
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 12th December, 2025

Dear Families,

School News!

The end of the autumn term in primary school always seems to fly by in a busy rush! Our countdown to Christmas started back in November when children began learning Christmas carols. Since then, we've enjoyed events like the Christmas Fayre, the Early Years nativity, going to the panto and the Christmas lunch. Next week, the fun continues with Christmas parties, a visiting panto for the Early Years and Unit 1 and our carol service with parents on Tuesday 16th. Throughout the term, the children have been working really hard. When I visit classrooms, I am always impressed with the way the children listen, take part and focus on their tasks. They are always eager to share their work with me and are really proud of their achievements. In particular, a lot of children have made a real effort to improve their handwriting this term. Just a reminder that Monday 5th January is a teacher training day and the children return on Tuesday 6th January. I hope everyone has a very merry, relaxing, joyful Christmas and I look forward to seeing everyone in the New Year!

Twinkly Nativity

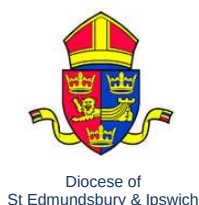
It was absolutely joyful to see the Early Years Christmas performance this week. Everyone has worked really hard to put on a special show. Many thanks to everyone involved in organising, rehearsing, sorting costumes and making props. The children had lots of songs and lines to learn and remember and they did a fantastic job. Most of all, I was really impressed by their angelic singing! There's nothing like an Early Years nativity to put you in Christmassy mood!

Christmas Lunch

Many thanks to Gee and Tash in the school kitchen, who cooked us a fabulous Christmas lunch this week. Thanks to the midday supervisors and all the other staff members who helped make it a special occasion too. It was lovely to see the tables all decorated with tinsel and other festive items, adding to the occasion. Also, the PFA supplied the children with crackers to add to the festive fun. I liked seeing all the colourful Christmas jumpers! Christmas music, great food and lots of fun – what a lovely day!

Christmas Fayre

What a lovely event we had to start December! The Christmas Fayre was lots of fun and really well attended – I hope everyone had a wonderful time. Thank you so much to the members of the PFA who organised it – I know how hard you worked! Thanks also, to the staff members, governors and other grown-ups who supported on the night, helping to make it such a success. The PFA made an amazing profit of £1,335 on the night! More importantly, there was a lovely festive atmosphere and lots of people were having a great time. We had games in Polecats Class, present-wrapping in Stoats Class, face-painting in Woodpeckers, lots of craft activities in Unit 3, visits to Santa and lots of stalls in the hall, including the raffle. Thank you to everyone who donated the brilliant raffle prizes! A huge thanks must also go to Genna and Safdar who donated all the money from the face painting – that generous spirit is a perfect Christmas message and the event definitely began the countdown to the big day!



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning



FIND Donations

Many thanks to everyone who sent in donations for FIND Ipswich. All of your generous donations go towards helping vulnerable families in need. Your kindness and efforts will truly change someone's Christmas.

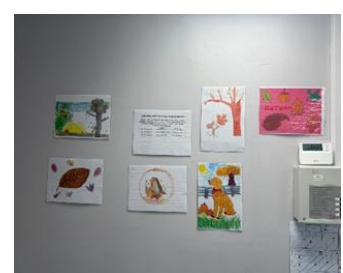
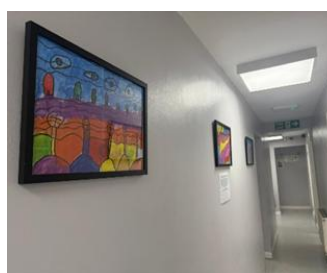
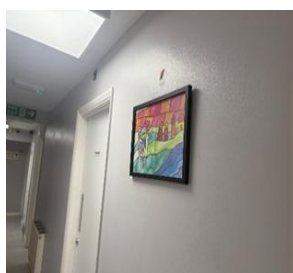
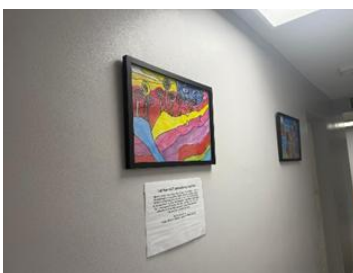


Children's Art Work

I'm delighted that some of the children's art work is on display at Constable Country Medical Practice in East Bergholt. Next time you're at the surgery have a look for the brilliant creativity of our children!

