
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

Thursday 23rd October, 2025

Dear Families,

School News!

It seems unbelievable that we have already reached half term so quickly. I have spent lots of time visiting classrooms over the last couple of months and I have been really pleased to see the children's hard work and good focus, while also enjoying their lessons and being really proud to talk about and share their work. It has been a really successful half term – well done to all the children!

School Council – Drawing Competition

The School Council have organised a drawing competition, which all the children are welcome to take part in. The theme for children's artwork is 'autumn'. Please can all entries have names on the back and be handed in by Wednesday, 5th November. Entries can be placed in the tray on the chair outside my office or given to class teachers. The School Council will be judging entries on Friday 7th November and Unit winners and runners up will be announced in assembly the following week. In previous years, there have been some incredible pictures and I look forward to seeing this year's entries!

PFA – 'Break the Rules Day'

The PFA will be raising money through a 'Break the Rules Day' on Friday 28th November. The children will have a selection of rules to choose from and can break up to five rules, paying £1 per broken rule. From dressing how they like to having crazy hair and eating pudding first, it should be a fun day! Look out for further information from the PFA closer to the day. This is an important fundraiser for the PFA because they will use the money from this event to purchase gifts for the present room at the Christmas Fayre.

Pantomime Trip – Units 2 and 3

Please note the new date for this trip – it will take place on 3rd December, not 4th December!

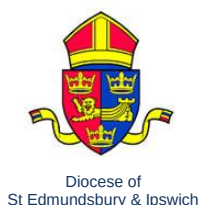
Spellingframe

Please look out for a letter about Spellingframe that was sent via Class Dojo last week. After half term, we will be introducing this new interactive spelling scheme to support your child's learning both in school and at home. We hope this online resource will make learning to spell more fun and enjoyable, just like Times Tables Rock Stars helps with maths. On the system, words are read aloud and broken down, deepening understanding and making spelling patterns easier for children to learn and apply in their writing.

The children will be given their log in details by their class teachers and then they can access their account here:

<https://spellingframe.co.uk>

Many thanks for your support with this – we are aiming to create lots of super spellers!



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

'Rustle Up a Relative' Sessions – Units 2 and 3

Look out for an invitation via Class Dojo to join your children for an activity in school. This is a chance to share and enjoy a learning experience together. If parents and carers can't make it, then a grandparent, aunt or uncle would be very welcome to join us.

All classes in Unit 3 (Stoats, Owls and Woodpeckers) – Friday 7th November at 1:30pm

Hedgehogs Class (Unit 2) – Tuesday 11th November at 1:30pm

Foxes Class (Unit 2) – Wednesday 12th November at 1:30pm

Polecats Class (Unit 2) – Thursday 13th November at 1:30pm

It would be lovely to see lots of grown-ups in school having fun and learning with the children!

Capel Pumpkin Trail

Just a reminder that registration for the Capel Pumpkin Trail is now open! The trail will take place from 29th October to 2nd November in support of Capel St Mary Scouts. To register, please send your name, address and your pumpkin clue and answer to 1stcapel@wolseyscouts.org.uk.

Early Years Open Days

If you have a child who will be starting in Reception in September 2026, the closing date for applications is 15th January 2026. Applications should be made online through Suffolk County Council via their admissions page:

<https://www.suffolk.gov.uk/children-families-and-learning/schools/school-places>

For any parents who would like to see what we offer at Capel St Mary, we are holding open mornings on:

Friday 7th November 9.30am – 11.30am

Thursday 20th November 9.30am – 11.30am

Friday 21st November 9.30am – 11.30am

Please contact the school office if you would like to book in for a visit.

Headteacher Awards!

