

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Message from the Senior Leadership Team

Dear Parents & Carers,

It is a pleasure to have the opportunity to write in the newsletter. I am Miss Stroud and I am an Assistant Headteacher based at Willow, where I teach Year 2. I am based at Willow, you will occasionally see me at Marish, so please come and say hello. At Willow, you will often see me at the gate before and after school, so if you need any support or have any questions, please do let me know.



This half term seems to have flown by, and we are only two weeks away from our next school break! As always, the school has been buzzing with enthusiasm, and it has been wonderful to see how engaged the children are in their learning, despite the miserable weather we have had. As winter comes to an end, the days are getting longer, with more daylight in the mornings and evenings. This brings a fresh energy to the school, and we are looking forward to spending more time outside. The extra sunshine reminds us that spring is on the way, bringing brighter, warmer days for everyone to enjoy!

As a reminder, please make sure children have the correct uniform and appropriate clothing for the constant changes in weather. Your child's uniform should be labelled clearly with their name so that we can return any misplaced items to their rightful owner. Children, keep up the hard work, and I hope you all enjoy the break when it arrives.

Warm regards
Miss Stroud

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

SEN Unit

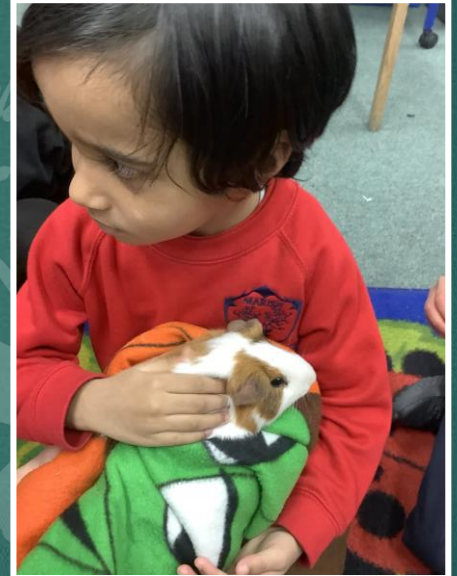


The children were excited to explore the new story "Whatever Next!" and fully engaged in role play during story time, bringing the adventure to life. In addition to this, they have been learning about shapes, making the topic interactive and enjoyable.

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

EYFS



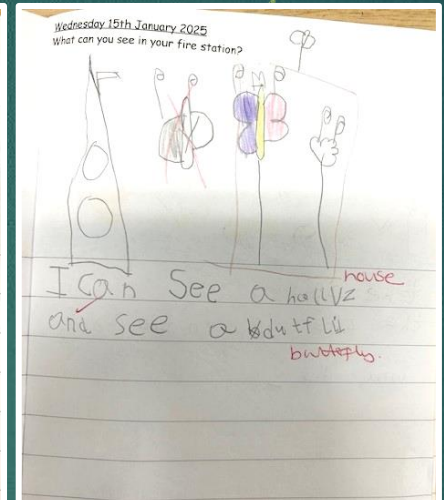
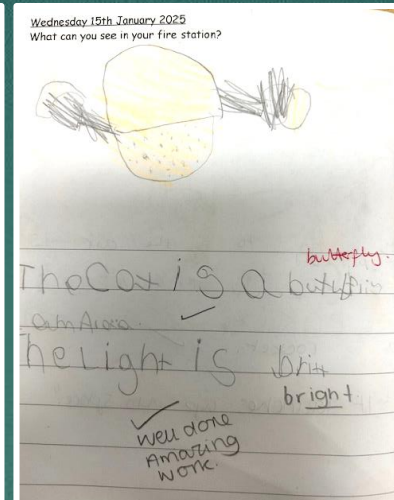
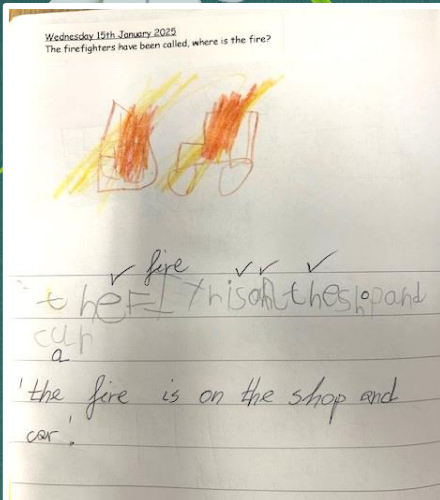
As part of Reception's current topic, People Who help us, the children have been exploring a variety of important occupations, including firefighters, police officers, postal workers, ambulance staff, opticians, dentists and vets.

