
Capel St. Mary Church of England VC Primary School

The Street, Capel St. Mary, Ipswich. IP9 2EG

Telephone: 01473 310386

Email: admin@capel-st-mary.suffolk.sch.uk

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 6th February, 2026

Dear Families,

School News!

The school year is racing by – I can't believe we're almost halfway through! I've been visiting lots of lessons recently, looking at improvements in children's handwriting and their understanding of problem-solving in maths. I've enjoyed discussing these areas with lots of children and seeing how proud they are of their learning. Also, it is brilliant to see how keen the children are to participate in their lessons, sharing ideas, answering questions and collaborating with their partners. Thanks to all the children and adults in school for their great efforts this term.

School Council

The members of our brilliant School Council have decided to hold a cake sale after half term. They would welcome donations of cakes at the start of the morning of **Thursday 26th February** to sell during the school day. Please can any donated cakes be nut-free due to allergies. Also, please could the container the cakes are brought in have a list of ingredients. If you would like the container returned, please label it with your child's name and class. Small cakes are preferred so they can be given out easily and fairly. Children can bring a small donation into school to pay for the cakes; their suggestion is 50p although any donation is gratefully received! After a discussion about local charities and organisations, the School Council members decided to split the proceeds equally between some new playtime equipment for the children in school and the Capel Parish Nurses.

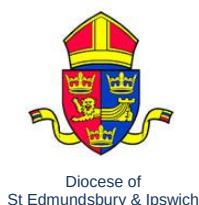
Many thanks in advance for any cakes donated!

Rustle Up a Relative (Year 5)!

During the week beginning 23rd March, the Year 5 children will enjoy a range of different activities while Year 6 are away on their residential trip. One of the main things they'll be involved in is preparing for Easter and setting up an 'Easter Experience' to tell the Easter story to children throughout the school. On Thursday 26th March, we are inviting in any parents, grandparents, aunties or uncles who would like to support the children with the 'Easter Experience'. If you are able and willing to join in, please contact Mrs Fisher in the Unit 3 team.

Online Safety

In recent newsletters, I've been sharing information and ideas about helping our children to stay safe online. Our children are growing up in an increasingly digital world, and it can be hard to navigate! **Safer Internet Day is Tuesday 10th February**. This year, the day is based around the theme 'Smart tech, safe choices – Exploring the safe and responsible use of AI'. From the Safer Internet website: Everyone's talking about AI, and with many children and young people hearing about and using AI online, it's important they have the skills and confidence to make safe choices when they are using smart technology. This Safer Internet Day we are exploring the impact of AI on all of our lives, looking at how AI can be used for good, and giving advice and guidance that empowers people to use AI safely and responsibly.



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

In Early Years, the children will look at the adventures of Smartie the Penguin and how he learned to keep himself safe (with the help of his trusted grown-ups) when he was bought a new tablet.

Key stage 1 will be thinking about voice assist and how this can be useful (while knowing it is not a real person).

Key stage 2 will be thinking about when it is and isn't okay to use AI.

Ultimately, we want the children to learn to recognise AI generated content, question it and judge trustworthy content or providers.

Please see information below about a live webinar for parents that you might find useful.

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 how different people can feel included and valued if they see themselves represented in toys. You may want to follow this up by discussing the 'Take Home' page with your child at home (see below!).

Headteacher Awards!

Across the school, children have continued to try hard and show pride in their work. Well done to the following children, who have been given a Headteacher's Award since the last newsletter:

Ada – writing (Reception)

Harriet – maths (Year 5)

Arthur – writing (Year 5)

Rockee – writing (Year 5)

Dogs

Please can I remind everyone in the school community that dogs are not allowed on the school site. Many thanks for your co-operation with this.

48 Hour Rule – Diarrhoea and Vomiting

Just a reminder that, according to [UK Health Security Agency \(UKHSA\) guidance](#), children and staff with diarrhoea or vomiting should be excluded from school or nursery until **48 hours after their symptoms have stopped**. This "48-hour rule" is crucial to prevent the spread of infections like norovirus.

Local Scout Group

Our local Scout group is recruiting for volunteers to join their board of trustees or to help out with one of the sections! The key role they are currently trying to fill is the Chair of the Trustee Board, although they are always keen to recruit more leaders and trustees too!

