

Marish Academy Trust Newsletter

Issue 54 - Sept 2023

Message from the Senior Leadership Team

It is wonderful to see how well the children have settled back into school life. The classrooms are busy and the children are engaged in their learning. So far, Year 6 has enjoyed participating in a Greek workshop experience and Year 2 has had the opportunity to visit The Curve in Slough. There are a number of trips and experiences planned for the rest of this term so be sure to keep a check on your emails for more information.

I would like to take this opportunity to welcome all of our new parents and children in Reception and Nursery as well as those who have joined us in other year groups. We are proud to have you as part of the Marish and Willow community!

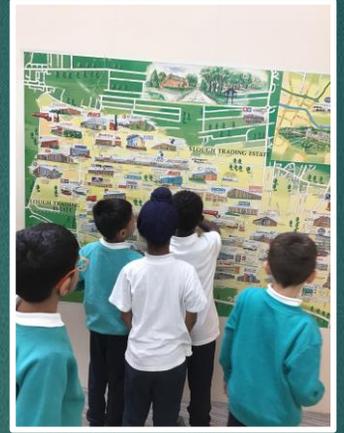
Mrs Howe



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Year 2 – Trip to Curve



Year 2 had a memorable time at The Curve's Slough Museum! They explored 8 pods filled with facts and artefacts about Slough's history. From Woolly Mammoth remains to Mars chocolate bars, they uncovered fascinating stories.



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Children University Graduation



The children had a fantastic time at the much-awaited Children's University graduation ceremony. They were honoured with bronze, silver, and gold awards.



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Erin's Act of Kindness



Erin donated 43cm of her hair to the Prince's Trust to create wigs for children fighting cancer. She is also raising funds for GOSH as a heartfelt thank you for their support. Currently, she has raised £1,125 🌸.

If you would like to sponsor her, please visit <https://www.justgiving.com/page>
Your support means the world!



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Parent Workshop Menu

All workshops will take place in the school hall. Pupils are welcome to attend with their parents and there is no requirement to reserve a place, all parents are welcome.

Date	Session	Staff Lead	Venue
18/10/23	Writing workshop	Mrs Dowlut and Ms Page	Willow main hall at 8:45am
19/10/23	Writing workshop	Mrs Dowlut and Ms Page	Marish main hall at 8:45am
31/10/23	Maths: Calculations	Miss Stroud and Mr Fuller	Willow main hall at 2:00pm
1/11/23	Maths: Calculations	Miss Stroud and Mrs Ommer	Marish main hall at 2:00pm
4/12/23	Phonics	Mrs Imtiaz	Marish main hall at 8:45am
6/12/23	Phonics	Mrs Imtiaz and Miss Stroud	Willow main hall at 2:00pm

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Attendance

Marish

Sept 2023

Reception: **96.96%**

Year 1: **95.71%**

Year 2: **93.21%**

Year 3: **95.37%**

Year 4: **93.65%**

Year 5: **95.55%**

Year 6: **93.88%**

Target: **96%**

Willow

Sept 2023

Reception: **92.76%**

Year 1: **94.39%**

Year 2: **97.72%**

Year 3: **96.21%**

Year 4: **95.52%**

Year 5: **93.83%**

Year 6: **96.78%**

Target: **96%**



This month's
100% attendance
reward is
popcorn!



Below 90% Serious Concern
Drastic effect on academic success

95- 90% Cause for Concern
Negatively affecting academic success

100%- 96% WELL DONE
Achieving full potential

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Parent Notices

Timings of the School Day

Soft start is from 8:15am for all year groups.

SEN Unit:	Doors open from 8:15am to 8:45am and then at 3:00pm
Nursery:	8:00 – 11:00am and 12:00pm – 3:00pm
Nursery full time (Marish)	8:30am – 2:30pm
Reception:	8:30am – 3:00pm
Year 1 and Year 2:	8:30am – 3:00pm
Year 3 and Year 4:	8:30am – 3:10pm
Year 5 and Year 6:	8:30am – 3:10pm



School Grounds

Please do not bring bikes or scooters of any kind onto the school grounds at any time. Dogs are not allowed on site.

Water Bottles



Children should bring in a water bottle every day, with their name clearly labelled on the bottle.

No Peanuts

Please do not bring nuts of any kind. We are a nut free school.



Lost Property

The lost property box in the playground is emptied weekly. Please check for any items that your child has lost. Unclaimed items will be taken to charity.

PE Kit

Please ensure your child comes to school wearing their PE kit on the days they have PE. PE Kit consists of T shirt, shorts, joggers/tracksuit bottoms, jumper and trainers.

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Healthy Lifestyle

VEGETABLE IDEAS

HELP! MY CHILD WON'T EAT VEGIES!

Vegetables are full of nutrients and fibre. An easy rule to remember is the more colourful the veggie, the better it is for your child!

