

Marish Academy Trust Newsletter

Issue 59 - Jan 2024

Message from the Senior Leadership Team

Welcome back to the spring term! It was lovely to see all the children settle back calmly and ready to learn.

The temperature has dropped and it is very cold! If we are fortunate we may even have some snow and a chance to make some snow angels!

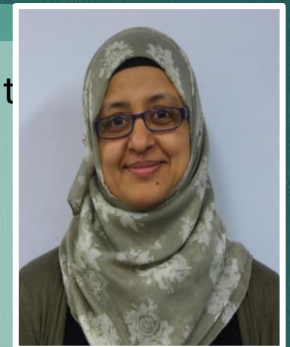
Please make sure your child is wearing suitable warm clothing; coats, scarves and gloves that are named clearly. Give yourself extra time to travel to and from school and please park considerately.

Going forward, we will be focussing on improving attendance. We have lots of incentives for children from daily shout-outs, monthly treats as well as termly and annual prizes. It is imperative that your child attends school every day and is on time so that they can achieve the best outcomes.

This term, Year One has started ***'Stay and Read' every Friday at 2:30pm.*** Come and enjoy a book with your child and their friends.

We continue to look forward to working together and to another successful term ahead.

Mrs Quadir



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SEN Unit Learning



Little Red Riding Hood came to life through engaging role play in the SEN Unit! Children followed the story using colourful semantics, creating a vibrant and interactive experience.



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Inter-Class Football Tournament



Willow's football team took part in the Inter-Class Football Tournament. They had a fantastic time and are looking forward to being invited to join competitions.

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Music



Year 5 at Willow entered a dance programme, led by professional dance tutors. They had a great time.

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Geography

Who lives there?

► people who live in Brazil are that 212 million (2023) Brazilians were white, 83 million (40%) were brown, 13 million (6%) were black, 11 million (5.2%) were Asian, and 536,000 (0.25%) were indigenous.

► The main religion in Brazil is Christianity, and around 70% of the population is Roman Catholic (65%) or Pentecostal (25%).

► There are other religions as well such as spiritual traditional African religions but not least some people are non-religious.



Fun facts

- Brazil is the largest country in South America and covers 47.3%.
- The capital of Brazil is Brasília the Brazilian language is Portuguese.
- More than 95% people can read and write Portuguese.
- The Brazil president is Jair Bolsonaro who got elected in 2018.
- The Carnival of Brazil is an annual festival held the Friday afternoon before Ash Wednesday at noon, which marks the beginning of Lent, the forty-day period before Easter.


Amazon Rainforest

- The Amazon Rainforest is known as the lungs of the earth.
- The coconut tree is something they grow in the Amazon rainforest.
- The Amazon rainforest animals are a snake, a jaguar, macaw, Toucan, a capybara and finally a Green anaconda.

What physical geographical features are there

► In Brazil there is the

- Amazon rainforest
- The Brazilian and Guiana Highlands
- That are areas with hills, mountains, and plateaus (high plains).
- The Pantanal is a wetland area.



ANTARCTICA

Antarctica is a continent. Area 14,000,000 km² (5,400,000 sq miles). Population: 0. Name derived from the Greek 'Antarktikos' (antarctikós) meaning 'opposite of the North'.

Located asymmetrically around the South Pole. Antarctica is covered by an ice sheet with an average thickness of 1 mile. Antarctica has no government and is politically neutral.

Antarctica is earth's southernmost and least populated continent. Situated almost entirely south of the Antarctic Circle and not reached by the Southern Ocean (also known as the Antarctic Ocean), it constitutes the geographic South pole. Antarctica is the fifth-largest continent, being about 40% larger than Europe.

Antarctica is, on average, the coldest, driest, and windiest of the continents, and it has the highest average elevation. It is a polar desert, with annual precipitation of over 200 mm (8 in) along the coast and far less inland. About 30% of the world's freshwater reserves are frozen in Antarctica, which, if melted, would raise global sea levels by about 60 metres (200 ft). Antarctica holds the record for the lowest measured temperature on earth, -89.2 °C (-128.6 °F).

