

# Newsletter

Issue 26

16<sup>th</sup> April 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**

“Easter is the most important feast of our faith because it is the feast of our salvation, the feast of God’s love for us.”

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



Dear Parents/Carers,

Welcome to the summer term. The children have settled into the new school term very well. We have all been enjoying the brighter weather.

Warmest Regards  
Mrs Berry

## **Polite Reminders:**

### **Parking:**

Please could all parents park in a designated car parking space in the church car park and only park in the disabled parking space if you have a blue disabled parking badge. Please do not park outside the school gates or in the St Mary’s Housing Estate.

### **Water Bottles and Snack:**

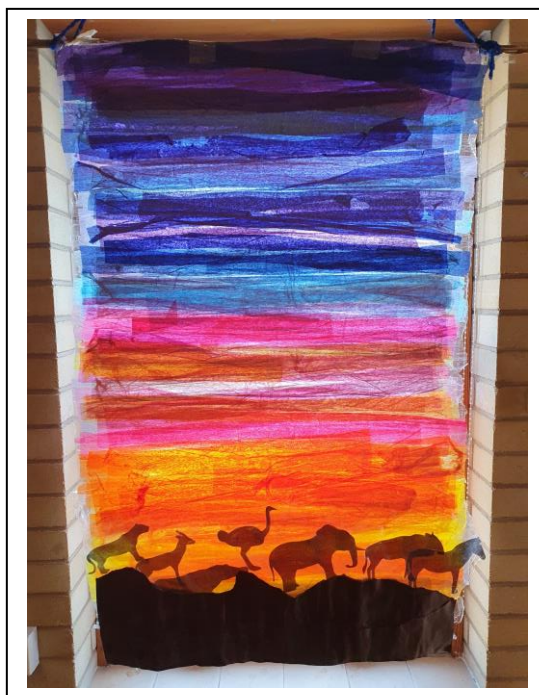
Please could you ensure that your child has only water in their water bottle and if they are in KS2 and are having snack please ensure that this is a piece of fruit or vegetable only.

### **Face Masks:**

Please could we remind **all parents** to please wear a face mask/covering when dropping off or collecting your child from school.

**Year One:**

Last term Year1 were learning about the African Savanna and made this beautiful stain glassed window.



It looks fantastic displayed in our school hall.

**Fundraising Success:**

Thank you for help with our fundraising for last term.

We raised £143.00 for children's mental health week



## **Cafod:**

We raised £308.00 and year one raised a further £80.00.  
Thank you for all of your donations.

Here is a thank you from Cafod.



Catholic Agency for  
Overseas Development

[https://cafod.org.uk/News/UK-news/Easter-message?sfmc\\_id=47598360&utm\\_campaign=Happy%20Easter%2C%20TY%20to%20supporters&utm\\_id=133579&utm\\_medium=email&utm\\_source=the%20catholic%20agency%20for%20overseas%20development%20%28cafod%29&utm\\_term=See%20your%20support%20in%20action%20button](https://cafod.org.uk/News/UK-news/Easter-message?sfmc_id=47598360&utm_campaign=Happy%20Easter%2C%20TY%20to%20supporters&utm_id=133579&utm_medium=email&utm_source=the%20catholic%20agency%20for%20overseas%20development%20%28cafod%29&utm_term=See%20your%20support%20in%20action%20button)

## **Music Tuition:**

Please could you ensure that your child has their instrument in school with them for their music lesson  
Tuesday : Violins  
Wednesday : Trumpet and Cornet  
Thursday : Flute and Clarinet

## **Sports Clubs:**

Places available on Years 3, 4, 5, 6 sports clubs starting next week. See parentmail sent on 13th April for details. If your child is interested please email the school office asap, thank you.

## **Emotional Health and Wellbeing:**

# Emotional Health & Wellbeing

Understanding mental health can be hard. Everyone feels down or a bit low sometimes or stressed or anxious but if negative feelings don't go away or are too much for you to cope with then it may help to talk to someone. Nobody chooses to have mental health issues but with the right support you can get better.

