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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

18th July 2025

Dear Parents and Carers,

It does not seem possible that it is almost the end of the academic year. On behalf of all staff and Governors at The Rackham, a most sincere thank you to all our parents and carers for your continued support. We make a great team!

Safeguarding:

If you think a child or an adult with care and support needs is in immediate danger, phone 999.

Make a referral to Children's Services:

<u>Make a referral to Cambridgeshire County Council Children's Services - Instructions and Data</u> Protection - Cambridgeshire County Council website (achieveservice.com)

NSPCC website:

NSPCC | The UK children's charity | NSPCC

NSPCC website for information about child protection:

Child protection system in the UK | NSPCC Learning

Reporting a crime:

Contact us | Police.uk (www.police.uk)

Wellbeing and mental health:

- 1. **Summer Disrupts Routines:** The shift from school structure can cause anxiety, mood changes, and burnout for both children and parents.
- 2. **Light Structure Helps:** Flexible routines and meaningful activities like outdoor play or creative projects support emotional stability.
- 3. **Limit Screen Time:** Set screen-free times and zones to promote better mood, sleep, and healthier tech habits.
- 4. **Stay Social:** Prevent isolation by organising playdates, camps or just spending time together.
- 5. **Care for Parents Too:** Parents need self-care and support; watch for signs of stress and seek help if needed.

The summer months often bring a dramatic increase in screen time, which can negatively impact sleep quality, mood regulation, and overall summer break mental health. Setting compassionate boundaries around technology use helps create a healthier relationship with digital media.

Establish device-free zones or hours in your home and consider involving children in co-creating reasonable screen time agreements. This collaborative approach reduces resistance while teaching valuable self-regulation skills that benefit mental health.

Encourage mindful media consumption by suggesting shows, games, or apps that promote calmness, kindness, or learning. Have alternative activities readily available like puzzles, drawing supplies, or outdoor games to make transitions away from screens smoother.

Frame tech-free time as a gift to the brain rather than a punishment. Try incorporating special screen-free traditions like outdoor family meals, music-only evenings, or storytelling circles to create positive associations with unplugged time.

Parking reminder:

We appreciate fully the pressure for parking spaces at drop off and pick up however would like to politely remind all parents and carers to consider those who live on nearby streets when choosing a parking spot. We also wish to alert parents that the Village Inn has neither formal nor informal agreement with The Rackham in relation to use of the car park. Please avoid using the pub car park at drop off and pick up.

Swimming:

Swimming lessons have now finished for all classes except Larch class who will be swimming on Monday 21st July.

Sports Day 2026:

Following the success of running our Sports Days in the morning this year in response to the predicted high temperatures, the Senior Leadership Team would like to advise you that future Sports Days will be in the morning aiming to start at 9.15am with races finishing by 10.30am. We anticipate adults will be off site by 11am.

Year 6 (Current Year 5) 2025 – 2026 sweatshirts: We have revised the Year 6 (current Year 5) sweatshirt



design this year and are pleased to share this means the purchase price is cheaper for families. Orders can be placed now ready for the first day of term in September 2025. Year 6 sweatshirts can be ordered via Sigma directly: Clubs & Groups - Sigma Embroidery & Printing

Orders must be placed by parents or carers. Orders placed now can be collected from Sigma Embroidery on Sedgeway Business Park, Witchford but may not be ready for the start of term

Dinner Money and Wraparound Care payments:

As we near the end of term, please would you take some time to ensure that all dinner money and wrapround care payments are up to date.

We do need all accounts to be paid in full by the last day of term. Thank you.

Medicines and inhalers:

Please would you ensure any medicines that are held in the office are collected on the last day of term. If your child has an inhaler in school, this will also be sent home on the last day.

School meal on the last day of term:

On the last day of term (Tuesday 22nd July) we will be providing a packed lunch option only for Reception to Year 5 classes. If your child requires a meal on the last day, please would you book their preferred sandwich option as soon as possible via MCAS. Please note meals that had been prebooked for this date have been removed and will need to be reinstated.

Year 6 children will all be booked for the leaver's buffet option. Please would you ensure payment is made for this as soon as possible via MCAS. If your Year 6 child will be bringing their own packed lunch, please let us know by Wednesday 16th July.

Common Road play park:

Team D need your help! New woodchip has been purchased for the play park at Common Road and Team D would appreciate any help on Wednesday 23rd July at 10am to help spread it around the equipment.

They will have any necessary equipment and would love to see lots of children there to help.

Dance and Acro-Gymnastics for Reception to Year 4 at The Rackham Primary in September:



Lane Academy are excited to be able to offer spaces to new members at our Dance and Acro-Gymnastics club for September. The club runs every Monday from 4.30 - 5.45pm and children take part in dance as well as gymnastics, where they will learn and build confidence in new skills. We are also excited to be offering ISTD dance exams to the children attending and these will take place in February 2026.

If you would like to book a place for next term, please use the link here: https://lane-academy.classforkids.io/info/305

Lane Academy would also be more than happy to offer new members free trial sessions on the 30th June & 7th July. Please do email directly to book this: sarah@laneacademy.co.uk

If you have any questions, please do get in touch or come and chat to us on Sunday Funday where we will be performing!

Places available at The Rackham Pre-School for September 2025:



Do you, or anyone you know, wish to secure a place at The Rackham Pre-School? If so, please phone 01353 662436 or email the school office: office@rackham.cambs.sch.uk

Uniform orders:

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

Pre-School: <u>Clubs & Groups - Sigma Embroidery & Printing</u> Primary

School: <u>Clubs & Groups - Sigma Embroidery & Printing</u>

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

Activities and events:













Children and Family Centre East – What's on:

Please click here for the Children and Family Centre East July What's on information.

Term dates for 2025 - 2026:

Term dates for next academic year are now available on the website and can be found here.

Attendance:

The Rackham has an updated policy on Attendance. Please follow this <u>link</u> 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: 93.2%



Looking forward to seeing everyone on Monday.

Best wishes,

Miss Turner

Dates for your diary:

21 st July 22 nd July 22 nd July 23 rd July Monday 1 st September 2025	Year 6 Leaver's BBQ 3.30pm - 5.30pm Year 6 Leaver's Assembly at 10.30am to parents and carers followed by Year 6 Parent or Carer school buffet Last day for children Professional Development Day for teachers SUMMER HOLIDAY Professional Development Day for teachers
Tuesday 2 nd September 2025 Wednesday 3 rd September	Professional Development Day for teachers Children return to school.