Regional differences

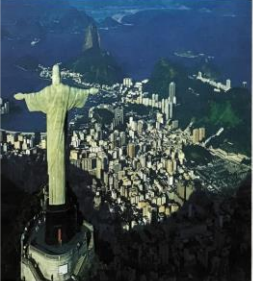

East Antarctica is a vast region, encompassing around 5.2 million km² (2 million sq miles). It is the highest plateau on Earth, with an average elevation of 2,500 metres (8,200 ft). The region is mostly covered by ice, with some rocky outcrops visible. The climate is extremely cold, with temperatures often dropping below -50 °C (-58 °F). The region is also home to a variety of wildlife, including penguins, seals, and birds.

West Antarctica is a smaller region, encompassing around 1.5 million km² (580,000 sq miles). It is the lowest part of the continent, with an average elevation of 1,000 metres (3,300 ft). The region is mostly covered by ice, with some rocky outcrops visible. The climate is extremely cold, with temperatures often dropping below -50 °C (-58 °F). The region is also home to a variety of wildlife, including penguins, seals, and birds.



Brazil

Brazil is the largest country in South America and the fifth largest country in the world. It has a population of around 214 million people and the country's national language is Portuguese. Brazil also has the second largest river in the world, the Amazon river which flows through many countries in South America such as Bolivia, Ecuador and more. Brazil has a hot climate where the temperature rarely drops below 20 degrees, so it is hot all year round.



Brazil also contains one of the seven wonders of the world, The Christ Redeemer a 38 meter tall statue of Jesus Christ in Rio de Janeiro which was built on 12th October 1931. Brazil is so big that it covers 4 different time zones and contains 60 percent of the Amazon rainforest that contains around 1.7 million people in 305 different tribes all with different traditions and cultures. Finally, Brazil has over 400 airports around the country for comparison there are only 144 airports in the UK.

All About Antarctic and Brazil.

1. The Physical Features of the Amazon rainforest are primarily dominated by the Amazon river itself.

2. Humid and Warm

3. More than 30 million people of 350 different ethnic groups

Antarctic

1. Antarctica is almost covered by an ice sheet.

2. The climate of Antarctica is the coldest on Earth.



3. Bethan Davies, Nina Gallo, Brad Herried, Bill Hazelton, Ernest Shackleton, Regina Eisert, Aarti Dwivedi, Laura Boyall, Zay Polanco, Emilio Palma, Fabian Gottlieb von Beltinghausen, Solveig Grunbjoerg Jacobsen, Aymeric Houston, Rachel Leiny.

Fun Facts

The Amazon rainforest covers an enormous 6.7 million square kilometres.

The Amazon is thought to be home to 10% of known species on Earth.

The continent as a whole contains about 90% of the planet's fresh water ice and around 70% of the total fresh water on Earth.



Year 5 have been busy creating projects on their new Geography topic - **Antarctica to Amazon.**

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Fencing Festival



Years 3 & 4 showcased their fencing skills at a thrilling Fencing Festival. They had a fantastic time and really got into the sport.

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Multi Millionaire Star



Congratulations to Yaswika, our first word multi millionaire. She received her certificate and badge for reading an incredible 2,260,858 words by 11/01/24 and she has successfully passed 47 reading quizzes and 27 reading articles!

Language of the Month - Italian



Italian is in a family of languages, known as the Romance languages. It is very similar to French, Spanish, Romanian and Portuguese. These languages all evolved from Latin.



International Language of the Month - Italian



The capital of Italy is Rome.
Rome has over 280 fountains and 900 churches!

The most spectacular one fountain is the Trevi fountain!



It's so big, it pumps out 2,824,800 cubic feet of water per day!



Italy is the country, in Europe, that looks like a boot!

Now let's learn a few phrases...

- Buongiorno = Good day
- Buon pomeriggio = Good afternoon
- Per favor = Please
- Grazie = Thank you
- Thank you very much (a thousand thank yous) = mille grazie
- Goodbye = arrivederci
- 1 = uno
- 2 = due
- 3 = tre

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Parent Workshop Menu

Please note the new date for the Year 6 Parents' SATs meeting

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
8/2/24	Year 6 Parents SATs meeting	Year 6 team Year 6 team	2:00pm-3:00pm 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 2:00pm

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Activities to keep fit at home

Timon and Pumbaa's Power Moves

Timon and Pumbaa make a great team. Test your strength with a partner.

Players: 2 to 4 – play in pairs

Where to play? Indoors or outdoors

How to play

1. Facing each other, hold hands with your toes touching. Lean back supporting each other, bend your knees, then come back up.



2. With your backs together, link arms. Sit down, stick your legs out, then stand up.



3. Lie on your backs opposite each other, so your toes are level with the other person's knees. Then circle your legs over theirs.