An important first step if you want your child to eat their vegies is to make sure they see YOU enjoying your vegies on a regular basis at home. Children are quick to pick up if you don't like something or are avoiding eating something, and may often imitate your eating habits!



Tips to help get more vegies and goodness into kids:

- Offer vegies in a positive, casual way and believe your child will enjoy them. They may not of course, but it's best to start out by thinking positively!
- Children's food preferences can change very quickly. Keep offering small amounts of disliked vegies, as the more familiar it is, it may lead to them accepting it. Serve bigger quantities of their favourite vegies
- Cook vegies just until tender or crisp by steaming, microwaving or stir-frying them. Don't overcook them so they're soggy. Over-cooking can make vegies' taste, texture and smell unpleasant, and makes them lose their goodness.
- Raw vegies like pepper strips, peas in the pod, cucumber, bean sprouts and tomato wedges are often the most popular with kids as they make great finger foods.
- Mini muffins with grated vegies are a yummy way of getting some vegies into kids!

Reference: Tasmanian Family Day Care, Fun Food: Help! My child hates vegetables, 2003.

DRINK IDEAS

Cool (and Hot) Drinks for Kids

- Water – it's the best!
- Low fat milk – for healthy bones and teeth!
- Low fat milkshakes – nutritious!
- Fruit Smoothies – fruit and low fat milk!
- 100% fruit juices with no added sugar or self-squeezed orange juice – dilute it with water and drink only once a day (at the most)
- Self squeezed orange juice – yum!
- Warm low fat milk with Milo – mmmmm!



Reference: Queensland Health, What is better food?, 2002 adapted from Podemelon Press, There's more to food than eating, Food foundations for children birth to eight years, 1999

HEALTHY LUNCHBOXES IDEAS

SIMPLE SUMMER LUNCHBOX FILLERS

Stuck for summer snack ideas for kids' lunchboxes?

Why not try some of these suggestions?

- Vegetable or bread sticks (e.g. carrot, celery, beans) with different flavoured reduced fat dips like Skinny Tzatziki or extra light cream cheese.
- Air popped popcorn
- Rice cakes with cottage cheese.
- Rice crackers or Pita chips with mild salsa dip.
- Fresh fruit – try fruit whole, cut into wedges or as fruit kebabs on paddle pop sticks, chilled or frozen.
- Homemade fruit muffins or raisin/fruit toast.
- Scoones with cheese and vegies (courgette or carrot), or sultanas/dried fruit.
- Snack-sized tub of reduced fat yoghurt (plain or fruit flavoured).
- Hard-boiled egg.
- Cubes, slices, shapes or wedges of reduced fat cheese with wholemeal crackers.



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Holiday Club

MARISH ACADEMY TRUST

MARISH PRIMARY SCHOOL

Tel: 01753 819900,

post@marishandwillow.co.uk.

www.marishacademytrust.co.uk

Executive Headteacher: Mrs H G Denham B.A., M.Ed. Headteacher: Miss A Court B.A., NPQH

Deputy Headteachers: Mrs L Howe, Mr D Sinclair, Mrs N Gentles, Miss E Dowe, Mrs S Quadir

WILLOW PRIMARY SCHOOL

Tel: 01753 551854,

officewillow@marishandwillow.co.uk



September 2023

Dear Parent/Carer

We will be running a holiday club during the October half term for any children aged 5 and over. The Holiday Club will be open from Monday 23rd October to Friday 27th October from 8.30 am- 4.00pm
This Club will run at Marish School.

The costs are:

£25.00 per day per child

£35.00 per day for two children

£45.00 per day for 3 children

£55.00 per day for 4 children

Please provide your child with a packed lunch

The numbers will be limited so please return the slip as soon as possible. It is important that the slip is returned with the days requested as we have to make sure that we have the correct staff – children ratio.

Full payment must be paid on ParentPay by Friday 13th October and is non-refundable.

The children will have lots of activities that they can participate in including cooking, art & craft, dance, fun sports etc.

Any questions please ring the office number and ask for Mrs Beard.

Yours sincerely

S Beard

Sharon Beard

Holiday Club Manager

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E-Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+



WHAT ARE THE RISKS?

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe - with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends - but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score), Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body-image expectations - creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely - but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.

DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up - and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life - especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

<https://help.snapchat.com/privacy/privacy-center/2023/08/2023-08-20?ref=MyAI> or <https://www.snapchat.com/terms-of-use> | <https://www.nos.gov.uk/what-we-do/what-we-do/what-we-do> | <https://www.nos.gov.uk/what-we-do/what-we-do/what-we-do>

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What Parents & Carers Need to Know about

▶ YOUTUBE ▶

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Godwin (a.k.a. Lunacwif) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunacwif Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

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Some Useful Information



Come and try all our instruments for FREE!

Just turn up on Saturday 21st October

10.30am-12.30pm at our

Reading Music Centre, Stoneham Court,

100 Cockney Hill, Tilehurst,

Reading, RG30 4EZ

admissions@berksmusictrust.org.uk