
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 24th April, 2026

Dear Families,

School News!

Welcome to the summer term! Better weather and blue skies are finally with us! A little bit of sunshine makes a huge difference in school! The summer term is always busy in schools, with various exciting events taking place. Don't forget that the PFA summer Fayre is in the diary for Friday 3rd July after school. Also, we have sports days for Unit 2 and Unit 3 on 9th June and for the Early Years and Unit 1 on 17th June.

The summer term is also a busy time for national tests and assessments – please be aware of the following key dates and weeks:

Week beginning 11th May – Year 6 national tests (SATs)

Week beginning 1st June – 2-week window for the Year 4 multiplication check

Week beginning 8th June – Year 1 phonics screen

Rocksteady

We enjoyed another Rocksteady Concert at the end of last term. Well done to all the children who performed in front of their parents and the whole school. Rocksteady is a brilliant opportunity for children to begin to collaborate with other musicians, developing their timing and awareness. For many, it's also their first experience of playing in front of a real audience. The next Rocksteady concert will be at 2:30pm on 10th July.

Robins Childcare

Robins are celebrating 20 years of looking after Capel children! Congratulations to everyone at Robins. They will be celebrating with a Fun Day on 8th August with stalls and games for everyone to enjoy. Everyone is welcome to join in the fun. If any clubs or businesses would like to run a stall, please email Robins at info@robins.co.uk. Please also see the advert for after-school care at Robins later in the newsletter.

Picture News

As you know, we use Picture News, which is linked to current affairs, during class assemblies in school to broaden children's horizons and start discussions. Later in the newsletter, please see some information from Picture News about their resources. Recently, the children used Picture News to think about the London Marathon and linked this to ideas of perseverance and trying new things. You may wish to follow this up with the 'Take Home' sheet copied into the newsletter.

Bikeability

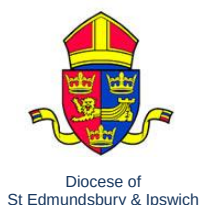
Well done to the Year 5 children who have been completing their 'Bikeability' training this week. They have been very safe and sensible in learning how to ride their bikes on roads around Capel St Mary. More children will be doing this next week. They are developing really important safety skills and have listened really carefully to all the instructions and advice. Here's what the children thought of Bikeability!

Ivy: "It was really exciting and I loved being on the roads."

Chloe: "Thy made everything really clear and made sure everyone knew what they were doing."

Matilda: "It was really fun – I'd love to do it again!"

Poppy: "They made us better and more confident than we were before."



