

# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Message from the Senior Leadership Team

**Dear Parents & Carers,**

This half term seems to have flown by! As always, the classrooms have been a hive of activity and it is wonderful to see the progress the children are making.



Children from both schools have attended a number of sports competitions this term. From fencing to gymnastics, the children have been excellent ambassadors of the Trust. Not only have they shown commitment and drive, they have displayed excellent sportsmanship and resilience. We are very proud of all our competitors!

Next week is Children's Mental Health Week. Take some time to talk to your child about their mental health and wellbeing. Use the conversation starters below to get you started.



We have one more week until the half term break. It has been a short half term, but it has certainly been a busy one for everyone!

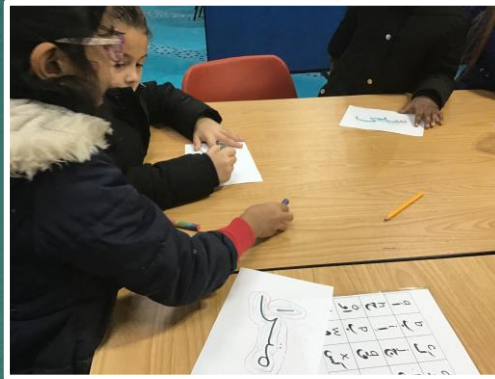
**Mrs Howe**



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Mosque Visit



Year 2 have been learning about Islam. They thoroughly enjoyed their trip to the mosque, where they learned how Muslims pray. They also had fun writing their names in Arabic.



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Year 1 Stay & Read Session



Parents of Year 1 children attend the Stay and Read sessions, every Friday afternoon. This is a chance for children to show their reading skills to their parents and friends. It is also an opportunity for teachers to model reading strategies so that parents can support their children at home. This weekly event is a huge success and the children love it! We welcome parents, aunts, uncles and grandparents to come after half term and join in the fun!



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Sports Activities



Willow girls football team secured another exciting win against Ryvers school! Both teams played their hearts out, but Willow's skill and teamwork clinched the victory!

Marish years 3 and 4 played against Willow's years 3 and 4, resulting in a 7 - 0 win to Marish.. Both teams played very well.  
Well done boys.





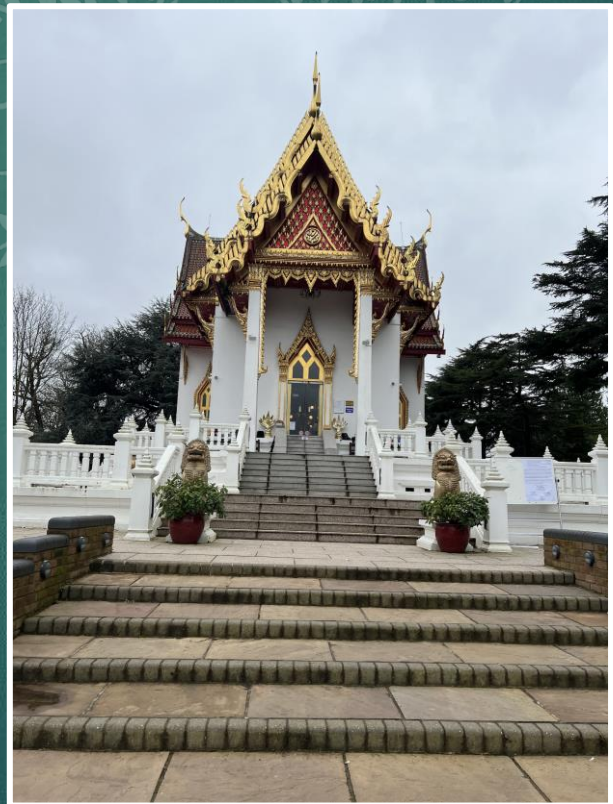
# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

Year 4 RE Trip



Year 4 visited the Buddhapadipa Temple in Wimbledon as part of their Religious Education. It was a wonderful opportunity for them to see this amazing place of worship.





# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Iver Environment Assembly



An interactive presentation, led by the Iver Environment Centre, explored the wonders of pollination. They discussed the parts of flowers, explored the roles pollinators play, and highlighted the importance of bees. This was a great experience for the children in KS1 and KS2.



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Meeting with the Lords

The school council at Willow and Marish took part in a session with a member of the House of Lords.

### REPORT FROM SAMAIRA IN 6A

Marish and Willow School Council had the opportunity to speak with Baroness Lister about the House of Lords and her career.

