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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*

7<sup>th</sup> March 2025

Dear Parents and Carers,

What a wonderful World Book Day celebration at The Rackham. Thank you to parents and carers for your ongoing support for our school, we make a great team! We are well on our way to raising £500 for the school. Thank you so much!

### **Safeguarding:**

Since 2013, Pantosaurus has helped **over six million parents** to Talk PANTS and help keep children safe from sexual abuse.

Developed with children, parents, carers and teachers, Talk PANTS is here to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.

Talk PANTS is here to help children understand that they have a right to say no and if they need to speak out about something, someone will listen.

We also use this platform in school. Sign up here: [Sign up for emails about Talk PANTS | NSPCC](#)

Get more information and watch the video: [Let's talk PANTS with Pantosaurus! | NSPCC](#)

Please also find an information leaflet attached to this email written by the NSPCC.

### **Safeguarding: Artificial Intelligence**

I wish to make you aware that Artificial Intelligence now has the capability to remove clothing from images of clothed children so making them appear naked. This may be something to bear in mind if posting any image of your own family online.



### **Wellbeing and mental health: Street Tag**

[Street Tag](#) is a free smart phone app that turns your community into a virtual playground. Collect virtual tags by walking, running, or wheeling around your neighbourhood, and compete against other teams to climb up the leaderboard and win prizes.

It's a fun and interactive way to boost physical activity and active travel whilst exploring your local community, parks and greenspaces.

Join the Cambridgeshire and Peterborough leaderboard to compete against others across the county between Monday 6<sup>th</sup> March and Tuesday 6<sup>th</sup> May. This event is funded by the Cambridgeshire and Peterborough Combined Authority.

**Registration instructions and FAQs**

## Friday 21st March - Red Nose Day and Down Syndrome Awareness Day:



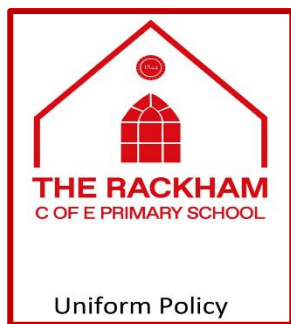
School Council would like to invite all the children to come to school in their PE kits on Red Nose Day – Friday 21<sup>st</sup> March for a 'Fun-ny Run'. They would like children to add a funny accessory if they would like e.g. sweat bands, funny glasses, funny badge.

Each class will go outside and do their 'Fun-ny Run' and School Council are going to learn some funny warm up moves to do on the day. As we are also marking Down Syndrome Awareness on 21<sup>st</sup> March, please make sure you

wear your odd socks too!

There will be a donation collection point on the gates as the children arrive for school.

## School Uniform: Footwear a reminder:



Branded and coloured trainers and boots are beginning to appear in school again. Branded and coloured footwear is inappropriate for school. We adapted our school policy to include trainers however our Uniform Policy states the following: ***Black shoes or completely black trainers (no coloured logos) worn with white / grey / black / red socks or tights (not leggings).***

[Policy Library | The Rackham C of E \(VC\) Primary School](#)

We politely request parents and carers to support the school and the uniform policy and send pupils into school wearing only completely black shoes or trainers. Thank you.

**Breaktime and lunchtime snacks:** In school, we have noticed an increase of chocolate bars and other confectionary items in packed lunch boxes that are not part of our guidance on healthy lunch boxes. We have posted some guidance on the Pre-School page on our website may be of interest to parents and carers giving an outline of why healthy eating is important:

[Healthy Eating | The Rackham C of E \(VC\) Primary School](#)



For morning break we suggest fruit or vegetables as the most appropriate snack.



**The Rackham Pre-School notices:** Thank you for your support on the decision to keep the pre-school gate locked until 8.45am. Children seem to have adjusted well to parents and carers dropping off and saying goodbye at the pre-school gate with Play Leaders guiding children to the main door. Thank you also to parents and carers for remaining at the gate rather than in the pre-school play area for collection from the main green gate.



**Potty Training: some more advice from ERIC** [Potty training: how to start & best age to potty train - ERIC](#)

**When should you start potty training?**

Before they can start training, your child needs to be given lots of opportunities for **learning**. Babies are born ready to learn new skills with our help and the best way for them to do so is through practice and repetition.

That's why it's important to think about potty or toilet training in the same way we support children to develop other skills such as brushing their teeth or using a spoon.

Just like when helping them to walk and talk, you can start teaching your child to use a potty before they stop using nappies. This gives them all the time and practice they need to succeed with being independent from nappies when the time comes.

*See potty training as a process rather than an event!*

### **Shouldn't we wait for 'signs of readiness'?**

No! Many children and particularly those with additional needs, will never give any signs that they are ready to potty or toilet train.

Very few children wake up one morning and announce they want to stop wearing a nappy! It's a bit like expecting a child to be able to run before they've had a chance to crawl.

