

Marish Academy Trust Newsletter

Issue 63 - April 2024

Message from the Senior Leadership Team

Dear Parents & Carers,

As we move into the Summer term at Marish Academy Trust, things start to get really busy for the staff and students.



Our Year 6 students and the staff supporting them are working hard to prepare for the SATs, which will take place in a few weeks time. We've had a good turn out for Saturday school each week and students impressed us with their efforts during the mock SATs at the beginning of term. We want to encourage parents to continue to support their children to attend school every day and on time, as well as ensuring that they are getting plenty of rest so they're ready to give their best efforts in school.

We also have some exciting events coming up, with Sports' Day planned (weather permitting) for 21st May at Willow and 22nd May at Marish, as well as trips for many year groups later this term. Keep an eye out for further information soon.

Thank you to all parents and carers for your continued support and for making the Marish and Willow Primary school community such a success.

Best wishes,
Mrs Gentles

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Art

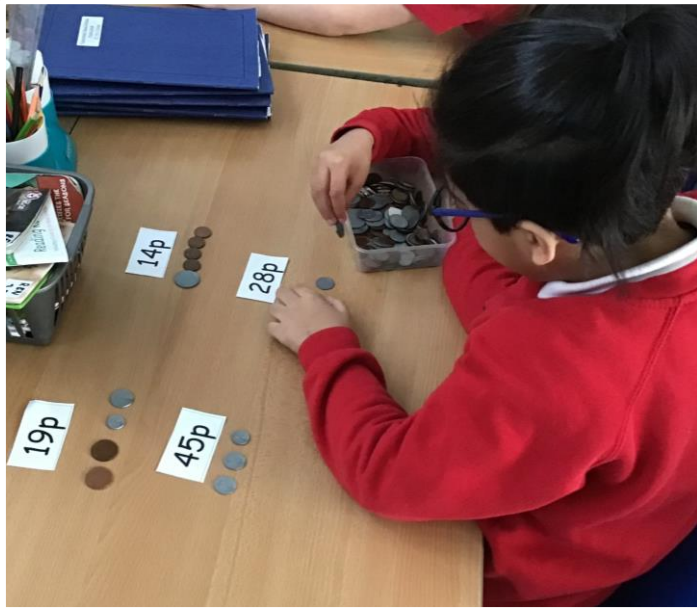


Children in Year 2 have been studying the amazing art work of **Vincent van Gogh**. They tried out the use of different media such as paint, charcoal and pastels focusing on the painting **"Starry Night"**.

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Maths



The Year 2 children have been learning to identify coins; they worked in pairs to make amounts using different coins.

