

Working together to be the best we can possibly be.

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

21st March 2025

Dear Parents and Carers,

What a fantastic day we have had completing our Fun-ny runs for Red Nose Day and talking about our odd socks for Down Syndrome Awareness. So far, we have raised just over £200 - thank you for your donations.

Safeguarding:

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

ONLINE SAFETY FOR UNDER 5s

10 Top Tips for Parents and Carers

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children – and has been essential for education during the pandemic – it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

- USE DEVICES TOGETHER**
This lets you monitor and control what your child is using the device for. It also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.
- ACTIVATE PARENTAL CONTROLS**
Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.
- MANAGE SCREEN TIME**
This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.
- TALK ABOUT BEING SAFE ONLINE**
Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.
- SET A GOOD EXAMPLE**
Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.
- PARENT CODE: *******
- BLOCK IN-APP PURCHASES**
If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money while on your device.
- CHOOSE SAFE APPS AND SITES**
There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.
- INVOLVE THE FAMILY**
If your toddler has older siblings, it's likely that their rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.
- IF IN DOUBT, ASK**
The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.
- SUPPORT CREATIVE & ACTIVE PLAY**
Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.

Meet Our Expert
Konstantina Moustaka is a professional development and EYF's coordinator at an outstanding nursery school in London. She has been working as a nursery and early years practitioner, both in the UK and internationally, for the past 18 years.

NOS National Online Safety
#WakeUpWednesday

Source: https://www.nos.org.uk/_src/500x300px/10_top_tips_for_parents_and_carers.pdf

Mental Health and Wellbeing:

I saw something this week that I wished to share with you. I have cut it down a bit. It is fascinating within the context of our own lives but also the lives of our pupils who use phones and devices.

Remember we are living in dopamine land where we're obsessed with our phones.

This is lowering our oxytocin levels which is leading to anxiety.

Dopamine evolved as a chemical that increased a few times a day when we found food, built shelter and started fires.

Dopamine now increases hundreds of times a day in every moment we interact with our phone.

This is causing us to become unbelievably addicted to them.

So addicted that even short moments of boredom have become very uncomfortable.

This addition is making real-life connections harder to achieve.

For example, choosing to scroll your phone (dopamine) instead of chatting (oxytocin).

Or constantly checking your phone in the evening instead of spending time engaging with your family.

Every time we choose dopamine over oxytocin, our oxytocin levels drop.

Low oxytocin levels cause our brains to feel anxious, fearful and restless.

To create a calm and happy brain we must start prioritising oxytocin.

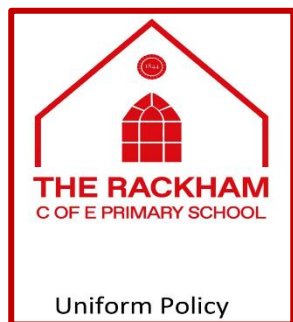
This means more physical engagement and more active listening.

It means asking better questions and giving more compliments.

We must escape this dopamine land and return to an oxytocin oasis where slower, phone-free moments become our favourite form of relaxation.

Advice from UK HSA regarding Norovirus:

The UK is seeing extremely high levels of norovirus, with numbers far above the five-year average for this time of year. If you've caught the virus, take steps to avoid passing the infection on. **If your child has diarrhoea or vomiting, they must not return to school or nursery until 48 hours after their symptoms have stopped.** If you are unwell, avoid visiting people in hospitals and care homes to prevent passing on the infection in these settings.




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.

Friends of Witchford Rackham: Easter Family Bingo – Friday 28th March at 6.30pm



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|  | Friday 28 th March | Doughnut Day and Easter Bingo |
| | Wednesday 2 nd April | Disco for Reception to Year 6 (booking required – see below) |
| | Sunday 18 th May | Yard Sale |

FWR Disco:

Our next FWR disco will be taking place on Wednesday 2nd April. The Reception and KS1 (Year 1&2) disco will be held from 3.25 – 4.25pm. If you would like your child to get changed in their classroom, please send in their disco clothes in a named bag. Children will be collected from the red gates as usual at the end.

The KS2 disco (Years 3, 4, 5 and 6) will be held from 4.45 – 5.45pm. Year 3 and 4 will be collected from the KS1 red gates and year 5 and 6 from the hall door.

The disco cost is £3.00 per child and includes entry, a biscuit and a drink. Please see the following link for biscuit nutritional information - [Sainsbury's online Grocery Shopping and Fresh Food Delivery](https://www.sainsbury.co.uk/grocery) ([sainsburys.co.uk](https://www.sainsburys.co.uk)) Please let the office know by Monday 31st March if your child requires an alternative due to allergies.

