

# Marish Academy Trust Newsletter

Issue 70 - Oct 2024

## Message from the Senior Leadership Team

**Dear Parents & Carers,**

In the blink of an eye, Autumn 1 is complete! You have all spent the last six weeks getting to know your teachers, establish friendships in your new classes and continue the learning journey in your new year. Walking around the school, I have seen lots of

positives: hard work, resilience and children following our diamond rules.



Whilst you're having your much earned rest, please can I remind you of a few expectations. Whereas it's been lovely to see so many children in their smart uniforms, there have been some who are not in full uniform and footwear and also not wearing the school PE kit. Children should be wearing this to school on their PE days, not their own clothes. It is also important that you read at home and attend school every day so that you can maximise your learning opportunities.

We look forward to seeing you after your two week half term holiday, with renewed energy, ready to learn.

**Miss Dowe**

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EYFS



The Nursery has been learning about **'My Body.'** The children have learned new vocabulary by identifying different parts of their body. They have been singing **'Head, Shoulders, Knees, and Toes,'** looking at X-ray images of body parts, and painting them. Additionally, they have been learning about teeth and how to take care of them.

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## SEN Unit



The children in SU6 have been learning about our community and the people who help us. In Literacy, they are also exploring the story *We're Going on a Bear Hunt*. The children have taken off their shoes to fully experience the sensory feeling on their feet.



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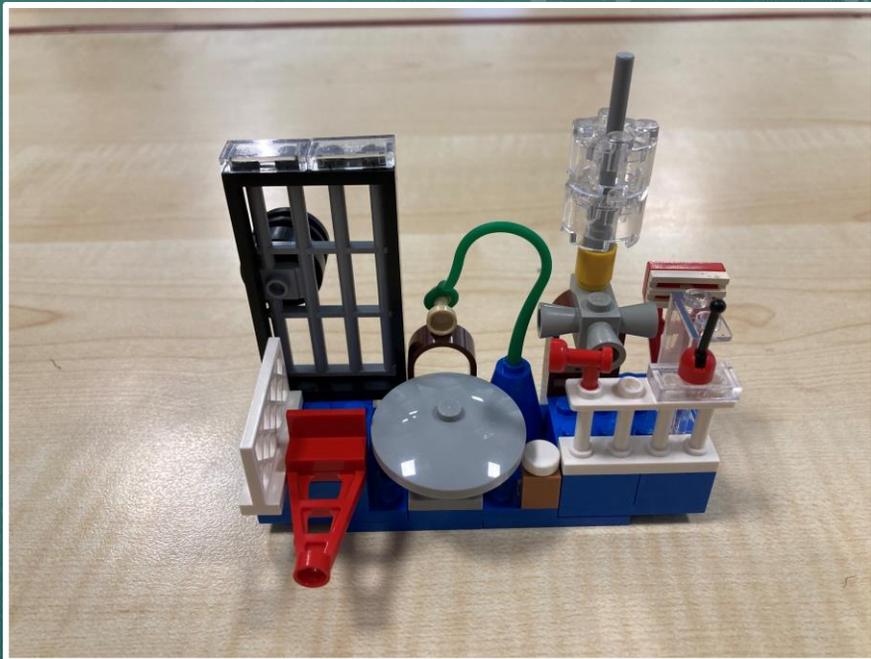
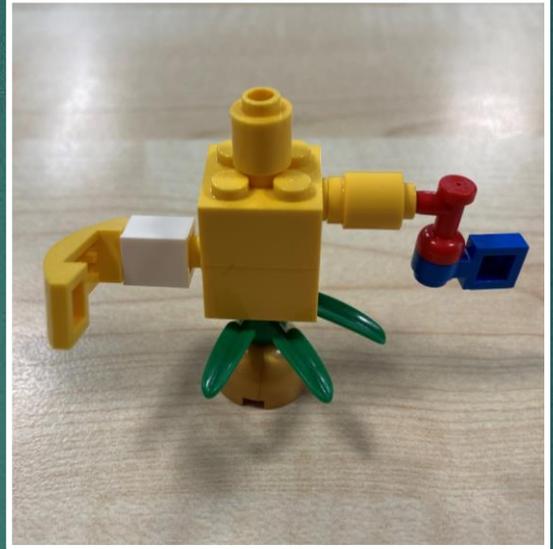
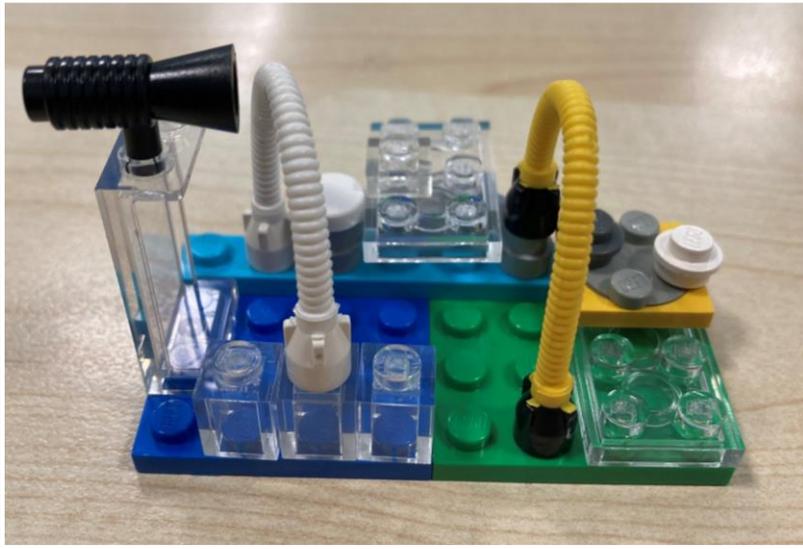
## SEN Unit



