the different parts of the body.



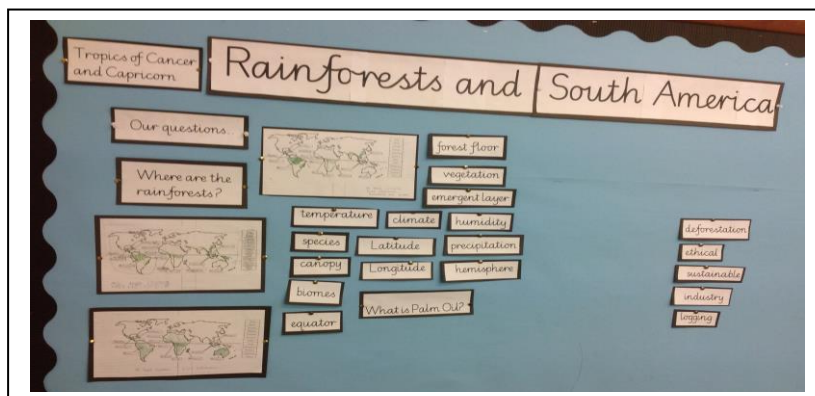
### Year 2:

Year 2 have been looking at habitats during science. We played a fun game!



### Year 3:

Year 3 have been learning about the rainforests and South America. We have had some great discussions and also been lucky enough to have some photos sent in from our parent's adventures in these places.





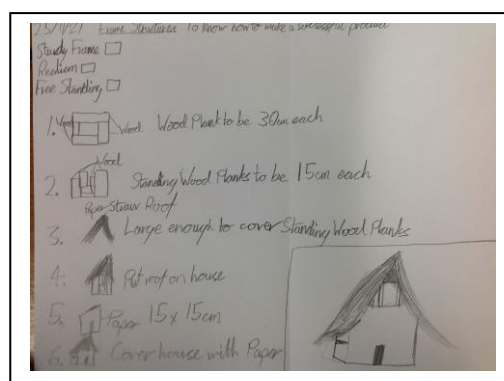
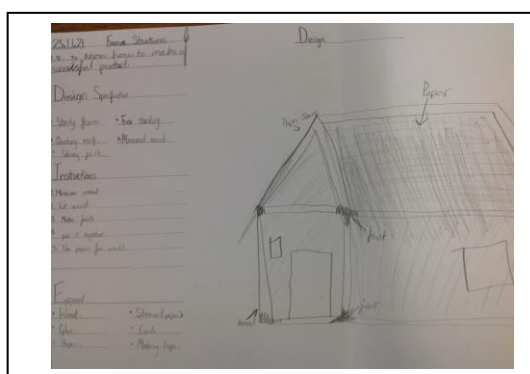
### Year 4:

Year 4 have been busy practicing for the KS2 play. Everyone has been putting in their best efforts and we can't wait to share it with you all.



### Year 5:

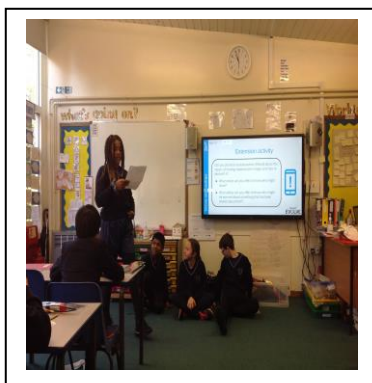
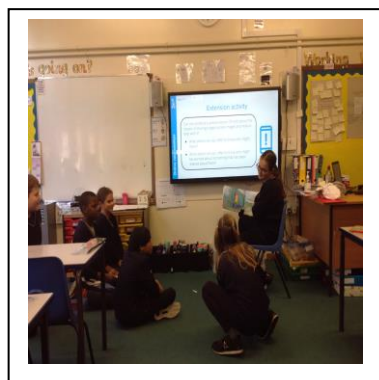
Year 5 have been designing models of Anglo-Saxon houses. We are looking forward to the next stage when we will be measuring and cutting the wood!



### Year 6:

I would just like to say that this week the children have worked hard during assessment week - Well done!

For their E-Safety lesson this week, we discussed being appropriate online with a particular focus on the sharing of images and videos. From our discussions the children role played scenarios they came up with and then discussed what was wrong, what helped and who they could talk to. A quote from Olivia in her group's role play was: I found it (sharing the video) funny at the time but I definitely don't now. This lent us to have the discussion about making the wrong choices and where to go from here.



