

Marish Academy Trust Newsletter

Issue 69 - Oct 2024

Message from the Senior Leadership Team



Dear Parents & Carers,

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. As a school, we are using Class Dojo as a way of communicating with parents and sharing your child's learning experiences. If you haven't already, please ensure you sign up to Class Dojo in order to be kept fully up to date. If you are not sure how to sign up, please speak to your child's class teacher.

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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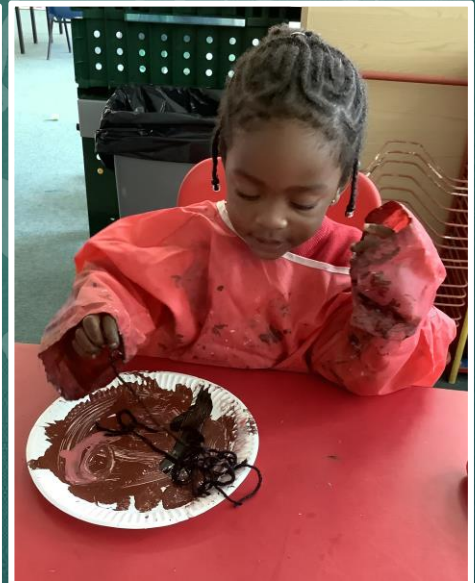
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RE



Year 3 have been studying Hinduism in RE. They listened to the story of Rama and Sita and learned about the importance of good conquering evil. They were also taught about Diwali and created their own Diya candles.

History



The children in Nursery have been focusing on their **topic 'All About Me'**. They have been busy creating self-portraits and using playdough to make models of their friends.

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Maths

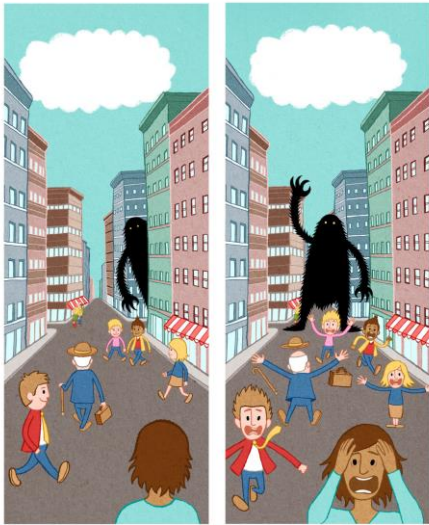


Reception are having fun while learning! 🎮 They have been playing a memory game by matching pictures, pairing up socks 🧦 and matching numbers to quantities!

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Literacy



Year 2 children have been creating freeze frames to represent scenes from their new literacy text, *The Lonely Beast*. They enjoyed discussing the character's feelings and re-enacting the moment when everyone ran away from the Beast.

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EYFS



Reception are settling into their new routines, building on old and new friendships, and exploring the various areas of learning in EYFS.

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Roman Workshop



Year 4 had a fantastic time learning more about the Romans during their Roman workshop. They explored artifacts, played traditional Roman games, completed a quiz, and even re-enacted a battle scene. It was great fun and a valuable learning experience!



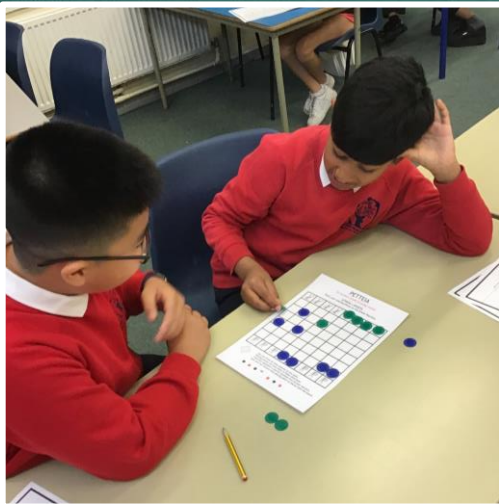
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Greek Workshop



Year 6 participated in an engaging Greek workshop, exploring ancient history through interactive activities and group challenges. They had a fantastic time learning about Greek culture and myths!



