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8th September 2023

Dear Parents and Carers,

What a great first week! It has been a joy to have our fantastic children back in school, ready to learn.

Safeguarding:

Our new Reception children are very used to using technology. This useful webpage identifies ways to keep Under 5s safe online however has important information for all families whatever the age of the children.

[Keeping your under 5 safe online \(thinkuknow.co.uk\)](http://thinkuknow.co.uk)

The Rackham is a nut free school:

A reminder to all our families that The Rackham is a nut free school. Please ensure foods brought into school for snacks or packed lunch do not contain nuts or nut products. In line with our current Food Policy, we encourage children to bring a healthy morning snack of fruit or vegetables.

Individual photos – Friday 15th September:

Please can all children in year 5 and 6, Beech, Hazel and Sycamore classes come in school uniform for their photo and bring PE kit them.

PE and Games kit:

We would like to consult with all parents regarding children wearing PE kit to school and if it should continue.

As you I am sure remember, the decision for our children to come into school in kit was entirely appropriate during Covid.

However, things have returned and continue to return to normal and this is one area of school life that we would like your thoughts on. Do you think it is time to return to children bringing in their PE kit and changing out of uniform into kit?

Please click the link to express your thoughts. There is a section to add more information to explain your opinion, do please use it if you feel the questions posed require further comment. Thank you.

Link here: Please complete by Friday 15th September.

PE and Games days:

Class	Outdoor games	Indoor PE
Chestnut	Monday	Tuesday
Beech	Monday	Friday
Larch	Monday	Wednesday
Silver Birch	Monday	Thursday
Hazel	Wednesday	Friday
Sycamore	Wednesday	Friday
Elm	Wednesday	Tuesday
Willow	Friday	Wednesday
Cedar	Friday	Monday
Oak	Friday	Monday

NHS: Healthy Steps Programme Launch:

The Healthy Steps programme has [launched!](#) This new, free 8-week email programme encourages families to eat better and move more, with budget conscious, easy and practical ideas.

Sign up here: www.healthysteps.uk To help you support the programme, there is also a range of free and useful resources on the national [Campaign Resource Centre](#). Here you will find recipe cards, newsletter copy, a social toolkit and more.

How does Healthy Steps work?

Parents and Carers can sign up at any time by completing a quiz about their current eating and physical activity habits. Once you have completed the quiz you will receive weekly emails on one of these themes, tailored to your quiz results:

- Reducing sugar
- Eating 5 a day
- Meal planning

The content in the emails will then provide families with simple ways to take steps towards healthier behaviours.

As part of the programme, families are set goals or tasks to complete every other week, such as swapping out sugary fizzy drinks, or adding fruit or veg to their breakfasts.

Regular feedback points give families the opportunity to celebrate their successes and continue to make positive changes.

Read more about how Healthy Steps works on the [Campaign Resource Centre](#).

Fun things to do before you are 5:

Cambridgeshire County Council has collated 50 activities to do with your child before they are 5 years old. Children who are already 5 or older would certainly find them fun too. You can find the activities here: [50 Things to Do Before You're Five in Cambridgeshire & Peterborough](#)

Work Hard, Dream Big:

Would you be willing to speak to our pupils about your current job, the steps you took and associated work ethic you drew on to attain it?

Please contact the office in the first instance to express your interest: office@rackham.cambs.sch.uk

My Happy Mind:

Our children will be utilising the My Happy Mind resources one lesson a week starting in September.

Accounts for our parents and carers are free. Our children would benefit hugely from accessing the materials when at home as well as in school.

Log in link here: <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code (110807).

Lee Valley is hosting the world canoe championships, free entry for children:

The 2023 ICF Canoe Slalom World Championships are being hosted at Lee Valley White Water Centre - the London 2012 Olympic Venue - on 19th-24th September.

The best slalom paddlers from around the World will all be descending to Lee Valley as they look to win world titles and qualify for the Paris 2024 Olympic Games.

There's also a host of spectator activities to keep the whole family entertained including

- Fabulous food and drink
- Engaging Fan and Family Fun Zones
- Have a go activities on the water
- Exciting live music and performances

We are offering the parents of local school pupils the opportunity to attend the event, and also take advantage of FREE child places (with the use of a bespoke code).

Please see attached poster which gives more detail about the event, and the discount code.

Event at Ely Cathedral:

Please see the attached flyer giving information about a special service at Ely Cathedral on Sunday 10th September.

Electrical Safety – E Bikes and E Scooters:

You may be aware of a house fire that occurred in Cambridge at the end of June 2023 which sadly took the lives of two children and their mother. It is believed that the house fire was caused by an e-scooter charger/battery. The below resources have been shared by our colleagues in Fire and Rescue.

<https://www.cambsfire.gov.uk/home-safety/specific-safety-advice/electrical-safety/e-bikes-and-e-scooters/>

They also offer a free online home fire safety check, it can be completed individually, as a family or possibly with a neighbour/friend that may be vulnerable. <https://www.cambsfire.gov.uk/home-safety/home-fire-safety/>. The online home fire safety check is a useful tool, not only does it give advice using a risk matrix, it also can be used as a referral tool for us to send face to face specialist officers to a property if members of the public would like a visit.

Looking forward to seeing you on Monday.

Best wishes,



Miss Turner
Headteacher

Dates for your diary	
WC 11.09.2023	Meet the Teacher morning for parents and carers
15.09.2023	Individual photographs
WC 18.09.23	Clubs begin - more details early next week
21.09.2023	Open Evening for Year 6 Witchford Village College
26.09.2023	FWR AGM in the school hall 7.30pm start
WE 13.10.2023	Clubs finish
16 – 20.10.2023	Ravenstor residential Year 6
20.10.2023	Last school day of half term
Half term	
30.10.2023	Children return to school
WC 06.11.2023	Parent's Evening this week dates TBC
11.12.2023	Flu vaccination day whole school
14.12.2023	Reception and KS1 Christmas lunch
15.12.2023	KS2 Christmas lunch
19.12.2023	Last school day for children before the Christmas holidays commence
20.12.2023	Professional Development Day for staff
21.12.2023	Christmas holiday commences for staff
Christmas Holiday	
04.01.2024	Professional Development Day for staff
05.01.2024	Professional Development Day for staff
08.01.2024	Children return to school