

Newsletter

Issue 21

26th February 2021

St. Mary's Catholic Primary School, Woodbridge Road, Ipswich, IP4 4EU

<http://www.stmaryscatholicprimaryipswich.com>



Tweet of the Week

“In this Lent Season, accepting and living the truth revealed in Christ, means, first of all, opening our hearts to God’s word, which the church passes from generation to generation.”

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



SAFEGUARDING

Please be reassured that although the school is closed to some children, we are still here to support you and your family. If you have any safeguarding concerns please email admin@st-marys-ipswich.suffolk.sch.uk and Mrs Berry will contact you directly.

Dear Parents,

We are so pleased to welcome you all back after half term – either in person or virtually. We are even more delighted that a date has now been set for everyone to return to school. We can not tell you how excited we are that will be seeing you all again soon, roll on the 08th March!

Warmest wishes Mrs Measham

Virtual Parent Evening:

As we navigate our way through the new measures imposed by the Government we will not be running Parents’ Evenings in the normal format. This year we have decided to provide teachers’ appointments virtually, through a new Parents’ Evening booking system (School Cloud).

The Virtual Parents’ Evening will be held on **Wednesday 24th March 2021**, from 3.30pm to 6.30pm and **Thursday 25th March 2021**, from 3.50pm to 7.00pm

Please see your parent mail for booking instructions. Bookings will close on Friday 19th March 2021.

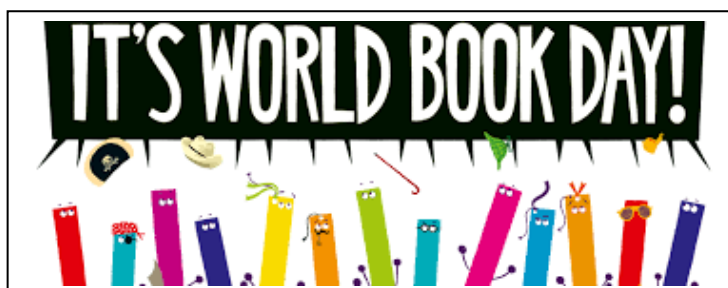
Face Masks:

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

World Book Day 04th March:

Thursday the 4th March is World Book Day. The aim of world book day is to promote reading for pleasure. Spending **just 10 minutes a day** reading and sharing stories your child can make a crucial difference to their future success and it's fun for all involved. Your class teachers have some exciting activities planned for you to mark World Book Day.

We have a challenge planned for you all on Thursday, staff from school will read a story with their face covered. Can you guess who is behind the book?



As a whole school this year, instead of asking children to dress up, we would like everyone to decorate an item at home however they like, as long as it relates to a book. You could choose a paper plate, potato, pebble, wooden spoon, shoe box, lolly stick, paper lantern, pillowcase, t-shirt, poster - the options are endless.

Clothing Bank at School:

We are pleased to inform you that we now have our own clothing bank in the school car park.

Items you can donate

- Clothes
- Paired shoes
- Blankets
- Handbags
- Belts
- Towels
- CD's and DVD's
- Video games
- Books
- Bric-a-brac

Items you can not donate

- Pillows & Duvets
- Glass
- Metal
- Paper
- Carpets
- Soiled rags
- Rubbish



Schools Reopening 08th March:

Here is a link to the updated guidance from the DFE on schools reopening.

<https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak>

Parents Online Safety Workshop:

Mr Cook will be hosting an online safety workshop on Thursday 4pm March at 7pm

To access this workshop, please click on the Google Meet link here - (<https://meet.google.com/awq-nssq-nkb>).



Updated guidance for keeping children safe online:

The government have updated their guidance for parents and carers to keep children safe online. The measures announced over recent weeks to tackle coronavirus (COVID-19), although essential, have disrupted people's day-to-day lives.

https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online?utm_source=25%20February%202021%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19

As a result of these necessary measures, almost all of us are likely to be spending more time online, including children. This guidance contains resources for parents and carers to help keep their children safe online.

