

Newsletter

Issue 22

4th March 2022

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 ashes remind us the worldliness is the dust that is carried away by a slight gust of wind. Sisters and brothers, we are not in this world to chase the wind; our hearts thirst for eternity."

Pope Francis (@Pontifex)



St Mary's School Drivers



Whole Child

Community

Communication

Faith



WC 7th March 2022

Mon 7th Mar: Yr4 Swimming

Tue 8th Mar: Online Parents Evening Rec – Yr5

Thu 10th Mar: Online Parents Evening Rec – Yr6

Virtual Book Fair All Week

Dear Parents and Carers,

We held a school assembly on Ash Wednesday. It was wonderful to join together as a school to think about Lent when we reflect, pray and do kind things for other people as we prepare to celebrate the great feast of Easter. Each child received ashes and placed a heart with their Lenten prayer of promise into a basket. We took time to speak and listen to God in our hearts.

Have a wonderful weekend

Mrs Berry and Mrs Measham

Loving God,

We thank and praise you for all the gifts you have given us.

But in a world of plenty too many people go hungry.

We pray that you may work through us, so our small acts of love may make a big difference and everyone may have enough to eat.

Amen

ASH WEDNESDAY:

On Ash Wednesday many Christian churches hold services during which Christians are marked on the forehead with a cross of ashes. This is a sign of saying sorry to God for any wrong-doing. The school held an Ash Wednesday Service and we all received our ashes from Mrs Berry, Miss Hawkins, Mrs Frost and Mrs Ahmed.



Ashes were worn by people in the Old Testament to show their repentance (Jonah 3).

We also wear ashes on Ash Wednesday as a sign of our repentance and grief for our sins.



The ashes are a public sign of our intent to die to our world desires and live in Christ. As our foreheads are being marked, the priest says:

"Remember that you are dust and unto dust you shall return". (Genesis 3:19)



The ashes come from the blessed palms used in the Palm Sunday celebration of the previous year.

Ash Wednesday is the first day of the season of Lent.



Lent begins on Ash Wednesday and is the period of 40 days that comes before Easter.

It is a time of reflection and spiritual renewal in preparation for Good Friday and Christ's resurrection on Easter Sunday.

40 is a significant number in the Bible:

- In Genesis, rain fell for 40 days and nights in the great flood.
- The Israelites spent 40 years in the wilderness before entering the promised land.
- Moses fasted for 40 days before receiving the Ten Commandments.
- Jesus spent 40 days fasting in the wilderness before starting his ministry.

During Lent:

- Catholics fast from (give up) meat on Fridays and some meals on Ash Wednesday and Good Friday.
- Almsgiving (giving to the poor) is particularly encouraged.
- The Stations of the Cross are prayed in our churches.



SAFEGUARDING MESSAGE FROM MR COOK:

Do you know about the Prevent strategy? It is a strategy that aims to stop children and older people being drawn into extremism and to support those who are vulnerable to radicalisation. At St. Mary's, all staff are Prevent trained and remain vigilant to the signs are radicalisation. Please click the link for more information



FUTURE DATES FOR YOUR DIARY:

16th March:

Y5 Class Mass 2:30 in school

30th March:

KSI and Year 3 Lenten Service 2:45 in school

8th April – End of Term:

Whole School Easter Liturgy 9:15 in church

VITRUAL PARENTS EVENING:

Virtual parents evening will be held on Tuesday 8th March 3.30pm – 6.35pm for Reception to Y5, Thursday 10th March 4.00pm – 7.00pm All years and Monday 14th March 3.30pm-6.35pm Yr6. This is appointment only. If you still need to book an appointment or need help please email the school office.

YEAR 5 SPONSORED WALK AGAINST HUNGER (CAFORD):

Year 5 have done amazing and have raised a truly wonderful amount of £547.20p (maybe more still a few more collections to come into school) – Well done Year 5 this is amazing work.



WORLD BOOK DAY:



We all enjoyed world book day, Lewis Buxton, a poet came into work with each class across the school. He was inspirational and told us what a great job being a poet is. He wrote poems with us and performed many of his own.

RECEPTION:



Reception had a lovely time. We enjoyed listening to the poet and sharing who we had come as. We wrote about this and shared lots of stories as a class. We love BOOKS!