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SEN Unit Update



Children in the SEN unit have been practicing self-care skills, such as brushing their teeth. They were all engaged and showed great awareness of the importance of good oral hygiene. During free flow, the children enjoyed and participated in various activities, including fine motor skills, art, ICT, turn-taking, and role play related to community helpers and important places in our community. We may have some future doctors in the making!

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Thank you

The Early Years team would like to express our gratitude for the generous donation we received from the Baby Bank. Their thoughtful contribution of organic snacks and toilet wipes for our children has been very much appreciated by all.

It was a true pleasure to meet with the Baby Bank team, and we took great joy in having the opportunity to personally thank them for the incredible work they carry out in supporting families. Their dedication to providing resources and assistance to those in need is commendable, and we are fortunate to collaborate with such a compassionate organisation.

In recognition of the support we have received, we are looking into the possibility of donating to The Baby Bank in the near future. We believe that fostering partnerships like this not only strengthens our community but also teaches our children the importance of kindness and giving back.

Thank you once again to the Baby Bank for their kindness and generosity.



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Parent Workshop Menu

All parents are welcome and pupils may also attend. There is no need to reserve a place. Please note there will be weekly stay and read parent sessions in KS1 and EYFS from Autumn 2. Week beginning Monday 4th November, more information regarding these sessions will be sent out soon.

Date	Session	Staff Lead	Venue
Tuesday 8/10/24	Writing workshop	Mrs Baxi and Miss Page Willow	School Hall at 8:45am and 2:30pm
Wednesday 9/10/24	Writing workshop	Mrs Baxi and Miss Page Marish	School Hall at 8:45am and 2:30pm
Tuesday 5/11/24	Reception Stay and Read session Invite only	EYFS team Marish and Willow	In Reception classes
Wednesday 6/11/24	Maths	Mrs Ommer and Mr Fuller Marish	School Hall at 8:45am and 2:30pm
Thursday 7/11/24	Maths	Miss Stroud Willow	School Hall at 8:45am and 2:30pm
Tuesday 12/11/24	Reception Stay and Read session Invite only	EYFS team Marish and Willow	In Reception classes
Tuesday 12/11/24	Phonics	Mrs Imtiaz/Mrs Trifan Marish	School Hall at 8:45am and 2:30pm
Thursday 14/11/24	Phonics	Mrs Imtiaz Willow	School Hall at 2:30pm
Tuesday 19/11/24	Reception Stay and Read session Invite only	EYFS team	In Reception classes

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Half Term Clubs

Dear Parents/Carers,

We will be running a club during the October half term for any children aged 5 and over. The Holiday Club will be open from Monday 21st October to Friday 25th October from 8.30 am-3.45pm.

This club will run at Marish School.

The costs are:

£25.00 per day per child

£35.00 per day for 2 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 need to make sure that we have the correct staff – children ratio.

Full payment must be paid on ParentPay by Monday 14th October and is non-refundable.

