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### Working together to be the best we can possibly be.

I can do all things through Christ who strengthens me. *Philippians 4.13*

3rd May 2024

Dear Parents and Carers,

#### Safeguarding:

Please see below a summary of the recent Ofcom Media Report. It is a reminder of how important it is that parents and carers monitor closely what children are accessing online.

The apps that this report states pupils are using are all above the age of children who attend The Rackham.

**What Parents & Educators Can Learn From the OFCOM MEDIA REPORT 2024**

Each year, Ofcom - the UK's regulatory body for communications - produces an overview of children and parents' media experiences over the course of the previous year. At the time of writing, the latest of these reports, 'Children and parents' media use and attitudes 2024' has just been published, and we've plucked out some of its most thought-provoking findings regarding online safety.

**ONLINE LIVES**  
99% of 8-17s had regular access to the internet.  
65% of 13-17s prefer short videos to films and TV.  
34% of 13-17s experienced harassment or bullying online.  
11-18s felt more confident communicating online (71% than in person (53%).  
87% of 8-17s felt pressure to be popular on social media.

**SCREEN TIME**  
By children's age group, the percentage of parents who felt less able to manage their child's screen time were:  
3-4: 34%  
5-7: 32%  
8-11: 49%  
12-15: 37%  
16-17: 46%

**POPULAR PLATFORMS**  
Most used by children:  
Under-12s: YouTube (89%), WhatsApp (37%), TikTok (35%), Snapchat (27%), Instagram (22%)  
Over-12s: YouTube (88%), WhatsApp (82%), TikTok (78%), Snapchat (73%), Instagram (69%)

**ONLINE GAMING**  
68% of children played video games online.  
74% of 8-17s played with someone they know.  
32% of 8-17s played with strangers.

**ONLINE SAFETY IN SCHOOLS**  
93% of 8-17s had at least one lesson about online safety.  
93% of children are aware of what they can do to stay safe online.  
91% of children found these lessons useful.  
78% of 8-17s were aware of age restrictions for apps.  
40% of 8-17s were aware of how to report these links.

**DEVICES MOST USED TO GO ONLINE**  
3-4s: 67% use tablets  
5-7s: 77% use tablets  
8-10s: 73% use tablets  
11-12s: 95% use phones  
13-17s: 97% use phones

**PARENTAL CONCERNS**  
The things that most commonly worry parents and carers about their child being online include:  
77% seeing age inappropriate content  
70% being harassed or bullied  
68% seeing profanity from children  
62% having their data gathered by companies  
58% being influenced by extreme views  
55% having their reputation damaged  
51% being pressured to spend money

Wake Up Wednesday  
The National College

#### What are the age requirements for these apps?

	Apple Messages: No official age requirement, but Apple ID for children under 13 can be created by a parent or guardian.		Telegram: 16 years old.		Threads (from Instagram): Typically would follow Instagram's requirement, which is 13 years old.
	Instagram: 13 years old.		Snapchat: 13 years old.		Vinted: 18 years old, or 13 to 17 years old with parental consent (varies by region).
	Facebook: 13 years old.		FaceTime: No official age requirement, but an Apple ID for children under 13 can be created by a parent or guardian.		Twitch: 13 years old, with those between 13 and 18 requiring guardian supervision and permission.
	WhatsApp: 16 years old in the European region and 13 in the rest of the world.		TikTok: 13 years old, with parental consent for users under 18.		X (Twitter): 13 years old.
	Facebook Messenger: 13 years old.		YouTube: 13 years old, with a YouTube Kids app available for younger children.		Discord: 13 years old.

#### Wellbeing and Mental Health: Anxiety Workshop 8<sup>th</sup> May 2024 in the school hall

This workshop is aimed at parents and carers who would like to learn more about causes of anxiety, what anxiety is, how to help as a parent, tools, calming techniques, and key strategies.

The session will be on Wednesday 8<sup>th</sup> May starting at 2.05pm and ending at 3.15pm. Poster attached. Book your place here:

### **Year 1 Parent Meal:**

We would like to invite Year 1 parents and carers to join us for school dinner on Thursday 23<sup>rd</sup> May. The meal will be our extremely popular (and very delicious) roast dinner.

Parents and carers are asked to purchase their school dinner through MCAS under the Products and Trips tab. The meal will cost £3.60. **Meal choice and payment must be made by Friday 17<sup>th</sup> May please.**

Please complete this form to book your meal once payment has been made on MCAS:

Unfortunately, we can only offer for one parent or carer to attend. This will be an annual event moving forwards so will be repeated next academic year.