YEAR 1:

As part of our World Book Day celebrations year 1 went on a book scavenger hunt. We had a list of different characters, settings and objects and we had to find a story that they appeared in. We also enjoyed sharing books with year 5 and taking part in our poetry workshop.





YEAR 2:

Year 2 had great fun on World Book Day. We created our own stories and shared them with Year 5!



YEAR 3:

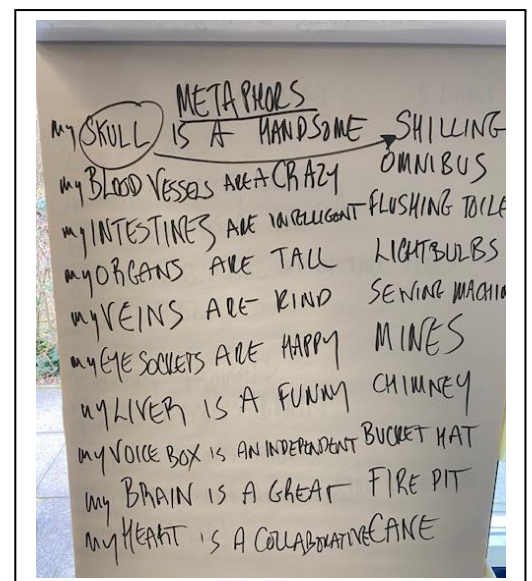
Year 3 had a fabulous World Book Day dressed as their favourite characters.

We all wrote a story and enjoyed a story swap with year Six. A visit from poet, Lewis Buxton inspired some brilliant poetry writing. Well done Year 3!



YEAR 4:

Year 4, were excited to meet the poet Lewis Buxton during our World Book Day Celebration. As a class, we created our poem using three lists made up of our body parts, words to describe the poet and words from our learning about the Victorians. We hope you like it!



YEAR 5:

World book day was great fun, with some very creative costumes! The children wrote books to share with year 2 and also created some fantastic poetry after working with Lewis Buxton.



YEAR 6:

Year 6 thoroughly enjoyed world book day and our visit from Lewis Buxton.



SCHOOL GAMES BASKETBALL TOURNAMENT:

After no basketball events last year due to covid, it was great to be back competing in one again. The boys and girls have practiced and worked very hard to get to a good competitive level. Showing fantastic ability and teamwork throughout the tournament going on to play 6 matches, winning 4, drawing 1 and losing only 1. We had the best record out of all 7 schools to be crowned Ipswich school games basketball champions for the 3rd time in succession. Well done boys and girls.



IPSSA BOYS/MIXED SMALL SCHOOLS FOOTBALL LEAGUE:

St Mary's 2-0 Cliff Lane B. Another good performance from our team securing another 2-0 win, showing good attacking play throughout the match. Well done everyone, 2 wins from 2 games!



SCIENCE CHALLENGE:

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

MEASURE THE SPEED OF LIGHT

SCIENCE CHALLENGE 13

Designed by Joe,
Design engineer at Dyson

The brief

Measure the speed of light using chocolate and a microwave oven.

The method

1. Remove the glass plate in the base of the microwave and replace with an upturned ceramic plate. You want your chocolate to stay still in this experiment.
2. Place the chocolate in the middle of the plate.
3. Turn on the microwave and heat the chocolate until it melts in 2 or 3 places. This should take about 20 seconds.
4. Using gloves, and with adult supervision, carefully remove the plate from the microwave.



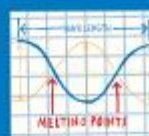
5. Measure the distance, in metres, between the melted spots on the chocolate bar.
6. The distance you measured is half a wavelength. Multiply this number by two and then by the frequency of the microwave you are using. This can be found on the outside of the machine. This number is the speed of light in metres per second.

Materials

A large bar of chocolate
A microwave (with adult supervision)
A large ceramic plate
A ruler

How does it work?

Microwaves work by creating standing waves inside the microwave oven. The water molecules in the chocolate try to align themselves with the rapidly changing standing wave, creating heat. The distance between the two melted spots is half a wavelength. You can now calculate the speed of light, because $\text{speed} = \text{wave length} \times \text{frequency}$.