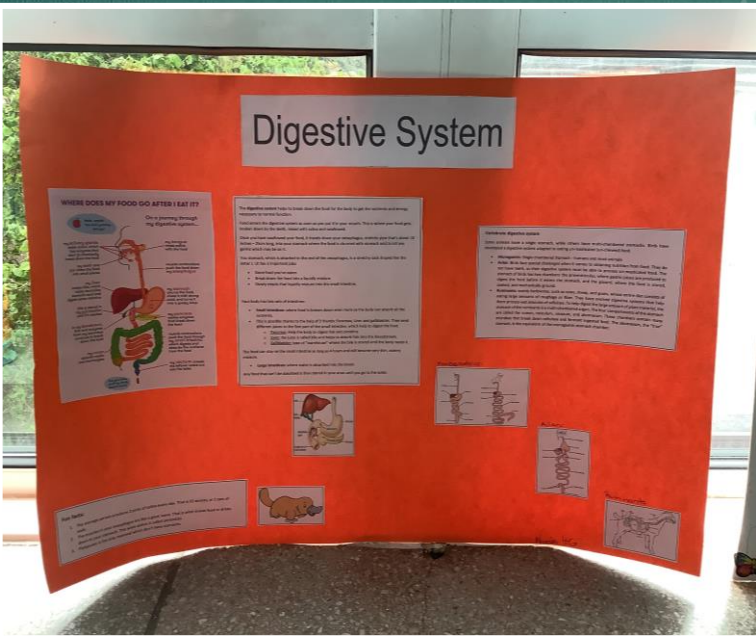
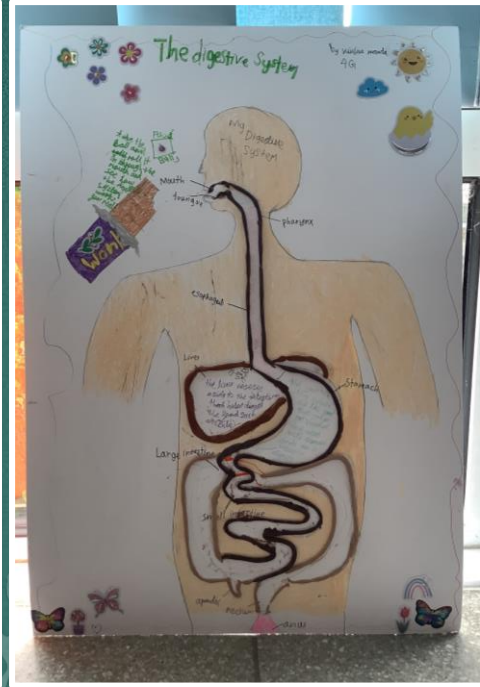
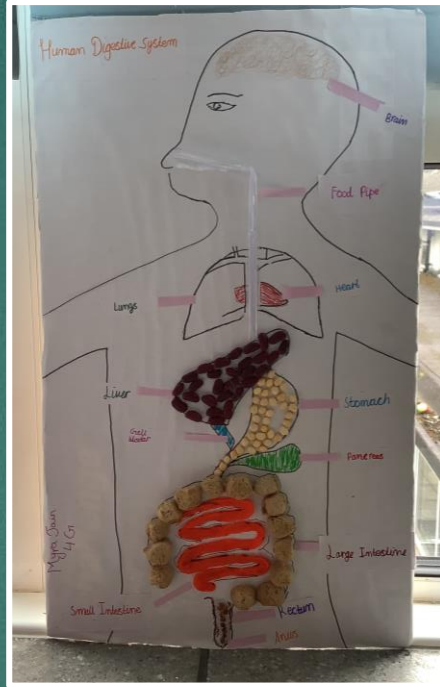
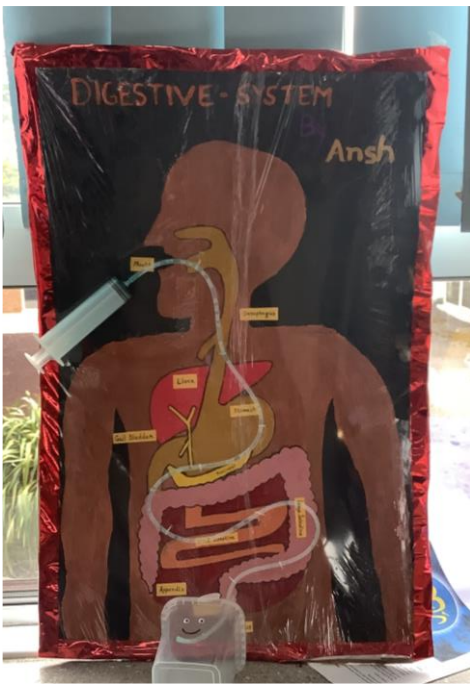
Please do this at home and use the link to try some free games.

<https://www.topmarks.co.uk/maths-games/7-11-years/money>

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Science



Year 4 students have created informative and creative projects demonstrating how our bodies digest food.

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EYFS Activities



The Early Years children enjoyed a visit from ZooLab. They were amazed at the number of animals and creatures they saw. They held, touched and watched with excitement.



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Year 1 Trip to Whipsnade Zoo



Year 1 children had a delightful visit to Whipsnade Zoo. There was lots of laughter and excitement exploring the animal habitats and meeting new furry and feathered friends.



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Year 2 Trip to Science Museum



Year 2 had a great time at the National Science Museum exploring the interesting exhibits. It was a great opportunity for them to understand science in a fun and engaging way.



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Sports Activities



Slough District Players

Congratulations to Sienna, Liwia and Tiegan for making it on to the Slough District Football Team.

Khalsa vs Willow

Another incredible away win for the Willow Girls football team. They beat their opponents 5-0. Well played everyone.



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Sports Activities



Willow vs St Ethelberts

A nail-biting home match between Willow and St Ethelberts resulted in a 0-0 draw.

Both teams showed great skill and sportsmanship.

Marish Football Cup

The quarter-finals of the Marish Football Cup have finished with almost 80 boys representing their classes. Well done everyone.