# Marish Academy Trust Newsletter

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## Lego Club

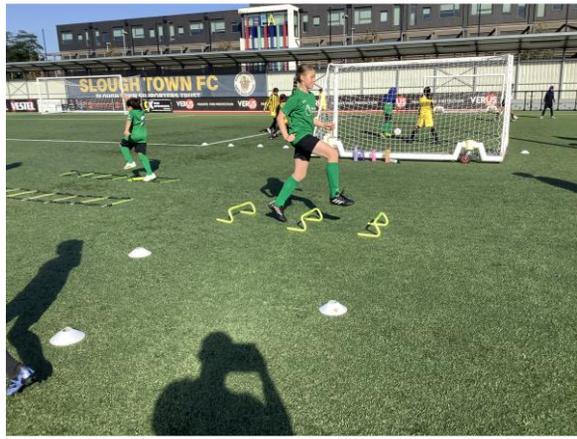


In Lego Club, the children designed water filtration systems. They really enjoyed creating them!

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## PE Update



On 3rd October, the Willow Girls' Football team participated in the Girls' Football Festival at Arbour Park Stadium, home of Slough Town FC! The girls developed their skills through fun circuit activities and played four 10-minute matches, winning two and drawing two. Fantastic teamwork and effort all around!

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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 5/11/24	Reception Stay and Read session <b>Invite only</b>	<b>EYFS team</b> Marish and Willow	In Reception classes
Wednesday 6/11/24	Maths	<b>Mrs Ommer and Mr Fuller</b> Marish	School Hall at 8:45am and 2:30pm
Thursday 7/11/24	Maths	<b>Miss Stroud</b> Willow	School Hall at 8:45am and 2:30pm
Tuesday 12/11/24	Reception Stay and Read session <b>Invite only</b>	<b>EYFS team</b> Marish and Willow	In Reception classes
Tuesday 12/11/24	Phonics	<b>Mrs Imtiaz/Mrs Trifan</b> Marish	School Hall at 8:45am and 2:30pm
Thursday 14/11/24	Phonics	<b>Mrs Imtiaz</b> Willow	School Hall at 2:30pm
Tuesday 19/11/24	Reception Stay and Read session <b>Invite only</b>	<b>EYFS team</b>	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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## Half Term PE Clubs

**Dear Parents/Carers,**

We are excited to announce that the PE team will be running a Sports Holiday Club during the October half-term for any children aged 5 and over. The club will take place at Marish Primary School and will be open on Monday, 21st October, Tuesday, 22nd October, and then Monday, 28th October, and Tuesday, 29th October, from 8:30 am to 3:45 pm.