20 school councillors from years 3 to 6 were able to zoom link with the the Baroness and listen to a short presentation outlining the role of the House of Lords within parliament. Baroness Lister then answered questions from the councillors. Thank you to Mrs Johnston and Mr Thomas for setting this up for us and Mr Ediker for organising the meeting. We all enjoyed the experience and learned a lot about parliament.





# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Holiday Club

Dear Parents/Carers,

We will be running a holiday club during the February half term for any children aged 5 and over. The Holiday Club will be open from **Monday 12<sup>th</sup> February to Friday 16<sup>th</sup> February 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 Monday 5<sup>th</sup> February and is non-refundable.**

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

If you have any questions, please ring the office number and ask for Mrs Beard.

Yours sincerely

*S Beard*

Sharon Beard

Holiday Club Manager

## Language of the Month - Korean



International Language of the Month - Korean



The capital of South Korea is Seoul.



Korea is divided into 2 different countries: North Korea & South Korea.



South Korean men wear makeup almost as much as women. Here is the boyband BTS in an advert for men's lip gloss.



South Korea has the fastest mobile internet speed in the world.



About 20% of Korea's population (about 10 million people) have the exact same surname: Kim.

Now let's learn a few phrases...

- Hello = 안녕 [ann-yeong]
- Goodbye = 안녕 [ann-yeong]
- Good day/morning/afternoon/evening = 안녕하세요 [ann-yeong ha-se-yoh]
- Thank you = 감사합니다 [gam-sa-ham-nee-da]
- Please = 주세요 [choo-sey-oh]

• 1 = 하나 [hana], 2 = 둘 [dool]

3 = 셋 [seht]



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

World Book Week

## World Book Week is just around the corner!

March 4 - March 8th 2024

The week is fully booked!!

Author visit -  
Sufiya  
Ahmed



Buy your book from a book store or online and bring it to school for the author to sign.



EXTREME READING CHALLENGE

Send a photo of you reading in a weird and wonderful place!

Read on to find out more!!



PJ Story time  
Willow-Tuesday 5th March.  
Marish-Wednesday 6th March  
4:30-5:30pm





# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## World Book Week



### Dress up day-Thursday!

If you want to get into your teacher's good books, then make sure you dress up! Read on to find out the theme of your year group

What building has the most stories?

a Library

Nursery	Fairy Tales
Reception	Fairy Tales
Year 1	Julia Donaldson
Year 2	Mr Men and Little Miss
Year 3	Harry Potter
Year 4	Roald Dahl
Year 5	Alice in Wonderland
Year 6	Odysseus - Greeks
SEN Unit	Hungry Caterpillar

Please bring in a £2 donation for the different booktastic events we have planned for you.





# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Parent Workshop Menu

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

All parents are welcome and pupils may also attend. There is no need to reserve a place.

Date	Session	Staff Lead	Venue
08/02/24	Year 6 Parent's SATs meeting	Year 6 team Year 6 team	2:00pm-3:00pm in main hall
05/03/24	Reading Workshop	Reading team	4:30pm Year 6 classroom
06/03/24	Reading Workshop	Reading team	4:30pm Year 5 classroom
25/03/24	Phonics Workshop	Mrs Imtiaz	Main Hall at 8:45am
27/03/24	Phonics Workshop	Miss Stroud and Mrs Imtiaz	Main Hall at 2:00pm



## ***Activities to keep fit at home***

**Exercise: Monster tennis**

**Players: 2**

**Where to play?** Indoors or outdoors

### **How to play**

1. Both players make a racket from a rolled-up newspaper or magazine, and grab a ball.
2. Use your racket to bat the ball back and forth to each other – it's harder than it looks!
3. Count how many times you can bat the ball back to each other. Try to beat your record!



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Healthy Lifestyle

### Old fashioned bubble and squeak cakes

Serves 4 - Time to prepare 30 minutes - Time to cook less than 10 minutes

#### Ingredients

- 750 grams peeled potatoes, or (leftover boiled, roast or mashed potatoes)
- Four large carrots
- One small green cabbage
- One large onion
- 50 grams of butter
- 1 heaped tablespoon well-seasoned plain flour
- Dripping or oil for frying the cakes (this could be anything you like, including more butter, but traditionally it is the fat or dripping off the roast meat.)



#### Method:

1. Boil the potatoes and carrots in salted water until cooked, but not mushy.
2. Remove any damaged leaves from the cabbage and cut into quarters. Cut out any hard core from the centre and shred the rest.
3. Plunge the cabbage into a pan of boiling salted water and cook for six minutes. Then drain in a colander, placing a plate inside the colander on top of the cabbage and a weight on top of this to squeeze any excess water out.
4. Fry the onion in the butter until soft and set aside.
5. Mash the potatoes and carrots once cooked and drained and add the onion mixture and lots of black pepper.
6. Stir the cabbage into the mash and form into rounded cakes using a tablespoon. Dust with the seasoned flour.
7. Fry the finished 'cakes' in more butter/oil/dripping until golden brown on both sides: drain on crumpled kitchen paper and serve immediately with salad leaves if desired.
8. For variations, you could poach or fry an egg for each person and place on the cakes; serve with cheesy leeks, red cabbage, crispy bacon or even black pudding.



