

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

13<sup>th</sup> September 2024

Dear Parents and Carers,

What a super week with so many parents and carers in school for our Meet the Teacher Open Mornings. The partnership between school and home is an important one for our children. Thank you for reorganising your week to come along.

**Safeguarding:**

Easy to use guides on how to set up parental controls to ensure your child only view age-appropriate content on iPhone and android so protecting your child from viewing age-inappropriate content.



**How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT iPhone**

**NOS National Online Safety**  
www.nationalonlinesafety.com

The parental controls on iPhones allow you to block or restrict certain apps, features, content, downloads, or purchases. Setting limitations on content settings, set web searches enables you to filter out age-inappropriate content and vastly reduce the likelihood of your children being exposed to unsuitable material and information.

**Set up content rating restrictions**  
Content filters keep your child from viewing unsuitable material. They block apps, apps and TV shows with specific age ratings, and music and podcasts with explicit content.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Enable Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Choose the Settings for each feature you wish to restrict

**Set up web restrictions**  
Website content filters restrict age-inappropriate content on Safari. You can also block certain websites or allow access only to approved sites.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Tap Web Content
- 6 Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
- 7 Choose which websites you wish to allow/block

**Set up Siri web search restrictions**  
You can search out explicit language to avoid Siri showing inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Scroll Down to Siri
- 6 Choose to block either or both Web Search Content and Explicit Language

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**How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT Android Phone**

**NOS National Online Safety**  
www.nationalonlinesafety.com

The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.

**Set up parental controls with Google Family Link**

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

**Set up parental controls with Google Play**

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 5 Enable Parental Controls
- 6 Create Pin
- 7 Tap the content you would like to restrict
- 8 Choose how to filter or restrict access

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## Wellbeing and Mental Health:

**WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH**

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

**POSITIVE IMPACTS**

**EASY ACCESS TO SUPPORT AND HELP**

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from online adults. Sharing problems or issues with friends, peers and trusted online networks can be met with positive reactions, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are restricted circumstances, which offer support and guidance, children can be provided with a great source of support.

**NEGATIVE IMPACTS**

**SELF-ESTEEM & BODY IMAGE**

There are 18 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons with others. The key is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit in and conform to trends, which can become a driving force for children to replicate what they see from influencers and celebrities, can lead to a feeling of low self-esteem with their own look.

**FAKE NEWS**

The online world provides the opportunity for websites to spread and share photoshopped pictures, edited videos, fake news and even unvetted advice. Children may emulate upon this, which could potentially encourage them to make wrong decisions and not get the help that they need. It is important that you teach your child to differentiate between what is true and useful information and what is false.

**HARMFUL ADVICE**

Social media addiction is thought to affect around 10% of teenagers. The Office for National Statistics found that children who use social media for 3 hours or more each day are 1.5 times more likely to report poor mental health. Furthermore, comprehensive research due to Fear Of Missing Out has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on their mobile, leading them to be more likely to feel constantly tired at school than their classmates who don't use social media during the night.

**SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS**

There is evidence to suggest that online addiction through social media can be enhanced by social media comparison, allowing children to create stronger bonds with people they already know, making relationships more likely to develop some reciprocal emotional, thoughtful, and empathetic. By sharing comments on pictures, videos and posts, it can create a sense of belonging and help to build relationships.

**ADDICTION AND COMPULSIVE CHECKING**

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**A SENSE OF BELONGING**

Support can be found to increase pleasure without awareness that it is derived. Thinking your behavior online platforms and groups can provide a sense of belonging for children. They can find peers with similar interests and communities which can sometimes be difficult to find in real life. As a result, they can create stronger connections and help to build confidence.

**CYBERBULLYING**

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a major effect on wellbeing and mental health. More than 10% of young people have experienced cyberbullying, with 17% of young people saying they experience cyberbullying on a high frequency basis. Young people are more likely to be bullied on Facebook than on any other social network.

**Meet our expert**

This guide has been written by Anna Bateman. Anna is passionate about playing prevention at the heart of every school, integrating mental wellbeing with the curriculum, staff welfare and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

**HELPFUL APPS:**

- Hub of Hope - <http://hopeforchildren.co.uk/>
- MindShift
- Smiling Mind

**SOURCES OF HELP:**

- Childline, 0800 1111 or visit their website
- Befrienders UK, 0800 800222
- Young Minds Partnership, 0800 822 5544

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Items of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.06.2019

### Parent View:

If you attended any of our Meet the Teachers sessions this week, did you know you can provide feedback for us through Parent View. Link here: [Welcome to Ofsted Parent View | Ofsted Parent View](#)

### Dangerous use of bicycles and scooters:

We have received updates from members of the public about pupils cycling dangerously on pavements and roads. We have also been informed of dangerous scooter use by our pupils.

In both instances, children have failed to stop or show awareness of pedestrians when leaving the school site and have caused injury by running up the back of legs.

Please ensure children are supervised and be mindful of the needs of others using the pavement.

### Attendance:

As you may be aware, the Government has altered attendance legislation for schools. We are extremely grateful for your patience with release of our policy, we are awaiting a final document from the Local Authority before we can share the entire updated policy and guidance with parents and carers.

