



St Mary's Newsletter

Issue 14

19th April 2024

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

"Let us #PrayTogether for millions of children who live in conditions bordering on slavery. Every child who has been abandoned, marginalized, or left without healthcare or schooling is a cry that rises up to God!"

Pope Francis (@Pontifex)

Week Commencing 22nd April 2024

Tues 23rd April: Year 3 Swimming

Wed 24th April: Year 3 Trip to Colchester Castle

Thurs 25th April: Year 4 & 5 Trip to Norwich Theatre

Thurs 2nd May: Beginning of Term Mass 2.30pm in Church

Parents/carers welcome

Dear Parents and Carers,

It has been wonderful to welcome the children back to school, they have returned refreshed and ready to learn. We are all extremely proud of the school's Ofsted result and it is a true testament to the hard work and dedication of the whole school team. The report reflected the excellent learning we see in school from your children and it is wonderful that this was stated in the report.

"Pupils are excited, inquisitive learners. Pupils bubble with enthusiasm when they share their knowledge. Pupils love their school."

Warm Regards

Mrs Berry and Mrs Measham



SCHOOL LUNCHES

After Easter, we moved to a new catering company for our school lunches and we have had lots of positive feedback. They look delicious! If you haven't tried a school lunch before you may like to try these.

This is a link to the menu:

[School Meals](#)



READY TO LEARN

Please ensure that your children are in the playground at **8.40am** for when the bell rings. After 8.50am children will be given a late mark. A late arrival after 8.50am means the class has already started and this is disruptive for your child and others in the class. Please remind children to come equipped for the day.



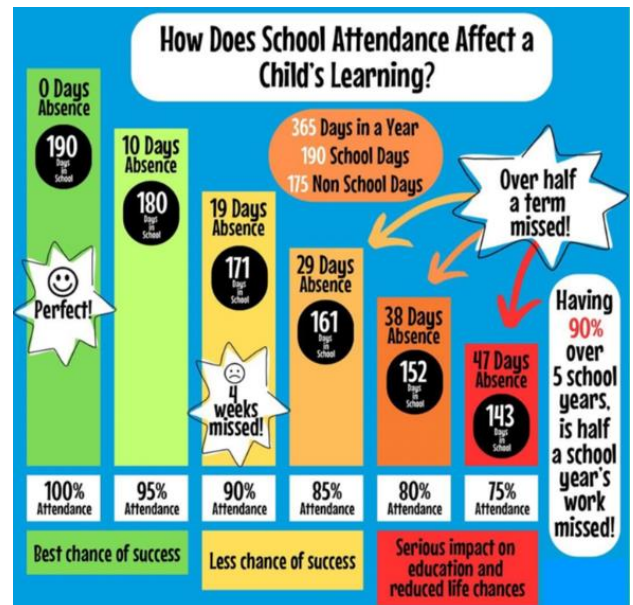
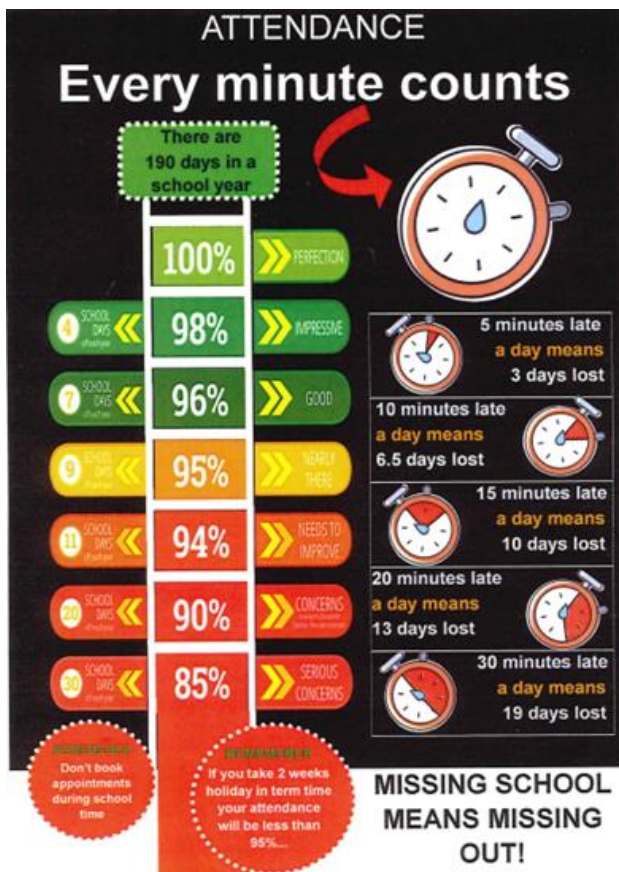
If your child is ill, please leave a message (every day of absence) on the School Absence Line (01473 728372) before 8am, or send an email to: admin@st-marys-ipswich.suffolk.sch.uk We do ask that all children who have been sick or had diarrhoea remain at home until 48 hours after the last episode of sickness or diarrhoea. Please try to make appointments outside of school hours, however, for unavoidable medical appointments we do request notice in advance.

