



Ravenswood Rag



19/01/2024 Issue 5

Great to see you all at open classroom this morning.

Be Kind. Be Bold. Be Safe. Be You.

Today we are having a bleed kit installed for the community. This is a pioneering step to equip the community with the essential tools for first aid, specially designed to address bleeding emergencies. The strategically placed Bleed Kit contains vital supplies, including bandages, tourniquets, and other life-saving equipment, ensuring the community is well-prepared to respond effectively to unforeseen incidents. The safety of our school community is paramount. Installing this Bleed Kit is a proactive measure to enhance our emergency preparedness and response capabilities. We believe that being well-equipped is key to maintaining a secure and supportive environment.

School Lettings We are pleased to announce that the opportunity to use the school for lettings will be available once again soon. We have already received enquiries and if you know anyone who may be interested in using our facilities, please get them to contact us on admin@rcpschool.org.uk.

Attendance

You may have seen in the news, that 28% of parents interviewed in a You Gov poll believe that the recent pandemic showed that it is not essential for their child to attend school every day. In response to this, the Shadow Education Security, Bridget Phillipson, stated that 'it is important to remind parents of their legal duty to send children to school every day even with minor mental or physical illness such as coughs or anxiety.' She also stated how, 'families play a big part in children's attendance.'

Who can I speak to if I am worried about my child's attendance?

Is my child well enough to attend school? If you need advice on illnesses, ask the school office or the Attendance Officer who use the NHS website for guidance. With many illnesses, children can still attend school. If your child has been prescribed antibiotics, these can be administered, by our office staff.

Friendship worries: If your child is having friendship troubles, speak to the class teacher, so that problems can be quickly resolved.

Concerns about mental health: If you are concerned about your child's mental health, contact Claire Hallett, our Family Support Worker. She has access to many resources and outside agencies who can further assist.

The Government classes children with attendance under 90% as persistent absentees. If your child's attendance falls below 90%, you will receive a letter from school, informing you of your child's attendance figure. We are keen to work with you and your child to improve attendance. You may be invited to school for a meeting to discuss ways to achieve a higher attendance figure. This meeting is supportive. It is an opportunity to discuss any barriers to attendance and ways that school can help you and your child overcome these.

School Meals – A Message from Carol

Please remember to book your child's school meals online, this really helps the teachers and saves them a lot of time in the mornings – which means more time for learning!

Breakfast and After School Club

We are thrilled to say that the breakfast club and after school club will be hosted in the community room from Monday 29th January 2024. Please be mindful of the parking and use the layby by the main entrance.

Enrichment Clubs

Our enrichment clubs for the Spring term started this week. These will run until 15th March. If your child did not get a place on a club this term please email the office on admin@rcpschool.org.uk so that we can add them to the reserve/wait list – we will then do our best to prioritise and allocate places on clubs for the Summer term. *Please note, this also depends on which clubs will be running.

Monday Boys Football Years 3, 4, 5, 6 with Mr Taylor

Tuesday Dodgeball Years 5 & 6 with Mr Taylor

Tuesday Craft Years 4, 5, 6 with Ms Fowler

Wednesday Nature Years 3 & 4 with Ms Oxley

Wednesday Girls Football Years 3, 4, 5, 6 with Mr Taylor

Thursday Junior Sports Years 1 & 2 with Mr Taylor

Thursday Choir Years 2, 3, 4, 5, 6 with Mrs Kent



Congratulations

Baby Astrid arrived on Christmas Day! Congratulations to Mrs Ritchie and her family.



PHSE/RSE

Miss Jones is very keen to share the teaching materials for our PHSE and RSE curriculum. If parents have any questions or want to view resources, then please book an appointment via the office.

Bikeability (Cycling Proficiency!)

Some of our year 5 children have been completing their Bikeability course this week. The children are really enjoying this despite the cold! Bikeability is the governments national cycling training program.

We have had great feedback from the instructors. 😊

Our Rainforest Room

This week in Rainforest room we have been learning about continents, naming them, and singing songs. We have made our very own world map with the continents (our animals are touring different places) 😊 We have been finding out facts about Kenya and digging out dinosaur fossils!