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Sports Activities



Sports for Champions

What an honour to host Paralympian silver medallist in Archery, Jodie Grinham, at Willow!



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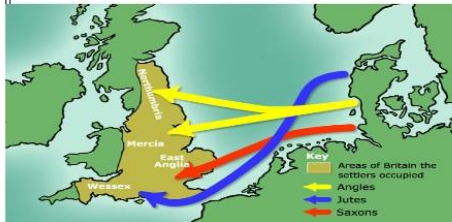
MFL – Language of the week

Look at the poem below.
It is written in old English.
Does it look anything like the English that we speak today?

Beowulf.

Hwæt. We Gardena in geardagum,
þeodcýninga, þrym gefrunon,
hu ða æþelingas ellen fremedon.
Of Scyld Scefing sceaþena breatum,
monegum mægþum, meodosetla ofteah,
egsode eorlas. Syððan ærest wearð
feascraft funden, he þæs frofre gebad,
weox under wolcnum, weorðmyndum þah,
oðþæt him æghwylc þara ymsittendra ofer
hronrade hyran scolde,
gomban gyldan. þæt wæs god cýning.
ðæm eafera wæs æfter cenned,
geong in geardum, þone god sende
folce to frofre; fyrenðearfe ongeat
þe hie ær drugon aldorlease
lange hwile. Him þæs liffrea,
wuldres wealdend, woroldare forgeaf;
Beowulf wæs breme blæd wide sprang,
Scyldes eafera Scedelandum in.

International
Language of the
Month
– Old English



It was the language spoken by a group of people who travelled over to the British Isles from **Saxony** in the **5th Century**.

The Anglo Saxons.



It's in a family of languages we call **Germanic**, which includes:

- GERMAN
- DUTCH
- DANISH
- NORWEGIAN
- ICELANDIC

Fun Fact: Many Christmas traditions come from the Anglo-Saxon festival of **Yule**.

Decorating evergreen **trees**, using **holly** & **mistletoe** and feasting by a **bonfire** are all Anglo-Saxon customs to celebrate the return of longer days.



Fun Fact: All of our **days of the week** come from Anglo Saxon, most of them are their **gods and goddesses**.

- MONANDÆG
- TIWESDÆG
- WODNESDÆG
- DUNRESDÆG
- FRIGEDÆG
- SÆTERNESDÆG
- SUNNANDÆG



Fun Fact: For many centuries after they arrived in Britain, England was not one country, but **7 different kingdoms**.



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MFL – Language of the week

Gōdne dæg =
good day

[gohd-ne daiy]

Gōdne morgen =
good morning

[gohd-ne mor-gen]

Gōdne ofernōn =
good afternoon

[gohd-ne oh-fer-non]

Wes þū hāl =
hello/be you well
Used for 1 person

[wess thoo haal]

Wesap ġit hāl =
hello/be you well
Used for a group of men and women

[wessath yeet haal]

Ic þancie þē =
I thank you

[ich thankieh thee]

Ic bidde þē =
I ask you/please

[ich biddeh thee]

Hū færest þū =
**how are you?/
how are you travelling?**

[hoo fair-est thoo]

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Healthy Lifestyle

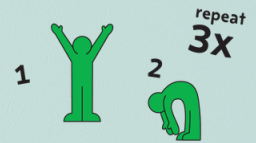
Activities to keep fit at home

Exercise: Yoga Yak

Players: 1 or more

Where to play? Indoors or outdoors

How to play



1. Get warmed up by raising your arms and stretching up to the sky for a count of 10, then touching your toes for a count of 10. Repeat 3 times.



2. Now make the Butterfly pose by sitting and placing the soles of your feet against one another. Hold your feet for a count of 10. Repeat 3 times.



3. Next is the Camel pose! Kneel down, stretch your arms up over your head and reach back to your toes. Hold it for 10. Repeat 3 times.

4. Dolphin pose is next – from standing, bend over and rest your elbows on the ground, keeping your legs straight. Tuck your head in and hold for 10. Repeat 3 times.



5. Finally, it's the Tortoise pose. Sit in a kneeling position, fold your body over and on to the floor, arms stretched out above your head. Hold for 30 seconds. Now repeat the circuit for 10 minutes.