Science:

Mr Cook will be sending 10 'Starters for STEM' science activities weekly for children to try at home. We'd love to see pictures of children completing the activities, for next week's newsletter.

There are some extra, more challenging STEM challenges available here

(https://www.stem.org.uk/system/files/elibrary-resources/2020/04/05_Starters%20for%20STEM_20%20Apr.pdf) too! Have fun!

Starters for STEM are 10 activities that parents can use at home to help children develop their science, technology, engineering and maths skills. These activities are easy to resource and provide children with the stimulus to talk about the world around them. If you see a link you can explore how to extend these activities, you will need to sign up, for free, to access these materials. Don't forget to share your work on social media

#ScienceFromHome

Worm charming

How many worms do you think you can charm out of the ground in 5 minutes? Does anything help you to charm the worms to the surface? What about sprinkling some water on the ground? Or dancing on it?

Bake some bread

There is so much going on 'science wise' in bread baking. What job does the yeast do? Can you see the bubbles? Why does it rise like that? What is yeast? How much larger has your dough grown whilst it proved? www.stem.org.uk/rxq5uy

Ice hunt

Freeze some treasures in a block of ice in the freezer. Now can you rescue them? What is the best way of getting your treasures back?

Gloop!

Put 2 tablespoons of cornflour into a bowl and mix it with water until it seems like a very thick liquid. Play with it over the bowl. Stir it with a spoon, hit it gently, put some in your hand, roll it into a ball, open up your fingers

Is it a liquid or a solid? www.stem.org.uk/rxxq7

Magic magnets

Have you got a fridge magnet? What sorts of things in your house are attracted to it? Can you sort them? www.stem.org.uk/rxfjyh

As if by magic!

When light travels from one material to another it bends. Draw a small arrow pointing left or right on a piece of paper. Fill a large, transparent glass with water. Hold the arrow behind the glass of water. What happens? Try this out with letters of the alphabet. Does it work with them all? explorify.wellcome.ac.uk/

How tall are you in feet?

Draw around your foot onto some paper and cut it out. Use your paper foot to find out how many 'feet' tall are you? What else can you measure?

Human body

Have you ever wondered what is inside the human body? Here you can look inside and explore the skeleton, the circulation system and the digestive system. See what the key features are and find out how the parts work. www.stem.org.uk/rx34f3

One cup of Lego

What can you build with just one cup of Lego?

Rocket mice

Cut a circle shape from a piece of paper and then cut it from one edge to the middle. Tape it into a cone and add some mouse features. Balance your cone mouse on top of an empty plastic bottle. Press down on each side of the bottle with some force and shoot your mouse into space. What makes a difference to how far your mouse travels? www.stem.org.uk/rxetug

Parent Helpline for Remote Learning:

Ipswich Schools' Remote Learning Helpline for families

Remote Learning Support Assistants in 18 of our schools in Ipswich will be manning an "after-hours" helpline for families to support remote learning. This is designed to support parents and carers whose commitments make it difficult for them to contact their school during normal school hours.

We would always encourage parents and carers to speak to their school first, but if you need a chat about remote learning in the evening or weekend [this is what we can help with:](#)

- Trouble shooting IT issues connected to work sent home from school
- Understanding instructions in work sent home from school
- Advice and tips on online resources that might help with completion of work sent home
- Ideas to support your child's study skills

Sometimes we'll be able to support with enquiries on the spot, and where we can't help fix issues there and then, we'll act as a messaging service with your school, and can call you back during helpline hours.

What we can't help with:

- Pastoral, behaviour or wellbeing concerns
- Complaints
- Safeguarding issues
- Free School Meals
- School place availability
- Schools that are not in the [Ipswich Opportunity Area](#)

These should always be addressed to your school.

If you feel worried and need support with any of the above, Suffolk County Council provide information [on their website](#) and provide a helpline: 0800 068 3131

We also have a growing list of links to advice and support for families on the [Ipswich Opportunity Area](#) website.