To book a place for your child, please login to your MCAS account where you will find the payment option under Products and Trips. **Bookings must be made by 9am on Monday 31st March please.** We will not be able to take payment after this time

Preloved uniform sales:

FWR will be holding their preloved uniform sales before and after school, on the following dates:

Friday 25th April

Friday 16th May

Thursday 26th June

Year 2 Parent meal:

We would like to invite Year 2 parents and carers to join us for school dinner on Thursday 27th March. The meal will be our extremely popular (and very delicious) roast dinner.

School 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 today Friday 21st March please.**

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

<https://forms.office.com/e/ggZaiQi7hb>

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 2 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 would parents and carers of Year 2 children arrive for school dinner at 11.50am.



Autism Awareness Day:

At The Rackham we will be marking World Autism Awareness Day on Friday 4th April this year.

Everyone is invited to come to school wearing something blue if they wish as part of the global 'Light it up blue' Autism Awareness campaign.

If you wish to donate to the National Autistic Society, please use this link:

<https://www.autism.org.uk/get-involved/donate>



Piano lessons:



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](#)

Education Inclusion Family Advisor team workshops:





Education Inclusion Family Advisor Team Countywide Online Workshop Offer


Over the Easter Holidays

The EIFA team would like to present our newly updated workshops on a variety of parenting and family issues, running over the Easter Holidays.

Please ensure you book onto each workshop individually by clicking on the link or scanning the QR code and completing the registration form.

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|--|--|---|
| Supporting Your Child with Feelings of Anger | Wednesday 9 April 2025, 12:00-13:30 | Book onto this workshop at: Microsoft Virtual Events Powered by Teams or  |
| Supporting Your Child with Feelings of Worry | Tuesday 15 April 2025, 12:00-13:30 | Book onto this workshop at: Microsoft Virtual Events Powered by Teams or  |

If you have any questions about our workshops, or the EIFA service in general, please contact earlyintervention@cambridgeshire.gov.uk

 cambridgeshire.gov.uk

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

 info@activeplayeducation.co.uk



WICKED Performance Workshop SHOWCASE IN A DAY!

15th, 16th & 17th April
9am-3pm parents welcome to watch the showcase at 2:30pm
Reception to year 6
£35 (£10 discount on early bird tickets, use the code WICKED10 at checkout - expires 15th March)

Taught by a Wicked Pink or Green Witch and professional Performer
Isle of Ely Primary School, School Rd, Ely CB6 2FG
07927206108
www.bigupthesky.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.

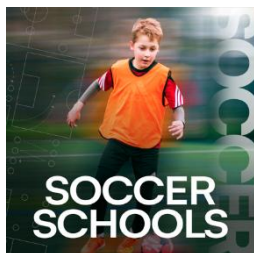
Suitable from 3 years upwards.

One adult receives admission to the garden with every ticket sold.

Parking extra.

Get Ready for Easter at Cambridge United Easter Soccer Schools!

Not sure what to do this Easter Holiday, well we have the best Soccer Schools sessions for you!!



Join Cambridge United for their **Easter Soccer Schools** from **Monday 7th April to Thursday 17th April**

Event Details:

Full Camp Details:

- **Week 1 Dates:** Monday 7th April to Friday 11th April
- **Week 2 Dates:** Monday 14th April to Thursday 17th April
 - **Times:**
 - 9 AM - 4 PM daily
 - **Ages/Gender**
 - 5 – 12 years old
 - Mixed sessions
 - **Venues:**
 - Chesterton Community College
 - Coleridge Community College
 - Comberton Village College
 - Swavesey Village College
 - **Cost:**
 - £25 per day

You'll get the chance to **make new friends, learn footballing skills**, and potentially **meet Cambridge United FC First Team Players!**

So grab your boots and join us for an awesome experience!

There's still plenty of spaces, so make sure to register soon and secure your spot via our website – [Soccer Schools | Cambridge United F.C.](#)

Or email Kristi on kristim@cambridgeunited.com for any questions!

We can't wait to see you there!

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: 87.8%



Looking forward to seeing you all again on Monday.

Best wishes,

Miss Turner

Dates for your diary:

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|------------------------|--|
| 27 th March | Piano and choir concert 9.30am (booking required) |
| 28 th March | Y2 Parent or carer school dinner (booking required) |
| 28 th March | FWR Doughnut Day |
| | FWR Easter Bingo |
| 2 nd April | Violin concert at 9.30am (booking required) |
| 2 nd April | FWR Disco (booking required) |
| 4 th April | Autism awareness (Non uniform – Light it up blue) |
| 4 th April | Last day of term |
| | EASTER HOLIDAY |
| 22 nd April | Pupils return |
| 30 th April | Bikeability for Year 4 |
| 30 th April | Y4 Parent's Information Evening MTC 6pm (booking required nearer the time) |
| 1 st May | Y1 Parent Meal (booking required nearer the time) |
| 5 th May | May Day Bank Holiday Monday |
| 12 th May | Y6 SATs week |
| 22 nd May | Last day of term |
| 23 rd May | Professional development day |
| 26 th May | HALF TERM |