Repeat!

4. Repeat all 3 power moves for 10 minutes.



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Creamy celery soup

A delicious heart-warming soup to keep you warm during these chilly months.
(serves 6 as a main meal, 8 as a lunch or starter)

Ingredients

- One head of celery – Finely chopped (keep the leaves for garnish)
- Two large onions - Finely chopped White or Red (your choice)
- Two large or Four medium potatoes – diced into cubes (leave the skins on)
- 150 grams cream cheese – any type (Philadelphia /or Tesco's own)
- 25 grams butter or any choice of oil for cooking spray for frying onions and celery.
- One to 2 cloves of garlic (1 teaspoon of crushed garlic) – if liked
- 1/2-pint hot water (pre-boiled)

Method:

1. Fry up the onions and celery in the butter or oil until crispy or burning around the edges.
2. Put the potatoes into a large pan, with the cream cheese and 100ml of the hot water and allow 'to sweat' on the lowest setting you can get. Be careful and watch that it doesn't stick!
3. Add the cooked onions celery and garlic (if desired), to the potato mixture, along with the remaining hot water. Simmer over a low heat for up to an hour stirring occasionally, so it doesn't stick.
4. Season to taste with salt or pepper and add more hot water if it is too sticky. Taste to see if vegetables is cooked.
5. Liquidate or blend using a hand blender if you like smooth soup, otherwise serve as is, with crusty bread and garnish of celery leaves. Enjoy!



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Stick me on the fridge!

[Write your family's name here!]

Family Snack Challenge

How to play: Take our 7 day family snack challenge. Don't forget to tick the box each day when you complete the challenge!

Ask your parents to download the free Food Scanner app to see what's really inside your food and drink. Discover which ones are the healthiest!

Search 'Food Scanner'

Available on the App Store | Get it on Google play

Start here:

Day 1 Fruity snack

Try a new fruit for your snack today - how about a peach, pineapple chunks or a mandarin?

We did this ☐

Day 2 Adventurous veggies

Have a veggie snack such as carrot, pepper or cucumber sticks with a lower-fat dip.

We did this ☐

Day 3 Packaged snacks?

Try sticking to 2 a day max!

We did this ☐

Day 4 Say no to 'reds'

Use the FREE Change4Life Food Scanner app to choose snacks with no 'reds'.

We did this ☐

Day 5 Drink smarter!

Ditch the sugary drinks for water, lower-fat milks, sugar-free or no-added sugar drinks. Try iced water with your favourite fruit.

We did this ☐

Day 6 5 A Day champions

Fruit and vegetables are a perfect snack - and count towards your 5 A Day. Try having all of yours today!

We did this ☐

Day 7 Create your own

It's your turn to think of a healthy snack challenge! How about swapping your usual snack for a less sugary one? For more ideas, search Change4Life.

We did this ☐

Write here:

"What do two bananas do when they meet each other?"

A banana shake!

"Why aren't grapes ever lonely?"

Because they come in bunches!

Search **Change4Life** for more healthier snacking ideas

Check the label on packaged foods

Each serving contains			
Energy	Fat	Sugar	Salt
1046kJ (25kcal)	5g	1.3g	34g
	LOW	LOW	HIGH
	7%	6.5%	36%
			MED
			15%

of an adult's reference intake

Typical values (as sold) per 100g/100ml/150kcal

Choose foods lower in fat, salt and sugars

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Oil & spreads

Choose unsaturated oils and use in small amounts

Choose lower fat and lower sugar options

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Eat at least 5 portions of a variety of fruit and vegetables every day

Beans, pulses, fish, eggs, meat and other proteins


Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Eat less often and in small amounts


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Slough Healthy Smiles



AFTER SCHOOL SNACK TIME

- What kind of snack do you give to your child after school or nursery? -

Sugar content of each type of snack:

MAIN COURSE

Breadsticks <i>Served alone or with a soft cheese dip</i>	0g
Cheese <i>20g cheese circle</i>	0g
Whole piece of fruit or veg <i>Fibre content in whole fruit means the sugars are less damaging to the teeth</i>	/

SWEET TREATS

Doughnut <i>58g iced ring doughnut with sprinkles</i>	8g
Fruit sweets <i>20g bag of shop brought fruit sweets</i>	7g
Yoghurt pouch <i>100g pouch of shop brought yoghurt</i>	11g
Cookies <i>20g bag of chocolate chip cookies</i>	5g
Lollipop <i>20g lollipop</i>	14g
Chocolate bar <i>13g white chocolate bar</i>	6g

Top tips for teeth

Top tip

How much is too much sugar?