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

Children can come for all four days, single days or whatever combination of dates you would prefer. Please provide your child with a packed lunch. During the day, there will be a combination of outdoor and indoor sporting activities (weather dependent), so please ensure they are suitably dressed for the weather. They will also need a water bottle for the day and a healthy snack.

The children will have a fantastic range of sports and activities to enjoy, including:

- Football
- Basketball
- Rugby
- Dodgeball
- Cricket
- Gymnastics
- Handball

They will also be able to engage in a range of other fun activities, all with a sports focus or theme such as:

- E-games
- Kahoot quizzes
- Bingo
- Soft Play

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 so we can ensure the correct staff-to-children ratio.

Full payment must be made via Parent Pay by Thursday 17th October and is non-refundable. If you have any questions, please ring the office number and ask for Mr Alves.

Yours sincerely  
Victor Aves  
Sports Club Manager

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Healthy Lifestyle

## *Activities to keep fit at home*

**Exercise:** Find Forky

**Players:** 2 or more

**Where to play?** Indoors

**How to play**



1. Draw Forky on a piece of paper and get an adult to help you cut him out.



2. One player hides Forky while everyone else closes their eyes.



3. Open your eyes and hop your way around the room to try to find Forky.



4. The player who finds Forky is the winner.



5. Everyone celebrates with 10 star jumps. Let the winner take a turn to hide Forky, and play again!



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## Healthy Lifestyle

### CRUNCHY FISH FINGERS WITH WEDGES

**Preparation time** - 15 mins

**Cooking time** - 45 mins

**Makes** - 4 Servings

#### Ingredients

- 4 tablespoons vegetable oil
- 4 medium-sized sweet potatoes, scrubbed clean, halved and each half cut into 4 wedges
- 1 teaspoon ground black pepper
- 500g pollock, cod, skinless haddock or similar white fish
- 1 egg
- 100g dried golden breadcrumbs
- 200g frozen peas, or frozen mixed veg



#### Method:

1. Preheat the oven to 200C (180C fan, gas mark 6). Put the wedges into a roasting tin and add 2 tablespoons of vegetable oil, tossing to coat. Season with some pepper, and put in the oven to bake for 45 minutes.
2. Grease a baking tray with a little of the vegetable oil. Beat the egg in a shallow dish with 3 tablespoons of cold water. Sprinkle the breadcrumbs onto a plate.
3. Cut the fish fillets into even-sized "fingers", and season with some pepper. Dip the fish fingers into the egg mixture, then roll them in the breadcrumbs and arrange on the baking tray, leaving some space between them.
4. When the potatoes have been in the oven for 25 minutes, turn them over using a spatula. At the same time, put the fish fingers in the oven. Cook for 20 minutes, until crisp and golden brown.
5. Put the vegetables on to cook in a small amount of boiling water 5 minutes before the fish and wedges are ready. Drain once cooked, and serve everything together.

<https://www.nhs.uk/healthier-families/recipes/homemade-fish-fingers-with-sweet-potato-wedges/>

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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.

<b>SEN Unit:</b>	Doors open 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>	8:00am – 3:00pm
<b>Reception:</b>	8:30am – 3:15pm
<b>Year 1 and Year 2:</b>	8:30am – 3:15pm
<b>Year 3 and Year 4:</b>	8:30am – 3:25pm
<b>Year 5 and Year 6:</b>	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

<b>Meerkats</b>	Before 4pm	After 4pm
	£2	£5
<b>Breakfast Club</b>	£1 per day	-
<b>Late collection</b>	£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](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and neglecting fire safety measures. This guide offers practical tips for keeping children safe when handling everything from fireworks to space heaters.

### 1 BONFIRE NIGHT AWARENESS

Bonfire Night is exciting, but it comes with several inherent risks. Educate children about the dangers of fireworks and open flames. Teach them that only adults should handle fireworks and that bonfires should never be approached. Keep children at a safe distance (at least five metres away) from bonfires and explain why supervision is crucial during these events.

### 2 SUPERVISE FIREWORK USE

Fireworks should only be handled by responsible adults who are following UK laws and guidelines. Make sure to buy fireworks that meet British Standards and adhere to all instructions that come with them. Keep children a suitable distance from any firework activity and designate an adult to supervise the event. Ensure no one goes near fireworks after they've been lit.