Firstly, the winners and runners-up from the School Council's autumn drawing competition are on display:

	<i>Winners</i>	<i>Runners-up</i>
<i>Unit 1 (Years 1 and 2)</i>	Lillia (Squirrels Class)	Isaac (Squirrels Class)
<i>Unit 2 (Years 3 and 4)</i>	Lily-Rose (Hedgehogs Class)	Kyra (Polecats Class)
<i>Unit 3 (Years 5 and 6)</i>	Avery (Owls Class)	Poppy (Stoats Class)



Also, there are some pieces from Unit 3 from their recent project on the work of Friedrich Hundertwasser, who was from Austria. He was an artistic pioneer, whose art and architecture were well known for his ecological ideas, bright colours and curving, spiral designs. The children were inspired by Hundertwasser's 'lollipop trees' and buildings. They loved how different and vibrant his art was and enjoyed using their own imaginations to recreate his style. You'll be able to see art work by: Kaiden, Sorchia, Jemima, Poppy and Alexa (Year 6). Well done to all the children whose brilliant work is on show for the public to see!

Picture News

Picture News is a great resource that we use across the school for 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. Last week, the theme was 'togetherness', which was linked to the annual carol service hosted by the Princess of Wales. You may want to follow this up by discussing the 'Take Home' page with your child at home (see below!).

Headteacher Awards!

Once again, the children have been working hard despite all the distractions of Christmas preparations. Well done to the following children, who have been given a Headteacher's Award since the last newsletter:

Scarlett – service to the school (Year 4)

Arabella – service to the school (Year 3)

Evie – maths (Year 4)

Isla – maths (Year 4)

Scarlett and Arabella started a real trend by using their own initiative to do some litter-picking. Since then, I've had lots of children going out and picking litter to improve their school environment. Well done to all those children who have chosen to do this – serving the school community – during their break times. We had some trouble saying 'litter pickers', so a group of the children ended up being called the 'little pickles'!

Parents' Evenings

Thanks to everyone who joined us for parents' evenings this week. I know it was a bit of a change holding it in the hall. I hope that it was a more enjoyable, social time for the children, who were able to meet friends and be entertained with books, drawing and colouring together in the middle of the hall rather than just waiting in a corridor or unit area. Being together also creates a nicer atmosphere and I'm personally able to see all the parents, children and staff too. Hopefully, it was also helpful for parents who have more than one child and were able to see the availability of teachers, who also kept to time better! Another consideration is the safety and wellbeing of staff members, who can feel quite isolated in their classrooms spread out through the school – being together in the hall really changes how it feels for them. I appreciate it can feel noisy (hence setting out smaller tables on the second evening, so that you were naturally closer to the teachers) but I hope the positive reasons for doing it in the hall collectively balances this out.





**How important is it to feel
a sense of togetherness?**



Share your thoughts and read the opinions of others

In the news this week

Things to talk about at home ...

On Friday, the Princess of Wales will host her annual carol service, which will bring people together to celebrate kindness, connection, and community. The event aims to show how love can link people of all ages, backgrounds, and beliefs, especially at times when the world can feel divided. It encourages everyone to think about the power of togetherness and the importance of supporting one another with compassion and joy.

- > Talk to someone at home – are they interested in this concert? Do you or they believe it will achieve its aim in bringing people together?
- > Are there any services, concerts, or events that you will be attending during the festive period?
- > Talk about what 'togetherness' means to you and your people at home.

Please note any interesting thoughts or comments

www.picture-news.co.uk/discuss



MONEY RAISED AT EVENTS



TOTAL: £2772

Capel Parish Nurses

We are really lucky to have the Capel Parish Nurses, working in the village to support our community. Caroline and Tracey have kindly put together some information for us about head lice, which is really common amongst children in society. Thanks again to our nurses for all their help!