There are lots of different organisations that can help you with the way you feel. Please see below for local services and further down for national organisations.

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## **Local Support for Children and Young People**

Suffolk's Children and Young People's Emotional Wellbeing Hub

Suffolk County Council launched the Emotional Wellbeing Hub in May 2018, during Mental Health Awareness Week.

The Emotional Wellbeing Hub is free and provides information, advice, and guidance if you are a young person who needs emotional wellbeing support or if you are concerned about the emotional wellbeing and mental health of a child or young person aged 0-25 years. This may include feeling low or anxious, or you may want to talk about self-harm or bullying. The hub is there to support you.

You can find more information on the [Suffolk Infolink](#) website or call the helpline: **0345 600 2090**

**The Source** is a website for young people to access information, advice, and guidance on issues they may face in their everyday lives. Visit: [www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)

**Chat Health** is a confidential text service provided by the school nursing team during term time, Monday to Friday 9am - 4.30pm for help about a range of issues. Text a school nurse on **07507 333356**.

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## Other websites and resources you may find helpful:

- [New Emotional Wellbeing Gateway](#) - information and support to help you and your family stay mentally well.
  - [Childline](#) - information about mental health and a free helpline **0800 1111**
  - [NHS Moodzone](#) - lots of practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.
  - [MIND A-Z Mental Health](#) - a list of mental health topics to help you understand.
  - [Young Minds](#) - the UK's leading charity fighting for children and young people's mental health.
  - [The Mix](#) - support for under 25s on mental health and other life topics.
  - [BBC - My Mind and Me](#) - lots of information, advice and videos around stress, anxiety and mental health.
  - [Papyrus](#) - the national charity for the prevention of young suicide.
  - [NSPCC](#) - advice and support around mental health.
  - [Anna Freud Centre](#) - our mission is to transform the experience of children, young people and their families with mental health.
  - [Samaritans](#) - offer support and advice to anyone experiencing feelings of distress, despair or considering suicide and their free helpline is available 24 hours a day. Call **116 123** from any phone.
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## **Changes to the test and trace support payment for parents:**

Parents and carers of children who have been advised to self-isolate by their schools or by NHS Test and Trace are now able to apply for a Test and Trace support payment or a discretionary payment of £500.00, if they met the eligibility criteria. The extension of the Test and Trace Support payments scheme is intended to ensure that parents receive the financial support they need if that are unable to attend work due to childcare responsibilities.

Applications for the Test and Trace Support payment scheme are made via the local authority in which the parent or carer resides, not the local authority where the setting is situated, if these are different.

To be eligible applicants must meet all the criteria that:

- They are the parent or guardian of a child or young person in the same household and need to take time off work to care for them while they self-isolate. This is limited to one parent or guardian per household for the child or young person's self-isolation period.
- They are employed or self employed.
- They cannot work from home while undertaking caring responsibilities and will lose income as a result.
- They meet all the other means-tested eligibility criteria for a Test and Trace Support payment or locally determined criteria for a discretionary payment.

That their child:

- Is aged 15 or under (or 25 or under with an Education, Health and Care Plan (EHC) and normally attends an education or childcare setting.
- Has been told to self-isolate by NHS Track and Trace or by their education or childcare setting because they have been identified as a close contact of someone who has tested positive for Covid19.

## **School Dinner Menu Summer Term:**



Next week will be week 3.

Here is a link to the menu

<https://drive.google.com/file/d/1-CkrxdwSUDGyFiemFOGI925T76hHBqi/view?usp=sharing>

## EAL Education Support programme:



# Education support programme

If you are a family and English is not your first language, we are offering:

- Conversational English lessons - For parents
- Weekly individual support sessions - For children
- Translation services - For schools and families
- Digital literacy toolkits - For schools and families



**Get in touch with Lois on 07903 630541 or [lois.pimentel@volunteeringmatters.org.uk](mailto:lois.pimentel@volunteeringmatters.org.uk)**

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### Support for parents during lockdown:

