

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

6th September 2024

Dear Parents and Carers,

What a super two days we have enjoyed with all pupils attending The Rackham. Our staff have worked hard to provide an organised and welcoming learning environment for the children.

Safeguarding:

Easy to use guides on how to set up parental controls for apps on iPhone and android.

How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and Features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.

How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends. Only in the settings for each feature.

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

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How to Set up PARENTAL CONTROLS for APPS Android Phone

On Android phones, restricting access to particular apps usually requires going into Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those too.

How to Block App Downloads (This Also Disables In-app Purchases)

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are off' to 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set
- 10 Tap Save to apply your changes

How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-Update Apps
- 5 Select 'Don't auto-update apps' and then tap Done

Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set

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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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit thenationalcollege.com.

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

- 1 MAKE IT FUN**
Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.
- 2 MIX MOVEMENT WITH LEARNING**
Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. Revision walks with podcasts and flashcards can benefit older learners.
- 3 CREATE OPPORTUNITIES**
Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.
- 4 PROVIDE POSITIVE REINFORCEMENT**
Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviour. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.
- 5 VARIETY IS KEY**
Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.
- 6 ENJOYMENT OVER COMPETITION**
Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.
- 7 SET REALISTIC GOALS**
Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate the progress and successes to maintain motivation and enthusiasm.
- 8 MAKE IT ACCESSIBLE**
Ensure that children have access to safe, suitable spaces for exercise at home, at school and in their communities. Advocate for inclusive environments which accommodate diverse needs and abilities, be a change maker in your community if facilities aren't already available.
- 9 LEAD BY EXAMPLE**
Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.
- 10 ENCOURAGE PERSISTENCE**
Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of persistence and the value of effort in achieving their goals.

Meet Our Expert
Adam Ollitt is a learning and development specialist who, as well as working for Minda Khora, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.

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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 or pre-school@rackham.cambs.sch.uk

Happy Birthday to us!

HAPPY BIRTHDAY

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 25th 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

Thank you.

Uniform orders:

Uniform items for school and pre-school pupils are now available from Sigma.

https://www.sigmaembroidery.co.uk/clubs-groups-shop?filter_catid=172

Meet the teacher:

We would like to invite you to our Meet the Teacher Open Mornings week commencing 9th 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 at 8.30am. 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	https://forms.office.com/e/fWbdk60MFQ
Year 3 and 4	Wednesday 11.09.2024	https://forms.office.com/e/ZsMUU4JDMP
Year 5 and 6	Thursday 12.09.2024	https://forms.office.com/e/SZEnb48aap

Ely Museum:

What's On at Ely Museum:



Family Day
Viking Day
14th September

Our monthly activity session for Under 5s

Little Explorers

The third Friday of every month - next on 20th September





Family Evening
Twilight at the Museum
29th October

Drop-in Crafts
Creepy Crafts
31st October





ELY MUSEUM

www.elymuseum.org.uk Charity number 115 6024

Attendance:

We are currently updating our Attendance policy in line with the changes that came into effect from 19th August 2024.

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.

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 – please note more dates may be added

W/c 9 th September 2024 11 th September	Open mornings at 8.30am for each year group: Tuesday KS1: https://forms.office.com/e/fWbdk60MFQ Wednesday Y3/4: https://forms.office.com/e/ZsMUU4JDMP Thursday Y5/6: https://forms.office.com/e/SZEnb48aap
16 th September 18 th September 19 th September 19 th September	Jeans for genes week Y6 Ravenstor Parent information evening – more information and booking form will be sent early next week. Individual photos children and staff Y6 Witchford Village College Open Evening
23 rd September 25 th September	Cycle to school week MTC information evening 6pm (booking form will be available soon)
2 nd October 4 th October	New intake evening for The Rackham 6pm FWR Doughnut Day SEND Coffee Morning date tbc
8 th – 12 th October	Scholastic Book Fair – Tuesday to Friday after school in the hall
14 th October 17 th October	Y6 Ravenstor depart 14.10.2024; return 18.10.2024 Y5 Parent or carer school dinner invitation
21 st October	
28 th October	HALF TERM
4 th November	
11 th November 15 th November	Parent's Evening Week Anti-Bullying Week Children in Need
20 th November	Y4 Burwell information evening
28 th November	Y4 Parent or carer school dinner invitation
2 nd December	Christmas performances this week
12 th December	Christmas Dinner – Reception and KS1
13 th December	Christmas Dinner – KS2
19 th December	Last day of term
	CHRISTMAS HOLIDAY 23.12.2024 – 03.01.2025