

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

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

20<sup>th</sup> September 2024

Dear Parents and Carers,

The momentum of the term is up and running. We are extremely proud of all our pupils from pre-school to Year 6 and the positive way they are engaging at The Rackham.

### Safeguarding:

When considering online safety and understanding the challenges for our children being on social media platforms or chat functions, this video explains the risk very clearly: [TALK Checklist pby Internet Watch Foundation | Home \(iwf.org.uk\)](https://www.iwf.org.uk/TALK-Checklist-pby-Internet-Watch-Foundation)

I mentioned at the Meet the Teachers information morning last week about the recent report by the NSPCC and the picture of our children and their wellbeing online. To read the entire report, link here: [Insights on responses to children experiencing online harm and abuse \(nspcc.org.uk\)](https://www.nspcc.org.uk/insights-on-responses-to-children-experiencing-online-harm-and-abuse)

### Wellbeing and Mental Health:



**10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY**

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

- 1 INSPIRE RESPONSIBILITY**  
The best approaches to conflict resolution are those which encourage children to take responsibility for their own solutions on children who have had a conflict. They should be able to deal with them. Allowing them to know that you are not stepping in to solve the problem for them is important. You can do this by encouraging them to think of their own solutions and then supporting them to manage their own disputes as they move towards more independent problem-solving.
- 2 ACTIVELY LISTEN**  
Remember to give every child the opportunity to voice their opinion. Encourage all those who are involved in a conflict to express their views. You can do this by using active listening techniques. Encourage them to express how they are feeling using pictures and drawings, which can be a helpful way to express their ideas.
- 3 BE CURIOUS**  
Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children. Ask open-ended questions to find out how they are feeling. This is done by asking them to describe the situation and then asking them to describe how they are feeling. This is done by asking them to describe how they are feeling. This is done by asking them to describe how they are feeling.
- 4 PROMOTE DIFFERENCES**  
Children and young people may come from a range of different backgrounds and cultures. It is important to promote differences which may cause them to see things differently. Encourage them to describe their own culture and how they see things. This is done by asking them to describe their own culture and how they see things.
- 5 BE SUPPORTIVE**  
Discussions may be sensitive or, in some cases, when they are about the issue of mental health. They could be used as an opportunity to discuss mental health. This is done by asking them to describe their own culture and how they see things.
- 6 MENTALLY PREPARE**  
Think of how you can approach the conflict in a calm and regulated manner. Consider having some extra time to prepare beforehand and feeling someone quiet to reflect. Even if you're not directly involved with the conflict, it's important to be a calm presence in its own right. Make sure you're prepared, feel confident, and do not come to the meeting prepared to win. These may seem like insignificant factors, but it is important to remember that practical disagreements can trigger dysregulation, which can make it much harder to have a calm, constructive conversation.
- 7 GET YOUR FACTS STRAIGHT**  
Make sure you have the facts, figures and timelines of the situation prior to the discussion. This should be done in a way that is positive with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and be possible solutions during your preparation time.
- 8 STICK TO THE POINT**  
Make the reason for, and purpose of, any meeting or communication clear prior to getting them up. Provide an agenda. Act as a neutral observer who can keep parties on track. Make sure everyone has a chance to get their concerns about the meeting discussed and try to come to a resolution. This is done by asking them to describe their own culture and how they see things.
- 9 BE SOLUTION FOCUSED**  
It's often said that the art of diplomacy is about giving others a ladder to climb down. This means the solution of any meeting or correspondence should be clearly and acceptably and constructively. Parents, carers, teachers and pupils should be aware that they may need to be a compromise for the common good - and, most importantly, the good of the children you're supporting.
- 10 DON'T IGNORE OR AVOID CONFLICT**  
No one benefits from allowing concerns and disagreements to fester, and ultimately doesn't help the children involved. The aim is to have meaningful lines of communication. These should help you find a solution and resolve the number of conflicts you're faced with in your setting.

**Meet Our Expert**  
Christine is a specialist in mental health and a primary teacher. She founded her company, Neurodivergent, to improve inclusion for neurodivergent pupils. She works with schools, colleges, and universities providing training and mentoring to create belonging and understanding for people with the full range of neurotypes.

**#WakeUpWednesday**  
The National College

Source: see full reference in guide page at <https://www.nationalcollege.org.uk/guides/supporting-children-to-manage-conflict-effectively>

@wake\_up\_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

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### **The Rackham C of E Pre-School contact details:**



If parents or carers wish to contact the pre-school, please use The Rackham Primary School phone number 01353 662436 to speak to the office who will take your message. Alternatively, please email either the school office: [office@rackham.cambs.sch.uk](mailto:office@rackham.cambs.sch.uk) or [pre-school@rackham.cambs.sch.uk](mailto:pre-school@rackham.cambs.sch.uk)

### **New intake Open Evening Wednesday 2<sup>nd</sup> October 2025:**

Are you or someone you know, looking for a school place in September 2025? Please come along to our Open Evening on Wednesday 2<sup>nd</sup> October 2024.