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

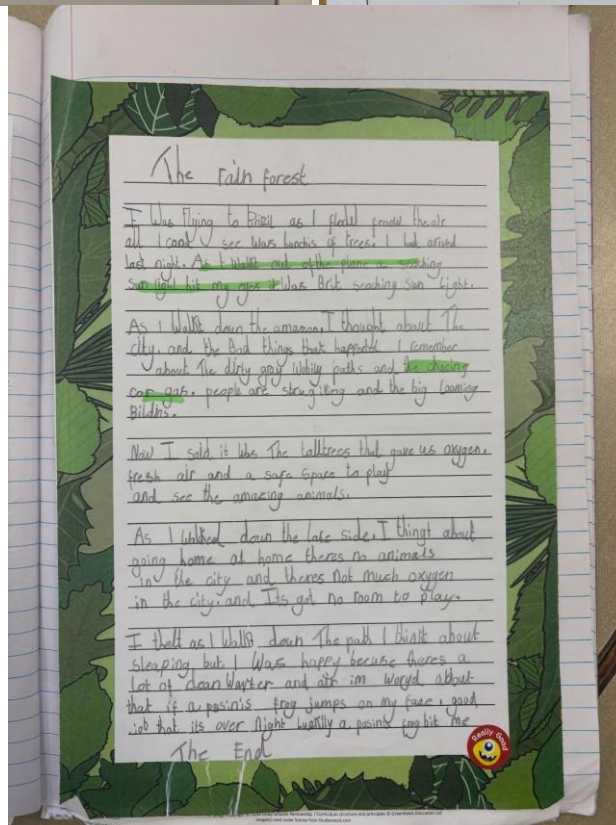
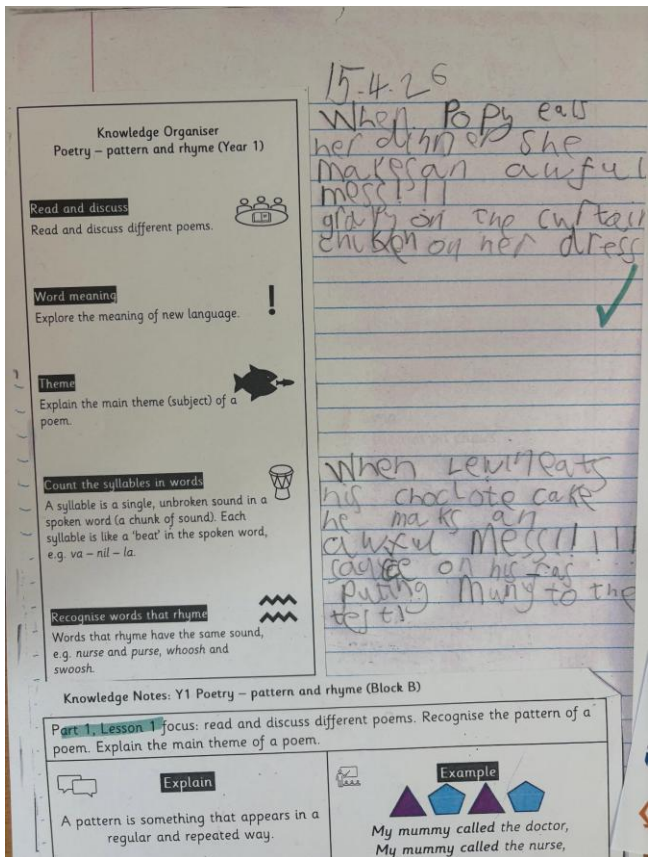
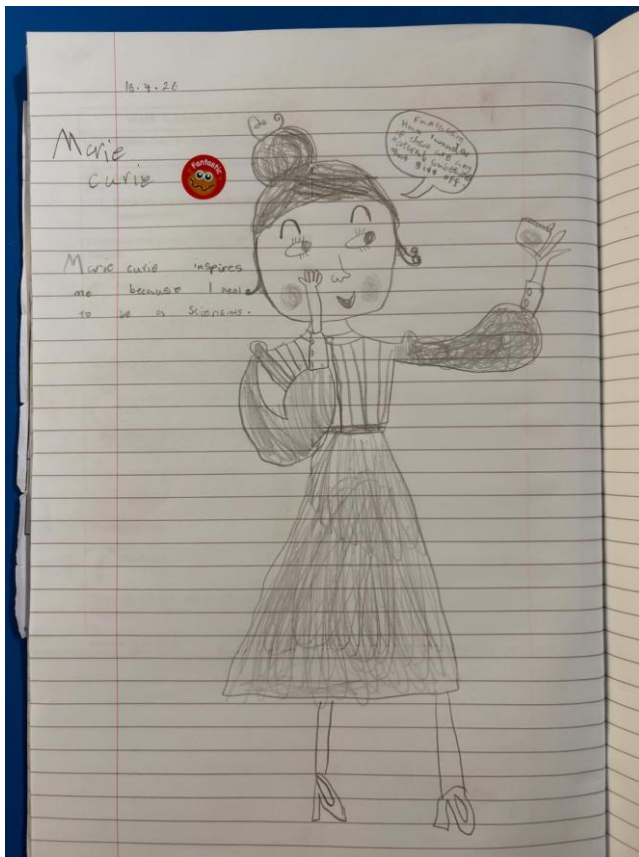
Headteacher Awards!

I've already seen some wonderful work this term. Well done to the children for settling back into school life quickly and producing work to be proud of. Congratulations to the following children, who have been given a Headteacher's Award since the last newsletter:

Pearl – writing (Year 3)

Lewin – poetry (Year 1)

Elijah-Jean – work on inspiring people (Year 2)



Workshop for Year 6

Many thanks to the Schools Mental Health Team, who visited Year 6 last week. They supported our children with issues like anxiety leading up to SATs. It was a really helpful session to prepare the older children for SATs week.

Theatre Performance

Performers from The New Wolsey Theatre came into school last week to deliver a brilliant performance of Grandad Anansi. The actors performed the play for children in the Early Years and Unit 1, followed by a second performance to Unit 2. In the story, Grandad wants to visit his home in Jamaica. The children enjoyed the singing and dancing! Harry (Year 3) said, "It was funny and good and I enjoyed it!"



 Robin's Childcare
Day Nursery, Pre-School & Out of School Club

Robin's Childcare and Forest School
After School Club!
The Street, Capel St Mary, Ipswich, IP9 2EG

4-11 years
Monday - Friday
3:25 - 6:00pm

Get in touch today!
info@robinschildcare.co.uk
01473 310767
www.robinschildcare.co.uk

Monday:  **Mini Movers** 

Tuesday:  **Creative Makers** 

Wednesday:  **STEM & Science** 

Thursday:  **Life Skills** 

Friday:  **Fun Games** 





Picture News For Parents



April 2026

Hello!

It's Katie from Picture News here. If you're reading this newsletter, your child's school uses our weekly news resources, so I thought it'd be helpful to fill you in on everything Picture News schools have been up to! Let's get started...



What's been in the news?

Topics schools have explored this term!

Should school uniforms be the same for everyone?

2nd March 2026



News about a school in Wales deciding to remove skirts as a uniform option was the focus of this resource. This news led to discussions about having a choice, how uniform can help us feel part of a community, and learning about school uniforms around the world.