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Healthy Lifestyle

Cheat Lemon Cheesecake with Raspberries

Preparation time - 30 minutes

Refrigeration time - 30 minutes

Ingredients – Serves 8

- 1 digestive/ginger or other biscuit per person
- 100 ml milk
- 3 level tablespoon caster sugar
- Grated rind and juice of 4 lemons
- $\frac{3}{4}$ of a level tablespoon powdered gelatine
- 1 egg yolk
- 1 pint double cream
- 3 large egg whites
- Raspberries to decorate

Equipment

- 1 ramekin per person
- Small saucepan
- liquidiser

Method:

1. Pop one biscuit into each ramekin. If it is too big, trim the edges and put the crumbs on top.
2. Liquidise the milk, sugar, grated lemon rind, gelatine and egg yolk in a blender or liquidiser on top speed for half a minute.
3. Pour the mixture into a small saucepan and stir over a gentle heat until fairly hot but not boiling.
4. Then return to the liquidiser and whizz again adding the lemon juice and half a pint of the cream. When blended remove and pour into a bowl and chill in the freezer for 15 minutes. Stirring occasionally until mixture is syrupy.
5. Whip the remaining cream lightly until it starts to thicken and then in another large bowl whisk the egg whites until stiff.
6. Carefully fold the egg whites into the lemon mixture and follow this with the whipped cream. Pour the mixture over each biscuit in the ramekins and chill in the fridge for 30 minutes.
7. Decorate the top with raspberries and serve.

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Attendance

Marish

April 2024

Reception: **91.50%**

Year 1: **92.30%**

Year 2: **92.97%**

Year 3: **94.10%**

Year 4: **92.03%**

Year 5: **94.46%**

Year 6: **93%**

Target: 96%

Willow

April 2024

Reception: **92.67%**

Year 1: **94.58%**

Year 2: **95.67%**

Year 3: **90.17%**

Year 4: **94.43%**

Year 5: **96.1%**

Year 6: **96%**

Target: 96%



Last month's
100% attendance
reward was a
jam 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, which has their name clearly Aprilked 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.

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E-Safety

At The National College, our WakeUp/Wednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about **ENERGY DRINKS**

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TasteEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

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What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high- and item for a fraction of its usual price will outweigh any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

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



Source: See full reference list on guide page at nationalcollege.com/guides/shopping-apps

@wake_up_weds /wuw.thenationalcollege @wake.up.wednesday @wake.up.weds

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Some Useful Information



ANTZ KIDZ ACTIVITY CENTRE

FREE!

FAMILY CREATIVE

THE IDEAL 4
WEEK COURSE
FOR AFTER
SCHOOL!

COURSES

FOR YOU AND YOUR KIDS!
CHILDREN AGED 5+ WELCOME!

FROM
4PM-5:30PM

MANDALA DESIGN

TUESDAYS
30TH APRIL
7TH MAY
14TH MAY
21ST MAY

STRING ART

WEDNESDAYS
1ST MAY
8TH MAY
15TH MAY
22ND MAY

POINTILLISM

THURSDAYS
2ND MAY
9TH MAY
16TH MAY
23RD MAY

ADULTS TO REGISTER FOR COURSES

ALL COURSES WILL TAKE PLACE AT THE SLOUGH MUSEUM, SL1 4PN
REGISTER AT THE CURVE OR CALL US ON 07598 062569

www.slough.gov.uk
Slough
Borough Council



ROYAL BOROUGH OF
WINDSOR &
MAIDENHEAD
WWW.RBWM.GOV.UK



Education & Skills
Funding Agency

sloughmuseum

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Some Useful Information

KARATE



JOIN A FUN COMMUNITY FOR
CHILDREN, ADULTS & FAMILIES
WHILST DISCOVERING
THE **AMAZING** BENEFITS

SLOUGH

The Centre

Farnham Road, Slough

Sunday 21st April 2024

11:15am

And Every Sunday Thereafter

BUILD RESPECT & ETIQUETTE

GAIN FOCUS & MENTAL

IMPROVE SELF DISCIPLINE

IMPROVE FITNESS

LEARN SELF DEFENCE

BUILD CONFIDENCE



n_sehmbi@hotmail.co.uk

07960 699762

 [tiskakarate_senseisehmbi](https://www.instagram.com/tiskakarate_senseisehmbi)

 TISKA Karate Slough

www.tiskakarate-slough.co.uk

REGISTER NOW

FOR YOUR

FREE 2 WEEK TRIAL