You don't need to delay potty training and wait for signs of readiness. Prepare your child by teaching them the skills they need.

### **What is the best age for potty training?**

Most children are ready to master potty independence and lead in many parts of the process from around 18 months. The majority of children will be capable of doing most things including wiping by themselves when they start school.



Research shows it is better for your child's bladder and bowel health to stop using nappies between 18 and 30 months.

The longer you leave it, the harder it can be for your child to learn this new skill and accept not having a nappy on anymore.

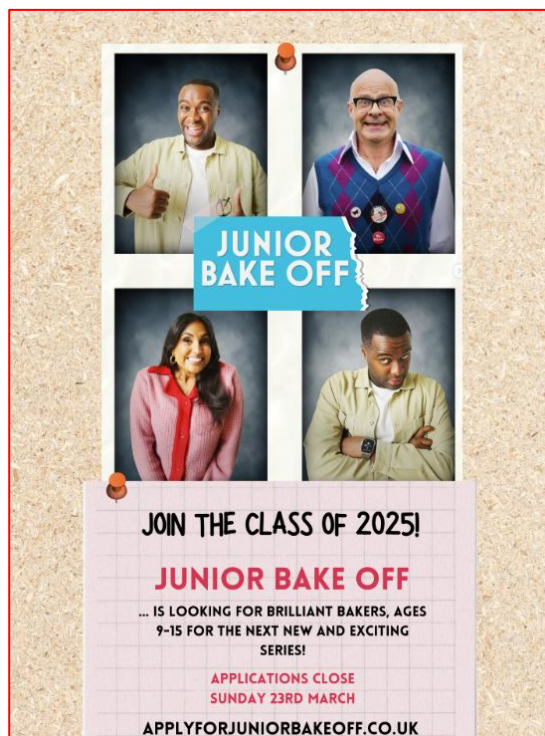
### **East Cambridgeshire Child and Family Centres March 2025 What's On is here!**

Please see the latest What's On guide and social media posts for further information about programmes and how to get in touch with the team. Link here: [Community Notice Board](#) | [The Rackham C of E \(VC\) Primary School](#)

Places are very limited so please get in touch via e-mail, phone or Facebook to book onto these sessions.

 <p><b>Triple P for Baby</b> A positive start for babies and parents</p> <p>Are you a parent-to-be or new parent with a baby up to 12 months of age?</p> <p>This course, delivered in a group setting, gives you practical strategies to create the best environment for your baby's development.</p> <ul style="list-style-type: none"><li>• Learn ways to cope with frequent crying</li><li>• Set up good sleep habits</li><li>• Read your baby's cues</li><li>• Look after yourself</li><li>• Adapt to changes in family life, and more</li></ul> <p>It's easier with positive parenting strategies!</p> <p>Partners and supportive others are welcome.</p> <p>Group sessions: April 8th, 15th, 22nd 10am-12pm Phone consultations: May 6th, 13th</p> <p>Ely Child and Family Centre To book please contact: 01353 612 770 ChildAndFamilyCentre.east@cambridgeshire.gov.uk</p> <p>Cambridgeshire Child and Family Centres Triple P Cambridgeshire County Council <a href="http://www.triplep-parenting.net">www.triplep-parenting.net</a></p>	 <p><b>PATHWAY TO PARENTING</b> East Cambridgeshire Child and Family Centre</p> <p>Pathway to Parenting is a face-to-face interactive programme covering lots of topics to help you prepare for birth and parenthood</p> <p>3 sessions on Wednesday the 5th, 12th, and 26th of March 2.30 - 4.30pm Littleport Child and Family Centre</p> <p>If you would like to attend, please contact us on 01353 612 770</p> <p>Parents can attend from 20 weeks gestation</p> <p>Cambridgeshire Child and Family Centres NHS Cambridgeshire Family Hubs Cambridgeshire County Council</p>
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## Are you the next winner of Junior Bake Off?



Applications for the 11<sup>th</sup> series of **Junior Bake Off**; a Channel 4 programme that celebrates the culinary talent and ambition of the younger generation in Britain. If you are **aged 9-15 years old** and a budding young baker, then consider applying for the next series. Filming is taking place from July 2025, but **applications close on Sunday 23<sup>rd</sup> March 2025**. Interested bakers can apply online at - [www.applyforjuniorbakeoff.co.uk](http://www.applyforjuniorbakeoff.co.uk) Enquiries: [applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk)

## Education Inclusion Family Advisor team newsletter:

### Education Inclusion Family Advisor Newsletter March 2025

#### A Message From Me

My name is Emily, I'm your school's link EIFA. As an EIFA I offer advice and strategies to parents and carers with a Primary School aged child that may be experiencing some challenges such as routines, sleep, sibling rivalry, challenging behaviour, worries or self-esteem. If you'd like a chance to chat about any of these topics, just contact me on the details below.

