

Working together to be the best we can possibly be.

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

28th February 2025

Dear Parents and Carers,

Welcome back to the second half of the Spring Term. How lovely to be experiencing and enjoying lighter mornings once more. It is beginning to feel like spring in the air.

Safeguarding:



What Parents & Educators Need to Know about WHATSAPP

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

AGE RESTRICTION 13+

WHAT ARE THE RISKS?

EVOLVING SCAMS
WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' – plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS
To start a chat, someone only needs the mobile number of the WhatsApp user they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends, for example) containing other people they don't know.

FAKE NEWS
WhatsApp's connectivity and ease of use allow news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

CHAT LOCK AND SECRET CODES
In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID. There is an additional feature – 'Secret Code' – where users set a unique password for locked chats. Unfortunately, this creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of.

VIEW ONCE CONTENT
The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't reopen them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content – but a recently added WhatsApp feature now blocks this, citing protection of privacy.

VISIBLE LOCATION
WhatsApp's Live Location feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out, for example. However, anyone in a user's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Educators

EMPHASISE CAUTION
Encourage children to treat unexpected messages with caution: get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS
It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to My Contacts or My Contacts Except... Additionally, if a child needs to use Live Location, emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY
Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a Locked Chats folder, you might want to talk about the sort of content they're storing in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any View Once content, it could be helpful to ask them why.

DISCUSS GROUP CHATS
Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or for any reason, in fact.

THINK BEFORE SHARING
Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp: it's easy – and all too common – for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday
The National College

Source and reference list on guide page at: <https://nationalcollege.com/guides/whatsapp/2025>

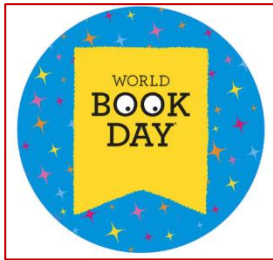
Wellbeing and mental health:

In this digital age, it's easy to get overwhelmed by constant notifications and information overload. Set boundaries on screen time, especially before bedtime, and take regular breaks from social media to reduce stress and improve sleep quality.

Mental wellbeing is an ongoing journey, and it's okay to seek professional help if you're facing challenges that seem insurmountable. Prioritise your mental health, and you'll find yourself better equipped to navigate life's ups and downs with resilience and a positive outlook.

World Book Day:

At The Rackham, we will celebrate World Book Day on Friday 7th March.



Dressing Up as a book character

On this day, we invite the children to dress up as one of their favourite book characters. We would encourage families to share ideas and previous costumes to reduce the stress of preparing something from scratch! A lot of book characters look just like regular children and so this may be an easy win, as long as your child brings into school the book that their character is from!

Second Hand Book Sale Fundraiser

On World Book Day we will be holding a second hand book sale fundraiser.

We request that every child brings into school 3 or 4 books that they have read and enjoyed but would now be happy to part with. Good quality texts, please! We will collect all of the books and organise them.

On Friday 7th March, all of the children need to bring into school £2. During the afternoon, the children will be able to choose up to two books to take home. Hopefully this will mean that all of the children can take home a book that is new to them and we will raise much needed funds to enable school to buy new titles for our class and school libraries.

Please could you bring book donations into school from Monday 3rd March until Thursday 6th March.

Thank you in advance for your support with this fundraiser!

The Rackham Book Sale Fundraiser



Send into school up to 4 books that you have enjoyed but are happy to part with.



Send these books into school from Monday 3rd March and take to your classroom.

On Friday 7th March bring a **£2** donation and choose a minimum of 2 new (to you!) books to take home and enjoy.



Friday 7th March

All money raised will help buy new books for school

Would you be interested in a dance and gymnastics combined after school club?

We are talking currently with The Lane Academy about an after school club. We are seeking an indication of interest in a dance and gymnastics combined session on a Monday from 4.30 - 5.45pm. Children from Reception to Year 4 would have this opportunity. The approximate cost would be £10 per session. Please log your name and interest in this club here:

<https://forms.office.com/e/v5D8dbHjaT>



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



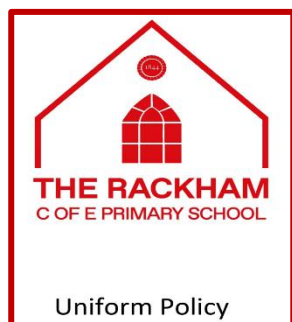
School Council would like to invite all the children to come to school in their PE kits on Red Nose Day – Friday 21st March for a 'Fun-ny Run'. They would like children to add a funny accessory if they would like e.g. sweat bands, funny glasses, funny badge.

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 21st 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.

We would like to share with parents and carers guidelines from the NHS about when to move children from nappies to potty training. [How to potty train - NHS](#)

Using a potty is a new skill for your child to learn. It's best to take it slowly and go at your child's pace. Being patient with them will help them get it right, even if you sometimes feel frustrated.