The successful programme of workshops for parents run by NSFT continues. The free sessions are open to all and available to book via Eventbrite on the links below:

- 26 April Workshop – [Understanding the Adolescent Brain: How to support your teenager's emotions](#)
- 27 April Workshop (6:00 pm) – [Supporting our young people with anxiety](#)
- 27 April Workshop (7:15 pm) - [Supporting our young people with low mood](#) This is also running on 25 May and 29 June

If you have a specific question you hope will be answered in the session, please email [admin.pst@nsft.nhs.uk](mailto:admin.pst@nsft.nhs.uk), and they will do their best to incorporate it. Previous sessions and information can be found on the [NSFT Children and Young People's channel](#).

## **PTA:**

Request for help from the PTA

Are there any handy parents out there that could help us with a job please? We need to assemble some shelving for the PTA shed and install it together with any safety fixings.

We've yet to purchase it, so there is no rush, and there's a group ready to help with any lifting etc. If this sounds like something you could potentially help with please do get in touch via the school office. Thank you from the PTA



## **Your School Lottery**

Dear Parents and Carers,

We had our first school lottery draw this week, huge congratulations to our lucky St Mary's winner who got a percentage of the St Mary's ticket sales! All the winning details are available on the website straight after the draw (8pm every Saturday).

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 money icon). Below this is a red banner that says 'It's As Easy As' followed by three hands showing the number three. A list of benefits follows: tickets cost £1 a week, it's an easy way to help raise funds, there are local cash prizes every week, and a chance to win a £25k jackpot. At the bottom is a large 'Buy A Ticket' button with a small note: 'Supporters must be 18 years of age or older.'

## Your School Lottery

We are delighted to announce the launch of our 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.

Best of luck! From Marge Jessop and the FOSM PTA

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.

#### Recycling your Ink Cartridges:



recycle your  
inkjet cartridges  
here



We are very excited to announce that we are now working with *The Ink Bin*- a specialist teacher-led business which supports pupils to collect empty inkjet printer cartridges. *The Ink Bin* pledge to recycle as much of the single-use plastic as possible and also send away some cartridges for refilling in order to reduce their carbon miles. For refillable cartridges, the company will give the school money which we can spend on exciting new equipment.

The project aims to support children to be as eco-conscious as possible as well as learn through enterprise. Wherever possible, it will be child-led. Please do check at home, at work and with friends and family to see if you have any old cartridges which can be brought into school- every cartridge makes a difference!

