
Capel St. Mary Church of England VC Primary School

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Headteacher: Mr Andrew Frolish

"A Place to Learn and Achieve"



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

Friday 27th February, 2026

Dear Families,

School News!

I just want to say a huge thanks to the PFA members, pupils and staff members who made sure that we had a great disco just before the half term holiday! As ever, the children were really positive and well-behaved and enjoyed the experience. As well of being a fun event in our school community's social calendar, the disco also raises money for the school – this time the PFA raised a whopping £747! I know it takes a lot of work to organise events like this to benefit our community – thanks to everyone involved!

School Council

Well done to the School Council for showing leadership and organising an excellent cake sale this week, raising money for play equipment and for the Capel Parish Nurses – a really worthy cause. The children did an excellent job. A huge thanks to everyone who donated cakes – we had loads to sell! Thanks also to the governors and staff who helped the children on the day in school.

Open Classrooms

Just a reminder that you are invited in on Wednesday 4th March to visit your child's classroom and see their work. This is just an informal chance for you to keep in touch with your child's learning – please don't worry if you can't come in!

Picture News

As you know, we use the Picture News resource 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. This week's theme was the new series of the television show 'Gladiators' and whether the gladiators make good role models. You may want to follow this up by discussing the 'Take Home' page with your child at home (see below!).

Headteacher Awards!

Once again, I've given out Headteacher Awards to some really hard-working children who have shared their achievements with me. I would also like to say that I have seen some huge improvements in handwriting across the whole school – thanks to all the children for their efforts. Well done to the following children, who have been given a Headteacher's Award since the last newsletter:

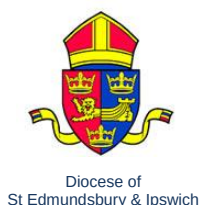
Noah – writing (Year 5)

Jacob – writing (Year 6)

Alexa – writing (Year 6)

Luxmigaa – writing (Reception)

Aida – art (Year 1)



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

Sporting Event Update

We would like to take this opportunity to share an update on the many sporting events taking place at Capel this year. The PE section of the school's website has been updated with a photo gallery of this year's events and folders containing information on outside competitions and clubs available at Capel. This term, a group of children have participated in bowling at Martlesham and we look forward to participating in the girl's football event, followed by cross country at the Royal Hospital school.

Lunchtime Equipment Bags

We are delighted to announce that our lunchtime equipment bags have been re-introduced this half term! A new range of equipment has been purchased to replenish the bags, providing a variety of items for children to engage with during lunchtimes and playtimes.

Our sports coach, Mr. Skingley, will be holding lunchtime sessions to introduce new game ideas and creative ways to use the equipment.

Lunchtime Clubs

Now that the weather is finally starting to improve, Mr. Skingley is also running two fantastic weekly sessions:

Tuesdays: A lunchtime session focusing on some preparation for upcoming sporting events, but mainly dedicated to running short competitive games in different sports between classes.

Thursdays: A 15-minute "Run Club" to keep everyone moving.

Points scored during the Tuesday games will go toward our Sports Day points system to encourage healthy competition across the school. We would like to say a big thank you to Mr. Skingley for running these sessions and supporting our young athletes!

Photos from our recent bowling event for children in unit 2 and 3:



Dogs

Please can I remind everyone in the school community that dogs are not allowed on the school site. Dogs are generally banned from primary school premises primarily to ensure child safety, prevent injury from dog bites or scratches, and maintain hygiene. Other reasons include avoiding the spread of infections like toxocariasis from dog faeces, managing severe allergies, and preventing distress for children with phobias. While parents may walk dogs to the school gates, they are expected to leave them outside, with only registered assistance dogs (like guide dogs) permitted. Many thanks for your co-operation with this.

Messy church

Just a reminder that there are activities to prepare for Easter at 'Messy Church' in Capel Methodist church this weekend!



The Next Messy Church is



Saturday **28th Feb.** 2026

3.30 - 5.30pm

Preparing for Easter'

Where: Capel Methodist Church

Who can come:
All age families

Book in at: Maggie3@btinternet.com

Kids, don't forget
to bring an adult.
No charge but
donations welcome



Crafts, Games
Bible stories, Songs
and
A MEAL together

PFA – Mother's Day Present Wrapping Room

Once again, members of the PFA are organising a present wrapping activity for the children. This will take place on Monday 9th March. Please note that there will be some gifts suitable for a different 'special person'.



Creation Station

We're delighted that Creation Station will once again take place here at Capel St Mary during the Easter holidays on the following dates:

- Thursday 2nd April
- Wednesday 8th April

The children always have lots of fun with a range of art and craft activities!

Creation Station is supported by the Holiday Activity and Food (HAF) programme in Suffolk. HAF enables children who receive benefit-related free school meals or have support needs to access enriching and fun activities for free. There are lots of free HAF places available at Creation Station this Easter. We urge anyone who is eligible to take up this free offer. If you're unsure how to apply for a HAF place, please do contact the school office or Fran Aldous, who runs Creation Station at Capel (contact details below). Please note that all the children who attend Creation Station are provided with a free lunch as part of the day, so all the children will get the same experience on the day.

www.thecreationstation.co.uk

franaldous@thecreationstation.co.uk

Robins

Here's a reminder about the open day at Robins childcare this weekend. Find out more about the wrap-around care and holiday clubs they can offer.



