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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

Friday 6<sup>th</sup> October 2023

Dear Parents and Carers,

What beautiful weather this week as we head into Autumn and some very welcome sunshine. Our fabulous FWR's now famous Doughnut Day was a huge hit, thank you!

# <u>Safeguarding: How to start a conversation with your child about using a phone safely</u> Talk with your child about responsible use of their phone

Discuss what is okay and not okay to use their phone for. Talk about time limits and expectations of where the device can and cannot be used, this could include things like the phone being charged outside their bedroom overnight.

## Discuss what to do if something upsetting or worrying happens

Teach your child strategies they need in case something concerning happens whilst they are using their device. This should be to lock the screen and tell an adult; adults can then make a report to the platform they are using and block the user. Parents may wish to show their children how to send a report and block a user.

#### **Explore parental controls**

Take a look at the controls available both on the phone itself and on your home Wi-Fi. Talk these through with your child too. Parental controls are a helpful tool, but an open conversation with your child is the most important thing.

#### **Ely Children and Family Centre:**

Please see the attached October newsletter from Emily Norman our Education Inclusion Family Advisor. You can contact Emily through school or directly using the contact details below:

Email: <a href="mailto:childandfamilycentre.east@cambridgeshire.gov.uk">childandfamilycentre.east@cambridgeshire.gov.uk</a> Phone: 01353 612770

#### **Book Fair in school Tuesday to Friday next week:**

Scholastic Book Fair is in school next week from Tuesday to Friday, families are welcome into school at the end of the day to browse and purchase texts.

Please see the attached flyer with more information.

#### **Harvest Festival:**

Our school Harvest Festival will be held on Friday 13<sup>th</sup> October. As in previous years, we will be collecting donations for the Ely Food bank. If you are able to make a donation we would be very grateful if it could be bought into school on Friday 13th. Ely Food bank are currently asking for items including tinned fruit, coffee, rice, long life milk, tinned rice pudding and custard.

#### 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: 93.4%

## **World Mental Health Day**

Here at The Rackham, we strive to support the mental health of our community every day. On Tuesday 10<sup>th</sup> October, we will be promoting ITV's landmark Mental Wellness campaign, Britain Get Talking. In school we will share a video, where Ant and Dec set the children a homework challenge to write down what is on their mind and to get talking. Please look out for the leaflet coming home to support you with this.

The campaign encourages us all to keep connected and to improve the quality of conversations, which in turn supports everyone's mental health. I hope you take up this wonderful opportunity to get talking.

#### **Last week of clubs:**

This coming week is the last week of clubs for this half term.

# Last call to Year 5 parents, join your child for a school dinner:

Each year group will have their turn to invite one parent or carer over the course of this academic year to join them for a school dinner. Year 5 parents and carers will be invited to join us for school dinner on Thursday 19<sup>th</sup> October. The meal will be our extremely popular (and very delicious) roast dinner.

Parents and carers are asked to purchase their school dinner at the same cost as a child's school dinner, £2.40 through MCAS under the Products and Trips tab. Meals must be booked and paid for by 12<sup>th</sup> October.

Please complete this form to book your meal and tell us the name of the person attending.

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 5 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 5 children will arrive for school dinner at 12.20pm for a 12.30pm meal time.

Looking forward to seeing you all on Monday.

Best wishes,



Miss Turner Headteacher

Dates for your diary	
WE	Clubs finish
13.10.2023	
16 –	Ravenstor residential Year 6
20.10.2023	
19.10.2023	Year 5 'Invite your parent or carer for school dinner'
	Open Evening for prospective parents and carers (starting in Reception September 2024).
20.10.2023	Last school day of half term
Half term	
30.10.2023	Children return to school
WC	Parent's Evening this week dates TBC
06.11.2023	
11.12.2023	Flu vaccination day whole school
13.12.2023	Christmas Treat for pupils thanks to our wonderful FWR.
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