Purpose of the Role of the Chairperson:

To lead the Trustee Board and ensure that The Group:

- Manages group funds well;
- Follows Scouts policies, relevant legislation and maintains insurance;
- Looks after the property;
- Manages risks;
- Enables the charity to operate well, today and in the future.

If you are interested in getting involved in any way, please get in touch with them to find out more:

1stcapel@wolveyscouts.org.uk

School Car Park

Once again, I have to highlight issues with the school car park. There have been a number of times recently when there have been staff members, delivery drivers and official visitors blocked in or unable to park. We have also had parents park in or block the disabled spaces outside the school and Robins and parking in places that would block access for emergency services. I appreciate the weather is very wet at the moment and so more people are using cars rather than walking. However, the school car park is relatively small with single-lane access and it can get really busy. The car park is just big enough for the school and Robins staff and visitors and is not intended to be used generally by parents for dropping off and picking up. Please can parents and carers avoid parking in the car park unless you have a permit, which is available from the school office if you have particular needs or circumstances requiring close access to the school.

Robins

Please see the information below about what's on offer at Robins during the half term holiday. Looks like lots of fun!

21 Day challenge

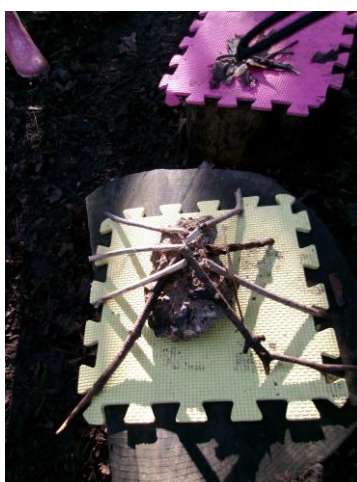
Many thanks to everyone who took part in the 21 Day Challenge to raise money for our Wellbeing HQ! With comfy chairs, new flooring, soft lighting and new storage, it's already looking so much more welcoming for the children. The children who raised the most money for us have been given a prize – a special wellbeing hoodie! Once again, many thanks to everyone in the community who has helped support this project.

Creative Cooking

Recently, there has been a lot of food technology going on in school. I hope parents and carers have been enjoying sampling some tasty food! In Unit 1, children enjoyed making fruit and vegetable kebabs. I listened to a brilliant discussion in Squirrels Class in which they used the five senses to evaluate their cooking; they used super vocabulary and had some great ideas, for example saying that they could hear it when they crunched the food. Next, the children made 'rainbow wraps' using a range of colourful fruits and vegetables with yoghurt. In Unit 3, the children have been really adventurous with their cooking. Last week, the children made gorgeous Vietnamese summer rolls. This week, they cooked up a lovely stir fry with carrots, broccoli, spring onions Chinese leaves, runner beans and noodles. Mrs Percy was so impressed with the recipe for the rolls that she's going to cook a batch during half term.

Outdoor Learning

Many thanks to our Forest school Leader Mrs Dix, who joined Hedgehogs Class (Year 3 and 4) for some awe-inspiring outdoor learning this week. The children had a lovely time doing a scavenger hunt and exploring Conifers Corner. A highlight for many was finding natural materials to create insects on their log seats. They learned the rules of the fire circle and visiting Leafy woods to use the swing and hammock and to create watercolour paintings of hedgehogs. They had a lovely time and were full of enthusiasm. Next week, it will be the turn of Foxes Class to enjoy some woodland fun!





In the news this week

A toy company called Mattel has released a new Barbie doll designed to represent people who have autism, with features such as a fidget spinner and noise-cancelling headphones. The doll was created with help from the autistic community, so more people can see themselves reflected in their toys.

Things to talk about at home ...

- > Do you think it's important for toys to show different kinds of people?
- > How do you feel when you see a character or toy that is like you?
- > Can you come up with other examples of books or toys that aim to help people feel included?
- > How can we help other people feel included when they might feel different or left out?



Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



TUESDAY 10 FEBRUARY, 7PM - 8PM

eduthing.co.uk

CLICKING WITH CONFIDENCE: HELPING CHILDREN STAY SAFE ONLINE

FREE Parent & Carer Online Safety Webinar

eduthing
IT Services for Education

in conversation with

SCREENSAFE

We are excited to again be celebrating the upcoming Safer Internet Day by hosting a virtual parent & carer support session with Anna Sarjantson, ScreenSafe and experts from the eduthing Professional Learning team, and you're invited!