Open Day!
Saturday 28th February 2026
10:30 - 12:30
The Street, Capel St Mary, Ipswich, IP9 2EG

Come discover how young minds grow through curiosity-driven learning at Robin's Childcare and Forest School.
All families welcome - no bookings required



 01473 310767 
info@robinschildcare.co.uk
www.robinschildcare.co.uk

TAKEHOME

16th - 22nd
February



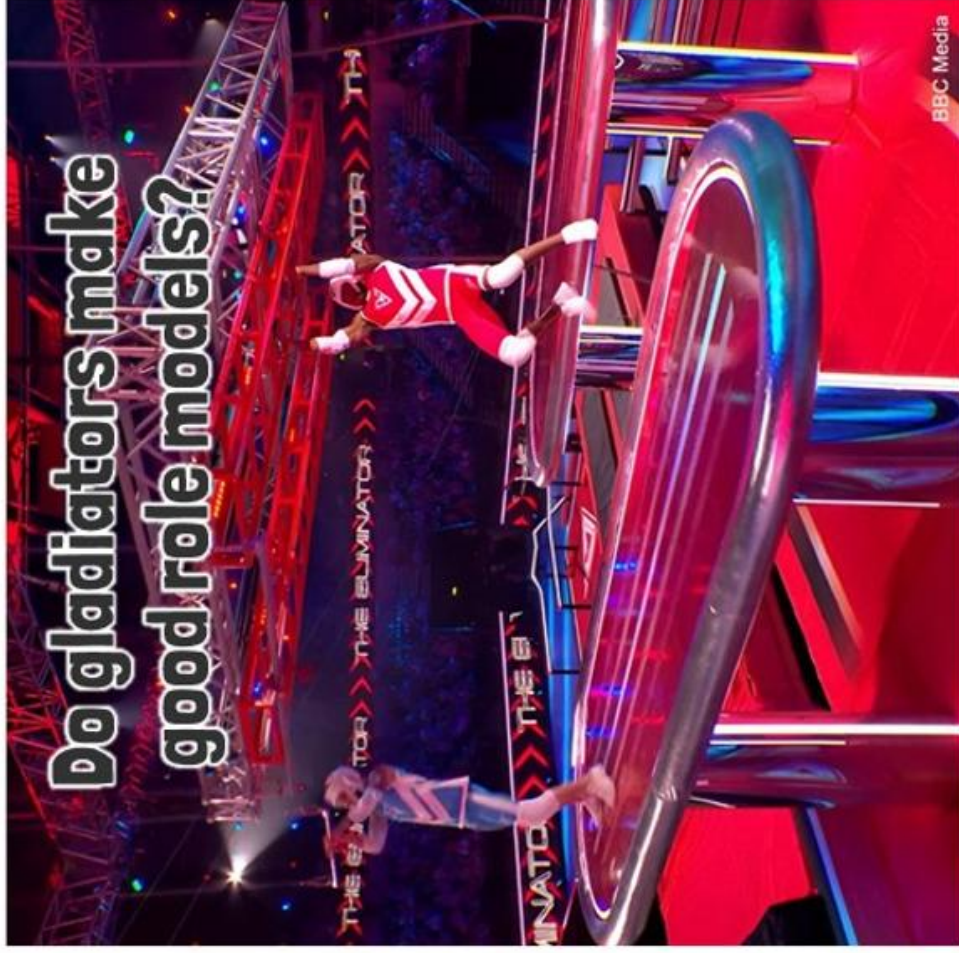
In the news this week

A new series of the television programme, *Gladiators*, has recently returned to screens. The show features athletes competing in physical challenges such as strength, speed, and endurance events. The show is broadcast on the BBC and has attracted large audiences, including families and children. *Gladiators* train for many years to compete at a high level and often speak about discipline, teamwork, and preparation.

Things to talk about at home ...

- > Do you watch *Gladiators* at home, or are there other TV programmes you enjoy watching together as a family? What do you think makes someone on TV a good role model?
- > What skills or qualities do you believe are most important in a role model?
- > Share and talk about some of the people you look up to at home, and explain why you admire them.

Do gladiators make good role models?



Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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.

<i>Date</i>	<i>Name of Event</i>
4 th March 2026	Outdoor learning session – Bumblebees Class Open Classroom session 3.30pm
9 th March 2026	PFA – Mother's Day present wrapping activity
11 th March 2026	Outdoor learning session – Ladybirds Class
13 th March 2026	Rocksteady Concert 2.30pm
18 th March	Outdoor learning session – Squirrels Class
17 th & 19 th March 2026	Parent consultations
W/B 23 rd March 2026	PGL residential trip – Year 6
26 th March 2026	Easter experience Year 5 parents/relatives welcome
27 th March 2026	Last day of term – break up for Easter
13 th April 2026	Back to school after Easter
6 th May 2026	Outdoor learning session – Bumblebees Class
W/B 11 th May 2026	Year 6 SATs week
13 th May 2026	Outdoor learning session – Ladybirds Class
20 th May 2026	Outdoor learning session – Squirrels Class
W/B 25 th May 2026	Half Term week
W/B 1 st June 2026	2 week window for Year 4 Multiplication Check
W/B 8 th June 2026	Year 1 Phonics Screen week
9 th June 2026	Key Stage 2 Sports Day
15 th June 2026	PFA – Father's Day present wrapping activity
17 th June 2026	Early Years / Key Stage 1 Sports Day
3 rd July 2026	PFA – Summer Fayre
7 th July 2026	Summer Celebration event – parents and carers are invited to join us
13 th July 2026	Annual reports out to parents