

Marish Academy Trust Newsletter

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Message from Mrs Denham & Miss Court

The Autumn term of 2023 is ending and another year is almost over, too. We don't know about you, but for us at Marish and Willow, this is the first Christmas since the pandemic, when relative normality has been restored. Gone are the masks and sanitiser (mostly), replaced by the Christmas singing, sparkly lights, silly hats and jolly costumes.

And yet, this is still a season of change. 2024 will bring a new Chief Inspector of schools, almost certainly a raft of changes to the Ofsted framework and (probably more significant to most of you), very likely a change of government. So this Christmas season, whatever the challenges that lie ahead, let's be thankful for the gifts of family and friends, community and opportunity.

Change always comes bearing gifts, so let's just take a moment this holiday, to make the most of the magic of Christmas restored.

Mrs Denham and Miss Court



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EYFS Productions



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Year 1 & 2 Productions



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Year 3 & 4 Performances



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Year 5 & 6 Performances



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SEN Unit Performances



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Festive Stay and Play



The nursery children enjoyed the festive Stay and Play sessions with their families. They delighted everyone by singing their festive songs. There were activities for them to show their creativity to their family. What a wonderful time they had.



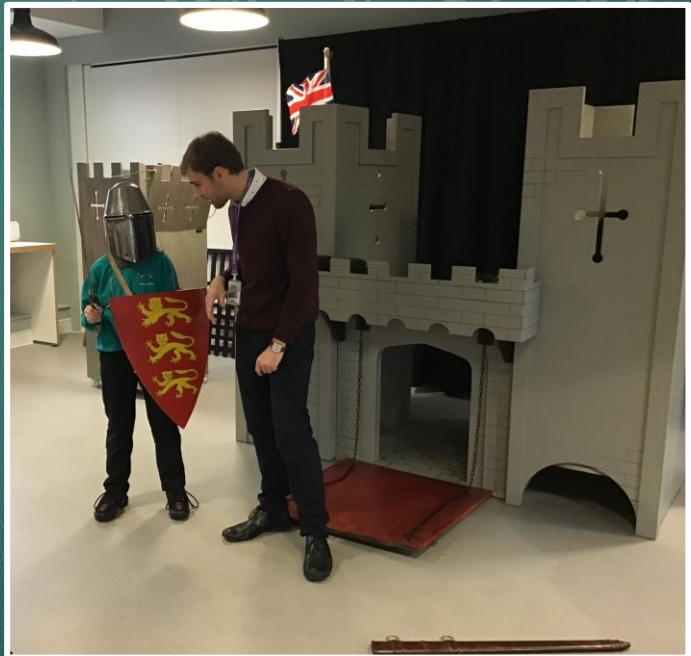
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Year 5 - Windsor Castle Trip



Year 5 visited Windsor Castle. They enjoyed Queen Mary's Dollhouse and the State Apartments. The children also learned how people defended themselves in a medieval castle.



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Year 6 – History Museum Trip