Children can control their bladder and bowels when they're physically ready and when they want to be dry and clean. Every child is different, so it's best not to compare your child with others.

Bear in mind that most children can control their bowels before their bladder.

1. By age one year, most babies have stopped doing poos at night.
2. By age two years, some children will be dry during the day, but this is still quite early.
3. By age three years, 9 out of 10 children are dry most days – even then, all children have the odd accident, especially when they're excited, upset or absorbed in something else.
4. By age four years, most children are reliably dry during the day.





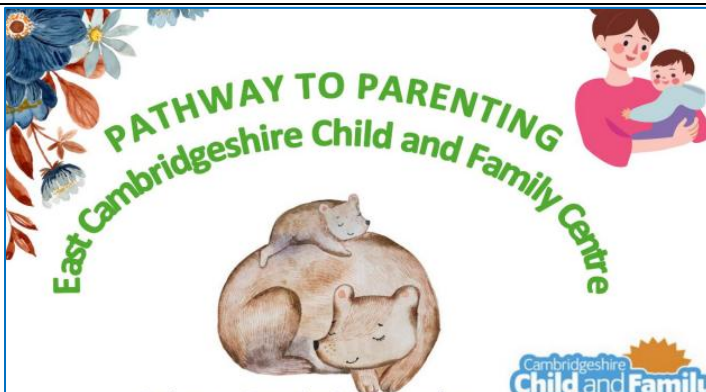



It usually takes a little longer for children to learn to stay dry throughout the night.

Although most learn this between the ages of 3 and 5, up to 1 in 5 children aged 5 sometimes wet the bed. If you need any help with potty training, please contact the office in the first instance.

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.


<h2>Triple P for Baby</h2> <p>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">• Learn ways to cope with frequent crying• Set up good sleep habits• Read your baby's cues• Look after yourself• Adapt to changes in family life, and more <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</p> <p>Phone consultations: May 6th, 13th</p> <p>Ely Child and Family Centre To book please contact: 01353 612 770 ChildAndFamilyCentre.ea@cambridgeshire.gov.uk</p> <p>  </p> <p>www.triplep-parenting.net</p>	<h2>PATHWAY TO PARENTING</h2> <p>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></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> </p>
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Parent's Evenings: booking now open:

Booking for Reception to Year 6 is now open – please book via your MCAS account. Appointment times for Pre-School should be booked with the school office from Monday 24th February. **Booking will close at 9am on Monday 3rd March.**

Year Group	Date
Parent's Evening Pre-School pupils	Monday 3 rd March 2025 3.30 - 5pm
Parent's Evening Reception to Year 6 pupils	Wednesday 5 th March 2025 3.30 - 7pm
Parent's Evening Reception to Year 6 pupils	Thursday 6 th March 2025 3.30 - 5.30pm

FWR – Dates for your diary:

	Friday 28 th March	Doughnut Day and Easter Bingo
	Wednesday 2 nd April	Disco for Reception to Year 6 (booking required nearer the time)
	Sunday 18 th May	Yard Sale – Save the date!

Are you the next winner of Junior Bake Off?



Applications for the 11th 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 23rd March 2025**. Interested bakers can apply online at -

www.applyforjuniorbakeoff.co.uk Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk


Term dates for 2025 – 2026:

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

WADSY:



Last chance to have your say: Ely to Witchford Active Travel Crossing Project Team:



Public consultation
22 January to 5 March 2025

Ely to Witchford Active Travel Crossing

Have your say on a proposed new crossing of the A10 near the 'BP roundabout', between Ely and Witchford. Our public consultation is open from Wednesday 22 January 2025 to Wednesday 5 March 2025.

Get in touch

www.cambridgeshire.gov.uk/ely-witchford-crossing

elytowitchford@cambridgeshire.gov.uk

0345 045 5212

@CamsCC

@CambridgeshireCC

Find out more

In-person events

Main Hall, Witchford Village College
• Tuesday, 11 February 2025
3.00pm – 7.00pm

Meeting Room, Ely Library
• Thursday, 27 February 2025
10.30am – 2.30pm

Online events

• Tuesday, 4 February 2025
7.00pm – 8.15pm

• Wednesday, 26 February 2025
1.00pm – 2.15pm

To register, visit
www.cambridgeshire.gov.uk/ely-witchford-crossing

Unattended exhibition

Ely Library, 6 The Cloisters, Ely, CB7 4ZH

Throughout the consultation, you can visit Ely Library during opening hours and read about the consultation proposals.

Visit www.cambridgeshire.gov.uk/ely-witchford-crossing to fill out the consultation survey and find out more.

Cambridgeshire County Council | Cambridgeshire Partnership | East Cambridgeshire District Council

Scan the QR code to have your say

Highways & Transport Service, Cambridgeshire County Council

Public Consultation Details

The public consultation is open from 12.00pm Wednesday 22 January and closes 11.59pm on Wednesday 5 March.