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

If you have 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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Marish Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<p>1, Crispy Chicken Burger In An Unseeded Bun. 2, Triple Cheese & Tomato Pizza. 3, Pasta With 1 Or 2 Toppings.</p> <p>Sweet Corn Cobettes.</p> <p>Homemade Ginger Biscuit.</p> <p>Heinz Ketchup & Mayonnaise Sachets.</p>	<p>1, Lincolnshire Pork Sausage. 2, Cumberland Quorn Sausage. 3, Pasta 1 Or 2 Toppings.</p> <p>Herby Diced Potatoes.</p> <p>Baked Beans Or Carrots & Peas.</p> <p>Chocolate Beetroot Brownie.</p> <p>Heinz Ketchup, Mayonnaise & Brown Sauce Sachets.</p>	<p>1, Roast Chicken With Gravy. 2, Four Cheese And Red Onion Quiche. 3, Pasta With 1 Or 2 Toppings.</p> <p>Roast Potatoes. Mixed Vegetables.</p> <p>Spiced Sultana Sponge & Custard.</p>	<p>1, Beef Bolognese Spiral Pasta Bake. 2, Creamy, Cheesy, Twisty Pasta. 3, Jacket Potato With 1 Or 2 Toppings.</p> <p>Cut Green Beans.</p> <p>Bouncy Blueberry Muffin.</p>	<p>1, Big Fish Finger. 2, Spicy Bean Burger In An Unseeded Bun.</p> <p>Peas Or Baked Beans. Chips.</p> <p>Vanilla Ice Cream.</p> <p>Heinz Ketchup, Mayonnaise & Tartare Sauce Sachets.</p>
Week 2	<p>1, Juicy Lamb Burger In An Unseeded Bun. 2, Triple Cheese & Tomato Pizza. 3, Pasta With 1 Or 2 Toppings.</p> <p>Sweet Corn Cobettes.</p> <p>Homemade Millionaires Chocolate Cookie.</p> <p>Heinz Ketchup & Mayonnaise Sachets.</p>	<p>1, Chicken & Pepper Wrap With Potato Wedges. 2, Tangy Diced Quorn Chilli With Potato Wedges. 3, Pasta With 1 Or 2 Toppings.</p> <p>Carrots & Peas.</p> <p>Iced Vanilla Sponge With Sprinkles.</p> <p>Heinz Ketchup & Mayonnaise Sachets.</p>	<p>1, Roast Gammon With Roast Potatoes & Gravy. 2, Root Vegetable Cobbler Pie. 3, Pasta With 1 Or 2 Toppings.</p> <p>Mixed Vegetables.</p> <p>Fruit Crumble & Custard.</p>	<p>1, Seasoned Chicken Drumstick With Rice. 2, Thai Style Vegetable Curry With Rice. 3, Pasta With 1 Or 2 Toppings.</p> <p>Cut Green Beans.</p> <p>Moist Carrot Cake With Cream Cheese Icing.</p>	<p>1, Big Fish Finger. 2, Golden Vegetable Glamorgan Sausage.</p> <p>Peas Or Baked Beans. Chips.</p> <p>Chocolate Ice Cream.</p> <p>Heinz Ketchup, Mayonnaise & Tartare Sauce Sachets.</p>
Week 3	<p>1, Beef Burger In An Unseeded Bun With Or Without Cheese. 2, Triple Cheese & Tomato Pizza. 3, Pasta With 1 Or 2 Toppings</p> <p>Sweet Corn Cobettes.</p> <p>Homemade Cherry & Coconut Cookie.</p> <p>Heinz Ketchup & Mayonnaise Sachets.</p>	<p>1, Mediterranean Style Chicken Pasta Bake. 2, Cheese & Tomato Pasta. 3, Jacket Potato With 1 Or 2 Toppings.</p> <p>Carrots & Peas.</p> <p>Fudge Chip Sponge Cake.</p>	<p>1, Roast Lamb With Roast Potatoes & Gravy. 2, Homemade Puff Pastry Vegetable Sausage Roll. 3, Pasta With 1 Or 2 Toppings.</p> <p>Mixed Vegetables.</p> <p>Chocolate Sponge & Chocolate Sauce.</p>	<p>1, Mild Chicken Curry & Seasoned Rice. 2, Vegetable Samosa & Seasoned Rice. 3, Pasta With 1 Or 2 Toppings.</p> <p>Cut Green Beans.</p> <p>Soft Cinnamon Apple Cake.</p>	<p>1, Big Fish Finger. 2, Quorn Frankfurter Hotdog.</p> <p>Peas Or Baked Beans. Chips.</p> <p>Strawberry Ice Cream.</p> <p>Heinz Ketchup, Mayonnaise & Tartare Sauce Sachets.</p>