*****live from Monday 8th February 2021*****

Ipswich Opportunity Area Remote Learning Helpline







0800
541115

Mon - Fri
6pm-9pm
Saturday
9am-Noon

Ipswich
Opportunity
Area

SENDIASS Workshops:



SENDIASS is offering a free, informal online session for parents and carers spotlighting on the graduated approach to SEN support and how this works for pupils in mainstream schools who have co-ordination difficulties.

This session will be supported by an experienced Paediatric Occupational Therapist with Suffolk Community Healthcare.

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 in schools
- What happens if a pupil needs further support.

We are keeping the group number small so that we can respond to as many of your questions as possible.

1st March 2021 6pm – 7pm

Register here:

<https://www.eventbrite.co.uk/e/sen-support-in-schools-for-pupils-with-coordination-difficulties-tickets-133327611475>





Language Games to Play at Home

Informal online session

SENDIASS and the Specialist Education Service for Pupils with Speech, Language and Communication Needs invite you to join us to explore some language games to play with your child at home.

This session focusses on **non-verbal/pre-verbal primary-aged children**. This is part of a short series of relaxed online 'coffee mornings' (repeated in the evening) aiming to help your child or young person with speaking and listening. Join us over a cuppa ☺

Session Two:

How to support the development of language in non-verbal/pre-verbal primary-aged children using visual strategies

8th March 2021 10am – 11am


or

6pm – 7pm

[Register here for the morning session](#)

[Register here for the evening session \(repeat\)](#)

Screens and Seating



Every **10 minutes**, look at an object at least **10 meters** away for at least **10 seconds**



Take a break of **15+ minutes** for every **1.5 hours** you spend on your device



Your screen should be an arm's length, away from your face.
The centre of the screen should be about 10-15 degrees below eye level

Make sure your feet can reach the floor



Cut glare by using a matte screen filter. You can find them for all types of screens



Use a flannel or cucumber slices to refresh your eyes when they feel dry

Use warmed wheat bag over eyes



Try putting a humidifier in the room where you most often use a computer or other device



Check your lighting is bright enough. Your device shouldn't be brighter than the surroundings

Play eye games to use different muscles and focus

Set a timer on your device to remind you to complete these activities!

Make sure you are sitting or laying comfortably:

- Rub your palms together quite hard to create some heat
- Next, make your hands into cup shapes
- Close your eyes and place your warmed hands over them. Right hand to right eye and left hand to left eye

Hand Cups



Enjoy the heat warming your eyes and relax like this for a few minutes

Blinking

A lack of blinking is one of the biggest reasons for screen induced eyestrain. It dries out your eyes and causes scratchiness so it's very important to blink. Try to blink every four seconds to keep your eyes wet and happy. This sounds simple, but when focusing on a screen it can be difficult to remember so you might have to train yourself to blink more!



Just as neck rolling help stiff necks, eye rolling can help your eye muscles.

- Close your eyelids and roll your eyes around in circular motions, or look up and down, side to side

This helps to moisten your eyes and eases the strain on the muscles

When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Very Angry

Stay calm.
Stay safe. walk
away if possible and
make sure you don't
engage with your
child until you are
both calm.

Frustrated

Reflect what you can see in your child. 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel.'

Calm

Use this time to explore your concerns and ask questions like 'what happened there? How did you feel?' If there has been lots of conflict reassure them and remind them you still love and care about them.



Date for your Diary:

Term dates for 2021

Spring Term 2021

Tuesday 5th January – Friday 26th March

Half term: 15th – 19th February

Staff Training day: 4th January

Summer Term 2021

Monday 12th April – Friday 16th July

Bank holiday: 3rd May

Half term: 31st May – 4th June

Staff Training days: 19th & 20th July (disaggregated)

Term dates for 2021 - 2022

Autumn Term 2021

Wednesday 01st September – Friday 17th December

Half term: 25th – 29th October

Staff Training day: 01st September

Spring Term 2022

Tuesday 4th January – Friday 08th April

Half term: 21st – 25th February

Staff Training day: 4th January

Summer Term 2022

Monday 25th April – Thursday 21st July

Bank holiday: 02nd May

Half term: 30th May – 03rd June

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