How might robots change our daily lives?

9th March 2026



Humanoid robots dancing for China's Lunar New Year gala made headlines, and got children thinking about what robots can do, what impact they can have on our lives, and how they might change in future!

What makes something fun?

16th March 2026



Pokémon is 30! This news inspired children to think about what they like to do for fun, whilst finding out more about how the brand is celebrating its birthday, and reflecting on how Pokémon has changed over time.

What should represent a country?

30th March 2026



The Bank of England's decision to include wildlife on future banknotes was this week's focus. This led children to discuss what they think should feature on the new notes, find out about other countries' currencies, and consider what banknotes can represent.

At home support: Talking about the Middle East

Conflict in the Middle East has made headlines throughout the term, and our team at Picture News are here to support teachers and parents.

Handling conversations about war and conflict can be tricky, but there are some key approaches to keep in mind. We can't control the events and headlines, but as parents and carers, we can choose our response and how we choose to use this moment to support children and highlight some key lessons.

You might find our support blog useful, offering some advice for navigating news about the Middle East with children. We hope this helps. 🌱



Middle East news support here

How do schools use their Picture News resources?

Over 6,000 schools are using Picture News for their assemblies and classroom discussions, and our team are always so happy to see how the resources are brought to life each week.

Here are some of our favourite examples from this term!



Join in weekly news conversations

Remember Picture News schools receive a weekly Take Home resource, which is great for parents and carers to get involved in news discussions too! It's a great opportunity to extend news learning at home, and get the whole family involved in learning from what's happening in the world.



Follow along for more updates and highlights

We're building a community of teachers and parents online as we share regular updates about learning from the world around us, celebrating our schools' Picture News work, and offering support for navigating the news with children.

I've linked our social channels below for you - come and say hello!



What's up next for Picture News schools?

Sir David Attenborough on his 100th birthday - LIVE Celebration Assembly!

He's a national treasure, so what better way to celebrate Sir David Attenborough's 100th birthday this May than with a live assembly for schools? We're expecting over 1 million children to join us live, to learn about Sir David's legacy and the importance of the natural world!

Joe Wicks - BIG School LIVE Workout for Mental Health Awareness Week

You might remember him from 'PE with Joe' during the Covid school closures, and soon he'll be joining Picture News LIVE for the Big School Workout! Coinciding with Mental Health Awareness Week, the assembly will get children moving as we reflect on the importance of caring for our mental and physical wellbeing.



We're sure children will come home with lots of tales from joining these assemblies!

Survey

We're conducting some research to learn how parents feel about discussing the news with children. This will help us understand the challenges families face, and how they can be supported when the news feels tricky to talk about!

If you could complete our short, anonymous survey (it should just take a few minutes!) we'd be so grateful.

Take the survey here

Bye for now!

That's all from me for now - the Easter break is just around the corner and the Mini Eggs are calling! I hope you have a wonderful time together during the holidays.

Another edition of Picture News for Parents will be published at the end of the Summer term, but in the meantime you can keep up with all-things Picture News on our socials.

And as always, any questions or feedback are welcome! Speak soon,

Katie, Editor
katie.n@picture-news.co.uk





In the news this week

An 82-year-old runner, Eileen Hieron, has shown that age hasn't stopped her trying something new. She only started running in her 70s and ran her first marathon at the age of 74. Since then, she has completed nearly 10 marathons and even won her age group at the London Marathon. This Sunday, runners from all over the world will take part in the 2026 London Marathon, and stories like Eileen's are inspiring others to think about whether it's ever too late to try something new.

Things to talk about at home ...

- > Have you ever tried something new that felt difficult at first? What helped you keep going?
- > Do you believe age should matter when trying something new? Why or why not?
- > Is there someone you know who has tried something new later in life? What have they done?
- > Why do you think people take part in challenges like the London Marathon?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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.

Date	Name of Event
29th April 2026	Outdoor learning session - Polecats
6th May 2026	Outdoor learning session – Bumblebees Class
W/B 11th May 2026	Year 6 SATs week
12th May 2026	Unit Trip to Colchester Castle
13th May 2026	Outdoor learning session – Ladybirds Class
20th May 2026	Outdoor learning session – Squirrels Class
W/B 25th May 2026	Half Term week
26th May 2026	SCS Football Camp
27th May 2026	SCS Football Camp / Creation Station Holiday Club
W/B 1st June 2026	2 week window for Year 4 Multiplication Check
2nd June 2026	Unit 1 Trip to Stonham Barns
W/B 8th June 2026	Year 1 Phonics Screen week
9th June 2026	Key Stage 2 Sports Day
15th June 2026	PFA – Father's Day present wrapping activity
17th June 2026	Early Years / Key Stage 1 Sports Day
3rd July 2026	PFA – Summer Fayre
7th July 2026	Summer Celebration event – parents and carers are invited to join us
10th July 2026	Rocksteady Concert
13th July 2026	Annual reports out to parents