Wise words from Kim Youpa – Our School Councillor

The benefits of being grateful. The word gratitude is derived from the Latin word, gratia, which means grace, graciousness or gratefulness. The definition is “the quality or feeling of being grateful or thankful” – the expression of that gratitude in word or deed.

People who take time to think about, write down or even take a photo of what they are grateful for in the everyday or people who expressed gratitude for someone else’s kindness were happier, exercised more and had fewer visits to the doctors.

Being grateful creates a real sense of joy within and is good for your health, look at what you have and choose to be intentionally grateful, you will feel better. 😊

Beat the Street, the free, fun, wellbeing-based competition is coming to Ipswich from **14th February 2024 to 27th March 2024!** This initiative is being delivered by **Intelligent Health** in partnership with **Suffolk County Council**. Visit the [website](#) to learn more about Beat the Street.



What is Ravenswood Primary School junior parkrun?

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds). Nearby Saturday parkrun events can be found [here](#).

When is it?

It is held every Sunday at 9:00am.

Where is it?

The event takes place at Ravenswood Community Primary School, Ravenswood Avenue, Ipswich, IP3 9UA. See [Course page](#) for more details.

What does it cost to join in?

Nothing - it's free! but please [register](#) before you first come along. Only ever register with parkrun once and don't forget to bring a **scannable** copy of your barcode ([request a reminder](#)). If you forget it, [you won't get a time](#).

We're friendly!

junior parkrun



Suffolk County Council, Ipswich, Healthy Suffolk, The University of Suffolk, Sport England, Intelligent Health

Beat the Street is being delivered by Intelligent Health in partnership with Suffolk County Council, Ipswich and East Suffolk Alliance, and Ipswich Borough Council. It is funded by Suffolk County Council and the National Lottery via Sport England.

Visit new places, have fun and win prizes!

Check out your dashboard to see what awards you have earned and which ones you can still play for. You can play using cards or our Beat the Street App (age 13+!)

How to play

- 1 Create your Beat the Street account on our website at [beatthestreet.me/ipswich](#) or by downloading our Beat the Street App via Google Play or the App Store.
- 2 Add family members, and register a card to player profiles. Set up a team or join an existing one.
- 3 Start your journey. Find your nearest Beat Box using a paper or digital map and hover your card at the contactless Beat Box until it beeps and flashes. If playing with the app, tap the Beat Box icon on your phone and swipe to collect points.
- 4 Visit 2 Beat Boxes within an hour and collect 10 points for each Beat Box – this is 20 points for the journey.
- 5 Carry on your journey. Score 10 points for each extra Box you visit.

By playing with the Beat the Street App you can get access to exclusive features! Collect Gems, choose an avatar to represent you and raise the competition with our team leaderboards. There is so much to discover!



Be the reason someone believes in good people.

Banana Bread
Ingredients:
140g self-raising flour
140g caster sugar
140g butter
2 large eggs
2 medium bananas (mashed)
1tsp baking powder

1. Set the oven to 180° (or 160° for fan ovens).
2. Combine flour, baking powder, sugar, butter and eggs.
3. Then fold in the bananas.
4. Put into a 2lb loaf tin or 20cm tray bake.
5. Pour the mixture into the prepared tin and bake for about 50 mins, or until cooked through. Check the loaf at 5-min intervals from around 30-40 mins in the oven by testing it with a skewer (it should be able to be inserted and removed cleanly), as the time may vary depending on the shape of your loaf tin.

Well done to everyone who took part in our environmental project.

