
Capel St. Mary Church of England VC Primary School

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"A Place to Learn and Achieve"

With faith as small as a mustard seed, you can move mountains. – Matthew 13 verses 31- 35

Friday 25th September, 2026

Dear Families,

School News!

The weeks are already flying by – I can't believe it's almost the end of September! I hope everyone has been enjoying the lovely September sunshine. As we head into autumn, we have seasonal things to look forward to like our Harvest service and the PFA disco on Thursday 22nd October.

Parents' Evenings

Just a reminder that we are holding parents' evenings earlier this year to help with a smooth transition into new year groups. You should now be able to book these on Arbor. As with parents' evenings last year, we shall hold these meetings in the hall. I think this makes it a more enjoyable, social experience for children who come along and creates a positive atmosphere. It also gives me a chance to see everyone! Once again, we'll have a creche in the classroom nearest the hall where children can do some colouring or watch something on the interactive board. Many thanks to the staff who will be there to help the children.

The parents' evening dates for this term are:

Tuesday 6th October

Thursday 8th October

Dance Workshops

I am delighted that we have a day of dance performance and workshops coming up for our Key Stage 2 children (Unit 2 and Unit 3). On 6th October, Springs Dance Company will be presenting a series of performances based on parables from The Bible. The performers will talk through the stories and perform them with movement with the children joining in. It should be a really exciting, different experience for the children.

Headteacher Awards!

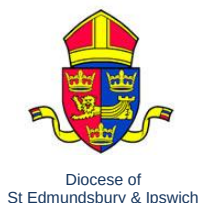
As always, it is lovely to see the children's lovely work and to praise them for their efforts. Well done to the following children, who have been given a Headteacher's Award since the start of term:

Elliott – poetry writing (Year 4)

Zapphire – poetry writing (Year 4)

Picture News

We use a resource called Picture News to support our class assemblies. Each week, a poster about a theme from the news is used to spark discussion and to help the children explore the world around them. They have chance to think and talk and the theme is linked to our Christian Values. Next week, the children will be discussing the Bayeux Tapestry. You may want to follow this up by discussing the 'Take Home' page with your child at home (see below!).



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

Harvest

The children will be celebrating Harvest in school in our collective worship on Monday 19th October. Many thanks to Reverend Sally who'll join us for this service. As previously, we'll be collecting for FIND, a local charity that support families in need. Please support us by donating – thanks in advance!



Picking Up on the Playground

At the end of the day, please can parents and carers picking up children from Units 2 and 3 wait behind the white line marked on the playground. This will give the classes a little more space when they are led outside and make it easier for teachers to spot the parents to release children to. Many thanks for your help with this!

Online Gaming and Age Ratings: A Guide for Parents

As new video games are released, it is a great time to talk about gaming content, age limits, and how we can support our children together.

Understanding Grand Theft Auto and Age Ratings

With new versions of major titles like *Grand Theft Auto* in the news, many parents wonder what the fuss is about. *Grand Theft Auto* carries a **PEGI 18** rating, meaning it is strictly meant for adults. It features extreme violence, criminal behaviour, strong language, and mature themes that are unsuitable for primary school-aged children.

We know that every family has different rules, and many parents enjoy gaming themselves. However, these age ratings are designed to protect young minds from seeing things they are not yet mature enough to process. When children say, *"Everyone else is allowed to play it,"* it can put a lot of pressure on parents. Working together as a school community makes it easier for all of us to set clear and consistent boundaries.

What Do PEGI Ratings Mean?

[PEGI \(Pan European Game Information\)](#) provides reliable age ratings across Europe. The numbers on the box or digital store—such as 3, 7, 12, 16, or 18—show the minimum age a child should be to play the game safely. **The numbers** are based on the level of violence, bad language, or sexual content. **The icons on the back** show specific content warnings, like fear, drugs, discrimination, or online chat features.

