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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***

4<sup>th</sup> September 2024

Dear Parents and Carers,

Welcome back to the new school year! We are so looking forward to seeing our pupils again in the morning.

**The Rackham C of E Pre-School:**

We welcome the staff at the pre-school to our school team.

All staff attended a Professional Development Day together yesterday covering safeguarding and behaviour management.

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)

**Safeguarding:**

Due to increasing incidents of trespass on the railway near our school, please view the video below as parents and carers. We will be sharing and discussing these videos in school.

Over 21 million students, parents and teachers from across the UK have already watched these videos which has led to a significant decrease in the number of fatalities and injuries in their area through watching the rail safety videos.

NEW Primary school version: Suitable for KS1

<https://learnliveuk.com/ks1-primary-school-safety-talk/>

NEW Primary school version: Suitable for KS2 <https://learnliveuk.com/network-rail-primary-school-safety-talk>

**School dinners:**

Attached is the new menu for this term. Please ensure that school dinners are booked and paid for in advance.

Meals are free for all pupils in Reception, Year 1 and 2 under the Universal Free School Meal scheme.

For children in year 3 and above, meals are charged at £2.40 per meal unless the child is entitled to Free School Meals.

Eligibility for Free School Meals and Pupil Premium funding for children in all years, can be checked here:

<https://www.cambridgeshire.gov.uk/residents/children-and-families/schools-learning/help-with-school-learning-costs/free-school-meals>

Please also see attached the School Dinner Money Debt policy which is also available on our website.

## Wellbeing and Mental Health:

At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formers delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# 10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen-time. This guide will help you to develop an age-appropriate family agreement to suit your household.

- 1 WORK TOGETHER**  
Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.
- 2 AGREE TIME LIMITS AND SUITABLE TIMES**  
Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend and what they're typically doing online. If they're completing research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.
- 3 ENCOURAGE HONESTY**  
Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.
- 4 CHARGING AND OVERNIGHT STORAGE**  
To ensure children get the downtime they need overnight, it's important that devices - especially smartphones - are kept in a common space, where possible. This reduces the chance of parents late night awaking or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.
- 5 REVIEW RULES REGULARLY**  
Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family, discuss what's working and what isn't. Communication is key - so by doing this, you involve the child in their own online safety while promoting an open dialogue.
- 6 PROTECT PERSONAL INFO**  
Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that only information they do share is shared with their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.
- 7 BE RESPECTFUL**  
Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online - such as on social media, when playing multiplayer games or in group chats (behind their back and themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.
- 8 "NO TECH" ZONES**  
Designating spaces in the house where technology isn't allowed (for example, bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any temptations to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.
- 9 AGREE ON CONSEQUENCES**  
As a family, discuss why the rules are important to balance their screen-time, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.
- 10 KNOW ALL PASSWORDS**  
To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

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

**#WakeUpWednesday** The National College

Source: <https://nationalcollege.com/publications/10-top-tips-for-creating-family-rules-for-using-devices>

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## PE and Games:

Please see the table below for PE and Games days:

Class	Outdoor games	Indoor PE
Rowan and Ash	Forest school will be on a Wednesday (details to follow)	Thursday
Chestnut	Monday	Wednesday
Silver Birch	Monday	Tuesday
Larch	Tuesday	Monday
Beech	Tuesday	Thursday
Hazel	Wednesday	Friday
Sycamore	Wednesday	Friday
Elm	Wednesday	Tuesday
Willow	Friday	Tuesday
Cedar	Friday	Monday
Oak	Thursday	Wednesday

## 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 will then be delivered to the school and given to the children before the end of term.

**Meet the teacher:**

We would like to invite you to our Meet the Teacher Open Mornings week commencing 9<sup>th</sup> September. Our usual booking system will apply and for these events there will be two tickets per child.

The Meet the Teacher sessions will start in the hall with a cup of tea or coffee from 8.30am. At 8.45am Miss Turner will begin the session, this will be followed by a presentation from the year group Team Leader. The Team Leader will share the curriculum planned for pupils for this half term. Parents and carers will then be invited to join their child in the classroom from 9 – 9.30am. Departure of parents and carers from classrooms at 9.30am.

Year Group	Date	Link to book places (2 per child)
Year 1 and 2	Tuesday 10.09.2024	<a href="https://forms.office.com/e/fWbdk60MFQ">https://forms.office.com/e/fWbdk60MFQ</a>
Year 3 and 4	Wednesday 11.09.2024	<a href="https://forms.office.com/e/ZsMUU4JDMP">https://forms.office.com/e/ZsMUU4JDMP</a>
Year 5 and 6	Thursday 12.09.2024	<a href="https://forms.office.com/e/SZEnb48aap">https://forms.office.com/e/SZEnb48aap</a>

**Attendance:**

Effective from the start of term, the Department for Education (DfE) has implemented significant updates to school attendance guidance, aimed at enhancing student engagement and reducing absenteeism. The new guidance titled '[Working together to improve school attendance](#)' came into force on 19th August 2024.

Our revised Attendance Policy will be sent to all parents and added to the website shortly. 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.



Looking forward to seeing everyone tomorrow.

Best wishes,

Miss Turner