To bring this learning to life, they have set up a veterinary surgery in their role-play area, where the children have been discovering more about pets and the vital roles of those who care for them. Last week, they were delighted to welcome two very special guests—Billie and Rosie, two friendly guinea pigs! The children had the opportunity to ask questions and learn fascinating facts about these adorable animals. The highlight of the visit was getting to hold the guinea pigs, which was an exciting and memorable experience for everyone.

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

EYFS



As part of their topic '**People who Help Us**', the children are engaged in creative writing tasks through the literacy approach 'Drawing Club'. They children drew their own pictures, described them and assigned meaning to their pictures. Well done Reception!



This term, our little farmers have been getting hands-on with our exciting **On the Farm** topic! From washing muddy cows to milking them, the children have been exploring farm life in fun and creative ways. They have also enjoyed feeding the animals and getting crafty by making their own animal masks!

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Art



Children from Years 3 – 6 showcased their creativity in an Art competition inspired by Frida Kahlo! Their stunning portraits celebrate her vibrant style and passion for self-expression. Well done, young artists!

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

MFL - POLISH

International Language of the Month - Portuguese



Portugal is a country in Europe. It is located on the Iberian Peninsula. It shares the peninsula with Spain, which is to the north and east.

Portuguese is one of the world's most spoken languages. Portuguese is a Romance language, which is part of the Indo-European language family. It is an official language in Angola, Brazil, Cabo Verde, Equatorial Guinea, Guinea-Bissau, Mozambique, Portugal, São Tomé and Príncipe, and Timor-Leste. It is also an official language in Macau, which is a special administrative region of China.

Portuguese-speaking Countries



Tourism is an important part of the economy, in both Brazil and Portugal, with tourists visiting to enjoy the warm climate and long, sandy beaches.



Now let's learn a few phrases:

- Bom dia = Good morning.
- Boa tarde = Good afternoon.
- Por favor = Please.
- Obrigado/ a = Thank you.
- Adeus = Goodbye.
- De nada = You're welcome.

- 1 = um/ uma.
- 2 = dois/ duas.
- 3 = três.
- 4 = quatro.
- 5 = cinco.
- 6 = seis.

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

PE



Huge congratulations to the Willow Girls Football Team for their fantastic 4 - 0 win against Holy Family on 22nd January! Well done to all the players for their amazing teamwork and determination!



On 25th January our football teams displayed exceptional talent at Langley Academy! The girls secured a well-earned 2–2 draw, while the boys celebrated a 1–0 victory. Well done, Marish!

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

British Council Award



International School Award

British Council International School Award success for Marish & Willow Primary Schools

Marish Primary School in Langley, Berkshire has been awarded the British Council's prestigious International School Award in recognition of its work to bring the world into the classroom.

The International School Award celebrates the achievements of schools that do exceptional work in international education. Fostering an international dimension in the curriculum is at the heart of the British Council's work with schools so that young people gain the cultural understanding and skills they need for life work in today's world.

Marish Primary School's international work includes letters shared between Spanish and Ghanaian partner schools, a video conference with our Spanish partner school, a whole school Euros project, International Language of the Month, and studies about Van Gogh and Matisse.

Scott McDonald, Chief Executive of the British Council, said: 'The school has earned this prestigious award through its inspirational international work and links with schools abroad.

The International School Award is a chance for schools to be recognised for their important work in bringing the world into their classrooms. This is especially commendable when schools have been deeply affected by the global pandemic. The desire to build on their international work shines through and it is with utmost pride that we celebrate their achievements.

By embedding an international dimension in children's education, these schools are preparing their students for successful lives in the UK or further afield, empowering them to be global citizens, and are creating vital opportunities in an increasingly global economy.'

The Award is now available worldwide in countries such as Greece, India, and Nigeria. Over 6,000 International School Awards have been presented to successful schools in the UK since the scheme began in 1999.

The International School Award encourages and supports schools to develop:

- An international ethos embedded throughout the school
- A whole school approach to international work
- Collaborative curriculum-based work with international partner schools
- Year-round international activity
- Involvement of the wider community

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Healthy Lifestyle

Activities to keep fit at home

Exercise: Train Tough Like Luisa

Players: 1 or more

Where to play? Indoors or outdoors

How to play



1. Make a long line on the floor with some string or paper. All along one side, place toys or cushions within grabbing distance from the line.



2. Stand on the line and strike a strong pose. Show off those muscles like Luisa!



3. Next, pick up the toy or cushion in front of you, and move it to the other side of the line – but do not let your feet leave the ground!



4. If you lose your balance, you have to put the cushions back and start again.



5. If you're playing with friends, take turns and see who can complete the challenge the fastest – another player can time you.



6. If you are by yourself, see how many times you can complete the challenge. Keep going for 10 minutes to get extra tough!



Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Healthy Lifestyle

CHOC CHERRY POPCORN CAKES RECIPE

Preparation time - 10 mins

Cooking time - 8 mins

Makes - 14 cakes

Ingredients

- 2 teaspoons vegetable oil
- 100g popping corn
- 2 egg whites
- 2 teaspoons unsweetened cocoa powder
- 65g dried cherries, chopped

Method:

1. Preheat the oven to 180C (fan oven 160C, gas mark 4). Put 14 paper bun cases into bun trays.
2. Heat the vegetable oil in a large heavy-based saucepan with a tight-fitting lid. Add the popping corn, put the lid on and shake the pan to coat the kernels in the oil. Put the pan over a medium-high heat. The kernels will begin to pop, and when they do, carefully shake the pan occasionally.



A few popcorn kernels probably won't pop – just remove them.

3. When the popping stops, remove the pan from the heat. Cool for 5 minutes.
4. Whisk the egg whites and cocoa powder together in a large bowl. Stir in the cooled popcorn and dried cherries, and then share the mixture between the bun cases.



You could use sultanas or dried apricots instead of cherries.

5. Bake for 8 to 10 minutes until set, and leave to cool.

<https://www.nhs.uk/healthier-families/recipes/chocolate-cherry-popcorn-cakes/>

Marish Academy Trust Newsletter

Issue 74 – Feb 2025

Attendance

Marish

Feb 2025

Reception: **91.34%**

Year 1: **94.09%**

Year 2: **95.54%**

Year 3: **94.22%**

Year 4: **95.14%**

Year 5: **90.79%**

Year 6: **92.66%**

Target: 96%

Willow

Feb 2025

Reception: **80.13%**

Year 1: **94.61%**

Year 2: **90.98%**

Year 3: **89.41%**

Year 4: **92.37%**

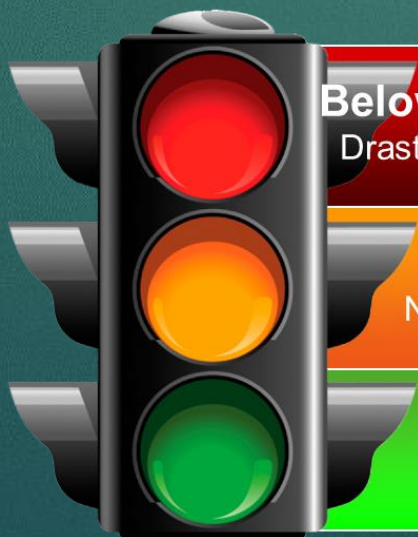
Year 5: **95.55%**

Year 6: **93.86%**

Target: 96%



Last month's 100% attendance reward was a pack of a mini cheddars!



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 74 - Feb 2025

Parent Workshop Menu

All workshops will take place in the school hall. Pupils are welcome to attend with their parents and there is no requirement to reserve a place, all parents are welcome.

Date	Session	Staff Lead	Venue
25/2/25 Tuesday	Reception Stay and Read session Invite only	EYFS team EYFS team	In Reception classrooms
3/3/25 Monday Book week	Reading with children	Reading team	Main Hall 2:00pm - 3:00pm
4/3/25 Tuesday Book week	Reading with children	Reading team	Main Hall 2:00pm - 3:00pm
4/3/25 Tuesday	Reception Stay and Read session Invite only	EYFS team EYFS team	In Reception classrooms
11/3/25 Tuesday	Reception Stay and Read session Invite only	EYFS team EYFS team	In Reception classrooms
12/3/25 Wednesday	E-safety coffee morning	Mr Sinclair	Willow School Hall at 8:30am
13/3/25 Thursday	E-safety coffee morning	Mr Sinclair	Marish School Hall at 8:30am

Coffee Morning with the Headteacher

This is a fantastic opportunity to meet the headteacher. Please visit the respective school on the specified date and time.

Monday 3rd Feb at 8:25am **Marish Year 5 and Year 6**

Monday 3rd Feb at 2:20pm **Willow KS2**

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Term dates 2025-26

AUTUMN 1 2025 (34 DAYS)

Inset day: Monday 1st September (STAFF ONLY)

Term starts: Tuesday 2nd September 2025

Term ends: Friday 17th October 2025

Half term: Monday 20th October 2025 to Friday 31st October 2025 inclusive

(Please note that we have a two-week half term.)

AUTUMN 2 2025 (35 DAYS)

Term starts: Monday 3rd November 2025

Term ends: Friday 19th December 2025

Christmas Holidays: Monday 22nd December 2025 to Friday 2nd January 2025 inclusive

SPRING 1 2026 (30 DAYS)

Inset day: Monday 5th January (STAFF ONLY)

Term starts: Tuesday 6th January 2026

Term ends: Friday 13th February 2026

Half term: Monday 16th February 2026 to Friday 20th February 2026 inclusive

SPRING 2 2026 (25 DAYS)

Term starts: Monday 23rd February 2026

Term ends: Friday 27th March 2026

Easter Holidays: Monday 30th March 2026 to Friday 10th April 2026, inclusive.