ATTENDANCE

Please take time to read and familiarise yourself with our Trust Attendance Policy: [Attendance Policy](#)

Please be aware that the school is unable to authorise holiday requests for absence during term time.

If you arrive after 8.50am, please come to the Office to sign the late book. It is really important that you ensure your child arrives at school between 8.40 and 8.50am. Registers close at 9am.



PARENTMAIL/COMMUNICATION WITH SCHOOL

The school uses Parentmail to communicate with

parents/carers and it is very important everyone is able to access our messages. Please contact the school office if you are experiencing any difficulties in receiving messages, as you may miss some crucial information.



If you move house or update your telephone number or email address, it is vital that we are kept informed. Please email us so that we can update our records with your new contact details:

admin@st-marys-ipswich.suffolk.sch.uk

SPORTS CLUBS SUMMER TERM 2024

Mondays

Football Club (years 3, 4 & 5 boys) 3.30-4.30pm.

Thursdays

Football Club (years 3, 4 & 5 girls) starts at 8am.

Fridays

Multisports Club (years 1, 2 & 3) starts at 8am. FULLY BOOKED

Handball & Dodgeball (years 4, 5 & 6) starts at 12.10pm. FULLY BOOKED

Cricket & Rounders Club (years 4, 5 & 6) 3.30-4.30pm.

Please contact the School Office for further information.



Suffolk New College Rural Campus (Otley College) will be holding a family fun day on **Saturday 11th May**. Between 10am - 4pm you can visit and enjoy fun-filled outdoor activities that include: field games, animal petting, arts and craft competitions, face painting, food and drink samples, alongside catering demos and a flame-grilled BBQ.

This event is free to attend – although there is a £5 parking fee – but you will need to have a pre-booked ticket. Spaces are limited so book now to avoid disappointment. Due to the animals on-site and health & safety concerns, dogs are not allowed.

<https://www.eventbrite.co.uk/e/big-day-out-tickets-713604108097>

SAVE THE DATE – FRIENDS OF ST MARY'S SUMMER FAIR

Saturday 15th June 2-4pm



THANK YOU TO FOSM

The Friends of St Mary's generously donated money to the school to purchase some wonderful new keyboards. Here are some photos of the children enjoying them! Many thanks to everyone on the PTA for the help you give and to all those parents/carers who support their events and fundraising activities.



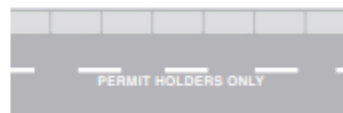


**Think
before you
park**

**POOR AND INCONSIDERATE PARKING CLOSE TO
SCHOOLS CAN PLACE CHILDREN AT RISK**



**DO NOT PARK ON
THE FOLLOWING**



To report problem parking, scan the QR code

Failure to follow these rules may result in a
Penalty Charge Notice being issued.

Please park safely and be considerate of others.



#thinkb4upark

IS THIS OK? – ONLINE SUPPORT FOR YOUNG PEOPLE IN SUFFOLK


Is This Ok? is a project run by Missing People and has been supporting young people since 2019.



It is a safe, completely anonymous and confidential service, recently launched in Suffolk that allows young people to find out more information about topics affecting them and to speak to a trained member of the team to get support, in efforts to stop exploitation.

The service is open every day and young people can speak to a member of the team between 4pm – 11pm to get specialist, non-judgemental support.