### 3 SPARKLER SAFETY

Sparklers are often captivating for little ones, but they can burn at extremely high temperatures – over 1,000°C! Only allow children over the age of five to use sparklers, and make sure they wear gloves. Teach them to hold sparklers at arm's length and never wave them near others. Once a sparkler has burned out, extinguish it fully in a bucket of water – which you should prepare beforehand and always keep nearby.

### 4 ORGANISED DISPLAYS ARE SAFER

If possible, families should attend an organised fireworks display rather than holding one at home. These tend to be far safer as they're run by professionals adhering to strict safety regulations. Organised displays also provide a controlled environment where children can enjoy the event from a safe distance, reducing the risk of accidents.

### 5 KEEP FIREWORKS AWAY FROM THE HOME

If you are hosting your own fireworks display, set them off well away from homes, sheds or fences to avoid starting accidental fires. Choose a wide-open space with no flammable materials nearby and keep a means of putting out fires to hand in case of emergency – such as a bucket of water, a hose or a fire extinguisher. Afterwards, ensure that all fireworks are fully extinguished and never attempt to relight one if it doesn't go off.

### 6 BONFIRE SAFETY

If you're building a bonfire, place it well away from trees, buildings, fences or anything else flammable. Make sure it's structurally sound and not at risk of collapsing. Only burn natural materials like wood and leaves, avoiding petrol or other accelerants. Children should be kept far away from the bonfire, and it should always be supervised by adults. Be sure to fully extinguish the bonfire before you leave it.

### 7 "STOP, DROP AND ROLL"

Ensure that children know what to do if their clothing catches fire. Teach them the simple "stop, drop and roll" technique, which can quickly extinguish flames. Practice this with them before events like Bonfire Night, so they feel confident if the need to use it arises. It can also be helpful to keep another means of putting out these kinds of fires on standby, just in case. An extinguisher or flame-retardant blanket are both sound choices.

### 8 SECURE CANDLES AND OPEN FLAMES

Beyond Bonfire Night, everyday fire safety is also crucial. Candles can be a common fire hazard, especially in homes with young children. Teach children not to touch any open flames, and ensure candles are placed in sturdy holders away from combustible materials. Never leave candles, incense burners or other such items unattended, and always extinguish them fully before leaving a room or going to bed.

### 9 EDUCATE ABOUT FIREWORKS HAZARDS

Make sure children understand the dangers of playing with fire or fireworks, and how to handle such things responsibly. Emphasise that fireworks are not toys and can cause serious injuries when improperly used. Demonstrate the importance of treating fire with respect and the consequences of misuse, which can help temper any curiosity and any resultant dangerous behaviour.

### 10 FIRST AID FOR BURNS

Even if you have the best possible precautions in place, accidents can still happen. Keep a first aid kit on hand. Ensure you know how to apply basic first aid to burns, so you can teach children those techniques too. If someone suffers a burn, run it under cool water for 20–30 minutes. Never use creams or ointments, as these retain heat and can cause further damage. Instead, seek medical help if the burn is serious.

### Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings and many other industries, helping them to maintain a safe working environment.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/fire-safety>



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## E-Safety

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](https://nationalcollege.com).

### What Parents & Educators Need to Know about IN-GAME CHAT

#### WHAT ARE THE RISKS?

Video games are continuing to grow in popularity – including, of course, among children and young people – and the emergence of gaming communities has been accelerated by the inclusion of chat functionality across many different titles. While in-game chat isn't inherently a bad thing, it can create some concerns about online safety and the people that children might be interacting with.

#### DIFFERENT TYPES OF CHAT

There are a number of ways that gamers commonly chat with one another online. As the name would suggest, in-game chat happens within the game itself. There's also party chat: a group voice conversation that console users can have with anyone on the same platform. This tends to be more commonly used by players who already know each other. Finally, many gamers – especially on PC – will chat via a third-party app such as Discord.

#### CONTACT WITH STRANGERS

Whether it's text- or voice-based, in-game chat is frequently open to all players to use. Many games default to making it an opt-in function, but some don't, meaning a child could start seeing messages within the game from people they're playing with, regardless of whether they know those individuals or not. While most strangers won't necessarily have ill intent, there are some who may behave inappropriately when chatting to a child – intentionally or otherwise.

