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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

22nd March 2024

Dear Parents and Carers,

Safeguarding: Mobile phones

On Saturday, I briefly saw a question in a quiz show on TV (The Wheel) which asked 'At what age do most children get their own mobile phone? A choice of answers was given, the correct one being 7 years old based on a research by [Childwise](#). I was surprised by this because the research I had seen indicated that it was at the age of 9.

Ofcom have been tracking media and device use by children for the past nine years. The more recent Ofcom report for 2023 shows the age of first smartphone as being 9 - 11. (This data shows a decrease in the age of first ownership.)

Children and parents: media use and attitudes report 2023 (Ofcom), page 7, shows ownership of a smartphone as:

- 3 - 4 year olds - 17%
- 5 - 7 year olds - 20%
- [9 years old - over 50%]
- 8 - 11 year olds - 53%
- 12 - 15 year olds - 96%
- 16 - 17 year olds - 98%

*The Ofcom report makes fascinating reading across a number of areas of children's media use. You can download it here: <https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens>

This is why it is so important to have appropriate parental controls set on all devices that children have access to.

Wellbeing and Mental Health:

The Mind website is an excellent resource: [Home - Mind](#)

Here is one page that has helpful links: [Tips for everyday living with a mental health problem - Mind](#)

Spare shoes in school:

Your child may have mentioned we now have activities to use on the field at lunchtime. We will use these activities at all times, even in damp weather.

We would be grateful if families would identify spare footwear for their child that can be named and stored on the shoe racks on the field to save bringing mud into school. Suitable footwear would be wellingtons or trainers.

FWR Bingo:

Don't forget, bingo is tonight! Doors open at 7.00pm. We hope to see you there!

Swimming lessons after the Easter holiday:

We are aiming to start swimming lessons as part of our curriculum during the second week back after Easter. Further details to follow. Please can we remind you earrings must be removed for swimming. Children with pierced ears must be able to remove earrings themselves.

Phonics Screening information evening for parents and carers of pupils in Year 1:

The information evening will take place online at 6pm on Tuesday 26th March. If you would like to attend, please complete this form and we will send you the link on the day.

FWR Lottery:

Please find attached details of the new FWR Lottery and how to join in.

Year 3 Parent meal:

We would like to invite Year 3 parents and carers to join us for school dinner on Thursday 18th April. 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 today, Friday 22nd March 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 3 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.

Parents and carers of Year 3 children will arrive for school dinner at 12.20pm for a 12.30pm meal time.

Collection of children after school:

We would like to update the details we hold for who is authorised to collect your child from school. Please would you complete if your child is Year 4 or younger.

If your child is in Year 5/6 - please complete this form:

If you haven't yet completed the appropriate form(s) please do so as soon as possible.

Sandringham Easter Family Forest Fun:

Please see the attached poster about events at Sandringham over the Easter period.

FREE training for parents and carers: Supporting your Anxious child

The Local Authority are once again offering three more start dates for one of their newest online course, "Supporting Your Anxious Child." This course is designed to assist parents, carers, and family members in understanding the causes of anxiety in children and providing effective support to help them navigate their challenges. See attached poster for more details.

The course covers essential topics to equip you with the knowledge and skills needed to support your child through their anxious moments. Whether you're dealing with separation anxiety, social anxiety, or general worries, our course will provide valuable insights and practical strategies to help your child thrive.

If you would like to book a place you can either do so by applying online here: [Course Details | ontrack: Learner Hub \(tribal-ebs.com\)](#) or by emailing cambals@cambridgeshire.gov.uk or calling 01353 613013.

Sutton Beast Colour Blast for 2024:

After a successful and fun event last year, raising nearly £1,000 for the Breast Cancer Now charity, preparations are underway for the Sutton Beast Colour Blast 2024.

Please see the attached flier which offers everyone at The Rackham 15% of entry for this year's event. All the details are on the flier and website, just use the code 'SCHOOL' at checkout.

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: 92.9%

ATTEND TODAY ACHIEVE TOMORROW

EDUCATION IS IMPORTANT - **DON'T MISS OUT**



Looking forward to seeing everyone on Monday.

Best wishes,

Miss Turner

Dates for your diary

25.03.2024	Rocksteady concert 9.30am
26.03.2024	Year 1 Phonics Screening Check information evening (online) 6pm.
27.03.2024	FWR Disco
28.03.2024	Last day of school for pupils and staff
29.03.2024	Good Friday Start of Easter holiday
15.04.2024	First day of summer term Pupils return to school
18.04.2024	Year 3 Parent meal