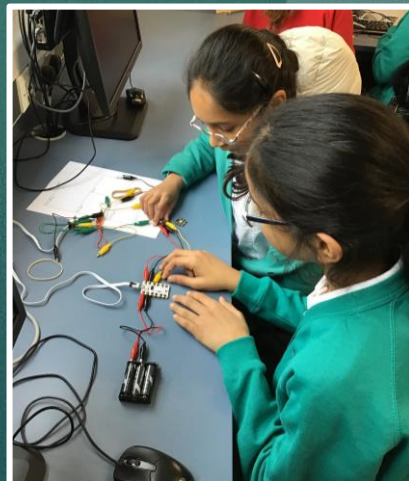
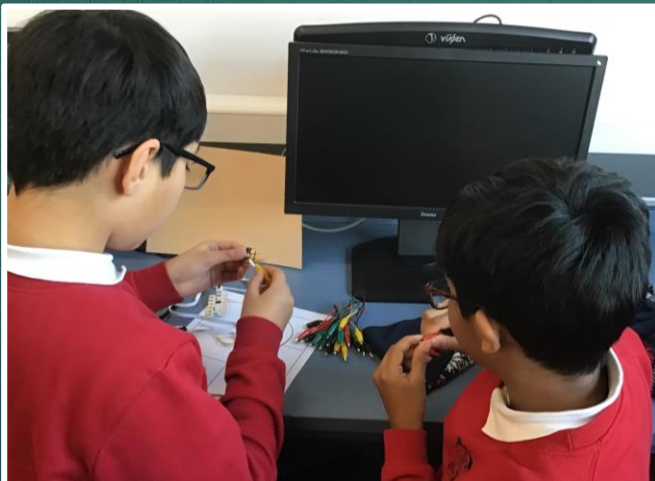
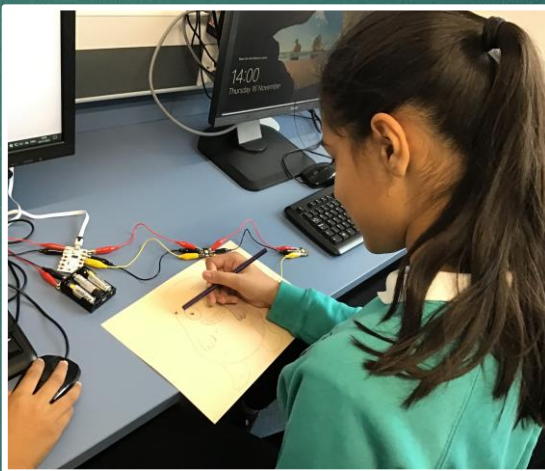
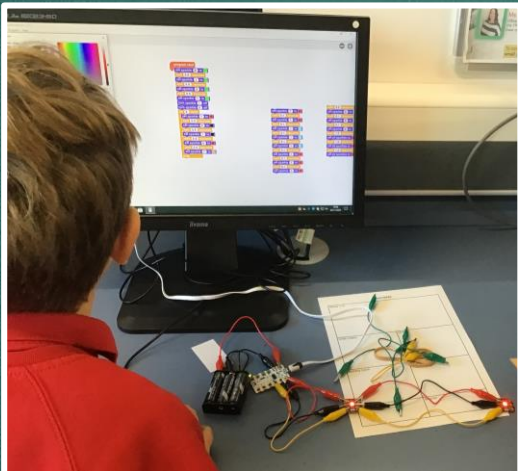
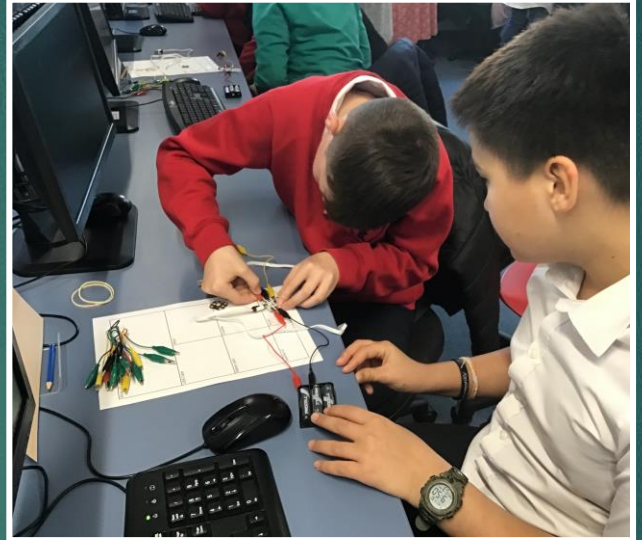
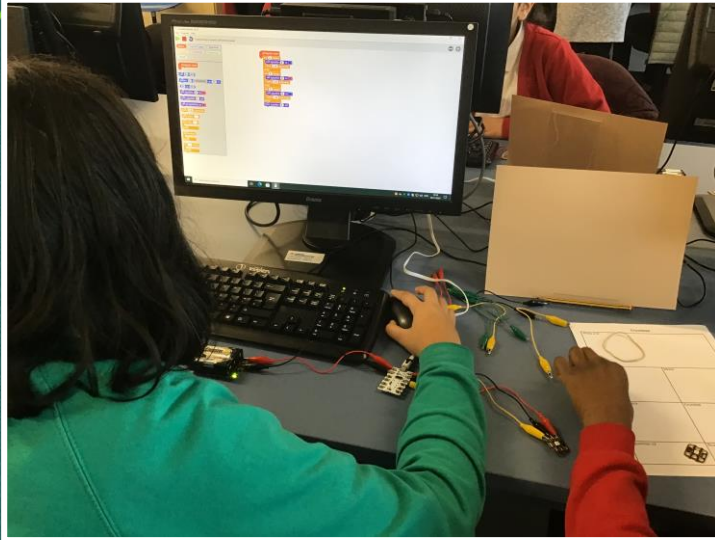


Year 6 visited the Natural History Museum and learned about evolution. They very much enjoyed the interactive workshops.

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Digital School - LGS



Children in Year 6 took part in a digital workshop at Langley Grammar School.

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Christmas Unwrapped



The Christmas Unwrapped workshops were a big hit. Marish children attended Langley Free Church, whilst the Willow children were at St Paul's Church in Slough. Everyone had a great time.



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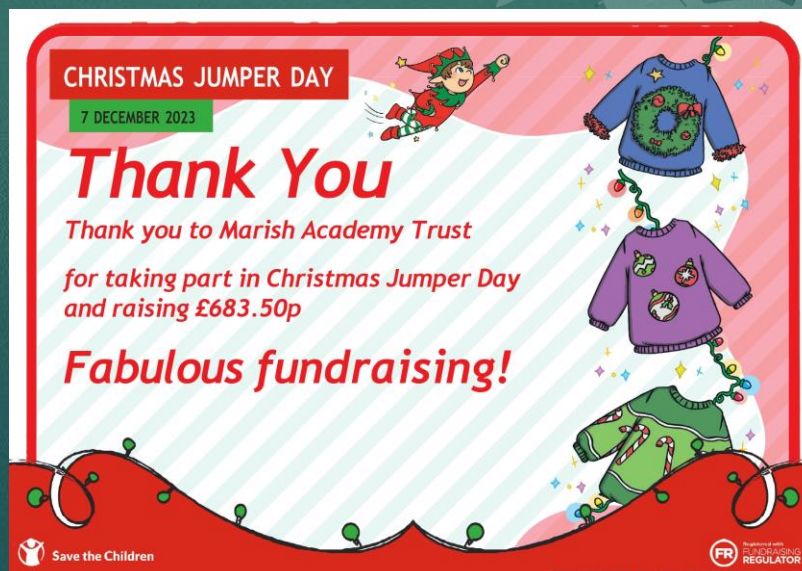
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Friendly Football Match



The Willow girls football team continued their winning streak in a friendly match against Ryvers. Well done.