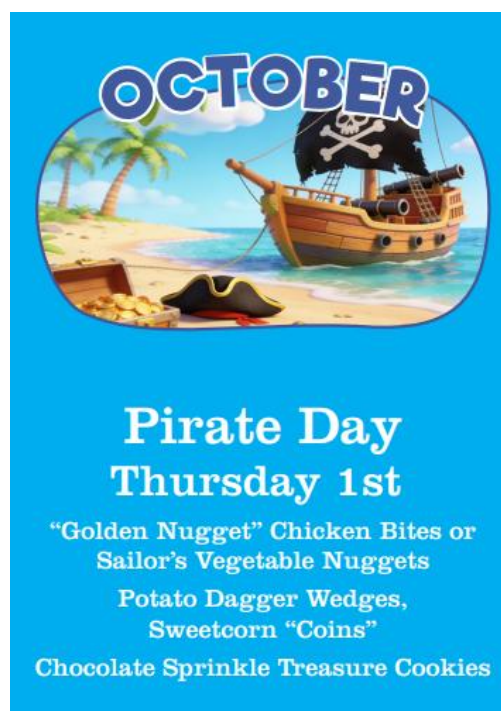
Top Tips for Supporting Your Child's Gaming

- **Check the PEGI rating:** Look at the age label before buying or downloading any game for your child.
- **Know who they are talking to:** Many games let players chat with strangers online. Turn off chat functions if your child plays multiplayer games.
- **Agree on time limits:** Set clear, agreed times for when gaming starts and stops each day.
- **Keep devices in shared spaces:** Avoid letting young children use consoles or tablets alone in their bedrooms for hours. Keep screens where you can easily check in.
- **Have open conversations:** Talk regularly about what they play so children feel comfortable sharing and do not feel they have to keep gaming secrets.

Mark your calendars for Thursday 1st October — it's census day!

This special day determines our school funding, so we're hoping as many students as possible will be having a school prepared meal.

Remember if your child is in Reception, Year 1, or Year 2 they enjoy Universal Free School Meals, making next Thursday the perfect opportunity for anyone who hasn't tried our lunches yet to give them a go!



Clubs in School

The following clubs are currently running at school. Where clubs are run by external providers, you can book online via the links below. It would be great to see more children at these clubs – the more, the merrier!

Monday	SCS Football Club https://sportscoachingspecialists.uk/ Year Groups 1 – 6 3.30 – 4.30
Tuesday	Choir Club with Mrs Dix & Miss Gargett Year Groups 3 – 6 3.30 – 4.30 ASM Multi Sports www.angliasportsmanagement.com 3.30 – 4.15
Wednesday	Jigsaw Dance Creationz Email - jigzawdance@gmail.com Year Groups 1 – 6 3.30 – 4.30
Thursday	ASM Girls Only Dodgeball www.angliasportsmanagement.com 3.30 – 4.15 ARTiKiDS www.artikids.co.uk Year groups 3 - 6 3.30 – 4.30

If your child is interested in trying out the Jigsaw Dance Creationz club on Wednesdays, then please do book a session. At the moment, Jigsaw are offering a FREE trial session! We encourage everyone to try it out!



We also have two musical opportunities that run during the school day.

Thursday	Buick Music Lessons Email – info@buicksmusic.co.uk Year groups 1 – 6
Friday	Rocksteady Music Lessons https://www.rocksteadymusicschool.com/ Year groups 1 – 6

Finally, Mr Skingley runs a football club during lunchtime on Mondays and a running club at lunchtime on Thursdays. No advance booking is required for these – we just want as many children as possible to get active!

28th September
- 4th October

TAKEHOME

In the news this week

The Bayeux Tapestry is a nearly 1,000-year-old very long piece of cloth covered with pictures sewn in colourful thread that tells the story of a very famous event called the Norman Conquest of England. The almost 70-metre-long piece of art has travelled from its usual home in France, to go on display at the British Museum in London. It shows the events leading up to the Battle of Hastings in 1066, and depicts soldiers, horses and ships.