(Good Friday 3rd April 2026, Easter Monday 6th April 2026)

SUMMER 1 2026 (29 DAYS)

Term starts: Monday 13th April 2026

Term ends: Thursday 21st May 2026

Inset day: Friday 22nd May (STAFF ONLY)

Half term: Friday 22nd May 2026 to Friday 29th May 2026 inclusive

SUMMER 2 2026 (35 DAYS)

Term starts: Monday 1st June 2026

Term ends: Friday 17th July 2026

Inset day: Monday 20th July 2026 and Tuesday 21st July 2026

Summer holidays: Monday 20th July 2026 to Tuesday 1st September 2026

Year 6 children will finish for Summer holidays at Marish/Willow school on Friday 10th July 2026 to facilitate our annual transition project, for all other year groups. They will be able to complete extra sessions at Saturday school to make up their annual hours, prior to SATS in May 2025.

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Parent Notices

Timings of the School Day from December

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.

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

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.

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Parent Notices

Dear Parents/Carers,

We will be running a club during the February half term for any children aged 5 and over. The Holiday Club will be open from **Monday 17th February until Friday 21st February from 8:30am – 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 to children ratio.

Full payment must be paid on ParentPay by Monday 10th February 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

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

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.

What Parents & Educators Need to Know about **JUSTALK KIDS**

WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JusTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JusTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JusTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call, exclusive stickers, a badge denoting them as a premium subscriber, and exclusive ringtones and themes.

RESISTANCE TO CONTROLS

JusTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JusTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JusTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JusTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username; in theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JusTalk and JusTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREENTIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 23% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JusTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JusTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

Meet Our Expert

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



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

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.01.2025

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

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.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

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



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Some Useful Information



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning Friday 7th February 10am to 11.15am

25 spaces
available!

Join our virtual coffee morning discussing topics such as cover puberty, adulthood transition, exam stress, social, friendships and relationships.

Celebrate your success with other parents/carers, share your experience and gain support during our coffee morning

Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)



To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Some Useful Information



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning
Friday 21st February and
28th March
10am to 11.15am

**25 spaces
available!**

Join our virtual coffee morning for an open discussion, providing parents and carers with the opportunity to meet and chat freely with others who understand and relate to their experiences.

Celebrate your success with other parents/carers, share your experience and gain support during our coffee morning

Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)



To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Some Useful Information



February 2025

Newsletter

Thursday
20th Feb

19:00 - 20:00
FREE



FREE SESSION

Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday
3rd Feb

10:00 - 11:30
£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
11th Feb

19:00 - 20:30
£24



Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb

19:00 - 20:30
£24



Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb

19:00 - 20:30
£24



Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Some Useful Information

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Some Useful Information

FREE Parenting Clinics



www.anisalewis.com

To book visit: <https://anisalewis.as.me/theclinic>
or email: hello@anisalewis.com

January

14th, 12.30 pm

Confidence

February

11th, 12.30 pm

Screens

March

11th, 12.30 pm

Anxiety

April

29th, 12.30 pm

Friends

Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Some Useful Information



MAIDENHEAD UNITED IN THE COMMUNITY FOOTBALL AND MULTI SPORTS CAMPS

Proudly sponsored by

Hamptons
THE HOME EXPERTS

LOCATIONS:

Maidenhead United FC - SL6 1SF | Dedworth Middle school - SL4 5PE
Cox Green Secondary school - SL6 3AX | Holy Trinity Sunningdale - SL5 0NJ

10am – 3pm

Boys and Girls 4 – 13 years old

Early drop off from 9am – 9:45am £3 cash on arrival

£25 a day | £100 for the week

BOOK ONLINE www.maidenheadunitedfc.org

FEB HALF TERM | EASTER CAMPS | MAY HALF TERM | SUMMER HOLIDAYS

OCTOBER HALF TERM | CHRISTMAS CAMPS

For any further information contact Mark Nisbet mark.nisbet@maidenheadunitedfc.org



Marish Academy Trust Newsletter

Issue 74 - Feb 2025

Some Useful Information

FOOTBALL TRAINING!

FOOTBALL TRAINING FOR 4-8 YEAR OLDS @ BEECHWOOD SCHOOL
EVERY FRIDAY OPENING MONDAY 4.30 pm – 5.20 pm



FREE TRIALS 3RD & 10TH FEBRUARY

FOR MORE INFORMATION WHATSAPP: 07585128080

Email: Angela@athenaangels.uk