Children in Year 1 who prefer to have a home packed lunch will still have opportunity for their parent or carer to join them. Adults can still order a school dinner or bring a packed lunch from home to sit to eat with their child.

Please can parents and carers of Year 1 children arrive for school dinner at 12.00pm.

### **Is my child too ill for school?**

You might have noticed that there is currently a big push by the Government, with support from the NHS, to decrease avoidable absence in schools.

The NHS has a useful page that helps parents and carers decide whether a child is well enough to attend school.

Along with the Chief Medical Officer, the NHS say it is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses, including general cold symptoms like a minor cough, runny nose or sore throat. Without an accompanying high temperature, a child would be expected to attend school.

Have a look at the website for more information using this link: [Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/when-is-my-child-too-ill-for-school/)

### **FWR Funday Sunday: Sunday 30<sup>th</sup> June 2024: Call for volunteers**

FWR are seeking volunteers to help at Funday Sunday. Would you be able to help?

Parents, carers, Grandparents are welcome!

Register your interest here: <https://forms.office.com/e/zraXrFXxus>

### **Reading book amnesty:**

When you find a reading book from school at home, please do send it into school with your child.

If you would rather, we have set up a book amnesty box in the main reception to school, simply drop off any school reading books you may have.

Thank you so much for your help.

### **Book bag volunteers:**

Do any parents and carers have a spare 10 minutes at drop off to help our teachers in Reception and Key Stage One to remove books that have been read at home from book bags and compile a list of children who need a new book?

If you think you could offer even one morning when you could help, please let the office know or your child's class teacher. Thank you so much.

### **Ely Tennis Club:**

On Sunday 5th May from 12-3pm Ely Tennis Club would like to invite any pupils and families from The Rackham Primary along to our FREE Open day. This is a fantastic opportunity to come along to our tennis club and learn some skills that you might not have used before. Over this week our coaches are visiting a number of schools in the area to open tennis up to the local community.

If you and your family / child or friend would like to come along on Sunday 5th May to give tennis a go then please book on via the following link. You can register for LTA Youth Start (5-9) years, Adult Coaching or just come along and have some free play with coaches on hand to help support.

<https://clubspark.lta.org.uk/ElyTennisClub/Events/Event/4631343c-f713-46c9-a429-a697e456f39e>

*Everyone is welcome and we'd love to see many faces from The Rackham Primary.*

### **Seahorse swim school:**

Seahorse swim school are holding an intensive course during May half term. Please see the attached leaflet for more information.

### **Tapestry updates for teachers:**

Some of our younger children have weekly digital texts sent home via Tapestry that aligns with their learning in class.

Please remember to spend some time reading these texts with your child and posting an update and how things went onto your child's Tapestry account.

### **Piano lessons:**

Please see the attached information regarding piano lessons. If you would like more information please contact Mr Wheatley directly via his email: [lwheatley@rackham.cambs.sch.uk](mailto:lwheatley@rackham.cambs.sch.uk)

### **Attendance:**

Thank you to all our parents and carers for supporting our drive for improved attendance. The Government has identified a child's attendance of 96% and above is the key figure to give best chance of academic progress. Please can we remind you that absence must be reported to the office by 9am on each day.

This week our attendance figure as a school is: 94.7%

**ATTEND TODAY  
ACHIEVE TOMORROW**

EDUCATION IS IMPORTANT - DON'T MISS OUT



Looking forward to seeing everyone on Tuesday.

Best wishes,

Miss Turner

<b>Dates for your diary</b>	
06.05.2024	May Day Bank Holiday
08.05.2024	Anxiety workshop (booking required)
13.05.2024	SATs week Year 6
23.05.2024	Year 1 Parent meal (booking required)
27 – 31.05.2024	Half term holiday
WC 03.06.2024	Year 6 Bikeability
06.06.2024	Year 3/4 trip to West Stow
13.06.2024	Class photos
21.06.2024	Ely Arts Festival concert at Ely Cathedral with The Rackham choir
25.06.2024	Transition day
27.06.2024	Year 1/2 trip to Duxford
27.06.2024	Reception classes Parent meal (booking required nearer the time)
30.06.2024	FWR Funday Sunday
WC 01.07.2024	Olympic Week including Sports Days
04.07.2024	Piano concert - 2.30pm (booking required nearer the time)
08.07.2024	Rocksteady concert – (time tbc – booking required nearer the time)
17.07.2024	Year 6 Leavers BBQ 3.30 - 5.30pm (booking required nearer the time)
19.07.2024	Year 6 Leavers assembly and parent lunch (booking required nearer the time)