It is always lovely to share and celebrate the children's good work. Their pride in their achievements is a joy to see. Well done to the following children, who have been given a Headteacher's Award since the last newsletter:

Logan – super work at home (Year 2)

Angela – writing (Year 6)

Isaac – writing (Year 2)

New Parent Governors

We are delighted to welcome two new Parent Governors onto the governing Body! We had two nominations for two vacancies and so we don't need to proceed with an election. Many thanks to our new Governors for volunteering to give up their time to support the school. It's a vital role in school leadership and I am really looking forward to working alongside our new Governors alongside our Chair, Mrs Huard, and the rest of the Governing Body.

Our new governors are:

Jessica Walkup

Ashleigh King

They bring lots of skills, knowledge and experience to the role – I hope they will find it interesting and exciting to be part of the team behind running the school!

Attendance

Just a reminder about school attendance. This is a priority for the Department for Education and we are expected to monitor absence closely and promote good attendance. As you'll be aware, there is evidence of a very strong link between children's achievement and attendance in school. A child who misses two school weeks each academic year, which doesn't seem like much, will have missed approximately a term of learning by the time he or she leaves primary school.

Generally, holidays should not be taken during term time and schools should not authorise absence except in the most exceptional circumstances. If you would like to request a leave of absence, please complete a form from the school office. However, please be aware that in most circumstances we would be guided not to authorise the holiday and it could lead to a penalty fine. Thank you for your understanding and support!

Forest School

This Friday afternoon, 24th October, Mrs Dix is looking for some helpful volunteers to assist with a range of tasks to improve the Forest School area, including cutting logs, moving and stacking wood, making a fence and clearing a space. Please bring along gardening glove, any useful tools and a 'can do' attitude! Please let Mrs Dix know if you can help.

Pumpkin Soup!

Last week, activities in the Early Years were based on the book 'Pumpkin Soup'. Many thanks to Farmer John's Pumpkin Patch at Boydland Farm, Capel St Mary, for supplying us with pumpkins, which helped to make the children's learning really exciting! Every weekend in October and 24th – 31st October, you can go along to Farmer John's Pumpkin Patch (IP9 2JU) to visit the maize maze and straw tower and choose from many different varieties of pumpkin and squash.



Thanks from the Early Years and Unit 1

Many thanks to all the parents who have visited school over the last week. We hope that the phonics sessions were useful and informative for those parents who came along to find out more about teaching and learning phonics and we hope it helps to assist you in supporting your children at home.

Many thanks to the parents of children in Unit 1, who joined us for Design Technology sessions – the parents helped make moving pictures and were really creative and imaginative! Thanks also to all the parents who came to the Early Years 'Stay and Play' sessions – the children had a great time and we hope you did too. It has been lovely to see so many parents and friends in school.

Unit 1 Christmas Afternoons

Following the success of Design Technology afternoons, the children from Unit 1 would be delighted for parents and carers to join them for Christmas activity sessions. We hope to see lots of adults in school, sharing the Christmas joy with the children!

Bumblebees Class (Unit 1) – Monday 1st December 1.45pm

Ladybirds Class (Unit 1) – Wednesday 3rd December 1.45pm

Squirrels Class (Unit 1) – Friday 5th December 1.45pm

Meet the Office Team!

We are very lucky at Capel St Mary to have such a wonderful office team! They work hard to organise day-to-day life in school and keep things running smoothly. There is always a lot to organise in school and the office can be a very busy working environment. Many thanks to Mrs Smith, Mrs Woollard and Mrs Whittle – you are very valued and make a big difference to our school!

My special Year 6 reporters – Reuben, Eliza and Dotty – interviewed the office team to find out more about their jobs. The children decided on what questions to ask, made notes of the answers and were very grown-up and sensible when they interviewed the staff. I think that we have three budding journalists here!

Mrs Whittle

What jobs do you do?

I do lots of office admin, including collecting money for school trips, dealing with absences, helping children, speaking to parents and sending letters.

What do you enjoy about working in school?

I enjoy seeing lots of happy faces every day!

What happy memories do you have about school?

I loved helping prepare for the 'Dragon Days' show and watching it afterwards.

Have you worked in a school before?