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Willow Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<p>1, Juicy Lamb Burger In An Unseeded Bun. 2, Triple Cheese & Tomato Pizza. 3, Pasta With 1 Or 2 Toppings. Sweet Corn Cobettes. Homemade Shortbread Finger. <small>Heinz Ketchup & Mayonnaise Sachets.</small></p>	<p>1, Mediterranean Chicken Pasta Bake. 2, Cheese & Tomato Pasta. 3, Jacket Potato With 1 Or 2 Toppings. Diced Carrots & Peas. Iced Zingy Lemon Cake.</p>	<p>1, Roast Turkey With Roast Potatoes And Gravy. 2, Root Vegetable Casserole With Soft Herby Dumpling. 3, Pasta With 1 Or 2 Toppings. Mixed Vegetables. Sticky Syrup Sponge & Custard.</p>	<p>1, Suet Topped Chicken Pie. 2, Cheese & Vegetable Puff Pastry Pasty. 3, Pasta With 1 Or 2 Toppings. Peas & Sweetcorn. Chocolate Brownie.</p>	<p>1, Big Fish Finger. 2, Tangy Bean Burger In An Unseeded Bun. Peas Or Baked Beans. Chips. Vanilla Ice Cream. <small>Heinz Ketchup & Mayonnaise Sachets.</small></p>
Week 2	<p>1, Turkey Burger In An Unseeded Bun. 2, Triple Cheese & Tomato Pizza. 3, Pasta With 1 Or 2 Toppings. Sweet Corn Cobettes. Triple Chocolate Cookie. <small>Heinz Ketchup & Mayonnaise Sachets.</small></p>	<p>1, Southern Fried Chicken Mini Fillet. 2, Quorn Cumberland Sausage. 3, Pasta With 1 Or 2 Toppings. Herby Diced Potatoes Baked Beans Or Diced Carrots & Peas. Cinnamon Apple Cake. <small>Heinz Ketchup & Mayonnaise Sachets.</small></p>	<p>1, Roast Lamb With Roast Potatoes & Gravy. 2, Mixed Cheese & Red Onion Quiche. 3, Pasta With 1 Or 2 Toppings. Mixed Vegetables. Chocolate Sponge & Chocolate Sauce.</p>	<p>1, Chicken Korma With Seasoned Rice. 2, Mildly Spiced Vegetable Sag With Seasoned Rice. 3, Pasta With 1 Or 2 Toppings. Peas & Sweetcorn. Vanilla Cheesecake.</p>	<p>1, Big Fish Finger. 2, Crispy Golden Vegetable Nuggets. Peas Or Baked Beans. Chips. Chocolate Ice Cream. <small>Heinz Ketchup & Mayonnaise Sachets.</small></p>
Week 3	<p>1, Crispy Chicken Burger In An Unseeded Bun. 2, Triple Cheese & Tomato Pizza. 3, Pasta With 1 Or 2 Toppings. Sweet Corn Cobettes. Jam Ball Donut. <small>Heinz Ketchup & Mayonnaise Sachets.</small></p>	<p>1, Lamb Bolognese Spiral Pasta Bake. 2, Creamy, Cheesy, Twisty Pasta. 3, Jacket Potato With 1 Or 2 Toppings. Diced Carrots & Peas. Double Chocolate Cake.</p>	<p>1, Roast Chicken With Roast Potatoes & Gravy. 2, Sliced Quorn Joint With Roast Potatoes & Gravy. 3, Pasta With 1 Or 2 Toppings. Mixed Vegetables. Fruit Crumble & Custard.</p>	<p>1, Chicken Fillet With BBQ Sauce. 2, Three Cheese & Pepper Tortilla Wrap. 3, Pasta With 1 Or 2 Toppings. Potato Wedges. Peas & Sweetcorn. Fruity Jelly.</p>	<p>1, Big Fish Finger. 2, Quorn Frank Furter Hotdog. Peas Or Baked Beans. Chips. Strawberry Ice Cream. <small>Heinz Ketchup & Mayonnaise Sachets.</small></p>

