



Attendance: - Attendance target: 97%

Our school... We are living through some strange and unprecedented times at the moment. I would like to thank the whole school community for pulling together in such an amazing way. As a staff, we have felt so well supported by you and we have all appreciated the messages of gratitude that have come our way. We have always been a wonderful school family and I hope these difficult times bring us even closer together. Stay safe and God bless you all, with love from Miss Southgate

for more educational news.

We have had a busy term so far in Year 2. The children have been learning all about 2D and 3D shapes in our maths. They have counted sides and vertices, drawn, made patterns and sorted 2D and 3D shapes.



We have also begun a topic on fractions looking at half, quarter, three quarters and thirds of numbers and objects.

In History we have started a new topic this term learning all about Boudicca and the Romans. The children discovered how the Roman Empire began to expand and the attempt of invasion from Emperor Claudius in 43CE. We learnt that life was generally peaceful to begin with, with lots of benefits brought from the Romans (e.g. greater chance for trade, Romans built roads etc). Unfortunately life did not stay peaceful and Boudicca led a rebellion against Roman forces in Britain. The children have written some incredibly powerful and passionate speeches in the role of Boudicca to her tribe and others to persuade them to join her.

'The Romans are horrible people who had humiliated me and my daughters. Me and King Prasutagus always cared for you and helped you and I will continue to help you but I need YOUR HELP THIS TIME! If you care about the Iceni tribe we need to give revenge to those nasty, cruel Romans who thought they were the most important people when they are not.' Sofia

'Iceni tribe, I stand here to tell you that we need to FIGHT the ROMANS! I know they are powerful but they are cruel, greedy and mostly untrustworthy because they stole the whole kingdom. We are the Celts and we will fight for our land! We are good fighters but you don't see that so bravely rise up and proudly defend but before we do this, you need to know that I'm doing this for you.' Sasha

In our science we have started a topic about materials and their uses. The children have had great fun exploring a range of materials and posing questions for us to investigate, hypothesis and record results for.



Exploring the properties of absorbent materials!



Performing a simple test making a hypothesis and recording results to find waterproof materials.

Our Gospel Values

- Courage
- Creativity
- Forgiveness
- Generosity
- Humility
- Joy
- Perseverance
- Stewardship

Executive Headteacher

Mrs Sandvig

Head of School

Miss Southgate

Our Classes

Rainbows Miss Aldous
Mrs Iannelli
Mrs Abbott

Class 1 Mrs Thackeray
Ms Borley

Class 2 Mrs Jones &
Mrs Smith
Mrs Tella

Class 3 Mrs Rafferty &
Mrs Silke-Cooper
Mrs Durston

Class 4 Ms Hughes
Mrs Tooke

Class 5 Mr Grimwood
Mrs Dowsing
Miss Tooke

Class 6 Mr McGill
Mrs Catalanotto

St Pancras New PTA (ParentTeacher Association)

Our first official PTA meeting was very successful. We would still welcome more parents to join so please do let Mrs Iannelli know and pass on your number if you are interested.

Our main focus is how we can raise more money for the school and what for ? Can we have more events ? How can we involve the whole school community and improve communication.

Everyone at the meeting was passionate about joining the PTA and taking actions. In just one week we have been donated a BBQ and PTA members have sent off for donations from large companies who are running grants for community/school projects. We have been donated bunting material from PTA Member, Kerry. Further bunting crafts donated—thanks to Kreative Bunting ! Our next big focus is the Summer Fete (pending). Some PTA members will start the sowing of the bunting soon while others are working on donations and stall ideas.

Watch this space ! We will update you when we have more exciting news on funds and projects for our school and children to benefit from. The current situation may change how quickly we can progress with things.

Thank you from all the PTA



U 11 MIXED TAG RUGBY FESTIVAL

Mr Grimwood took the Tag Rugby Team:

Alfie, Antoni, Kelenia, Logan W, Malaki, Sammy, Scarlett-Rose, Wil F, William L and Zyrus ,to the U11 Mixed Tag Rugby Festival on 9th March.

The scores were as follows:

Won v Dale Hall (A) 7-5

Lost v The Oaks 5 -4

Lost v Gusford (B) 4-2

Lost v Claydon 4-3

Fair Play Award: Malaki Hughes

DIARY DATES

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TERM DATES 2019-20

Spring Term

6th January -3rd April

Half-Term

17th—21st February

Easter Holiday

4th April-19th April

Summer term

20th April—17th July

Half Term

25th May—29th May

HIGHEST CLASS ATTENDANCE

On hold until we return!



Parent/Teacher Consultations
Unfortunately because of the
current situation, the Parent/Teacher
Consultations did not go ahead. Class
Teachers will be providing a short
report on each pupil, these will go out
to parents just before the Easter
Holiday.

Administrative Officer
Mrs Cork

Administrative Assistant
Mrs Ransom

Business Manager
Mrs Pettit

Caretaker
Mr Scopes

Midday Supervisor
Mrs Mikus

DATES AND EVENTS

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ANY DATES THAT YOU NEED TO BE MADE AWARE OF WILL BE PARENT MAILED.

Contact us: Stratford Road, Ipswich. IP1 6EF. Tel. 01473 742074 admin@st-pancras.suffolk.sch.uk

Visit our website for more updates- www.stpancrasschool.co.uk

ATTENDANCE

WHY IS IT IMPORTANT?

ABSENCE FROM SCHOOL

Children are required by law to attend school 190 days per year. The Government states that every pupil's attendance should be at least 95%.

How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

89% & Below
Drastic effect on
academic achievement

95% - 90%
Cause for
concern

100% - 96%
Excellent



LITTLE REMINDERS OF HOW TO

BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



★★ OFFER HELP ★★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY. I'M HERE FOR YOU'.



TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE IMPACT OF YOUR ~~WORDS~~ ACTIONS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

'#BEKIND'