Here are the maximum daily amounts of sugar for your children

4-6 year olds

19g

sugar

5 cubes

7-10 year olds

24g

sugar

6 cubes

11-14 year olds

30g

sugar

7 cubes

change4life



This sugar guidance is for all meals, snacks and drinks during the day (not including unprocessed fruit)

Under 4's are recommended a no sugar diet.



DRINKS

Orange juice (200ml)	20g
Water (250ml)	0g
Smoothie (150ml)	17g
Flavoured water (250ml)	3g
Fizzy cola (250ml)	22g
Yoghurt drink (100g)	8g
Chocolate milkshake (200ml)	17g
Fruit Squash (200ml)	1g
Apple Juice (200ml)	20g
Fizzy Orange (250ml)	5g

*Items that state no added sugar are normally still packed with processed fruit sugars which damage teeth



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Healthy Lifestyle



NEW YEAR, NEW YOU



Prioritize physical activity and regular exercise



DO YOU WANT TO LOSE WEIGHT AND FEEL HEALTHIER THIS YEAR?

You can by swapping sugary foods with low or no sugar options to reduce your sugar intake. This will also help to prevent tooth decay and gum disease.



Breakfast

Swap



Sugar = 13g (per 30g)

For



Sugar = 0.5g (per 30g)

Lunch

Swap



Sugar = 14g

For



Sugar = 3g

Dinner

Swap



Takeaway

Sugar = 9g (per 150g takeaway)

For



Sugar = 1g (per 150g homemade)



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Attendance

Marish

Jan 2024

Reception: 90.38%

Year 1: 91.53%

Year 2: 91.63%

Year 3: 92.55%

Year 4: 90.60%

Year 5: 95.46%

Year 6: 90.44%

Target: 96%

Willow

Jan 2024

Reception: 84.66%

Year 1: 89.67%

Year 2: 93.67%

Year 3: 92.83%

Year 4: 93.67%

Year 5: 91.33%

Year 6: 95.83%

Target: 96%



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



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 www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

OMETV

WHAT ARE THE RISKS?

STRANGER DANGER

While young people generally know not to share personal information with strangers, the safety of their home and the distance offered by technology can make them feel more relaxed and uninhibited. Combined with the fact that OmeTV provides a webcam function – and anonymity – it can be an easy way for groomers to gather information, ask to connect on other social media platforms, or potentially request intimate images.

EXPLICIT CONTENT

Unfortunately, there are a lot of users who use OmeTV's webcam feature to expose themselves. While users can swipe to the next call quickly, it's not something that can be filtered out completely – so young people could easily be exposed to highly inappropriate images.

REPORTING DIFFICULTIES

When video calling, the other person's username is often hidden and therefore they can't be blocked or reported. There is a 'Report Abuse' tab at the bottom of the video, but the speed with which calls can swipe past can make it difficult to use this system. There's also little evidence to suggest that offenders are dealt with appropriately (through warnings or account termination, for example).

OmeTV is another app which encourages users to 'make friends from all around the world'. People can search profiles by age and gender and send direct messages or photos. However, the app is primarily used for video calls. When using this feature, users are connected at random, although only their country of origin is shared. People can then either choose to move on to the next chat or can stay in that call for as long as they wish.

AGE VERIFICATION

Although the site states that users must be 18 or over, there's no way to verify this, and it's easy to use an existing Facebook account to log in, or for users to set up a fake account. To access OmeTV, users simply need to press a button confirming they're an adult, which means it's likely many users will claim to be much older than they are.

VIDEO RECORDING

When young people are chatting live on a webcam, they could be coaxed by others into doing things they don't feel comfortable doing, or persuaded that no harm can come from it. What they don't know is whether the other user is recording them. These videos could then be used to embarrass or blackmail them, or they could be kept by a potential online predator.

LIMITED PARENTAL CONTROLS

OmeTV has very limited parental controls. There is a 'safe mode', but this is of little practical use given that explicit content isn't filtered out. While the site lists several rules and regulations, there are few apparent ways to enforce them or restrict what users can see or do.

Advice for Parents & Carers

FOLLOW AGE GUIDELINES

OmeTV has an age recommendation of 18 and over, which suggests the developers are aware that it may facilitate adult content. It's important to adhere to the age guidelines and try to restrict access to the app for younger users. If you find it on an under-18's device, talk to them about the potential risks and explain why they probably shouldn't be using it.

