

# Newsletter

Issue 13

3<sup>rd</sup> 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

"Our life becomes beautiful when we wait for a dear one or someone important. May this advent help us transform our hope into the certainty that He whom we await loves us and will never abandon us."

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



Key Dates w/c: 29<sup>th</sup> November 2021

6<sup>th</sup> Dec: Yr 5 Swimming 8.30am – Last Session

8<sup>th</sup> Dec: Christmas Fun Day – Non uniform Day & Christmas Lunch

9<sup>th</sup> Dec: KSI Nativity 9am

Dear Parents and Carers,

This week Reception preformed their nativity. It was truly wonderful and all children plus their teachers should be very proud. We are all looking forward to our Christmas Fun Day on Wednesday. Don't forget to wear a Christmas jumper or festive colours.

As the weather has turned cold please remember to bring your coat to school every day

Have a great weekend

Mrs Berry and Mrs Measham

## CHRISTMAS LUNCH 8<sup>th</sup> December:

The kitchen have now stopped taking any further late Christmas lunch orders. If you haven't ordered a Christmas lunch for Wednesday, please bring in a packed lunch. Thank you.



### Christmas Fun Day 8<sup>th</sup> December:

8<sup>th</sup> December will be our Christmas Fun day. Children are invited to wear their own clothes either in festive colours or a Christmas tee-shirt or jumper for a £1.00 donation. Thank you. The day will be filled with lots of fun activities too.



Friends of St Mary's are proud to announce a Christmas fun day for the children.

## Christmas Fun Day – 8<sup>th</sup> December

The day will be full of Christmas cheer. It's non-uniform for £1, they may also choose to wear festive colours, jumpers, or accessories. It's also Christmas Dinner day.

The children will be treated to an online pantomime – 'Jack and the Beanstalk. They'll enjoy lots of fun activities, games, and treats, provided by FOSM and kindly run by the teaching staff during the school day. Thanks to your donations, we have bought 'rainy day' class gifts as requested by your child's teachers. Our elves have wrapped them ready for Santa and Mrs Berry to deliver!

**Where:** In your child's classroom  
**When:** Wednesday 8th December  
**Cost:** £1 plus any donation



We want all children to be included so other than £1, your child will not need any money on the day. We are asking for voluntary donations instead, from those who are able to do so. You may either send a little extra in an envelope with your child's £1, marked for the PTA, or you can donate electronically via Go Fund Me. Proceeds to the ongoing outdoor project. Thank you from the FOSM PTA team.

### KS2 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:

The Year 1 Soft Toy Sale was a great success on Tuesday. Everyone enjoyed fundraising for CAFOD and celebrating the good work they do. Year R, 1 and 2 had the chance to find some new friends and we raised £74. Well done everyone. The 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

#### 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 **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 3.15pm **Few Places Remaining**  
KS2 GIRLS FOOTBALL CLUB – Friday 12.10pm



### 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>

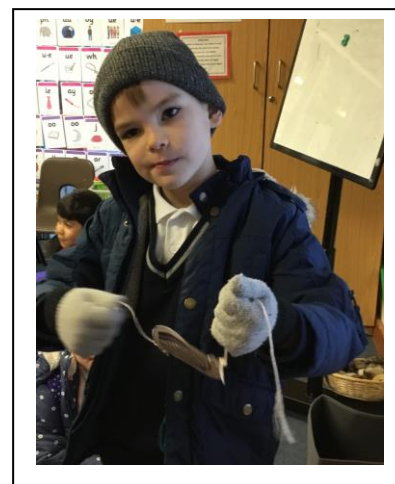
### Reception:

This week Reception have worked very hard preparing and show casing their 1<sup>st</sup> Nativity. Well done Reception you were truly fantastic and have put us all in the Christmas spirit. A reminder to parents that the video is now available on your child's google classroom account



### Year 1:

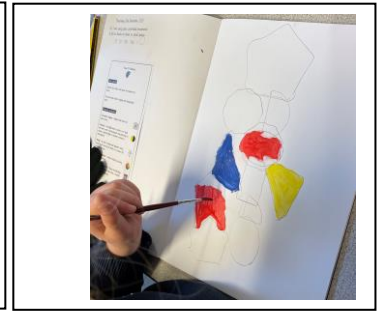
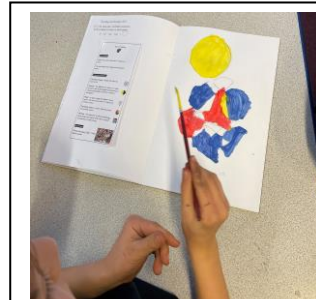
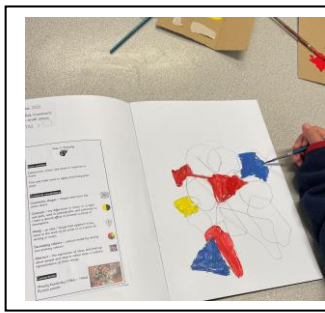
We learnt about how the Victorians would have made and played with moving toys. We made our own thaumatropes. There is a bird on one side of the disk and a cage on the other. When we spun them quickly it looked like the bird was in the cage.