Please visit the Is This Ok? website to find out more: <https://www.isthisok.org.uk/>



Free sessions for SEND families
in IP1, IP2, IP3 and IP4

Yoga Class

FOR PARENTS AND CARERS OF SEND CHILDREN



Join other parent carers for a FREE Yoga Class around Ipswich

The yoga sessions will help you to learn techniques and exercises which will strengthen your body and mind. They are for parents and carers of children with SEND. You should be caring for a child who is under 25.

This event is funded by Suffolk County Council, Ipswich Health and Wellbeing Activity Fund. 20 Yoga sessions will run from April to Dec 2024 across Ipswich. Please only book a maximum of 5 sessions across the year in order to enable as many people as possible to benefit from the funding.

Various Locations around Ipswich

[Book your places NOW](#)

<https://suffolkfamilycarers.org/events/tag/yoga/>



Low Sensory Swim Session

FOR SEND CHILDREN AND THEIR FAMILIES



Join other families for a FREE low sensory swim sessions at Crown Pools

These sessions are low sensory family fun with the pool reserved exclusively for families who are registered with Suffolk Family Carers. A life guard will be present but adults must be present in the water with their children throughout the session. The whole family is welcome to attend.

This is an exclusive session for families with a child who have SEND. You must have a child under 25 with SEND who will be attending this session.

Crown Pools, Ipswich
Run regularly on Sundays from 5.30-6.30pm

[Book your places NOW](#)

You must book a space for every family member who will be attending.

You must show your eventbrite ticket either on your mobile or printed out to the leisure centre staff to gain access to the session.

<https://suffolkfamilycarers.org/events/tag/swimming/>

Childhood Neurodiversity Parent Workshops

NHS

Norfolk and Suffolk
NHS Foundation Trust

Free live and recorded workshops:

- Using technology (live)
- Managing behaviour
- Sensory needs
- Communication
- Planning, organising and remembering

Access recorded workshops on our website:
nsft.nhs.uk/parent-workshops

or book onto the live workshop here: nsft.uk/workshops



Child and Adolescent Mental Health Parent Workshops

NHS

Norfolk and Suffolk
NHS Foundation Trust

Upcoming free virtual workshops:

- Self-harm
- Anxiety and confidence building
- Big feelings
- Emotion regulation
- Challenging behaviour
- Communication

Book onto live workshops here: nsft.uk/workshops





Special Educational Needs and Disability Information, Advice & Support Service

sendiass

Working with Schools

SENDIASS is offering a relaxed online session for parents and carers exploring solution focussed approaches for working with schools.

This will include exploring practical strategies to prepare for and manage meetings and conversations with settings around your child's special educational needs.

Because of the interactive nature of this session, we don't have a pre-recording to send to parents who register. We will instead send the slides and additional resources which we refer to.

8th May 2024 10am – 12 noon

Click here to book: [BOOKING LINK ON EVENTBRITE](#)



Special Educational Needs and Disability Information, Advice & Support Service

sendiass

SEN support in schools

SENDIASS is offering a relaxed online session for parents and carers explaining the process of support in schools for pupils with special educational needs (SEN).

The session will explore:

- The key principles of SEN support and whole-class approaches
- The 4 stages of the graduated approach of support and how you and your child or young person are involved
- Examples of different kinds of SEN support and approaches for working with schools
- What happens if a child needs more support.

1st May 2024 6pm – 7:30pm

Click here to book: [BOOKING LINK ON EVENTBRITE](#)



SPOTLIGHT ON RECEPTION

In Reception we have been taking part in lots of exciting new learning alongside reading some truly wonderful texts that have inspired us with our activities.

After reading 'Mrs Noah's Garden' we created our own vegetable plot. We weeded the area, dug over the soil and planted carrots, radishes, lettuces and peas. We also independently planted our own peas and sunflowers which we took home over Easter to look after and observe how tall they become.



In PE we have been going outside when the weather is nice to do hockey and football. When the weather hasn't been so nice we have used the hall and explored the apparatus.



We read the book 'Tad' and learned about the lifecycle of frogs. We visited the pond and found frogspawn! We brought some back to our classroom in a tank and observed what happened. Tadpoles grew and formed into froglets swimming about in our tank.



We also read the book 'Chicken Clicking' all about online safety. The children very sensibly talked about what to do if they saw or read something they didn't like. They agreed they would tell a trusted adult. We tried using the paint programme on our school netbooks and made some lovely chick pictures from the book we had been reading.



