



St Louis Catholic Academy News for Lent 2025



LENT 2025 AT ST LOUIS

We are preparing for Lent, a special time in school each year. This Lent, we welcome Bishop Peter to celebrate Mass with our school and families. You are all invited to join us. Bishop Peter will officially open our Sisters of St Louis Wellbeing Hub and Sister Blanaid will represent the Sisters, who have funded this room as a wonderful legacy following their religious order leaving Newmarket. Also this month, we welcome you on our Walk of Witness around town as part of Jubilee 2025 Pilgrimage of Hope. As usual, our Lent fundraising will go to Cafod to help fund global poverty.

Finally, a huge thanks to all our wonderful children and staff team who completed the recent two-day Ofsted inspection calmly and were welcoming to our visitors. We will share their findings soon.

God Bless

Sue Blakeley, Headteacher

DATES FOR YOUR DIARY 2025

Everyone is Welcome

Lent 5th March: Ash Wednesday Parish Mass **All Are Welcome**

Lent Mini Vinnie Quiz available at the Office Reception

Thursday 6th March: World Book Day (children please wear pyjamas and bring an age appropriate bedtime book)

Launch of Science Week with live science shows in school.

Monday 10th March—Children Dress as Scientists

Wednesday 12th March Cafod Fundraiser Hot chocolate 50p (please order by 11th March)

Thursday 13th March Pilgrims of Hope Walk of Witness in Jubilee 2025 circuit around school and church : All families and parishioners are invited

Wednesday 19th March Cafod Fundraiser ice cream (please order by 18th March)

Friday 21st March – Mass in Church led by Bishop Peter at 11am followed by a blessing of the Sisters of St Louis Wellbeing Hub **All Are Welcome**

Monday 24th March non-uniform day– please donate an Easter Egg for the Easter 20p raffle

Tuesday 1st April Seder Meal for UKS2

Wednesday 2nd April Little Louis Toddler Session in Nursery

22nd to 23rd April Year 4 Visit to Burwell House with overnight stay

24th April 2025 at 9.15am – Whole School Mass for Summer Term Mass in Church **All Are Welcome**

Friday 2nd May Class Photos being taken in School

Thursday 8th May at 9.15am UKS2 Mass in Church with families

Year 6 Leavers Mass July – (date to be confirmed after secondary schools confirm transition days)

LKS2 Phase Mass in school with families – Spring Term date to be confirmed

Thursday 26th June Bedtime Read and Pizza Supper 5.30pm to 6.30pm

KS1 Phase Mass in school – Summer Term 1 date to be confirmed

Yr 6 Residential 9th to 11th July to

Overstrand, Norfolk



Library
Opening



Wednesdays 3.30pm to 4pm

Take a book home to read with your



Join us on
5th March for Ash
Wednesday Parish
Mass in church at
9.15 pm. Everyone is
welcome.



Book your
school meals
cooked fresh by
Victoria and her
team daily.

To view the
menu, visit the
school website:

[St Louis Catholic Academy - School Meals](https://www.stlouiscatholicacademy.co.uk)

Year	Monday	Tuesday	Wednesday	Thursday	Friday
SP	Spaghetti Bolognese with cheese sauce and garlic bread	Spaghetti Bolognese with cheese sauce and garlic bread	Spaghetti Bolognese with cheese sauce and garlic bread	Spaghetti Bolognese with cheese sauce and garlic bread	Spaghetti Bolognese with cheese sauce and garlic bread
Inf	Spaghetti Bolognese with cheese sauce and garlic bread	Spaghetti Bolognese with cheese sauce and garlic bread	Spaghetti Bolognese with cheese sauce and garlic bread	Spaghetti Bolognese with cheese sauce and garlic bread	Spaghetti Bolognese with cheese sauce and garlic bread
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We have a few spaces!
Please tell your friends. We have spaces in some years.
Please enquire now & tell others. You can join Nursery on the term following your 3rd birthday.

We are an inclusive Catholic school, welcoming of all children.





**TOGETHER WE CAN
DO SO MUCH**

Email pta@stlouisacademy.co.uk for more info on how you can help raise funds so we can provide more opportunities for our children.