## Year 2:

Year 2 had great fun practising their painting skills, inspired by Kandinsky. They used primary colours on overlapping shapes.



## Year 3:

Year three have been working hard, learning all the songs for our KS2 Christmas play.

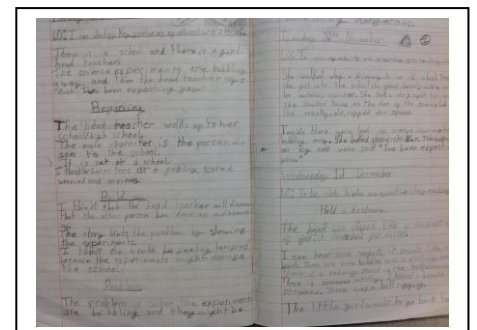
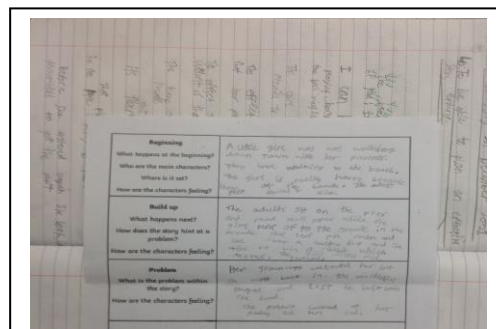
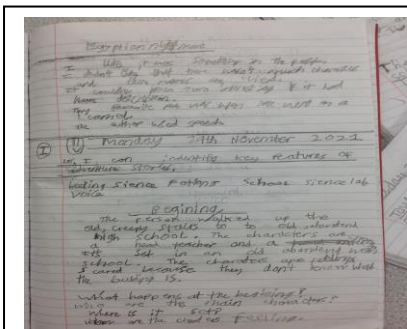
All the rehearsals are paying off and we are sounding fabulous. Lots of the class have taken turns at leading the singing.

Great collaboration year three!



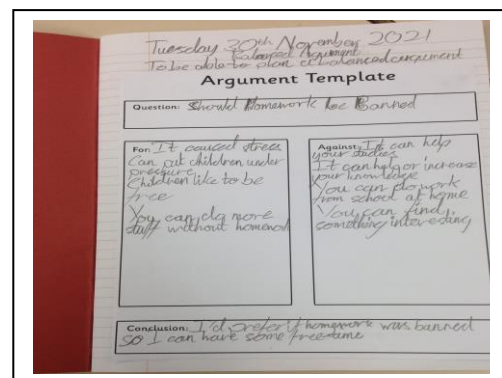
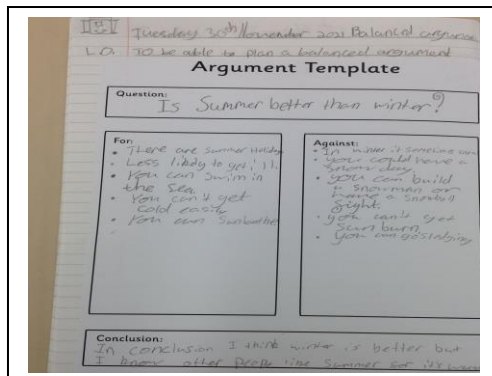
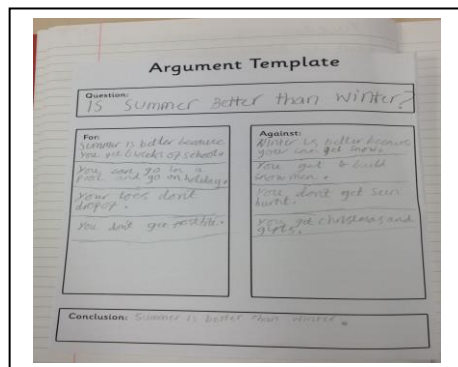
## Year 4:

In Year 4 this week we have been working hard with our writing, exploring the features of a 3rd person adventure story. We have enjoyed using video hooks of a science lab and an abandoned arcade to stimulate our minds. We then used a story mountain and questioning to map our work.



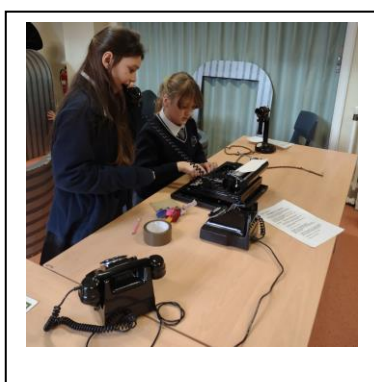
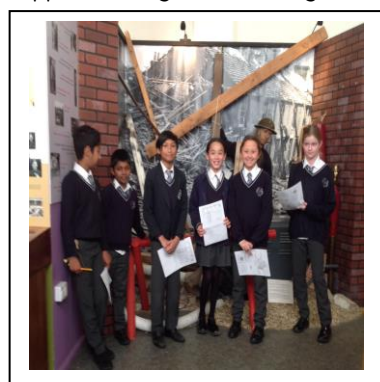
## Year 5:

Year 5 have been planning their balanced arguments in English this week. They generated ideas for and against in a group and then chose their key points for their plan. We are looking forward to reading each other's arguments, once they are written up!