DISCOURAGE CHATS WITH STRANGERS

Remind your child of the dangers of talking to strangers online. The anonymity OmeTV offers, plus its webcam function, makes it an attractive place for groomers to network and create inappropriate content. Explain that your child may see something which upsets them – and that it's a crime for anyone to expose themselves to a young person online.

DISCUSS THE DANGERS

Maintain communication with your child about online safety and empower them to protect themselves. Simply deleting an app from their device impacts their independence and can cause resentment. Instead, highlight news reports of predators exposing themselves to children on the internet, and discuss what they should do if asked for explicit images.

ENABLE PARENTAL CONTROLS

Regardless of how responsible your child may be, it's essential to use parental controls on their device. It's easy for young people to get lured in by others, feeling they've built up a trusting friendship and being coaxed into doing things they wouldn't normally do. Ensure in-app purchases aren't enabled on their device, and emphasise that they can always talk to you about anything online that worries them.

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

Source: https://www.nola.com/news/crime_police/man-exposes-himself-to-marroa-middle-school-students-in-online-chat-tv-station-reports/article_c61b6a4d-0b18-517d-ac6d-6f627a1226bb.html
<https://www.wtv.com/news/local-news/crime/indy-man-sentenced-to-15-years-for-owning-two-phones-with-nearly-2-000-files-of-childen-being-sexually-abused> | <https://ome.tv/rules/>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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E-Safety

Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.

LOOK FOR POSITIVE COMMUNITIES

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@national_online_safety

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Some Useful Information



Special Educational Needs Disabilities

SEND-AID
SEND Advice and Information Sessions
Spring 2024

If your child has SEND and you need advice or information, please book a 1:1 appointment at SEND-AID. We can answer your questions relating to local services, education, Disability Living Allowance and much more.

Location:	Dates:	Time:
Chalvey Grove Children Centre, Slough, SL1 2TE	Monday 8 th January	09:00 – 12:00
	Friday 9 th February	09:00 – 12:00
	Monday 4 th March	09:30 – 11:30
	Friday 19 th April	09:00 – 12:00
Online sessions	Tuesday 30 th January	09:30 – 12:30
	Thursday 22 nd February	12:00 – 14:00
	Tuesday 19 th March	16:00 – 18:00
	Tuesday 2 nd April	09:30 – 12:30
Romsey Children's Centre, Slough SL3 8PE	Monday 22 nd January	12:00 – 14:00
	Friday 15 th March	09:30 – 11:30
Penn Road Children's Centre, Slough SL2 1PG	Wednesday 10 th January	09:00 – 12:00
	Wednesday 24 th January	09:00 – 12:00
	Wednesday 7 th February	09:00 – 12:00
	Wednesday 14 th February	09:00 – 12:00
	Wednesday 6 th March	09:00 – 12:00
	Wednesday 20 th March	09:00 – 12:00
	Wednesday 17 th April	09:00 – 12:00

To book a face to face, on-line or telephone sessions, please contact: EarlyHelp@sloughchildrenfirst.co.uk

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Special Educational Needs Disabilities (SEND)

ROOTS

An informal social and learning group for SEND families and carers.

- Learn how to support your SEND child’s needs
- Take time out and get to know other parents/carers of SEND children in an informal setting
- Ask professionals questions and get answers!

Venue - Chalvey Grove Children’s Centre, Chalvey Grove, Slough, SL1 2TE

Upcoming dates and themes are:

<u>Dates:</u>	<u>Times:</u>	<u>Themes:</u>
Tuesday 16 th January	9.45am – 11.15am	Welcome back!
Tuesday 20 th February	9.45am – 11.15am	SENDIASS – Advice, information on SEND support in school and EHCPs

For more information or to book a place, please contact SEND Outreach Officers:

Kiran Mattu (07736122145) or Anne George (07841 511689)
or email EarlyHelp@sloughchildrenfirst.co.uk

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Some Useful Information



Footlights Theatre Dance School
Enrolling NOW
for children aged 3
years +

St Andrews
Methodist Church,
Slough SL1 1QW



Saturday morning
classes in
Ballet, Tap and Freestyle

Qualified and
Experienced Teachers



To book your FREE trial class
contact Miss Nicola on
07884493819 or email
footlightsslough@gmail.com