I didn't work in a school before Capel but I have worked in an office before.

What are your hobbies and interests?

I love spending time with my family and going on holidays.

Mrs Smith

What jobs do you do?

I do lots of general admin jobs, including helping to organise trips and sports events, inputting test data and clerking governing body meetings. I help organise improvements to the premises and support Mr Frolish and the teachers with lots of jobs.

What do you enjoy about working in school?

I like that every day is different and you never know what is going to happen.

What happy memories do you have about school?

I remember when the office was all decorated for my wedding and I also remember the Staff Christmas pantomimes.

Have you worked in a school before?

I have helped at East Bergholt Primary School in the past.

What are your hobbies and interests?

I enjoy dance, step and yoga classes. I also enjoy reading and making Lego flowers in my spare time.

Mrs Woollard

What jobs do you do?

I work on the school budget and look after the school's money. I also work on human resources, which is all about looking after the staff and making sure they have contracts and get paid!

What do you enjoy about working in school?

I enjoy it when I can get the budget to balance!

What happy memories do you have about school?

I remember great school trips, including going to see Harry Potter.

Have you worked in a school before?

I work at East Bergholt Primary School as well as Capel.

What are your hobbies and interests?

I like travelling and have been to lots of interesting places. I am also a big Ipswich Town supporter and love watching the team!



Early Years Trip

The children in the Early Years had an interesting walk down to the Methodist Church recently as part of their RE curriculum. They explored the inside of the church, found out what Methodists believe and what it is like to worship there. The children were superbly-behaved and represented the school really well. Our hosts were really lovely with the children and helped them to learn lots about Christianity – thanks so much to Elaine and Mr Sturgeon for their support!



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. Also, look out for communication from your child's class teacher about 'Stay & Play' or 'Stay & Learn' sessions in November, when you'll be invited to join in the lessons and get involved in the activities to support children's learning.

Date	Name of Event
23 rd October 2025	Harvest service
23 rd October 2025	PFA – Disco Reception/KS1 4.30pm – 5.30pm KS2 5.45pm – 6.45pm
24 th October 2025	Professional Development Day for staff (no children in school)
W/B 27 th October 2025	Half Term week
27th & 28th October 2025	SCS Football Camp 10-3pm Booking required
28th October 2025	Spud Club at St. Marys Church, Capel St Mary 10am – 3pm
29 th October 2025	Creation Station holiday activity club in school 9.00am – 5.00pm Booking required
3rd November 2025	PFA – AGM at Capel Village Bar 8.00pm
7 th November 2025	Early Years open morning 9.30am – 11.30am
7th November 2025	Unit 3 'Rustle Up a Relative' session 1.30pm
11 th November 2025	Flu vaccinations Reception – Year 6
11th November 2025	Hedgehogs Class 'Rustle Up a Relative' session 1.30pm
12th November 2025	Foxes Class 'Rustle Up a Relative' session 1.30pm
13th November 2025	Polecats Class 'Rustle Up a Relative' session 1.30pm
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
28th November 2025	PFA – Break the Rules Day! More details to follow
1st December 2025	Bumblebees Class Christmas afternoon with parents / carers 1.45pm
2 nd December 2025	PFA – Christmas Fayre after school
2 nd December 2026	PFA – Christmas present wrapping activity – at the christmas Fayre
3rd December 2025	Units 2 & 3 – Christmas pantomime trip 12.45pm – 4.30pm approx.
3rd December 2025	Ladybirds Class Christmas afternoon with parents / carers 1.45pm
5th December 2025	Squirrels Class Christmas afternoon with parents / carers 1.45pm
9 th & 10 th December 2025	Early Years Christmas Nativity performances 10.00am
9 th & 11 th December 2025	Parent consultations – 9th 4.00pm – 7.00pm; 11th 4.00pm – 6.00pm
11 th December 2025	Christmas lunch day – more information to follow
12 th December 2025	Rocksteady Concert
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