Thursday 27th March 2025

PTA Plant Sale

For a second year, we invite everyone to bring in plant donations on the morning of 27th March 2025 which will be on sale after school. Plants should be dropped off at the school gates. This is an

opportunity for plant lovers to swap their plants and for those of us who are not gardeners to start growing! The plant sale is at the end of the school day, all proceeds will go towards PTA funds.



St Louis's PTA is part of the new Stronger Starts Contenders scheme at Tesco, Newmarket

Please use your blue shopping tokens in the Tesco charity box when visiting the store. We are competing with two other local charities to win £1,500, £1,000 or £500, so it really makes a difference. If you cannot find the blue tokens in store, please ask for one. This ends on 31st March. Thank you.

Our next PTA meeting will be in the teaching kitchen after drop off on Wednesday 19th March. Everyone is welcome.

Little Louis Toddler Drop In 2nd April 2025

Stay, play, chat and mix with other families and young children. Babies are most welcome. This is a great way to introduce your children to St Louis School.



Free School Meals

You may be eligible for funding for a hot lunch. In addition, school may access funding through Pupil Premium Grant. The pupil premium is extra money for schools to help disadvantaged pupils of all abilities achieve their full potential. School receives £ 1,480 towards extra support for eligible children. When you are eligible for free meals, this grant is also given to school. All children in Reception up to Yr 2 may access a free hot meal. However, only those applying through Suffolk for Free School Meals will trigger the additional funding to school. There is an online checker available on the Suffolk Website to see if you are eligible.

[Apply for free school meals - Suffolk County Council](#)

St Louis Sports Stars Through to the County Final

Our amazing Year 5 and 6 came 5th out of over eighty schools across Suffolk.

We are so proud of them all and of Mrs Weston-Mann for being a brilliant coach throughout the preparation.



Ms Baxter 's Message to Families



We are eagerly awaiting the arrival of Ms Baxter's baby but she asked me to make everyone aware that she plans to return to school and has not left St Louis for too long.

We wish her happy times with her new baby and we will include a photo in the next newsletter.



VOLUNTEERS NEEDED

NEWMARKET PONY ACADEMY

- Do you enjoy interacting with children?
- Are you able to lead a pony?
- Are you over the age of 16?

FOR MORE INFO

Phone
01638 501820

Email
npa@brs.org.uk





Lent Fundraisers

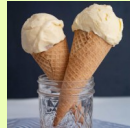
Mini Vinnies Quiz
(Quiz on sale at the
office Reception)



Hot chocolate sale 12th March 50p



Ice cream sale 19th March 50p



**Non Uniform Day Monday 24th March—
please donate an egg to the Easter Egg
Raffle. Egg prizes will be shared across
every class.**

**Easter Egg Grant Raffle Friday 4th April—
tickets for 20p are on sale from Monday
24th March**



13th March 2025

Pilgrims of Hope Walk

You are warmly invited to join the St Louis school children for a short 'Walk of Witness' around Newmarket on Thursday 13th March. They will be leaving the school at 1:30pm from the school gate on Rayes Lane (opposite the gate into Waitrose car park) and will be doing a short loop down Rayes Lane and The Watercourse, before heading back down past The Racing Centre towards Church. They will then be walking back down Rayes Lane to school again. The hope is to share some hope and joy during this Jubilee Year of Hope as well as form part of CAFOD's 'Big Lent Walk', which has set the challenge of walking 200km in 40 days! Can you help them reach this goal with walking just 1km with us as a parish family? If you are unable to partake, we would love to see as many of you as possible as we walk past the church!

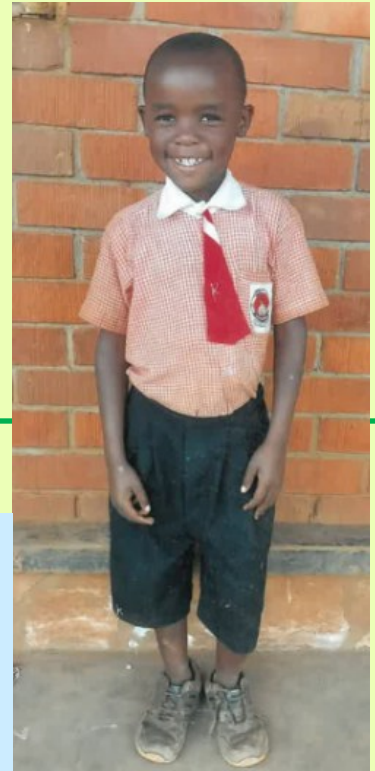


Join us for Mass in church at 11am on Friday 21st March, celebrated by Bishop Peter. He will bless our Sisters of St Louis wellbeing Hub following this Mass. Please let us know if you would like to join us afterwards for homemade soup and bread. (admin@stlouisacamy.co.uk)

St Louis Fundraise for Patrick

Thank you for your support in raising funds through a non uniform day in February. We are able to fund Patrick in school for another year.

