
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 26th September, 2025

Dear Families,

School News!

The children have settled back into school really well this term. I have enjoyed visiting the classrooms and seeing their lovely learning. In particular, lots of children have been really proud of how hard they are working on their handwriting, which has been great to see!

Children in Need Day

Children in Need is coming up on 14th November! At school, we shall have a dress down day and ask for children to bring in a voluntary cash donation.

Individual Photos

Please note that the date for children's individual photos has changed from Monday 17th November to Tuesday 18th November.

Parents and Friends Association

As ever, many thanks to the members of the PFA, parents, staff members and other volunteers who organise and run events that raise funds for the school but also help make the school a lovely community with a fun social calendar. One of the main events this term is the **disco on 23rd October**. Further details about the disco are on the poster near the end of the newsletter.

Please see the list of dates at the end of the newsletter for upcoming events. If you can offer any time to help with organisation or supporting on the day – please get in touch with the PFA via the school office or via CapelStMaryPFA@mail.com.

One of the PFA's new fundraising activities is **the 500 Club**, which gives you the chance to win some money while raising funds for the school. Details of the 500 Club are below:

Click on this link to Join the 500 Club: <https://www.regg.app/forms/b8bfd542-9588-49e6-ade4-bab833502aa9>

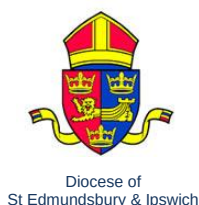
Questions? Email: CapelStMaryPFA@mail.com

Want more than one entry? Just sign up again (and again!).

Please share this post with your friends, family, neighbours & colleagues.

The more entries, the bigger the prize fund! You don't need to be connected to the school to enter.

Thank you for supporting our school!



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

October Half Term Holiday Clubs

SCS Football Club will be running a holiday club on Monday 27th and Tuesday 28th October. Creation Station will be in school on Wednesday 29th October. Sign up details will follow.

Parking

Just a reminder about parking considerably on the roads close the school. We appreciate that there are lots of roadworks at the moment and parking can be a challenge. However, local residents would be very grateful if everyone can park safely and respectfully, for example not blocking driveways or double-parking. Many thanks for your consideration of this.

Headteacher Awards!

It is always a privilege to celebrate the children's lovely work and super effort. Well done to the following children, who have been given a Headteacher's Award since the last newsletter:

Denzel – handwriting (Year 4)

Parent Governors

Currently, we have vacancies for two parent Governors on the school's Governing Body. You should have received a letter about this yesterday. If you're interested in finding out more, please feel free to speak to me about what the role involves or you can contact the Chair of Governors, Alison Huard, via the school office. The closing date for nominations is Thursday 9th October. Having worked on six Governing Bodies, I believe that being a school Governor is a rewarding experience and really benefits the school community. I look forward to helping potential new Governors join our team and make a difference!

Sport and PE

Many of the children love getting involved in school sport and PE lessons. Here are the areas of PE children will be covering this term. Year 5 have already started their swimming lessons and have been enjoying their trips to the pool in Hadleigh.

	<i>1st Half Term</i>	<i>2nd Half Term</i>
<i>Early Years</i>	Introduction to PE	Dance
<i>Unit 1 (Years 1 & 2)</i>	Ball skills & team-building	Gymnastics & yoga
<i>Unit 2 (Years 3 & 4)</i>	Outdoor adventurous activities & ball skills	Gymnastics and hockey
<i>Unit 3 (Years 5 & 6)</i>	Hockey & swimming / gymnastics	Basketball & swimming / gymnastics

There are two sporting events coming up for selected children in Unit 3:

- Football – Girls 9th October at Develop Whitton Sports Centre 1:15pm - 3:45pm
- Football – Boys 21st October at Develop Whitton Sports Centre 1:15pm - 3:45pm

Further details will follow for those participating.

Many thanks to Miss Moore for all her hard work as our PE leader in school. As well as organising Sports Days, taking children to sports tournaments and festivals and looking after the PE equipment in school, Miss Moore leads our curriculum and checks on what PE learning and teaching is like across the school. It's a busy job but Miss Moore loves getting children healthy and active and encouraging them to take part in sport.





I would also like to thank Mr Skingley from Anglia Sports Management. Mr Skingley teaches PE lessons to children across the school, who benefit from his experience and expertise. As well as teaching PE, Mr Skingley runs various clubs, including Multi-Sports after school on Tuesdays and Dodgeball after school on Thursdays. Mr Skingley said that PE is really well-received by the children at Capel. A lot of the children are genuinely excited about PE and have a great attitude. At the moment, he is trying to promote general fitness by giving the children a challenge at the beginning of lessons – jogging without walking for 2 minutes in Unit 1 and for 3 minutes in Units 2 and 3. It would be great if children could practise this at home and impress Mr Skingley with how fit and strong they are!

School Clubs

There are a variety of school clubs on offer at school. If you would like to sign up, there are links on the school website. Alternatively, please contact the school office for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
Football Yr 1-Yr 3 (after school)	Multi-Sports Yr 3 – 6 (after school) French Yr 1 - 6 (after school)	Dance Yr 1 – 6 (after school)	Music lessons Yr 1 – 6 (during school hours) Girls Dodgeball Yr 2 – 6 (after school) Art Yr 3 – 6 (after school) Lego Yr 2 – 6 (after school)	Rocksteady Music Yr 1 – 6 (during school hours) Football Yr 4 - Yr 6 (after school)

Census Day

Thursday 2nd October is census day for schools. Funding for school lunches is based on the number of pupils who have school lunches on census days. We would be really grateful if as many children as possible could have a school lunch on Thursday. Remember that children in Reception, Year 1 and Year 2 get Universal Free School Meals, so there is no charge for their lunches and these numbers are particularly important for the funding. Perhaps next Thursday would be a good time for children to sample our school lunches if they haven't had one before! Please look out for a special menu that will be available on census day.

CAPEL PFA PRESENTS...

FANCY DRESS DISCO

THURSDAY 23RD OCTOBER

RECEPTION & UNIT 1 4:30PM-5:30PM
UNIT 2 & UNIT 3 5:45PM - 6:45PM

£5 PER CHILD PAYABLE ON ENTRY

BAG OF SWEETS AND CRISPS

UNLIMITED SQUASH AND WATER

DISCO ITEM TO CHOOSE FROM AND GLOW
STICK ALL INCLUDED IN THE ENTRY PRICE

Please be considerate of "scary" outfit choices
to allow everyone to have an enjoyable
experience.

**NO MASKS OR DEVILS COSTUMES
PERMITTED**



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.

<i>Date</i>	<i>Name of Event</i>
23 rd October 2025	Harvest service
23 rd October 2025	PFA – Disco
24 th October 2025	Professional Development Day for staff (no children in school)
W/B 27 th October 2025	Half Term week
29 th October 2025	Creation Station holiday activity club in school
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 nd December 2025	PFA – Christmas Fayre after school
2 nd December 2026	PFA – Christmas present wrapping activity – at the christmas Fayre
4 th December 2025	Units 2 & 3 – Christmas pantomime trip
9 th & 10 th December 2025	Early Years Christmas Nativity performances
9 th & 11 th December 2025	Parent consultations
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
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