Join us in conversation as we explore the best ways to support our children and young people navigating the online world covering topics such as:

- 🕒 Artificial Intelligence - What to know and how to support your children and young people
- 🕒 Resources to facilitate discussion with children and young people on online safety
- 🕒 Top Tips and Tricks for Parents & Carers
- 🕒 Particular Apps or Features to be aware of!
- 🕒 Interactive Q&A Session



ABOUT SCREENSAFE

I started Screen-Safe to help more parents, carers, teachers and anyone working with children, have access to support, the information they need now and the tools they need for the future when it comes to keeping our children and young people safer online. As a parent myself, I know just how challenging and sometimes, overwhelming it can be to navigate the digital world our children are growing up in. The online world can provide incredible opportunities but also some serious risks, especially where children are concerned.

We want them to be able to recognise the risks, be able to call out fake profiles or misinformation and have the confidence to say NO and get away from anything or anyone online that doesn't feel right or safe to them.



ABOUT EDUTHING

eduthing are a leading technology provider to schools across the UK. As well as providing technical support to ensure teaching and learning runs smoothly, eduthing work with teachers, parents, carers and students with Computing, EdTech and Online Safety support and workshops.



We are passionate about ensuring the safety of children and young people when they experience the online world and immerse themselves in a safe and measured way.

SESSION REGISTRATION

Click here to register for the upcoming session:

<https://eduthi.ng/SIDW-2026> Please note that this is a live session.





MAKE ALL THE DIFFERENCE VOLUNTEER WITH SCOUTS

Put your #SkillsForLife to use, learn new ones and play an active role in your local community.

Give young people the skills they need to succeed and discover how being part of the Scouting family can be as rewarding for you as it is for them.

Want to make an impact? Your time and skills can make a difference in so many ways!

Sound interesting?

**Email: 1stcapel@wolveyscouts.org.uk
to find out more**



And you thought the...

Team player
Resourceful thinker
Ultimate potential unlocker
Stellar organiser
Trusted decision maker
Enthusiastic supporter
Effective communicator

...role was boring

Interested?

**For more information please
contact our Group Lead**

Volunteer:

1stcapel@wolveyscouts.org.uk

Scouts 

FEBRUARY HALF-TERM 16TH-20TH HOLIDAY CLUB!

ARTS & CRAFTS

SAND ART, SLIME, CARD MAKING, CANVAS PAINTING
AND SO MUCH MORE!

COOKING

PREPARE, BAKE AND DECORATE BISCUITS, CAKES
AND SAVOURY TREATS!

FOREST SCHOOL

GET STUCK INTO NATURE, DEN BUILDING,
WOODWORK, MARSHMALLOWS BY THE FIRE!

GAMES

CHALLENGE A FRIEND TO A GAME OF POOL,
MONOPOLY OR MAYBE A CARD GAME!

FILMS

ENJOY A SELECTION OF FILMS AND GET COSY WITH A
BLANKET AND SOME POPCORN!



BOOK NOW!

CONTACT US FOR MORE
INFORMATION OR TO BOOK
YOUR SPACE!



01473 310767



info@robinschildcare.co.uk



The Street
Capel St Mary,
Ipswich IP9 2EG



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>
21 st January 2026	Outdoor learning session – Ladybirds Class
28 th January 2026	Outdoor learning session – Squirrels Class
4 th February 2026	Outdoor learning session – Hedgehogs Class
11 th February 2026	Outdoor learning session – Foxes Class
13 th February 2026	PFA – Disco
W/B 16 th February 2026	Half Term week
17 th February 2026	SCS Football Camp
18 th February 2026	Creation Station half term activity SCS Football Camp
25 th February 2026	Outdoor learning session – Polecats Class
26th February 2026	School Council Bake Sale
4 th March 2026	Outdoor learning session – Bumblebees Class
13 th March 2026	Rocksteady Concert 2.30pm
9 th March 2026	PFA – Mother's Day present wrapping activity
11 th March 2026	Outdoor learning session – Ladybirds Class
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
26th 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