
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 23rd January, 2026

Dear Families,

School News!

It has been a busy start to the spring term and the children have settled back into their lessons well. It's also been great to be able to offer parents the chance to learn about first aid from the Capel Parish Nurses; many thanks to Caroline Ursell and Tracey Paylor for running the session. If you're looking for advice or support from the Parish Nursing Team, you can find out more here: <https://capelparishnurses.org.uk/>

The Star Festival

On Sunday 11th January, the arrival of the wise men was celebrated at The Star Festival at St Mary's Church. The school was represented at this lovely event by a wonderful choir who sang their hearts out for the congregation: Jemima, Rohaan, Ava, Adele, Dawson, Katie, Sorcha and Lily-Mae. The children's singing was really beautiful and we're really proud of how well they represented Capel St Mary. Many thanks to Reverend Sally for a sparkling service and special thanks to Mrs Dix, who put the choir together. Mrs Dix spent lots of time guiding the children in rehearsals and then supporting them on the day. Thanks to the children and Mrs Dix!

Online Safety

As our children grow up in an increasingly digital world, it is really important to be able to support them with staying safe online and how to use their devices in healthy ways that support their wellbeing. However, it can be hard to know how to talk to children about online safety. You can find advice from the NSPCC about how to talk to your children here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

They cover a range of issues from screen time to not sharing personal information.

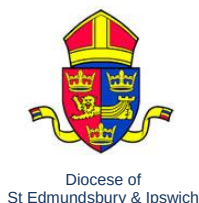
Here are some of their **'top tips'** for talking to children about staying safe online:

1. Start with the positives

Being online can be a great way for children to learn, be creative, and stay connected with friends and family. Recognising these benefits helps keep conversations balanced and encourages confident, safe use of technology.

2. Find the right time and place

Choose a calm moment to talk, such as during a walk, car journey, or shared activity. Avoid starting the conversation when emotions are high or during a disagreement.



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

3. Use child-facing resources and advice

Support your conversation with age-appropriate tools, videos, or guides. These can help children understand key messages and make the discussion more engaging and relevant to their stage of development.

4. Ask about their experiences

Use open questions like:

- 'Have you seen anything online that made you uncomfortable?'
- 'Who do you chat with online?'
- 'Are they people you know offline?'
- 'How do you feel when using certain apps or games?'

5. Make it part of everyday life

These chats don't need to be formal or one-off. Regular, relaxed conversations help children feel supported and more likely to speak up if something worries them.

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. Next week's theme is a Football Association review into behaviour in football. They are looking at safe and fair play – something we want to encourage in school, of course! This week's theme is particularly relevant to lots of children who like to play football at play time and lunch time in school. We also have lots of children who play football out of school. 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 had the great privilege of meeting lots of children who are really proud of their learning and achievements. Well done to the following children, who have been given a Headteacher's Award since the last newsletter:

Theo – writing (Year 2)
Isaiah – poetry (Year 2)
Henry – writing (Year 1)
Aiden – writing (Reception)
Rhys – writing (Reception)
Noah – writing (Reception)
Bobby – writing (Reception)
Joey – art (Year 2)

School Car Park

The school car park can get really busy. 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. Also, please ensure that the disabled parking space close to the front entrance is left available for people with a disability. There have been occasions recently when staff from the school and Robins Childcare have been blocked in by parents when they need to leave and have had their cars damaged. The car park is just big enough for the school and Robins staff and visitors and is not intended to be used generally for dropping off and picking up.

Wraparound Care

In our last newsletter, we shared information about what is on offer from Robins Childcare on the school site. As you may know, there is also an alternative service that you can access for your children. A breakfast and after school club from another provider takes place each day in one of the classrooms in Unit 3 in school. Further information about the breakfast and after school clubs can be found in the flyer below in this week's newsletter. We also have an information booklet available from the school office. The clubs cost £6.50 per hour. If you would like to find out more, you can contact Beverley Jarrett: beaviejarrett@yahoo.co.uk

Learning this Term

Now we're into the spring term, the children are learning lots of new things! Here is a flavour of some of the things they'll be covering over the course of this term. Please do encourage your children to share their learning with you at home. It can really help children's long-term memory and understanding to have to retrieve information to answer your questions and recall their learning.

Unit 1 (Years 1 & 2)	Writing: Yr 1 – recounts from personal experience; letters; poetry; stories with a familiar setting Yr 2 – poetry; non-chronological reports; formal invitations; retelling a narrative Maths: Yr 1 – addition; subtraction; place value; measurement Yr 2 – money; multiplication; division; length and height; mass, capacity and temperature Science: everyday materials; animals, including humans Art & Design Technology: printmaking; food and nutrition; using materials Computing: programming – moving a robot; grouping data Geography: capital cities of the UK; seas around the UK; hot and cold locations History: the lives of significant people (Mary Anning; Sir David Attenborough) PE: dance; fitness; fundamental movement skills; target games RE: Hinduism; Christianity
Unit 2 (Years 3 & 4)	Writing: 3rd person stories (about animals); non-chronological reports; instructions; performance poetry; 1st person narrative descriptions Maths: multiplication and division; length and perimeter; fractions; mass and capacity Science: forces and magnets; plants Art & Design Technology: textiles and collage; mechanisms Computing: programming – shape; presenting data and information Geography: UK study History: The Stone Age – the Iron Age; Rome and the impact on Britain French: Introductions and questions; following instructions PE: dance; basketball; football; tag rugby RE: Islam; Christianity
Unit 3 (Years 5 & 6)	Writing: 3rd person stories set in another culture; formal letters of application; playscripts; biographies; poems that use word play Maths: ratio, algebra, decimals, fractions, percentages, area, perimeter, volume, statistics Science: forces (gravity and Galileo); Earth in space Art & Design Technology: textiles and collage; food and nutrition; structures Computing: programming – variables in games; spreadsheets Geography: grid references History: Ancient Greece French: friends and family; working together PE: football, fitness, netball; tag rugby RE: Islam; Christianity