Head Lice

Tiny Invaders: How to Spot and Stop Head Lice

It's every parent's worst back-to-school surprise: the discovery of head lice. These tiny, wingless insects, about the size of a sesame seed, are common among school-aged children and spread quickly through close contact. While they don't carry diseases, head lice can cause itching, discomfort, and — for many families — plenty of stress.

What Are Head Lice?

Head lice live on the human scalp and feed on small amounts of blood. They lay eggs, known as nits, that attach firmly to hair shafts near the scalp. Nits often appear as small white or yellowish dots that can be mistaken for dandruff, but unlike dandruff, they don't brush off easily.

Contrary to popular myth, lice prefer clean hair — not dirty hair — and their presence is not a sign of poor hygiene.

How They Spread

Lice spread primarily through direct head-to-head contact. Sharing hats, combs, or pillows can sometimes transfer them, but this is less common. Because lice cannot jump or fly, simple awareness and routine checks can go a long way in preventing outbreaks.

Treatment and Removal

The good news? Head lice are treatable. First line treatment:

- Wet combing: Using a fine-toothed "nit comb" on wet, conditioned hair helps remove lice and nits manually. This method requires patience and should be repeated on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.
- If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online. Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs. Some treatments need to be repeated after a week to kill any newly hatched lice. Check the pack to see if they're OK for you or your child to use, and how to use them. If lotions or sprays do not work, speak to a pharmacist about other treatments.

What Not to Do

There is no need to keep your child off school if they have head lice but advise them to keep their head away from direct contact with others. Some treatments are not recommended as they are not likely to work. These include:

- products containing permethrin
- head lice "repellents"
- electric combs for head lice
- plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies

Preventing a Recurrence

There's nothing you can do to prevent head lice. You can help stop them spreading by wet combing regularly, using a detection comb, to catch them early. Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp. Schools and parents can help by performing routine head checks, especially after known exposures. Teaching children to avoid head-to-head contact during play can also reduce the risk of spread. Head lice infestations are a nuisance, but with prompt and proper treatment, they're easily managed.

Blessings,

Caroline & Tracey

If you would like to contact the Parish Nurses we are available on:

Caroline: 07588 706869 Caroline@CapelParishNurses.org.uk

Tracey: 07588 698284 Tracey@CapelParishNurses.org.uk

Website: www.CapelParishNurses.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.

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<i>Date</i>	<i>Name of Event</i>
3 rd November 2025	PFA – AGM at Capel Village Bar 8.00pm
7 th November 2025	Early Years open morning 9.30am – 11.30am
11 th November 2025	Flu vaccinations Reception – Year 6
14 th November 2025	Children in Need Day
18 th November 2025	Individual photos of children
19 th November 2025	Open Classrooms – an informal opportunity to visit your child's class after school
20 th November 2025	Parent Forum – a chance to meet myself and Governors to discuss school 2.45pm
20 th November 2025	Early Years open morning 9.30am – 11.30am
21 st November 2025	Early Years open morning 9.30am – 11.30am
28 th November 2025	PFA – Break the rules day!
2 nd December 2025	PFA – Christmas Fayre after school
2 nd December 2026	PFA – Christmas present wrapping activity – at the christmas Fayre
3 rd December 2025	Units 2 & 3 – Christmas pantomime trip 12.45pm – 4.30pm approx
9 th & 10 th December 2025	Early Years Christmas Nativity performances 10.00am
9 th & 11 th December 2025	Parent consultations 9 th 4pm – 7pm 11 th 4pm - 6pm
11 th December 2025	Christmas lunch day
12 th December 2025	Rocksteady Concert 2.30pm
W/B 15 th December	Christmas class parties
16 th December 2025	Christmas carols on the playground – parents and carers are invited to join us 3.00pm
17 th December 2025	Early Years and Unit 1 Travelling Panto coming to school!
19 th December 2025	Christmas Service
19 th December 2025	Last day of term – break up for Christmas

5 th January 2026	Professional Development Day for staff (no children in school)
6 th January 2026	Children return to school
13 th February 2026	PFA – Disco
W/B 16 th February 2026	Half Term week
9 th March 2026	PFA – Mother's Day present wrapping activity
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
W/B 11 th May 2026	Year 6 SATs week
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