[Home](#) | [EVC Uganda](#)



Horse Safety

Please take care crossing Rayes Lane and Fordham Road.

The new barriers along Rayes Lane and the recently installed traffic lights are designed to improve safety for horses and pedestrians. There are still some concerns about drivers being focussed on traffic signals and failing to notice people and horses.

Please send highway concerns to:

Suffolk County Councillor Andy Drummond

Andy.Drummond@suffolk.gov.uk

West Suffolk Councillor Sue Perry

sue.perry@westsuffolk.gov.uk



Our Parish Contacts

Our Lady Immaculate & St Etheldreda Newmarket

Warmest Welcome to our Parish, Our Lady Immaculate & St Etheldreda. Newmarket is not only full of horses but also people filled with love and kindness. You are welcome to visit our Parish to feel God's grace and experience hospitality of the Parishioners. If you are new to the Parish please introduce yourself to us. Blessings to all who visit us. With love.



Our Parish Priest: Father Leo Michael Marianu



Father John Morrill



Deacon James Hurst

Online Safety



PCSO Bill Butcher visited school last week to speak to children about online safety and how KS2 children can ensure that they deal with difficult situations that they encounter. Our school PCSO drops in to see children regularly and so he is a familiar face to them.

Subjects covered included online bullying, cyber crime and password security.

This is the third visit following on from County Lines and Substance Abuse talks. School reinforces this messaging in PSHCE



Sponsor a Planter for Spring



Please can you take home an empty hanging planter, fill it ready for Spring and return it to school ready for us to enjoy? Alternatively, please send us the soil and plants for our Year 6 children to fill our planters. We also welcome seeds, especially vegetables to start off the growing season. We have many trees around our grounds but few fruit trees. We'd love some for the prayer garden. Thank you.

New St Louis RE Forum Takes Shape

To find out more, use your class WhatsApp link to connect to the new St Louis RE Forum WhatsApp group.



British Science Week

Mrs Blakeley and Mrs Masters have booked some great activities and speakers for this year's science week.

Thursday 6th March

Live Science Show for all year groups (including Nursery)

Monday 10th

Dress as a scientist—non uniform day

Mr Millyard talks to children in groups from Reception to Year 6 about robotics, including a live demonstration.

Tuesday 11th

Mr Richardson teaches KS2 in groups about how to extract DNA from strawberries with live demonstrations.

Thursday 13th March

Dr Scoones talks to groups in Reception to Year 6 about bodies, health and stages of development.

Friday 14th

Mrs Piorkowska talks to UKS2 about her work in pharmaceuticals and the food industry with the opportunity to sample food flavouring.

We are very grateful to all of our speakers

Useful links to help you to get involved at home:

[Smashing Stereotypes: The profiles - British Science Week](#)

The free activity packs for British Science Week 2025, which will take place between 7 to 16 March 2025, are available to download now! You'll find activities for children and young people from under 5s to around age 14, and activities for community groups.

The theme for 2025's packs and poster competition is '[Change and adapt](#)', and the packs provide fun and engaging ways to introduce this theme to the children.

The packs, created with the support of UK Research and Innovation, includes a wide range of fun, hands-on activities, and loads of useful information about running [CREST Awards](#).





Digital Detox in Lent

Think back to your childhood. You may not have spent as much time on your phones as we are now seeing in our young primary aged children. Today's children don't know a world before the internet, and many of them are even developing technology dependencies before they're 3 years old.

Although digital devices are immensely helpful, they can also hinder development. It's important for children to have a firm grasp of reality and understand that the digital world may be limitless, but the real world is where life truly happens.

Whilst spending more time away from their online world, they may need help finding alternative activities and recognising that others in their family are offline too.