Eco-warrior prizes

Year 4

4JF-Lacie D

Year 5

5LB-Delia P

5LB-Hubert K

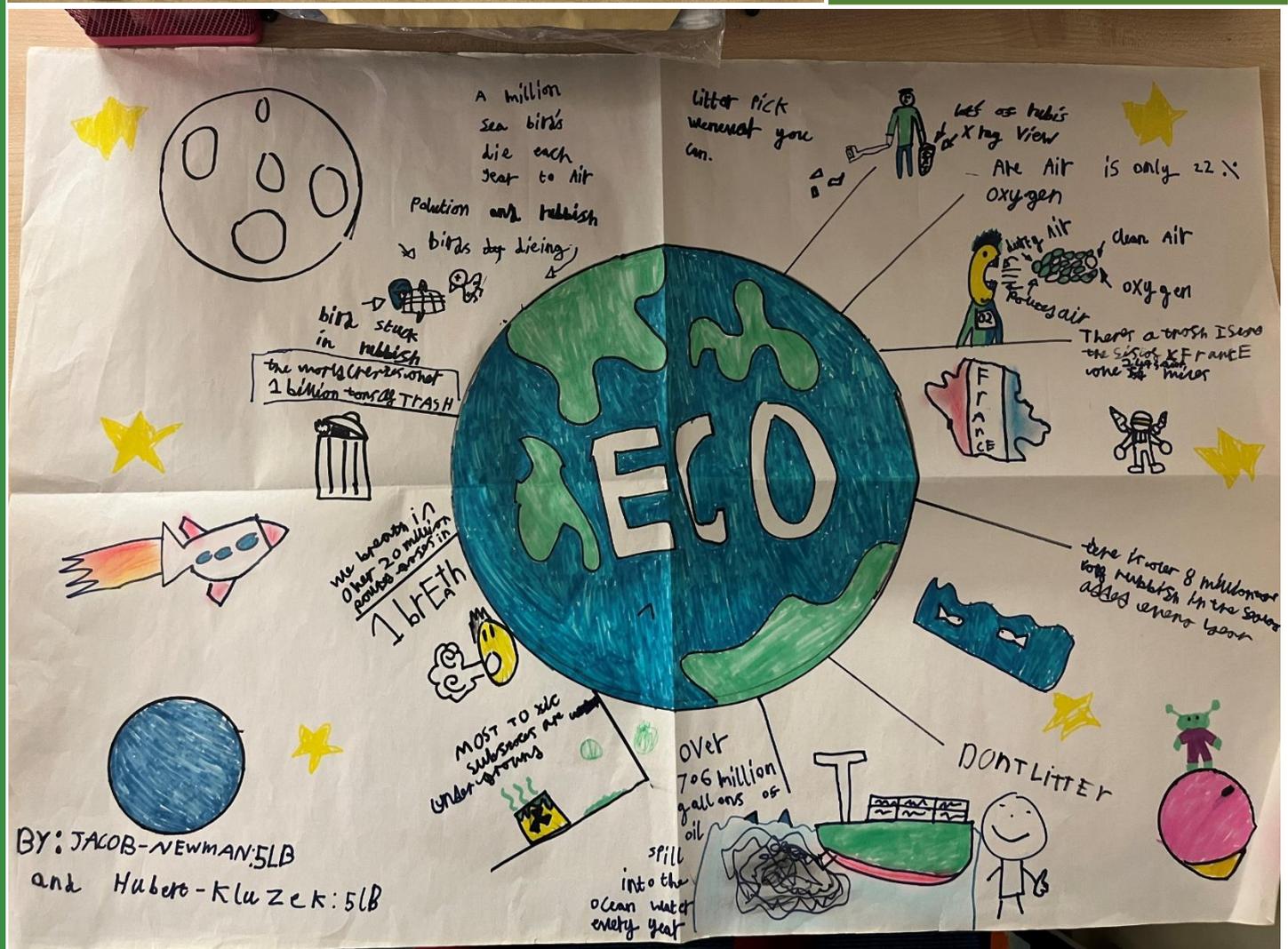
5LB-Jacob N

5GG – Gracie F

Year 6

6SM-Adam P

6SM-Adam H



Roof Update

Thank you for your ongoing patience with our roof work. A progress meeting took place this week to discuss the delay of the roof work and from this meeting we have ascertained that we are able to use the community room now.

Regarding the delays, there have been issues with the original build and the APEX roofing design. Changes have had to be put through to building control and this unfortunately takes time to be approved. On top of this, there have been unforeseen works on the roof. There will be works ongoing into the February half term and a progress meeting before this to discuss how long after the half term. We have expressed our concerns and are pushing for completion, but the safety of our children is paramount and we must therefore remain patient.