Consultation page: [Ely to Witchford Active Travel Crossing | Cambridgeshire County Council](http://www.cambridgeshire.gov.uk/ely-witchford-crossing)

Telephone: 0345 045 5212

Email: elytowitchford@cambridgeshire.gov.uk

Address: ALC2604, New Shire Hall, Emery Crescent, Enterprise Campus, Alconbury Weald, Huntingdon, PE28 4YE

Ben Isaacson Football Coach:



Ben Isaacson - Football Coach

ABOUT ME


I played for Norwich City Academy from the age of 8-16. I signed my first contract at aged 18 for Kings Lynn town, currently playing in the national league north. I want to help young players to achieve their dream of becoming a footballer. I have experienced and learnt a lot over the years and with that knowledge I can make these young footballers improve and achieve their dream.

EVERY AGE (6+) **TAILORED SESSIONS**

£25 1 to 1s **GROUP SESSIONS £20**

£25 2 to 1s **CAMBRIDGESHIRE**

07842967720 | isaacsoncoaching | Ben Isaacson



HIGH QUALITY, PROFESSIONAL TEAM TRAINING

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£10 A CHILD
WHAT DO WE DO?

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- SPORTS SCIENCE WORK
- POSITION SPECIFIC TRAINING
- PROFESSIONAL DRILLS | EXERCISES

CONTACT ME FOR INFO

07842967720
SUTTON
CB5 2QQ








Education Inclusion Family Advisor team workshops:


Education Inclusion Family Advisor Team Countywide Online Workshop Offer

The EIFA team would like to present our newly updated workshops on a variety of parenting and family issues.

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

Supporting Your Child with Feelings of Worry	Tuesday 25 February 2025, 12:00-13:30	Book onto this workshop at: https://shorturl.at/ab5bY or	
Supporting Your Child with Sleep	Thursday 27 February 2025, 18:00-19:00	Book onto this workshop at: https://shorturl.at/AVGr9 or	
Supporting Your Child with Feelings of Anger	Tuesday 4 March 2025, 12:00-13:30	Book onto this workshop at: https://shorturl.at/aQqLk or	
Digital Safety	Thursday 13 March 2025, 18:00-19:00	Book onto this workshop at: https://shorturl.at/fY6Ch or	
Sibling Rivalry	Tuesday 18 March 2025, 12:00-13:30	Book onto this workshop at: https://shorturl.at/9PY5I or	
Understanding and Responding to Behaviours that Challenge	Thursday 27 March 2025, 12:00-13:30	Book onto this workshop at: https://shorturl.at/1wMZA or	
Family Wellbeing	Tuesday 1 April 2025, 12:00-13:00	Book onto this workshop at: https://shorturl.at/08np3 or	

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

 cambridgeshire.gov.uk



**CITY OF ELY CC
AND GROW WITH US
PRESENT**

EASTER CRICKET CAMP 2025

Our Easter cricket camp is back!!
Come join us for some Easter fun
and prepare for the season ahead!!

14th-16th April- Age 6-12
17th April- Age 12-15

14-17TH APRIL, 2025
14-16TH APRIL @ ELY COLLEGE (CB6 2SH) (9:00-15:00)
17TH APRIL @ NETWORKS INDOOR CRICKET CENTRE (IP27 9LF) (9:00-13:00)

BOOK NOW FOR A CHANCE TO PLAY GLOW-IN-THE-DARK CRICKET. AVAILABLE AT NETWORKS INDOOR CRICKET CENTRE!! (17TH APRIL 2025)



Visit Our Website:
www.growwithus.uk
OR contact
Michael@growwithus.uk

WINTER TRAINING

U11/U13 Girls- Softball/ Hardball

NEW PLAYERS
WELCOME!!



Please contact us for more details





Ely College
Downham Road, CB6 2SH



Starts Wednesday 8th January 2025
17:30-18:45



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: 95.19%

ATTEND TODAY ACHIEVE TOMORROW

EDUCATION IS IMPORTANT - DON'T MISS OUT



Looking forward to seeing you all again on Monday.

Best wishes,

Miss Turner

Dates for your diary:

3 rd March	Pre-School Parent's Evening 3.30pm – 5.30pm – booking required via the office
5 th March	Parent's Evening 3.30pm – 7.00pm – booking required via MCAS
6 th March	Parent's Evening 3.30pm – 5.00pm = booking required via MCAS
7 th March	World Book Day
19 th March	Parent's Information Evening Y6 SATs (booking required nearer the time)
21 st March	Red Nose Day and Downs Syndrome awareness day
27 th March	Y2 Parent or carer school dinner (booking required nearer the time)
28 th March	FWR Doughnut Day
28 th March	FWR Easter Bingo
2 nd April	FWR Disco (booking required nearer the time)
4 th April	Autism awareness (Non uniform – rainbow of colour)
	Last day of term
	EASTER HOLIDAY