#### DANGER OF GROOMING

It's been reported that some young gamers have encountered older players online who pretend to be a lower age to manipulate children, sending gifts in exchange for chatting and sending photos. Just as on any messaging platform, it's good to advise young people to avoid speaking to strangers; emphasise that they shouldn't accept gifts from anyone online that they don't know.

#### BULLYING AND ABUSE

While some in-game chat can turn toxic because of how a match plays out, others turn that way because of people who engage in trolling – in essence, behaving in an offensive and abusive way simply to cause pain or get a rise out of whoever they're talking to. These 'trolls' often lean on racial slurs, anti-LGBT sentiment and other hateful rhetoric; they normally feel most confident preying on younger, more impressionable gamers.

#### POTENTIAL FOR PRIVATE CHAT

If a player would like a re-match with a stranger after meeting them in the game, they can send a friend request, or use the party chat together in the future. For the most part, this is harmless – but it might lead to messages being exchanged in private. This could then escalate to the sharing of private information, and potentially attempts to manipulate or scam younger players.

#### COMPETITIVE ATMOSPHERE

Certain games are very competitive, and players can sometimes get upset if they feel a teammate is underperforming, an opponent won unfairly, or they're just a bad loser. This can lead to unpleasant messages that stray away from playful 'trash talk' and wander into the territory of bullying. Some players have been known to get incredibly abusive in situations like this, and the impact of this on a young gamer's emotional wellbeing could be severe.

### Advice for Parents & Educators

#### LOCK-DOWN IN-GAME CHAT

In-game chat can often be disabled in the game's settings. This allows children to play without risk of contact from strangers – but it will need to be done in each individual game. Text chat appears in the corner of the screen in many titles, so it's normally easy to take a quick glance and see what's being said. With voice chat, explain to children what behaviour is inappropriate, so they can spot the dangers themselves.

#### REPORT POTENTIAL OFFENDERS

Most games offer a robust means of reporting other players, so you can flag an account as potentially harmful. This normally leads to the account not being matched with yours in the future and, if that person's conduct breaks any of the game's rules, they may be banned from playing entirely. This is done within the game itself, so each title has a slightly different process, but these tend to be designed for simplicity.

#### CONSIDER OTHER CHAT OPTIONS

If a child wants to play with people they know, consider using party chat or a third-party service like Discord. This allows everyone involved to chat on a private server and even enjoy each other's company while playing different games. It's also far more secure, as anyone looking to join will need to request and be granted access – normally by whoever is hosting the chat.

#### COMMUNICATION IS KEY

Make sure children understand the differences between being competitive and being abusive. Talk about what constitutes unusual or inappropriate behaviour from strangers online. Be clear that if anything ever concerns or worries them, they should tell a trusted adult as soon as possible. Empower children to identify the risks of in-game chat for themselves and reassure them they won't get in trouble for seeking help if anything goes wrong.

#### Meet Our Expert

Lloyd Coombes is the Editor in Chief of @GRecon and has been working in the games media industry for five years. He's also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published at sites including IGN, TechRadar, and plenty more.



Source: See full reference list on guide page at [nationalcollege.com/guides/in-game-chat](https://nationalcollege.com/guides/in-game-chat)

@wake\_up\_weds

/www.thenationalcollege

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# Marish Academy Trust Newsletter

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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](mailto:office@homestartberkshireeast.org.uk)

**FREE**

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Some Useful Information

## 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.

# Marish Academy Trust Newsletter

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## Some Useful Information



### The Art of Dance From The Indian Subcontinent

Opens Saturday 26<sup>th</sup> October 2024  
at Welcome Gallery - Reading Museum

Drawing together artefacts collected by the people of Reading with the Museum's own historic world objects, this small display explores how the local Indian community express themselves through dance. Discover the symbolism of these dances and their importance for religious festivals and occasions.

In partnership with **Kala the Arts** and generously funded by the Arts Council.



## DIWALI Light It Up 2024



Exciting Parade in Reading Town Centre

9th November 2024 5.00pm

The event is organised by Kala The Arts, a National Dance organisation and partners for Diwali. This is a **FREE** event for all the family, enjoyable by everyone. Everyone can take part in a parade which goes from Town Hall Square to Broadway.