The thought of switching off your child's tablets or smartphones might be scary. You may have grown comfortable with them sitting in front of a screen.

Digital detox is a big change, but it has tons of benefits that make it well worth the initial discomfort. The most important thing is to make sure you recognise the many benefits of technology whilst taking a break from it. You could focus on how amazing it is to do fun things offline, like playing games, sports, and discovering new hobbies.

Focus less on what you're taking away and what you're giving to your children instead. This is where a successful detox is made or broken — you have to have activities planned that will prevent boredom and make the transition from screens to real play time exciting.

Set Clear Boundaries: For some families, a mini detox is a good start. In some cases, they can't even avoid tech entirely, so they set time limits instead and even set reminders on phones and devices, so they know when it's time to log off.

Lead by Example: Make sure you're talking the talk! Don't encourage screen-free time among your children but sit scrolling through social media. A digital detox can be a great family commitment that leads to a better mental health for everyone.

Implement Regular Detox Periods: Consider going without screens for a few hours every evening for bed or having device-free days. Weekends make the perfect opportunity for the household to go on an adventure together rather than lying around on their phones and computers.

Friendships

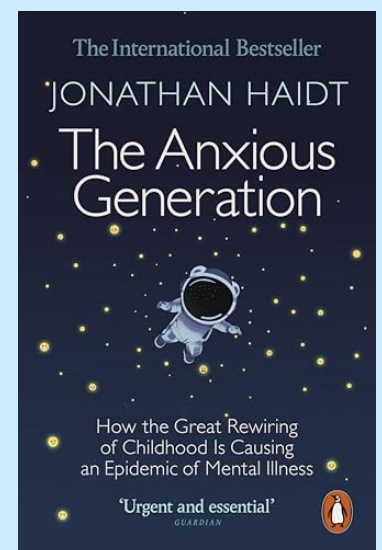
You could invite a friendship group to set similar boundaries and have Lenten detox as a group. [Digital Detox for Kids: Helping Children Unplug and Thrive](#)

[Tips on how to have a digital detox - BBC Teach](#)

[How to Unplug your Child: Tips and Activities to Reduce Screen Time | Mumsnet](#)

[The Anxious Generation by Haidt, Jonathan: As New \(2024\) | GreatBookPricesUK](#)

[Raising Children – Sharing Parenting](#)



School Governors

	Remit	Appointed By
Bethan Byrne bethanbyrne@stlouisacademy.co.uk	Co-Chair Health Safety	Parents
Marc Walker marcwalker@stlouisacademy.co.uk	Co-Chair	Diocese
Kofi Atuah kofiatuah@stlouisacademy.co.uk		Diocese
Jennifer Balmer jennybalmer@stlouisacademy.co.uk	SEND Vice Chair	Diocese
Sue Blakeley (Headteacher) sueblakeley@stlouisacademy.co.uk	-	-
Charles Dore charlesdore@stlouisacademy.co.uk	None	Diocese
Fr Leonard Michael	None	Diocese
Ann Sugrue annsugrue@stlouisacademy.co.uk	RE	Diocese
Emily Burbridge emilyburbridge@stlouisacademy.co.uk	Safeguarding & Attendance	Diocese
Kiri Wyatt senco@stlouisacademy.co.uk	-	Staff

Crossing Rayes Lane and Fordham Road Safely

Where there is a pavement or footway, use it. Take care when crossing cycle and horse lanes on the road. Cyclists may be travelling quietly but can be faster than other traffic. If you are looking after someone younger than you, always hold their hand when on the road.

Remember to look both ways.

1. Find a safe place to cross.
2. Stop just before you get to the kerb.
3. Look all around for traffic and listen.
4. If traffic (horses too) are coming, let them pass.



Rollerblading, scooting or skating

When rollerblading, scooting or skating...

Make sure you do so safely and without causing a nuisance to others.

- Use the pavements, and where possible use playgrounds, parks or special areas provided.
- Avoid busy areas and always take care near other pedestrians, particularly young children and the elderly.
- Look out for signs – rollerblading, skating or scooting may be banned on certain pavements and in certain areas.

Do not rollerblade, scoot or skate across the road. If you need to cross the road hold onto your scooter or skateboard and walk across the road. Always use the **Green Cross Code** when crossing.

