
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 September, 2025

Dear Families,

School News!

I would like to wish everyone a warm welcome back to school. I hope the children have had a fun, relaxing break during the summer. It has been delightful to see them return to school with lots of smiles and positivity! I have been visiting the classrooms and the children have settled in really well. They are listening well and trying hard to do their best. Lots of children have shared their learning with me, showing real pride in their achievements – it's always such a privilege to hear their stories and see their art work! I look forward to an exciting academic year ahead with lots of learning and lots of fun!

Congratulations!

Well done to Mrs vanGameren – she has just completed a course in Children & Adolescents Counselling. Mrs vanGameren is also the school's Senior Mental Health Lead. If you have any concerns about your child's mental health or wellbeing, please contact Mrs vanGameren via Dojo or the school office.

Music Tuition

Please see the message below from Mikey, our visiting music tutor.

Dear Parents,

Is your child interested in learning a musical instrument this academic year?

*We're excited to share that Mikey from Buick's Music will be offering **guitar, piano, and ukulele** lessons at Capel St Mary on Thursdays. A limited number of lesson slots are still available on Thursday afternoons.*

If your child would like to begin learning one of these instruments, please get in touch with us as soon as possible to secure a place.

30-minute lessons: £18.50

20-minute lessons: £13.00

If you have any questions or would like to enroll your child, please don't hesitate to contact us. We look forward to supporting your child on their musical journey!

Warm regards,

Mikey

Buick's Music

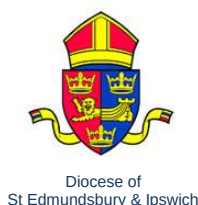
info@buicksmusic.co.uk

Uniform and Water Bottles

Please can children's uniform and water bottles have clear name labels to help us reduce the amount of unclaimed 'lost property'. Thanks for your help with this!

Letter for Parents from the Prime Minister

The Department for Education has asked us to share with parents a letter from the Prime Minister. Visit the [Education Hub](#) to read the Prime Minister's letter to parents.



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

Parents and Friends Association

Well done to everyone involved with the PFA last year! They organised fantastic events, including fun discos and the summer Fayre, which was one of the highlights of the summer!

I know how much work goes into organising these events, so I would like to say a huge thank you to the members of the PFA, parents, staff members and other volunteers who organised events in advance and helped out on the day. I'm very grateful as these events only work if they are well-supported.

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!

Learning this Term

The start of a new academic year is an exciting time and the children will be accessing lots of learning opportunities this term! Here is a flavour of some of the things they'll be covering over the next few weeks. Please do encourage your children to share their learning with you at home.

The Early Years	Friendship – inspired by the book 'Meesha Makes Friends' by Tom Percival Routines and being independent – inspired by the book 'Oh No, George' by Chris Haughton Exploring the Early Years environment Phonics
Unit 1 (Years 1 & 2)	Seasonal changes and weather Plants and animals Maps – continents, oceans and the UK Changes in living memory Poetry Descriptions of characters and settings Stories from other cultures and with familiar settings Retelling narratives Writing instructions
Unit 2 (Years 3 & 4)	Rocks Physical and human features on maps The Stone Age Poetry 1 st person narratives Non-chronological reports
Unit 3 (Years 5 & 6)	Properties and changes of materials World countries – biomes and environmental regions Ancient Greece Formal writing Dialogue in stories Poetry Writing balanced arguments

Creation Station

Look out for further details about holiday activities with Creation Station. Creation Station will be in school on Wednesday 29th October, providing holiday childcare during the half term break – further details to follow.

Parking

Just a reminder at the start of the year about safe and courteous parking on the roads near to school. I know that parking near to school at drop-off and pick-up times can be a challenge. However, I have been asked by local residents to remind everyone to park safely and respectfully. In particular, please be careful about double-parking and about parking close to junctions. Also, please be aware that parking in a long line without any passing spaces can cause traffic issues. We have also been made aware of a child who jumped out into the road. While there wasn't an accident on this occasion, we urge everyone to supervise children closely and talk to them about road safety.

Headteacher Awards!

Once again, many of the children have been visiting me to share their super work and it is lovely to see how proud they are of their achievements. Well done to the following children, who have already had a Headteacher's Award this term:

Rebecca – writing (Year 3)

Elsie – maths (Year 4)

Isla – general effort and handwriting (Year 4)

Ayla – general effort and handwriting (Year 3)

Anneliese – general effort and handwriting (Year 4)

Alba – general effort and handwriting (Year 4)

Eleanor – general effort and handwriting (Year 4)

Erin – general effort and handwriting (Year 4)

Bobby – art work and handwriting (Year 3)

Attendance

I am sure that everyone has seen in the news that improving school attendance and tackling persistent absence are national priorities for the government. Schools are expected to monitor absence and actively promote good attendance. 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.

Good attendance:

- Helps children achieve their potential!
- Improves children's achievement;
- Increases children's wellbeing and confidence;
- Helps children make and keep friends;
- Establishes positive patterns for the future and is good training for adult life and work.

Absence can have an impact on a child's learning, friendships and wellbeing.

When children's attendance falls below 90%, this is classed as 'persistent absence'. 90% attendance at school is equal to taking off half a day every week. Over a school year, this is the equivalent of 4 whole weeks (the whole of September!). If a pupil's attendance is 90% over 5 years that is the equivalent to missing half a school year.

Generally, holidays should not be taken during term time except in 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.

We recognise that absences can be unavoidable sometimes! We are keen to work together positively. Please do not hesitate to contact the school if you feel there is anything we can do to support with your child's attendance. Thank you for your understanding and support.

Early Years Foundation Stage

We are delighted with how well our Nursery and Reception children have settled into school. They are learning routines really well and have been beautifully-behaved in the classroom. The children have been following instructions and listening well on the carpet. They have been enjoying exploring the Early Years environment, learning and discovering lots of new things.



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. 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>
25 th September 2025	Unit 3 (Years 5 & 6) trip to Neasden Temple
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
17 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
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
18 th June 2026	Group School Photos and Year 6 Leavers
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