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Attendance

### Marish

Feb 2024

Reception: 94.36%

Year 1: 93.88%

Year 2: 96.28%

Year 3: 93.4%

Year 4: 88.90%

Year 5: 92.27%

Year 6: 92.91%

Target: 96%

### Willow

Feb 2024

Reception: 91.36%

Year 1: 92.46%

Year 2: 97%

Year 3: 93.50%

Year 4: 94.58%

Year 5: 96%

Year 6: 97.80%

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



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Parent Notices

### Timings of the School Day

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

<b>SEN Unit:</b>	Doors open from 8:15am to 8:45am and then at 3:00pm
<b>Nursery:</b>	8:00 – 11:00am and 12:00pm – 3:00pm
<b>Nursery full time (Marish)</b>	8:30am – 2:30pm
<b>Reception:</b>	8:30am – 3:00pm
<b>Year 1 and Year 2:</b>	8:30am – 3:00pm
<b>Year 3 and Year 4:</b>	8:30am – 3:10pm
<b>Year 5 and Year 6:</b>	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, which has their name clearly marked on it, 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.



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## 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 issues which we believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](https://nationalonlinesafety.com) for further guides, hints and tips for adults.

### What Parents & Carers Need to Know about **PERSUASIVE DESIGN ONLINE**

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

#### WHAT ARE THE RISKS?

##### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

##### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

##### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

##### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

##### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

##### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

### Advice for Parents & Carers

#### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

#### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

#### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

#### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

#### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety  
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Some Useful Information

### Attend a Get Into Teaching event.



#### What?

Whether you're ready to start your career in teaching or just curious, we can answer your questions.

#### When?

29 February 2024, 5pm - 8pm.

#### Where?

The Great Hall, University of Reading.

**Register now.**

Limited places available.



**Teaching** 



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Some Useful Information



# HAPPY DENTAL HEALTH!

Want a nice smile and fresh breath?  
Want to stop tooth decay, gum disease,  
tooth loss and even heart disease?

**You can!**  
**Try these easy steps:**

Brush your teeth  
twice a day:  
before bed and  
at one other time  
for 2 minutes



Use a pea sized  
amount of fluoride  
toothpaste  
containing at least  
1350ppm of  
fluoride



Brush in gentle circles  
to include the gums.  
Spit don't rinse



Visit the dentist  
every 6 months. NHS  
is free for under 19  
years in full time  
education



Limit your intake of  
sugary foods and  
drinks. Swap sugary  
foods for lower  
sugar options



Copyright OCDS Oxford Health NHS Foundation Trust





# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Some Useful Information

**HOME  
START**

Berkshire East

### **“CONNECT” PARENTING WORKSHOP**

*For parents/carers who have children  
who have a diagnosis of Autism or are  
waiting a diagnosis*

2 hours a week for 5 weeks.

#### **Face to face Course**

- Making the best, lasting connections with your children
- Learn strategies that support positive behaviour, routines and manage challenges
- meet others

To register a place on this course, please  
email [office@homestartberkshireeast.org.uk](mailto:office@homestartberkshireeast.org.uk)  
or call 01753 572958

**FREE**

**NEW  
FOR 2024**

**9.30am to 11.30am**

first session -  
21st February '24  
last session -  
20th March '24

**Penn Road Childrens  
Centre  
Penn Road Slough  
SL2 1PG**



# Marish Academy Trust Newsletter

Issue 60 - Feb 2024

## Some Useful Information

### HAVE YOU EVER WONDERED ABOUT VOLUNTEERING?

## Become a Parent Champion Volunteer

- Do you like meeting people and want to make a difference?
- Can you spare up to 5 hours per week?
- Do you have children or grandchildren and live in Slough?
- Do you know about local services such as children's centres?



SCAN  
TO EMAIL  
US FOR  
MORE  
INFO



T: 01753 476589

E: [fis@slough.gov.uk](mailto:fis@slough.gov.uk)

W: [www.sloughfamilyservices.org.uk](http://www.sloughfamilyservices.org.uk)



**Parent  
Champions**  
Slough

[www.slough.gov.uk](http://www.slough.gov.uk)  
**Slough**  
Borough Council

**coram**  
Family and Childcare

EY-6717/11-12-23