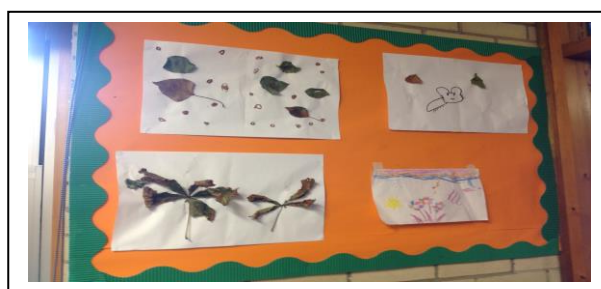
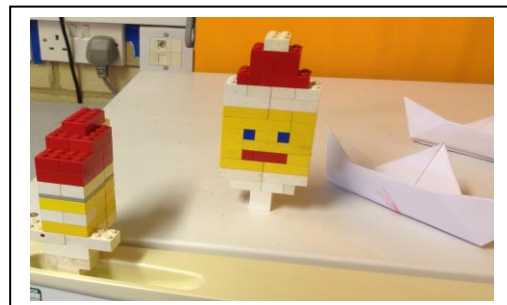
## Year 6:

Year 6 braved the cold Monday morning and walked to Ipswich Museum in great spirits for their WW2 themed session. They learnt a lot about life on the home front from shelter building, rag rug practise making to sending messages using morse code. They represented the school beautifully. Thank you to Mr McLean and Mrs Ramsey for your support during the morning.



## Wrap Around Care:

The children wanted to share some of their wonderful art work and creativity they have been experiencing at wrap around care, they have even had a visit from one of Santa's elves keeping a close eye on us all and making sure we are good before Christmas.





### Science Challenge:

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

## BALLOON KEBABS

SCIENCE  
CHALLENGE 04  
Designed by Phil,  
Design engineer at Dyson

### The brief

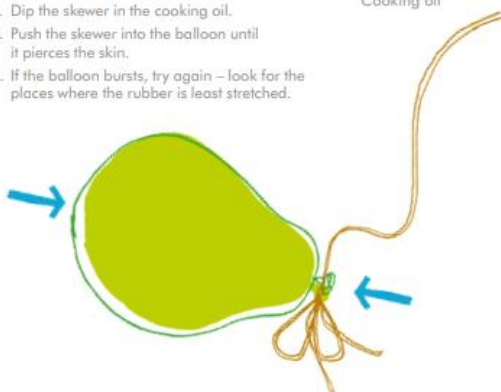
Push a wooden skewer through a balloon without popping it, creating a "balloon kebab".

### The method

1. Dip the skewer in the cooking oil.
2. Push the skewer into the balloon until it pierces the skin.
3. If the balloon bursts, try again – look for the places where the rubber is least stretched.

### Materials

A balloon inflated until  $\frac{3}{4}$  full  
A wooden skewer  
Cooking oil



### How does it work?

Most of the balloon is stretched evenly, but there are two points where the rubber is least stretched. The tied section and the darker patch at the opposite side of the balloon have the lowest surface tension. Most of the balloon is under high tension, so attempting to push the skewer through just makes the balloon pop. At the low tension sections it is possible to make a small hole without breaking the overall surface of the balloon.

### 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





### Name Feelings

It's ok to feel worried, it's important for us to talk to each other about how you are feeling.

### Remember

...lots of people are working hard to make it better. Covid 19 is serious but everyone is doing their best.



### Breathing

Big deep breaths can help us to feel calm. We can try tummy breathing or blowing bubbles.



### Routine

It's good to keep busy so we should find lots of things to do. We could try making a visual timetable to organise our day.

## 5 TIPS FOR FAMILIES

### Moving and Dancing

Playing games and dancing together can help us to release energy and make us feel good.



.... to help reduce stress and anxiety for children....



### Exercise Regularly Together

This releases natural feel good chemicals that can:

- reduce stress and anxiety
- help you to sleep better
- improve self-image



### Listening to Music

Try playing slow-paced instrumental music in the home as it can:

- lower blood pressure and heart rate
- reduce stress hormones



## 5 TIPS FOR FAMILIES

### Deep Breathing

Sit comfortably, try to notice:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 deep breath



### Gratitude Journal

Try keeping a family gratitude journal. Writing down something you are grateful for together each day can help to relieve stress by focusing on and sharing positives.



### Reduce Caffeine

High quantities of caffeine can increase stress. If you notice it is making you feel restless, cut back. Less caffeine may also help you to sleep better.



.... to help reduce stress and anxiety for young people....





## 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.

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

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>

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

Tuesday 26<sup>th</sup> April – Tuesday 19<sup>th</sup> July

Bank holiday: 02<sup>nd</sup> May & 6<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