## Girls Netball Yrs 5 & 6:

The past 2 Thursdays the girls from Year 5 & 6 enjoyed friendly matches against St John's. Year 6's won their game 6-3, Year 5's played out a 5-5 draw.



## Science Challenge:

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

# FLOATING PING-PONG BALLS

## SCIENCE CHALLENGE 03

Designed by Alex,  
Design engineer at Dyson

### The brief

Make two ping-pong balls float in the air flow of a hair dryer at the same time, without hitting each other.

### The method

1. Switch on your hairdryer, making sure it is on the cool setting.
2. Hold it with the nozzle pointing upwards.
3. Place one of the ping-pong balls into the stream of air.
4. Try and place another ball into the same stream of air – on top of the first ball.

### Materials

Two ping-pong balls

A hairdryer  
(on cool setting)

### How does it work?

The hair dryer produces a high velocity stream of air with low pressure. The surrounding air is at a higher pressure which keeps the ball inside the stream. When the upward force of the air equals the weight of the ping-pong ball the ball is said to be in 'equilibrium'.

The theory at work here is Bernoulli's principle. This is an equation linking air pressure, velocity and density with particle weight.



## 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 ...





Sendiass:



### SEN support for pupils with communication and interaction needs

SENDIASS is offering a free online session for parents and carers explaining the graduated approach to SEN support for pupils with communication and interaction needs.

This session will be supported by a specialist teacher from the Communication and Interaction service.

The session will explore:

- The key principles of SEN support and whole class approaches;
- The 4 stages of the graduated cycle of support and how you and your child are involved;
- Examples of SEN support schools can reasonably offer;
- What happens if a pupil needs further support.

**7<sup>th</sup> December 2021**

**10 – 11:30am**

[Click to register](#)

What parents have said about our SEN sessions:

'Thank you so much, this was very informative and has helped me with my understanding.'

'It was great to hear the system explained so clearly. Thank you.'

<https://www.eventbrite.co.uk/e/sen-support-for-pupils-with-communication-and-interaction-needs-tickets-168745527415>

FOSM:

The Friends of St Mary's have been very busy in November and it can be hard to keep up, so here is a round up of all the key information:

**Christmas fun day 8<sup>th</sup> December** — to tie in with the school's Christmas dinner day, the FOSM PTA will be organizing a 'fun day' for children to enjoy during the school day with their classmates. We also hope to hold a couple of stalls on the playground with Christmas stock and raffle tickets to tempt the parents at pickup time, restrictions permitting. More details will follow nearer the time.

**Hamper Raffle**— five strips of tickets per family have been sent home with the eldest child, please return by 3:15 on Thursday 9<sup>th</sup> Dec. The draw will take place on Friday 10<sup>th</sup> December, if you would like more tickets please contact your class rep.

**Silent Auction** — this is a new fundraiser we are trying out, forms have gone out in bookbags, and there is a ParentMail as well. There are some fantastic prizes to be won, just place your bid either via the school office, or by email to [friendsofstmarysipswich@gmail.com](mailto:friendsofstmarysipswich@gmail.com) — all bids must be received by 17:00 on Friday 10<sup>th</sup> December.

**Tea Towels** — pre orders are still available for the 'whole school' tea towel. They make great Christmas presents. You may send full details and cash in a sealed envelope via the school office, or pay [electronically](#) using PayPal —





[friendsofstmarysipswich@gmail.com](mailto:friendsofstmarysipswich@gmail.com). We need your child's name, year group, and how many towels you want in the note field.

Thanks for all your support  
The Friends of St Mary's PTA team

Term Dates:

Term dates for 2021 - 2022

Autumn Term 2021

Thursday 2<sup>nd</sup> September – Friday 17<sup>th</sup> December

Half term: 25<sup>th</sup> – 29<sup>th</sup> October

Staff Training day: 1<sup>st</sup> September

Spring Term 2022

Wednesday 5<sup>th</sup> January – Friday 08<sup>th</sup> April

Half term: 21<sup>st</sup> – 25<sup>th</sup> February

Staff Training day: 4<sup>th</sup> January

Summer Term 2022

Monday 25<sup>th</sup> April – Tuesday 19<sup>th</sup> July

Bank holiday: 02<sup>nd</sup> May & 06<sup>th</sup> June

Half term: 30<sup>th</sup> May – 03<sup>rd</sup> June

Staff Training days: 25<sup>th</sup> April, 20<sup>th</sup> & 21<sup>st</sup> July