#### Parenting Top Tip – Low Demand

Low-demand parenting can help create a less stressful or less anxiety-inducing environment for children. This type of home environment can be especially critical for neurodivergent children who do not respond well to demands. It's based on trust, flexibility, and collaboration, and involves adapting the environment to the child's needs, but it may also be helpful for other families seeking to minimize stress and anxiety. Here are some principles of low-demand parenting:

- Consider your language** to reduce the perception of demands. Phrases like "I wonder whether..." and "Let's see if..." incorporate an element of choice.
- Limit demands:** Use declarative statements and be mindful of your language to reduce implicit demands, for example: "There are a lot of toys out and I'm worried about breaking them or one of us hurting ourselves".
- Prioritise connections** and emotional safety over traditional parenting techniques that focus on setting boundaries and consequences.

#### Activity Idea – 50 Things to Do

50 Things to Do Before You're Five in Cambridgeshire and Peterborough is a joint project between Cambridgeshire County Council, Peterborough City Council and Cambridgeshire Public Health. What parents do with their children at home makes a big difference to their long-term learning and wellbeing. Every **50 Things to Do** activity helps children learn, with a focus on relationships and playing together, supported by their most important teacher - you. Find free or low-cost events near you on the website page or download the free app. Click here to find out more: [cambspborn.50thingstodo.org](http://cambspborn.50thingstodo.org)

#### Another Resource


March is the month of World Book Day. Click here to find out about interesting ideas to help you celebrate World Book Day with your child: [Families - World Book Day](#)

Does your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)

Cambridgeshire County Council

Contact me directly on 07879 426 947 or [Emily.Norman@cambridgeshire.gov.uk](mailto:Emily.Norman@cambridgeshire.gov.uk)

## FWR – Dates for your diary:

	Friday 28 <sup>th</sup> March	Doughnut Day and Easter Bingo
	Wednesday 2 <sup>nd</sup> April	Disco for Reception to Year 6 (booking required nearer the time)
	Sunday 18 <sup>th</sup> May	Yard Sale



Easter holiday activities:



**EASTER HOLIDAY CLUB**  
**SPRING MEADOW**

MON 7TH APRIL - THURS 17TH APRIL

8.00 - 5.45 pm - £35  
9.00 - 4.00 pm - £27

Open to R - 7

SCAN THE QR CODE FOR BOOKINGS

TAX CREDITS & CHILDCARE VOUCHERS ACCEPTED

play

info@activeplayededucation.co.uk

## The Sandringham Estate Heads Up for SPRING

Family Seed Planting Workshops  
**April 15th 16th 17th**



Join the Sandringham Education Team this Easter for a celebration of Spring and Growing. Choose from a range of resources and ideas to make your own growing head. All resources provided.

**1.00pm-2.30pm**

Located at the School Room in the Stables Courtyard.

**£20 per child booking essential.**

Suitable from 3 years upwards.  
One adult receives admission to the garden with every ticket sold.  
Parking extra.

WADSY:



**WADSY**  
PERFORMING ARTS

EMAIL: [WADSYOUTH@GMAIL.COM](mailto:WADSYOUTH@GMAIL.COM)  
FOR MORE INFORMATION

**AGES 6-12**  
**16TH OF MARCH**  
**10:00 - 1:00**  
**ARKENSTALL CENTRE**  
**HADDENHAM**

**THE LITTLE MERMAID Jr.**  
**AUDITIONS**

— Show Dates 11th-12th July —

THE LITTLE MERMAID JR. IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI). ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI. [WWW.MTISHOWS.COM](http://WWW.MTISHOWS.COM)

## Wicked – Performance workshop



### Term dates for 2025 – 2026:

Term dates for next academic year are now available on the website and can be found [here](#).

### Uniform orders:

Uniform items for school and pre-school pupils (**including jumpers and cardigans**) are now available from Sigma.

Pre-School: [Clubs & Groups - Sigma Embroidery & Printing](#)

Primary School: [Clubs & Groups - Sigma Embroidery & Printing](#)

Orders must be placed by parents and carers and can be collected from Sigma Embroidery on Sedgeway Business Park, Witchford.

### Attendance:

The Rackham has an updated policy on Attendance. Please follow this [link](#) to read the policy on the school website.

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 of absence.

This week's attendance: 94.28%

Looking forward to seeing you all again on Monday.

Best wishes,

Miss Turner

**Dates for your diary:**

19 <sup>th</sup> March	Parent's Information Evening Y6 SATs (booking required nearer the time)
21 <sup>st</sup> March	Red Nose Day and Downs Syndrome awareness day
27 <sup>th</sup> March	Y2 Parent or carer school dinner (booking required nearer the time)
28 <sup>th</sup> March	FWR Doughnut Day
28 <sup>th</sup> March	FWR Easter Bingo
2 <sup>nd</sup> April	FWR Disco (booking required nearer the time)
4 <sup>th</sup> April	Autism awareness (Non uniform – rainbow of colour) Last day of term
	EASTER HOLIDAY