In maths we have been exploring how to make numbers by adding amounts to 5. The children noticed a pattern when adding one more to each lot of five and they made number towers to explore their patterns.



On Shrove Tuesday we mixed the ingredients together to make our own pancakes. We then chopped different toppings for our pancakes and, of course, the best bit was tasting our pancakes! Yummy! We also talked about why we make pancakes on Shrove Tuesday and discussed what we were going to give up or do extra for Lent.

We also read the book 'William Bee's Marvellous Book of Things That Go!' We learned about trucks, tanks, cranes, trains, and submarines! We wrote about transport and made huge transport out of wooden blocks. We also wrote our own tickets so that we could travel on the trains that were built – can you spot us waving our tickets for the ticket collector?





We listened to the birds in our outside area – they were really loudly tweeting and chirping. We wondered if it was because they couldn't find any food to eat during the colder months, so we thought we should make some bird feeders with seeds to hang up for them to eat. We independently rolled our pine cones in lard and seeds for the birds. We also learned facts about different birds that we spotted in the trees around our outside area.

During Chinese New Year we learned how to say hello in Chinese, ate Chinese food, made lanterns and lucky red envelopes and painted this fabulous dragon that we performed a dragon dance with around the school. We visited other classes and pretended to breathe fire like a dragon! It was the Chinese New Year of the Dragon.



NSPCC LISTEN UP, SPEAK UP



Listen up, Speak up

It's up to all of us to keep children safe. Take our free, 10-minute digital training and learn what to do if you're ever worried about a child or their family.

Sign up for our 10-minute training

It takes a village to raise a child. And it takes a community to keep children safe.

That's why the NSPCC is encouraging every adult in the UK to take their 10-minute digital training and learn how to listen up and speak up for children.

Listen up, Speak up will show you:

- *some signs a child might be at risk, and steps you can take to help
- *how to approach difficult conversations to help keep children safe
- *who you can contact if you're ever concerned about a child or their family.

Follow this link: [NSPCC Listen up, Speak up 10-minute Training](#)

Worried about a child?

If you're worried about a child, even if you're unsure, contact the NSPCC Helpline to speak to a counsellor. Call us on 0808 800 5000, or email help@nspcc.org.uk

IN NEED OF SUPPORT?

Some sources of support are as follows:

<https://healthwatchesuffolk.co.uk/signposting/youngpeople/>

You can call Childline about anything on 0800 1111. There is the option to speak with one of its counsellors. It also has plenty of information on its website, including information about Cyberbullying: https://www.childline.org.uk/Children_and_Young_People's_Emotional_Wellbeing_Hub

Information, advice and support for anyone concerned about the emotional wellbeing and mental health of a child or young person aged 0 to 25 years. Link above or call 0345 600 2090.

<https://www.youngminds.org.uk/>

Anyone can call Samaritans on 116 123. It does not matter how old you are or what is bothering you. [This page](#) on the Samaritans website tells you what to expect if you call them.

If you are concerned about an immediate risk to the safety of a child, please call Customer First on 0808 800 4005.

In an emergency, call the Police on 999.

Summer Term Dates

2nd May Beginning of Term Mass 2.30pm in Church

W/C 13th May: SATs week

W/C 20th May: Other Faith Week

24th May Celebration Assembly

27th – 31st May Half Term

W/C 24th June: Arts Week

25th June School Music Concert

28th June Open Evening

17th & 18th July Key Stage 2 Play

19th July End of Term Mass 2pm in Church

Term dates for 2023 – 2024

Summer Term 2024

Monday 15th April – Friday 19th July

Bank holiday: 6th May

Half term: 27th May – 31st May

Staff Training day: 12th April

Term dates for 2024 – 2025

Autumn Term 2024

Wednesday 4th September – Friday 20th December

Half term: 28th October – 1st November

Staff Training day: 2nd September, 3rd September &
4th November

Spring Term 2025

Tuesday 7th January – Friday 4th April

Half term: 17th February – 21st February

Staff Training day: 6th January

Summer Term 2025

Wednesday 23rd April – Tuesday 22nd July

Bank holiday: 5th May

Half term: 26th May – 30th May

Staff Training day: 22nd April