  
**2024/25 Reception Intake**  
**Open Evening**  
**The Rackham C of E Primary School**  
**Wednesday 2<sup>nd</sup> October 2024**  
**7.00pm**  
**Is your child due to start school in September 2024? Parent meeting plus a tour of our beautiful school.**

Working together to be the best we can possibly be.  
*I can do all things through Christ who strengthens me. Philippians 4.13*



### **School Uniform:**

Thank you to all parents and carers who have supported our request for only black shoes or black trainers to be worn during the school day and only white or black trainers for PE or Games.

We have noticed some pupils in school with trainers that are not in keeping with our uniform policy.

The policy is to ensure consistency in footwear for all pupils and also protect parent and carer bank balances from the cost of purchasing expensive trainers.

If you wish to discuss this request further, please contact the school office in the first instance.

### **Flu vaccinations:**

We would like to apologise to Pre-School parents who received the flu vaccination letter yesterday. Flu vaccinations in school are for Reception to Year 6 only. The vaccination team will be in school on Monday 23<sup>rd</sup> September.

Please ensure you have completed this form to accept or decline the vaccination - [Vaccination UK East Anglia Immunisation \(schoolvaccination.uk\)](https://www.schoolvaccination.uk)

**School Photographs:**

As you are aware, the children all had their photos taken yesterday. They will be bringing home a photo slip with a code that will allow you to order photos on Kittle’s website from Monday. If you need a new code, please contact the office.

**FWR School Lottery:**

Please see below for details of FWR’s lottery which guarantees a local prize each week.

**YOUR SCHOOL LOTTERY**

**FWR**  
Friends of Witchford Rackham

**WE'VE LAUNCHED A LOTTERY**

Buy your tickets now to help our fundraising

- Tickets cost just £1
- All profits go to our school
- Local cash prize every week
- Chance to win the £25,000 jackpot!

To start supporting, visit:  
[yourschoollottery.co.uk](http://yourschoollottery.co.uk)  
and search for: Rackham

GambleAware 18+

**FWR AGM 3<sup>rd</sup> October at 7pm**

**FWR**  
Friends of Witchford Rackham

**AGM!**

3<sup>rd</sup> October @ 7pm  
The Rackham, Witchford

You are invited to attend FWR's Annual General Meeting, where you can find out about all the great things FWR have been up to this year, as well as getting a chance to share your own ideas or join the FWR!

Refreshments will be provided!

**THE RACKHAM**  
C OF E PRIMARY SCHOOL

### **Free online training from the Family Hubs Team – ‘Arguing Better’**

A course to help parents. The Family Hubs Team will be delivering Arguing Better via Teams for parents who would like to improve the relationship with their partner. Online via Teams, on Friday 4<sup>th</sup> October, 12-1pm and Friday 11<sup>th</sup> October 12-1pm. Free. Please book via this link: [Parents Booking Form](#).

### **Scholastic bookfair:**

The bookfair will be held in the school hall on Thursday 10<sup>th</sup>, Friday 11<sup>th</sup>, Monday 14<sup>th</sup> and Tuesday 15<sup>th</sup> October from 3.20pm to 4.15pm. Payment can be made via the Scholastic QR code during the fair.

### **Clubs:**

Mrs Deery will be running an after school art club for Year 3 and 4 on a Thursday beginning next week 26<sup>th</sup> September. If you would like your child to attend, bookings will open on MCAS at 6pm today.

### **MTC Parent meeting for Year 4 parents – Wednesday 25<sup>th</sup> September at 6pm in the school hall:**

We would like to invite year 4 parents to a meeting about the Multiplication check. All year 4 children will undertake during this the summer term and we would like to help you understand how to support your child at home. Please book your place using this form: <https://forms.office.com/e/Ybqek8ebiZ>

### **Pre-Loved Uniform:**

If you missed the pre-loved uniform pop up shop last week, please contact the school office and they will be able to pass a message to FWR.

### **Uniform orders:**

Uniform items for school and pre-school pupils are now available from Sigma. [Clubs & Groups - Sigma Embroidery & Printing](#)

Orders must be placed by parents and carers and will then be delivered to school and given to the children to bring home.