VIRTUAL BOOKFAIR 7TH TO 13TH MARCH 2022:

We are hosting a virtual book fair from 4th March - midnight on Sunday 13th March. All you need to do is go to the following link, browse the books and choose any that take your fancy! www.booksforbugs.co.uk/shop

All books are £2.50 with free delivery, and the school will get a free book for every 5 books purchased. Please see the document attached for the delivery details to ensure your books get sent to the school & you get your free delivery.



Once you get to the checkout stage please complete the billing details as normal but remember at the delivery details stage to add your **child's name and class** where prompted. The link shows you how easy it is to order <https://booksforbugs.co.uk/virtual-book-fair-info-for-parents/>

For the delivery address please put St Mary's Catholic Primary School and the school's postcode IP4 4EU, this will remove all postage fees.

You can order up until midnight on Sunday 13th March. All orders will then be dispatched and we will let you know when you can collect from school. Buying through the Virtual Book Fair will help St Mary's Catholic Primary School as we will receive a free book for every 5 collectively sold that has a value of £2.50, so every book counts!

Happy Shopping!

UKRAINE:

We may know children with families in the Ukraine and/or in Russia. This wellbeing leaflet helps provide some thoughts on supporting children at a time when war is so prominent in the media and may be directly impacting upon some of our family groups

The Ukraine - helping children cope with world conflict.

- Don't feel that you need to have all the answers.
- With older children, look up the answers with them, showing them reliable sources of information.
- Focus children on what is within their control.
- Look at organisations that are providing help and think about ways that children can contribute.
- Point out examples of others helping.

- Make time for talk.
- Active listening - give your undivided attention.
- Ask questions - don't assume what they do/don't know.
- Normalise feelings - it's OK to feel anxious.

- Limit screen time and avoid information overload.
- Get children outside.
- Being active can take people 'out of their heads' and lessen anxieties.

- Show children how to quiet their mind by reconnecting with their senses.
- E.g. focus on pushing their feet on the floor, or notice the temperature of the air as they breathe in/out.

The five ways to wellbeing are evidence based ways of looking after your mental health. Here, we think about how they can support children during a time of heightened anxiety and fear amid world events. Children under 7 are unlikely to take on board much of what is going on, so it can be best to wait for them to bring it up. With older children and teenagers, adults have less control over where their information comes from. Ask them questions to determine what they know and correct any misconceptions. With older children, respond to questions but don't overload them with facts. Keep messages simple and offer reassurances about the distance and the minimal risk of events directly impacting them or their families. Teens might have 'what if' questions - help them reality check these 'what ifs', explore what they could do in certain situations and focus them on the things they can control.

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ST JOSEPH'S DAY MASS AT NORWICH CATHEDRAL:

To mark the close of the Year of St Joseph, Bishop Alan Hopes will be celebrating Mass on Saturday March 19th 2022, 10am at St John's Cathedral, Norwich. The Mass will include a special blessing for families. Please bring all your children! There will be cake afterwards.

ST JOSEPH DAY MASS AT THE CATHEDRAL

MARCH 19TH 2022 10am

**BISHOP ALAN HOPES WILL BE OFFERING
BLESSINGS FOR FAMILIES**

**BRING ALL YOUR FAMILY!
CHILDREN OF ALL AGES ARE ENCOURAGED
TO ATTEND**

**THERE WILL BE CAKES FOR THE CHILDREN
AFTER MASS**



Term Dates:

Term dates for 2021 - 2022

Spring Term 2022

Wednesday 5th January – Friday 08th April

Half term: 21st – 25th February

Staff Training day: 4th January

Summer Term 2022

Tuesday 26th April – Tuesday 19th July

Bank holiday: 02nd May & 6th June

Half term: 30th May – 03rd June

Staff Training days: 25th April, 20th & 21st July

Term dates for 2022 – 2023

Autumn Term 2022

Monday 5th September – Friday 16th December

Half term: 24th – 28th October

Staff Training day: 1st & 2nd September

Spring Term 2023

Wednesday 4th January – Friday 31st March

Half term: 13th – 17th February

Staff Training day: 3rd January

Summer Term 2023

Tuesday 18th April – Thursday 20th July

Bank holiday: 1st May

Half term: 29th May – 2nd June

Staff Training days: 17th April, 21st July