TAKEHOME

26th January
- 1st February

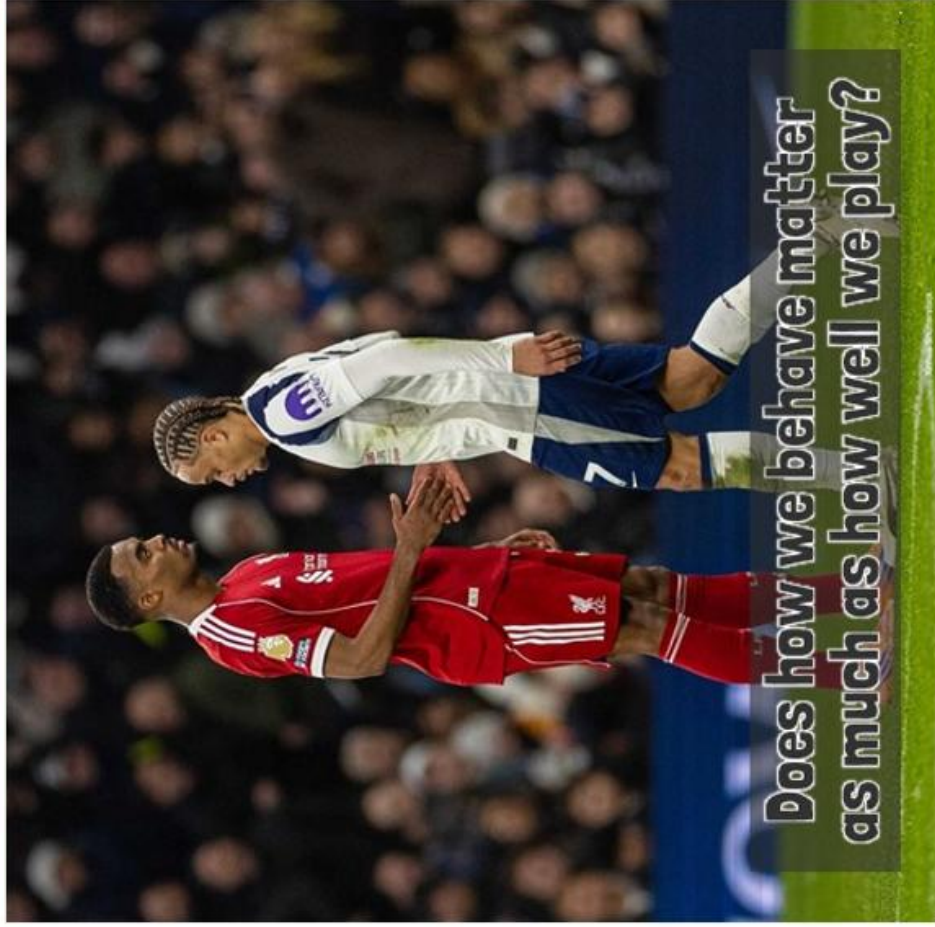


In the news this week

The Football Association (FA) has published a review looking at behaviour in football across England. It wants to ensure football practice and matches are safe, fair, and enjoyable for everyone, including players, referees, and fans. The review encourages all involved in the sport to play their part in supporting and following values of positive behaviour.

Things to talk about at home ...

- > Share your experiences of sporting or other competitive events with someone at home. Have you ever felt strong feelings when watching or taking part?
- > Do you believe players and fans should have the same rules about respect?
- > Discuss what you think might happen if winning becomes more important than respect.



Does how we behave matter
as much as how well we play?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Breakfast & After School Club

My name is Beverley Jarrett and I was a primary school teacher for more than thirty years. In September 2017 I felt ready to embrace something different in my career and I set up an After-School Club at Stratford St Mary Primary School between the hours of 3.15 and 5.15pm. Following on from this I was invited to set up both an ASC and Breakfast Club at Capel St Mary. These clubs have grown steadily since 2022 and are supervised by school staff, who are all known to the children, along with a parent. Our aim is for the clubs to be like a stepping stone between school and going home.



Our clubs use a classroom in unit 3, the hall and the wonderful outdoor space. Children are brought to and collected from the classroom door.

We start by sitting together for breakfast and a chat. At ASC, sharing how the day has been and enjoying a snack and a drink. The children then choose what they would like to do. This may involve us all playing a game together or several different activities taking place at the same time. A great favourite is art and craft activities that involve a lot of glitter! The activities to choose from also include watching a TV programme, access to a school computer, Lego, jigsaws, reading and help with homework, they are very much child-led.

Whatever a child enjoys doing, we will try to include it in our activities.

When the weather is suitable, we also make use of the lovely school grounds to play outdoor games.

Many of the children come to the club after their school clubs have finished, some are regulars and some just join us occasionally. I aim to be as flexible as I can.

We also have a behaviour policy and a behaviour promise that all children and parents sign to ensure that everyone feels happy safe with us. This is very much in line with the expectations of behaviour in the school.

The costs for attending After School Club is outlined below.

If you think that you would like your child/children to attend, please contact me via my email address and I will forward you a registration pack and full details. These are also available at the school office.

Everyone is very welcome.

Many Thanks

Beverley Jarrett

	3.15-4.15pm	4.15-5.15pm
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Cost:

£6.50 per hour

Any queries please contact: beaviejarrett@yahoo.co.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.

<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
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
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