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Healthy Lifestyle

Activities to keep fit at home

Exercise: Maui's Shapeshifting Statues

Players: 3 or more

Where to play? Indoors or outdoors

How to play



1. Put some music on and choose 1 person to pretend to be Maui.



2. Maui starts by calling out the name of an animal. Everyone must then start moving like that animal.



3. Keep moving until Maui shouts "hook!". Then everyone must freeze in the position of a hook.



4. The last person to form a hook shape is out. Maui starts the game again by shouting out a new animal.



5. Keep going – when there's only 1 person left, they become Maui.



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Healthy Lifestyle

FABULOUS FISH PIE RECIPE

Preparation time - 20 mins

Cooking time - 50 mins

Makes - 4 Servings

Ingredients

- 700g potatoes, peeled and chopped
- 425ml 1%-fat milk
- 25g lower-fat spread
- 25g plain flour
- 2 tablespoons fresh parsley, chopped
- 100g frozen peas
- 1 pinch ground black pepper
- 300g coley, pollock or other fish fillets
- 25g reduced-fat mature cheddar, grated



Method:

1. Put the pepper and spring onions into a large saucepan with 3 tablespoons of milk. Boil the potatoes for 15 to 20 minutes until tender, then drain them and mash with 2 tablespoons of the milk.
2. While the potatoes are boiling, preheat the oven to 200C (fan 180C, gas mark 6). Put the remaining milk, low-fat spread and flour into a saucepan. Bring to the boil over a medium heat, stirring continuously with a small whisk or wooden spoon until the sauce bubbles and thickens. Stir in the parsley (if using) and the peas, and season with pepper. Turn off the heat.
3. Place the chunks of fish in an ovenproof dish. Pour the sauce over, then spoon the mashed potato on top, spreading it evenly. Finally, sprinkle the cheese over the whole dish.
4. Bake in the centre of the oven for 25 to 30 minutes, until the top is golden brown. Serve with steamed or boiled broccoli, spinach or other greens.

<https://www.nhs.uk/healthier-families/recipes/healthy-beans-on-toast/>

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Attendance

Marish

Oct 2024

Reception: **91.84%**

Year 1: **94.95%**

Year 2: **95.48%**

Year 3: **92.00%**

Year 4: **91.44%**

Year 5: **95.36%**

Year 6: **87.90%**

Target: **96%**

Willow

Oct 2024

Reception: **89.70%**

Year 1: **92.62%**

Year 2: **95.40%**

Year 3: **94.98%**

Year 4: **92.55%**

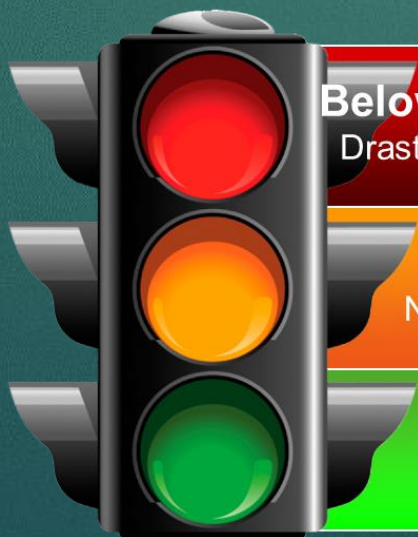
Year 5: **95.69%**

Year 6: **94.34%**

Target: **96%**



Last month's 100% attendance reward was a MilkyWay chocolate!



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 from October

Soft start is from 8:15am to 8:30am for all year groups except Nursery.

SEN Unit:	Doors open 8:15am to 8:45am and then at 3:00pm
Nursery:	8:00 – 11:00am and 12:00pm – 3:00pm
Nursery full time (Marish)	8:00am – 3:00pm
Reception:	8:30am – 3:15pm
Year 1 and Year 2:	8:30am – 3:15pm
Year 3 and Year 4:	8:30am – 3:25pm
Year 5 and Year 6:	8:30am – 3:25pm



Ensure that you drop your child off at the designated entrance. Do not leave them unsupervised on the school grounds.

Fees for Breakfast club and Meerkats

Meerkats	Before 4pm	After 4pm
	£2	£5
Breakfast Club	£1 per day	-
Late collection	£5 per 15 minutes	-

Full time only sessions, £2, parents still need to order and pay for school dinner in addition to this.

If you would like your child to attend Breakfast club or Meerkats you will need to apply for a space. For more information or an application form, enquire at the school office.