### **Happy Birthday to us!**



The Rackham C of E Primary School was founded in 1844, we are 180 years old this year. To mark this phenomenal birthday, we would like all pupils and adults working at school (and parents too if they wish) to dress in Victorian style clothes for the last day of this half term, Friday 25<sup>th</sup> October 2024.

Do you have any memories of The Rackham? We would love to share them. Please jot down your memories and hand in at the school office or email [office@rackham.cambs.sch.uk](mailto:office@rackham.cambs.sch.uk)

Thank you.

### **Parking:**

Several cars are parking on double yellow lines and also parking on the zigzags. Families that have a blue badge are politely requested to display their badge clearly. As a community we must consider everyone's safe access in and out of school.

Vehicles that are parked on the double yellow lines or zig zag lines are parking illegally at all times. This includes during Breakfast Club and Afterschool club drop off/collection.

Please can you also ensure you are parking considerately in the surrounding roads.

**Sutton Firestation open day:**

Please do support the Sutton Fire Station Open Day on Saturday 21<sup>st</sup> September.



**50**  
**OPEN DAY**  
**Sutton Fire Station**  
Saturday 21st September  
11am-3pm

raising money for



CAMBRIDGESHIRE  
FIRE & RESCUE SERVICE



The Fire Fighters  
Charity



Scouts  
Cambridgeshire

**Education Inclusion Family Advisor newsletter:**

**Education Inclusion Family Advisor Newsletter  
September 2024**

**A Message From Me**  
Those of you who have been with the school a while will probably know who I am, but to our new Reception parents, hello! I'm Emily, your school's Education Inclusion Family Advisor. My role is to offer advice, signposting & support around issues that might be affecting your child & family, for example sibling rivalry, challenging behaviour, worries, sleep issues. All you need to do is get in touch via the contact details below & we can set up a phone call, Microsoft Teams meeting or in person conversation at school.

**Activity Idea – Mindfulness Jar**



**Overview:** A good visual aid for children to help them understand how calming activities can help our emotions.  
**Time:** 20-30 minutes.  
**Equipment required:** A jar, water, glitter glue.  
**Benefits:** Helps explain emotions in a visual, easy to-understand way. It can encourage children to take moments of calmness when overwhelmed and watching the glitter swirl can be calming in itself.

[The-Mindfulness-Jar.pdf \(premier-education.com\)](#)

**Workshop Dates**  
We are running a variety of workshops this term, both face to face and online.  
Please click the link below or scan the QR code to see the list of workshops available and book your place.

<https://forms.office.com/e/h94eNKzz00>



**Online Parenting Courses Available!**  
Parents and carers sometimes need extra support or information to help with parenting and to build a strong and positive family life.  
That's why Cambridgeshire County Council have partnered with **In Our Place** to offer free courses to help you understand how best to support your child.  
In order to access this course, please click the link below and use the code **PARENT24**.

[Online Learning \(heiapply.com\)](#)



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)**

**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 of absence.

This week’s attendance: 96.71%



Looking forward to seeing everyone on Monday.

Best wishes,

Miss Turner

**Dates for your diary – please note more dates may be added**

23 <sup>rd</sup> September	Flu vaccinations
25 <sup>th</sup> September	MTC information evening for year 4 parents - 6pm in the school hall.
2 <sup>nd</sup> October	New intake evening for The Rackham 6pm
3 <sup>rd</sup> October	FWR AGM at 7pm in the school hall
4 <sup>th</sup> October	FWR Doughnut Day
4 <sup>th</sup> October	SEND Coffee Morning date tbc
8 <sup>th</sup> – 12 <sup>th</sup> October	Scholastic Book Fair – Tuesday to Friday after school in the hall
14 <sup>th</sup> October	Y6 Ravenstor depart 14.10.2024; return 18.10.2024
17 <sup>th</sup> October	Y5 Parent or carer school dinner invitation
25 <sup>th</sup> October	Dress in Victorian style clothes
	HALF TERM
4 <sup>th</sup> November	
11 <sup>th</sup> November	Parent's Evening Week Anti-Bullying Week
15 <sup>th</sup> November	Children in Need
20 <sup>th</sup> November	Y4 Burwell information evening
20 <sup>th</sup> November	Vision screening for Reception children
28 <sup>th</sup> November	Y4 Parent or carer school dinner invitation
2 <sup>nd</sup> December	Christmas performances this week
12 <sup>th</sup> December	Christmas Dinner – Reception and KS1
13 <sup>th</sup> December	Christmas Dinner – KS2
19 <sup>th</sup> December	Last day of term
	CHRISTMAS HOLIDAY 23.12.2024 – 03.01.2025