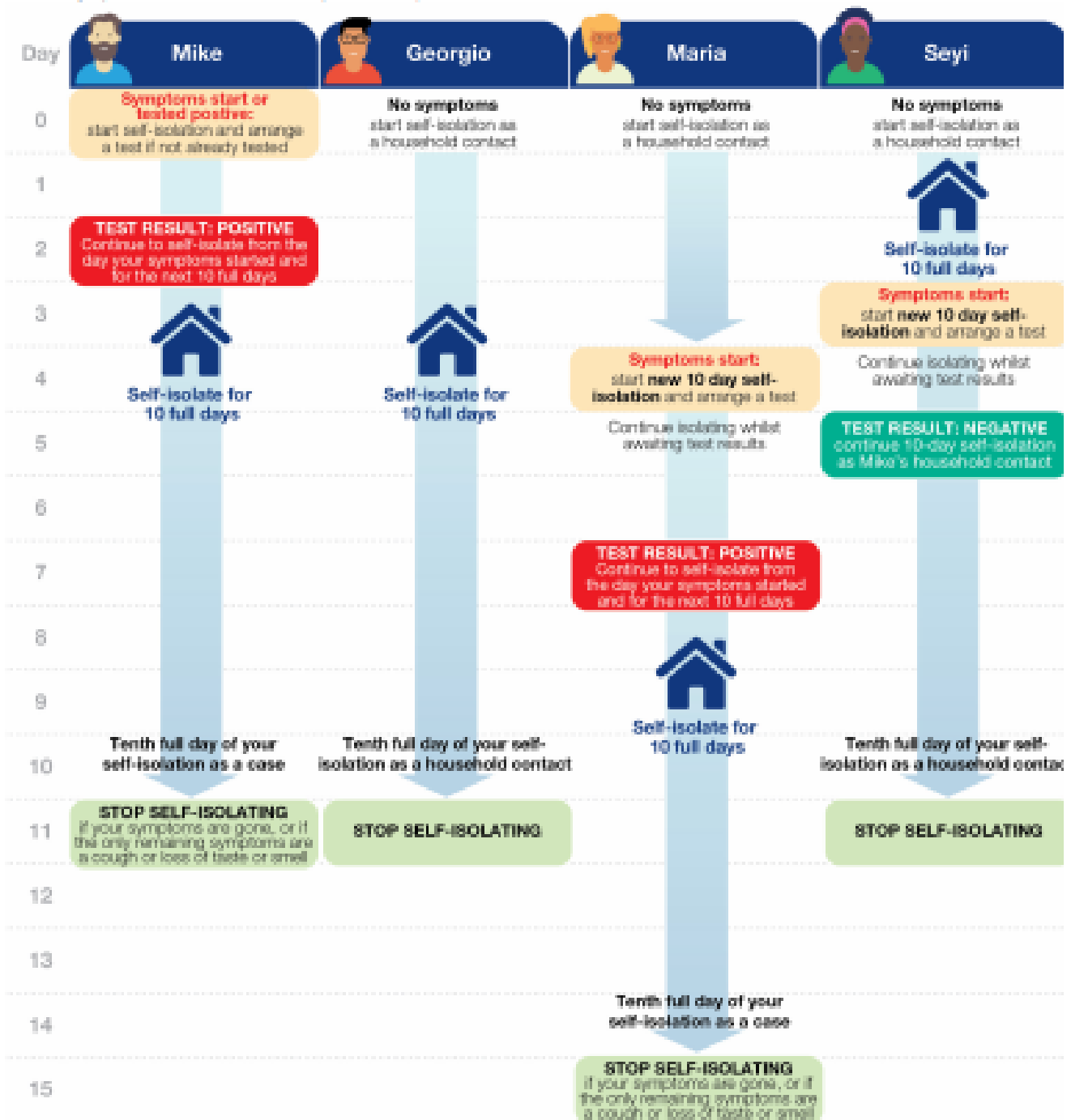




# Stay at home and self-isolate.

Please see [detailed guidance online](#).

**Mike's household:** In this example, Mike lives with Georgio, Maria and Seyi. Mike is the first case of COVID-19 in this household. He and everyone in the household begin self-isolating from the day Mike's symptoms start (or if he had no symptoms, from the date of his positive test).



## Self-isolate for 10 full days.

You need to self-isolate from the day the first person in your household started symptoms and for the next 10 full days. If they did not have symptoms, self-isolate from the day of their test and for the next 10 full days.

## To self-isolate means:

Do not go to work, school, or public areas and do not use public transport or taxis. Only leave your home to get to your test if you need to, observe strict social distancing advice and return immediately afterwards.



HANDS



FACE



SPACE

## Date for your Diary:

### Term dates for 2021

#### Spring Term 2021

Tuesday 5<sup>th</sup> January – Friday 26<sup>th</sup> March

**Half term:** 15<sup>th</sup> – 19<sup>th</sup> February

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

#### Summer Term 2021

Monday 12<sup>th</sup> April – Friday 16<sup>th</sup> July

**Bank holiday:** 3<sup>rd</sup> May

**Half term:** 31<sup>st</sup> May – 4<sup>th</sup> June

**Staff Training days:** 19<sup>th</sup> & 20<sup>th</sup> July (disaggregated)

### Term dates for 2021 - 2022

#### Autumn Term 2021

Wednesday 01<sup>st</sup> September – Friday 17<sup>th</sup> December

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

**Staff Training day:** 01<sup>st</sup> September

#### Spring Term 2022

Tuesday 4<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 – Thursday 21<sup>st</sup> July

**Bank holiday:** 02<sup>nd</sup> May

**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