### 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](mailto:office@rackham.cambs.sch.uk) or [pre-school@rackham.cambs.sch.uk](mailto:pre-school@rackham.cambs.sch.uk)

**Individual and sibling photos for all children.**

As you will be aware, the school photographer will be at the Primary School on Thursday 19<sup>th</sup> September. All children (including the Pre-School) will have their individual photos taken. If you have children at both the Pre-School and the Primary school and would like a photo of the children together, please contact the school to book a time between 8am and 9am. There is no need to book if your children attend just the Primary school (Year R – 6), sibling photos will be taken during the day.

**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 and will then be delivered to school and given to the children to bring home.

**Happy Birthday to us!**



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 25<sup>th</sup> September 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](mailto:office@rackham.cambs.sch.uk)

Thank you.

**Clubs:**

Staff led Afterschool Clubs will begin next week (16<sup>th</sup> September) and end on 25<sup>th</sup> October. All after school clubs finish at 4.15pm. Further clubs will be added during the school year. Clubs will be available to book from 6pm today.

**First half of Autumn Term 2024**

Day	Lunchtime Club	Afterschool club
Monday	Colouring – Year 1 and 2	
Tuesday		Gardening - Year 5 and 6 Crochet – Year 5 and 6
Wednesday		Staff meeting
Thursday		Choir - Year 3 - 6 Intro to Netball – Year 1 and 2 Lego/Construction - Year 1 and 2
Friday		

**Girl Guiding in Witchford:**

Please see the message below from the Girl Guiding Leaders in Witchford:

Did you know Girlguiding is active in your community? 1st Witchford Rainbows, 1st Witchford Brownies and 1st Witchford Guides provide a range of extracurricular activities for girls aged 4-7, 7-10 and 10-14.



We work through a variety of Girlguiding themes, go on adventures, play games, do crafts, bake, take part in community events, undertake challenges, learn new skills and most importantly, have FUN!

Would your daughter like to join us? We meet in Witchford on Tuesdays in term time, 4:30-5:30 for Rainbows, 6:00-7:30 for Brownies, and Guides meet 6:30-8:00. Rainbows is currently at capacity and running a waiting list, but there are spaces available at Brownies and Guides.

Please see [www.girlguiding.org.uk](http://www.girlguiding.org.uk) for more information, or contact us directly using [witchfordrainbows@gmail.com](mailto:witchfordrainbows@gmail.com) / [witchfordbrownies@gmail.com](mailto:witchfordbrownies@gmail.com) / [witchford.guides@gmail.com](mailto:witchford.guides@gmail.com).

Would you like to volunteer with Girlguiding? We help all girls to know they can do anything! Are you curious, adaptable, thoughtful, ambitious? Could your skills compliment Girlguiding in Witchford? Please see [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested) for more information.

Your local Girlguiding leaders, Ellen, Robyn, Brown Owl, Arctic Owl, Butterfly and Squirrel.

**Aspire Education:**

Please see the poster below regarding fully funded courses with StudySmartUK.

**STUDY SMART**  
Free Online Courses

**Aspire Education**

**ncfe. | cache**

**Education & Skills Funding Agency**

**Fully Funded School Support Course**

[www.studysmartuk.online](http://www.studysmartuk.online)

**Next Start date 30th September**

**CACHE Certificate in Understanding Safeguarding & Prevent**  
**CACHE Certificate in Understanding Challenging Behaviours**  
**CACHE Certificate in the Principles of SEN Levels 1, 2 & 3**

**Six Week Course**  
**Mon - Fri**  
**9:30 - 11:30am**  
**12:30 - 2:30pm**  
**4 - 4:30pm**  
**(last optional session for reflection and support if needed)**

**Sutton Fire Station Open Day:**

Please do support the Sutton Fire Station Open Day on Saturday 21<sup>st</sup> September.



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# OPEN DAY

## Sutton Fire Station

Saturday 21st September

11am-3pm

raising money for



CAMBRIDGESHIRE  
FIRE & RESCUE SERVICE



The Fire Fighters  
Charity



Scouts  
2nd Section  
Cambridgeshire

**Tea and Toast Tuesdays with Cambridge Acorn Project:**

Please see below for details of a new service from The Cambridge Acorn Project. The hubs are for any wellbeing support the family may need. It can be trauma/domestic abuse related or could be help accessing support around claiming benefits, housing issues, enrichment for young people, family related legal advice. We have connections with Tees Laws, Sendiass and Cambridgeshire Skills. It can be for parents that feel socially isolated and want a safe place to meet people. Pretty much anything we can either help with or signpost to other agencies. Everyone is welcome!

## Tea & Toast Tuesdays

An informal and safe space run by volunteers and professionals. We are here to support with any child, family or wellbeing difficulties.

**9.00 - 11.00am**  
Every Tuesday  
(term time only)

Child and Family Centre,  
Pratt Street  
Soham  
CB7 5BH

**Talk to us,  
don't suffer  
in silence.**



Would you like support?



Cambridge  
Acorn Project

[www.cambridgeacornproject.org.uk](http://www.cambridgeacornproject.org.uk)

**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 of absence.

This week’s attendance: 97.08%

**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

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