Christmas Jumper Day Collection



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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
10/01/24	Zones of Regulation	Mrs Da'ud and Mr Wingrove	2pm -3pm in main hall
17/01/24	Zones of Regulation	Ms Bird and Mr Wingrove	2pm-3pm in main hall
6/02/24	Year 6 Parents SATs meeting	Year 6 team Year 6 team	2pm-3pm in main hall
5/3/24	Reading Workshop	Reading team	4:30pm Year 6 classroom
6/3/24	Reading Workshop	Reading team	4:30pm Year 5 classroom
25/3/24	Phonics Workshop	Mrs Imtiaz	Main Hall at 8:45am
27/3/24	Phonics Workshop	Miss Stroud and Mrs Imtiaz	Main Hall at 2pm

Some Useful Information



Healthy Christmas Treats

Christmas treats such as chocolates and sweets often contain high levels of sugar which causes tooth decay.
Try swapping to these healthy festive alternatives to reduce your sugar intake.

High Sugar



Kinder Santa 55g
=29g of sugar



Lindt Snowman 40g
=21.6g of sugar



Maltesers Reindeer 59g
=31.8g of sugar



Smarties Penguin
18.5g
=10.2g of sugar



Haribo Xmas Trees
half a bag 80g
=33.2g of sugar

Low Sugar



1 Strawberry
Santa
=2g of sugar



1 Boiled Egg
Snowman
=0g of sugar



1 Cheese
Reindeer
=1g of sugar



1 Olive
Penguin
=0g of sugar



1 Watermelon
Xmas Tree
=1.5g of sugar

Recipes



Ingredients:
6 large hard-boiled eggs
6 small hard-boiled eggs
Peppercorns
1 carrot
1 skewer / stick for BBQ
parsley

Ingredients:
Pretzels
Cheese Triangles
Black Olives
Red Peppers



Ingredients:
Watermelon
Yoghurt

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100% Attendance Awards



Congratulations to all the students
with 100% attendance this term!
You've earned yourselves Nando's
vouchers. Well-deserved!

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Attendance

Marish

Dec 2023

Reception: **91.01%**

Year 1: **91.74%**

Year 2: **92.46%**

Year 3: **93.52%**

Year 4: **91.6%**

Year 5: **94.9%**

Year 6: **92.39%**

Target: **96%**

Willow

Dec 2023

Reception: **92.59%**

Year 1: **89.66%**

Year 2: **92.50%**

Year 3: **96.44%**

Year 4: **93%**

Year 5: **93.73%**

Year 6: **95.25%**

Target: **96%**



Last month's
100% attendance
reward was a
muffin!



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 a water bottle, with their name clearly labelled, every day.

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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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 nationalonline-safety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Source: <https://www.bbc.com/news/health-60410010> | <https://www.nos.org.uk/blog/supporting-your-child-with-upsetting-content/> | <https://www.nos.org.uk/news/talk-to-your-children-about-conflict-and-war>

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All 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 issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

National Online Safety
www.nationalonlinesafety.com

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Some Useful Information

Could you foster with Slough Children First?



We celebrate diversity and inclusion

Are you...

- ✓ Aged 21 or over
- ✓ Able to provide a spare bedroom
- ✓ Able to help a child feel safe and loved



We offer...

- ✓ An allowance of up to £30,000 per year
- ✓ Comprehensive training
- ✓ 24/7 support

Contact us to find out more!

Phone: 01753 690777

Visit: <https://fosterforslough.com>

Email: foster@sloughchildrenfirst.co.uk



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Some Useful Information



**Sport
In Mind**

FREE!

Mum & Baby Gentle Pilates **for Mental Wellbeing**



Attendee Sign-Up

Time

**Mondays at 10 - 11am (First session starts
20/11/2023) *Booking required***

Venue

Runs within Slough term-time dates
Romsey Close Children's Centre, Romsey Close,
Langley, Slough SL3 8PE

Description

Gentle Pilates and light movement for mums and
babies (under 1) with our lovely instructor Natasha!
These sessions are for mums experiencing low mood,
isolation or loneliness or difficulties with their mental
health.

This group is provided **FREE by mental health charity Sport In Mind for
the benefit of local people.**

@sportinmind

info@sportinmind.org

www.sportinmind.org

01189479762



Working with

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Berkshire Healthcare
NHS Foundation Trust