Please note, there is a different payment schedule for Pupil Premium/ Free School Meal pupils. Please contact the office before applying.

All pupils must be booked in advance otherwise they will not be allowed to attend. If your child attends Meerkats without a booking you will be charged the late fee.

Children must not attend Breakfast Club without a booking as numbers are limited. Please book a week in advance.

You are required to sign your child in to Breakfast Club and out of Meerkats each day.

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Parent Notices

School Uniform

Our Trust school uniform consists of:

- Red/Green sweatshirt or cardigan (Red for Marish and Green for Willow)
- Navy blue trousers, shorts or skirt
- White shirt or polo shirt
- Black smart shoes (no boots, high heels or platforms)
- Nursery – the above with grey or black jogging bottoms
- PE Kit – red plain round neck T-shirt, black shorts or jogging bottoms
- A plain black tracksuit to wear over the PE kit for outdoor lessons in cold weather.

Trainers/plimsolls will work for outside lessons

- Swimming is a part of the Year 4 curriculum and pupils are expected to have appropriate swim wear with a swimming hat



All items of clothing must be clearly labelled with the child's name.

The only jewellery allowed is one small stud in each ear, a watch and that which is a specific religious requirement. These must all be removed for PE. The child must take full responsibility for looking after these items. The school will accept no responsibility for their loss or damage.

At The National College, our WakeUpWednesday 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.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timeliness of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

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10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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Some Useful Information

NEW FOR 2024

**HOME
START**

Berkshire East

CONNECT WORKSHOP

INTERACTIVE SUPPORT

5 weeks

19th Sept
to
17th Oct

Does your child have:
Meltdowns
Special interests
Anxiety
Sensory issues
Need of daily routine

MEET OTHER PARENTS FACING THE SAME ISSUE

FACE TO FACE COURSE

- Learn strategies to encourage the behaviour you like, routines, and manage challenges.
- Meet other parents going through the same issue. Make friends and support each other.

For parents with children who have a diagnosis of autism or are waiting

TIME & PLACE

Penn Road Children's Centre
Penn Road, Slough SL2 1PG
9.30am to 11.30am



RSVP & INFO:

01753 572958

office@homestartberkshireeast.org.uk

FREE

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Concerned about a child's communication skills?

NHS

Berkshire Healthcare
NHS Foundation Trust

How can I help my child
learn more words?

How can I help them
listen to me?

How can I help them
play with me?

Am I doing this right?



**Call our Enquiries Line to get advice from
a Speech and Language Therapist:**

0118 904 3700

Lines are open Tuesdays and Thursdays 9am - 3.30pm.

Available for parents/carers of children aged 0-5 years with a Berkshire GP.

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SLOUGH TOWN FC



OCTOBER GOALKEEPING CAMP

Thu 31 Oct 24 at 10:00 AM - Fri 01 Nov 24 at 3:00 PM

VENUE: Arbour Park Stadium, SL2 5AY

INCLUDES:

- Football Sessions ● Meet the players ● Multi Sports Activities
- Free Family Ticket to STFC game ● Camp gift

WHAT TO BRING:

- Training kit relevant to forecasted weather.
- Rubber Moulded Studded Boots/Astro Trainers
- Packed Lunch and Drinks Bottle

COST:

2 DAYS: **£40**

20% OFF For STFC Members

**To book: Visit sloughtownfc.net/holidaycamps
or scan the QR code**



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OCTOBER FOOTBALL CAMP

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**WE CAN
HELP WITH
SCHOOL
UNIFORM**

EMAIL US:
INFO@THEBABYBANK.ORG

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Are you a parent/guardian with a child between the ages of 5-11?

We want to learn more about the challenges and difficulties when feeding your children healthy foods during the Cost-of-Living Crisis



If you are interested in taking part in an interview, please email:

Hannah.froome@brunel.ac.uk

£15 voucher for taking part!

This study is being conducted by a doctoral researcher and has been approved by the College of Health, Medicine, and Life Sciences Research Ethics Committee (Brunel Research Ethics Approval: 44814-MHR-Jun/2024- 51239-3)