Things to talk about at home ...

- > Which stories are important to your family and how have these stories been passed from one person to another?
- > Do we have any photographs or objects that tell part of our family's story?
- > What do you think we can learn from different types of stories? E.g., written, photos or ones we retell.



How can we share
our stories?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



High School Open Evening

Parents and carers of children in Years 5 and 6 might be interested in attending a parents' evening at East Bergholt High School. The majority of our children transfer to East Bergholt for Year 7 and this is a good opportunity to find out more about what the school offers. Details are on the flyer below.



The flyer features a collage of images: two girls in school uniforms running on a track, a male teacher in a lab coat holding a flaming torch, and the Penrose Learning Trust logo. A large yellow semi-circle contains the school's name and the event title. Below this, three circular icons represent the date, time, and location. At the bottom, a blue button prompts registration, and social media links are provided.

Penrose Learning Trust

EAST BERGHOLT HIGH SCHOOL

East Bergholt High School

Open Evening

 Thurs 1st October 2026

 6:00 pm

 Heath Road, East Bergholt, CO7 6RJ

Register your interest

 **Website**
www.ebhigh.org.uk

Dates for Your Diary:

We have agreed dates for a number of events over the course of the year, which are listed below for your convenience. Any new dates on the list have been highlighted. Further details about individual events will be shared closer to the time.

2026-27 Calendar

<i>Date</i>	<i>Name of Event</i>
6 th October 2026	Parent consultations
6 th October 2026	'Parable' dance workshop (details to be confirmed)
8 th October 2026	Parent consultations
19 th October 2026	Harvest service in the hall
22 nd October 2026	PFA – Disco Reception/KS1 4.30pm – 5.30pm KS2 5.45pm – 6.45pm
23 rd October 2026	Professional Development Day for staff (no children in school)
W/B 26 th October 2026	Half Term Week
17 th Novemeber 2026	Individual Photos
18 th November 2026	'Open classrooms' – an informal opportunity to visit your child's class after school
1 st December 2026	Early Years / Key Stage 1 visiting panto – Goldilocks
3 rd December 2026	Key Stage 2 visiting panto – Aladdin
4 th December 2026	Christmas Fayre
11th December 2026	Rocksteady Concert
14 th December 2026	Early Years Christmas party
15 th December 2026	Unit 3 Christmas party & Unit 1 Christmas party
15 th & 16 th December 2026	Early Years Nativity performances
16 th December 2026	Christmas carols on the playground – parents and carers are invited to join us
17 th December 2026	Unit 2 Christmas party
18 th December 2026	Christmas service
18 th December 2026	Last day of the autumn term
4 th January 2027	Professional Development Day for staff (no children in school)
5 th January 2027	Children return to school
9 th & 11 th February 2027	Parent consultations
W/B 15 th March	Year 6 residential trip / Year 5 activities week
24 th March 2027	'Open classrooms' – an informal opportunity to visit your child's class after school
25 th March 2027	Last day of the spring term

12 th April 2027	Children return to school
W/B 10 th May 2027	Year 6 national tests (SATs) this week
W/B 24 th May	Governor monitoring week
7 th June 2027	Professional Development Day for staff (no children in school)
W/B 7 th June 2027	Multiplication Tables Check for Year 4 (2 week period)
W/B 14 th June 2027	Phonics screen for Year 1 (1 week period)
W/B 14 th & 21 st June	Assessment weeks
16 th June 2027	Key Stage 2 (Units 2 & 3) Sports Day
22 nd June 2027	Early Years & Key Stage 1 (Unit 1) Sports Day
2 nd July 2027	Summer Fayre
14 th July 2027	Open classrooms celebration and books sent home
16 th July 2027	Annual reports sent home to parents / carers
21 st July 2027	Last day of the summer term