Please email [office@kalathearts.co.uk](mailto:office@kalathearts.co.uk) if you would like to attend the Parade, and visit the Kala The Arts social media and website [www.kalathearts.co.uk](http://www.kalathearts.co.uk) for updates.

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## Some Useful Information



**Help your child with Maths homework on  
Thursday 17th October  
Key stage 1 - 9am-11am  
Key stage 2 - 11.30am-1.30pm**

This practical course held at Slough & Langley College is designed for parents of primary aged children to give an overview of how Maths is taught at school. You will receive free resources and visual aids to take away to use with your child. The course will also signpost parents to further resources.

\*No formal qualification is needed,  
just a passion to learn and help your child.\*

**Slough & Langley College,  
Station Road, Langley SL3 8BY**

To register:  
Scan the QR code now to apply!  
Please email all enquires to [multiply@windsor-forest.ac.uk](mailto:multiply@windsor-forest.ac.uk) or call 01753793416



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## Some Useful Information



### HOW TO APPLY TO THE LANGLEY ACADEMY

- #### 1 CAF

You need to complete the Common Application Form (CAF) on the Slough Borough Council (SBC) website or your local council website if you live in another area. On this form you can select up to six secondary schools. If you would like a place with us, it is vital that you place The Langley Academy as one of your first choices to increase the chance of being allocated a place by the SBC.


- #### 2 TLA REGISTRATION FORM

You must also complete The Langley Academy registration form which can be found in the Admissions area of our school website.


- #### 3 BANDING TEST

All students wishing to be considered for a place at The Langley Academy should sit a banding test to put them into one of nine bands. We have a comprehensive intake so aim to take even numbers from each band which SBC allocates on our behalf. Students currently in TLAP or TLHP will sit the test in the week commencing 18th November 2024 at their primary school. All other students will be invited on for a test on Saturday 16th November 2024 but only if the application forms are fully completed.



*Curiosity. Exploration. Discovery.*

**CAF and TLA Registration form MUST be completed by 31st October 2024**

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## Some Useful Information



**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](mailto: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)

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Some Useful Information

## PLAY TOGETHER

28TH - 30TH  
OCTOBER 2024



Why does play matter?

How has technology changed play?

How do generations play together?



Enjoy free access to museum objects,  
games, and hands-on crafts

Join us for a fun-filled exhibition on toys and games, curated by children from The Langley Heritage Primary and local residents! Thanks to National Lottery players.  
All ages welcome. Children must be accompanied by an adult.

**ST MARY THE VIRGIN CHURCH SL3 7EN**  
MON 28TH: 10-12  
TUES 29TH & WED 30TH: 10-2



FIND OUT MORE



[www.Tinyurl.com/TheLangleyCommunity](http://www.Tinyurl.com/TheLangleyCommunity)



THE  
LANGLEY  
HERITAGE  
PRIMARY

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## Some Useful Information



November 2024

## Newsletter

Monday  
25th Nov

19:00 - 20:00  
FREE



### FREE SESSION

#### Decreasing Depression

A range of steps that can help to reduce the crippling impact of depression.

Thursday  
7th Nov

19:00 - 21:00  
£24



### Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
12th Nov

19:00 - 21:00  
£24



### Anxiety-Based School Avoidance

Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Monday  
18th Nov

19:00 - 21:00  
£24



### Understanding Anger: Yours and Theirs!

What is anger? Why do we have it? How do we manage it in ourselves and in our children?

Thursday  
21st Nov

19:00 - 21:00  
£24



### Supporting Healthy Screen Use

Clarifying the difference between healthy screen use and unhealthy screen use. Addressing concerns about blue light and sedentary behaviour.

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

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# Marish Academy Trust Newsletter

Issue 70 - Oct 2024

## Some Useful Information



### OCT/NOV TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

<b>FREE SESSIONS</b>	
<b>Introduction to Facing Defiance</b>	<b>24 OCT</b>
<b>Decreasing Depression</b>	<b>25 NOV</b>
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Improving Family Communication	4 NOV
Anxiety-Based School Avoidance	12 NOV
Anxiety Explained	14 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV
Understanding the Teenage Brain	2 DEC

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