



The Rackham NEWSLETTER



Therefore encourage one another and build each other up.

1 Thessalonians 5.11

Working together to be the best we can possibly be.

Message from Miss Turner

11th September 2026

What a super first full week back! It was wonderful to welcome so many parents and carers into school this week for Meet the Teachers. Do please make contact with school to chat anything through via the office, however small.

Safeguarding:

What are your thoughts as parents and carers about adults using their phones in the playground at drop off and pick up? Please share here:

<https://forms.cloud.microsoft/e/FbjqmpHaz3>

Wellbeing & Mental Health

Thank you to all parents and carers to attended 'Meet the teachers' this week. Please find below the text shared briefly in the Online Safely element of the morning to read at your leisure.

Remember we are living in dopamine land where we're obsessed with our phones. This is lowering our oxytocin levels which is leading to anxiety.

Dopamine evolved as a chemical that increased a few times a day when we found food, built shelter and started fires.

Dopamine now increases hundreds of times a day in every moment we interact with our phone.

This is causing us to become unbelievably addicted to them.

So addicted that even short moments of boredom have become very uncomfortable.

This addition is making real-life connections harder to achieve.

For example, choosing to scroll your phone (dopamine) instead of chatting (oxytocin).

Or constantly checking your phone in the evening instead of spending time engaging with your family.

Every time we choose dopamine over oxytocin, our oxytocin levels drop.

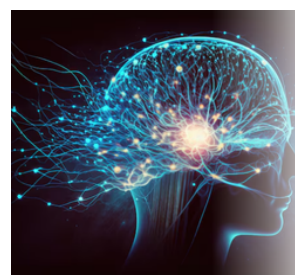
Low oxytocin levels cause our brains to feel anxious, fearful and restless.

To create a calm and happy brain we must start prioritising oxytocin.

This means more physical engagement and more active listening.

It means asking better questions and giving more compliments.

We must escape this dopamine land and return to an oxytocin oasis where slower, phone-free moments become our favourite form of relaxation.



Early Years: Attendance adjusted expectations

The Government over the summer have adjusted the expectations upon our younger pupils and their attendance at Pre-School and Reception class.

Whereas historically pupils under five years of age would not be expected to attend all sessions, attending all sessions now has far greater emphasis.

Regular attendance in Reception and Pre-School is strongly encouraged because of its positive impact on learning, development and school readiness.

Settings are expected to monitor attendance, follow up unexplained absences for safeguarding reasons and promote regular attendance.

Attendance

This week's attendance: 96.7%

The Rackham has a policy on Attendance. Please follow [this link](#) to read the policy on the school website.

FWR AGM 17th September at 7.30pm at The Rackham



Reception and Year 6 Height and Weight

The National Child Measurement Programme (NCMP) team from Everyone Health will be coming to our school this academic year to carry out height and weight checks on our Reception and Year 6 pupils. If you do not want your child to take part in the NCMP, you can opt out using the link provided in the letter that was emailed earlier this week.

Reception Vision Screening

The Vision team will be visiting The Rackham on 7th December to screen children in Reception. Information was sent to all Reception parents and carers by email earlier this week.

Flu vaccinations

Flu vaccinations will take place next week on Thursday 17th September at The Rackham. Information has been sent directly to parents. Please either phone 01480 275 422 or email: cambsandpeterborough@vaccinationuk.co.uk if you have any questions.

Reception Stay and Play

We are delighted to offer you an opportunity to come into school and spend some time with your child. We will be running four morning sessions between Monday 5th October and Thursday 8th October. Each session will run between 8:30 a.m. and 9:30 a.m. You will be able to come into class with your child in the morning and join in a phonics session before having the chance to play together in the classroom.

Our aim for these sessions is to give you a first hand experience of how phonics is taught in Reception and to also have fun!

We hope you will be able to attend one of the sessions, please book your space using the link below using the password . Please note that due to the space in our classrooms we are only able to offer one adult to attend per child for this event and younger siblings will not be able to come along.

www.ticketsource.com/the-rackham-primary-school

On Friday 9th October at 8:50 a.m. we are holding a meeting in the hall for all of our Reception parents. We will give you further information about our phonics scheme and how you can support your child at home and also answer any questions you may have following your session in school with your child.

Please follow [this link](#) to let us know if you are able to attend.

Reception - PE and Forest school

Reception classes will begin PE lessons next week so please can you ensure your child is in their PE kit. PE day is Thursday for Ash and Friday for Rowan. Forest School will begin w/c 21st September, please ensure your child has their Forest school kit in school from next week.

Bookbag donations

If you have KS2 children who no longer use their school bookbag, we would be very grateful for donations to be given to the office please.

Clubs

Club	Day	Time	Year group	Dates
Colouring Club	Monday	12.45 - 1.15pm	Year 1/2	14 th September to 19 th October
Ukelele Club	Monday	3.15 - 4.15pm	Year 3-6	14 th September to 23 rd November
Needlework Club	Tuesday	3.15 - 4.15pm	Year 6	15 th September to 24 th November
Ukelele Club	Wednesday	3.15 - 4.15pm	Year 1/2	16 th September to 25 th November
Intro to Netball Club	Thursday	3.15 - 4.15pm	Year 1/2	17 th September to 22 nd October
Tag Rugby (run by qualified coach)	Thursday	3.15 - 4.15pm	Year 1	17 th September to 22 nd October
Picture book Club	Friday	12.45 - 1.15pm	Year 1/2	18 th September to 23 rd October

**Club booking is available through the Clubs and Trips tab of your MCAS account.
Booking opens at 6pm on Friday 11th September**

Early Years: Pre-School weekly update

Over the next few weeks, pre-school are asking “What makes me, me?”. As part of this Big Question, next week we will be looking at “Who is in my Family?”.

The children will have an opportunity to talk about the significant people in their lives and come to understand that families can be alike and different. If any families would like to contribute, through Tapestry, a photo, a story or even to tell us about something you all enjoy doing together, we would love to hear from you.

Please could we remind parents and carers to label all their children's belongings. Including water bottles, lunch boxes, coats and jumpers. Thank you.

Therapy dog Tuesday

We are delighted to welcome Sancho, a trained therapy dog and his handler into school on Tuesday afternoons again this year. We will share with our pupils that they require permission from their parents and carers before they can spend time with Sancho. Sancho is a Shih Tzu which are generally considered to be hypoallergenic or low allergen. Please follow the link here to advise us about your child taking part:

myHappy Mind

All parents and carers have access to the My Happy Mind platform where there are lots of resources and ideas to use at home to support your child free of charge.

Simply go to the My Happy Mind website and log in: <https://myhappymind.org/>

You will be asked for a reference number for The Rackham. The number to type in is:

Please access free of charge all the parent and carer resources. Huge thanks to our wonderful FWR who pay the subscription.

Pre-School September 2026

Places available at The Rackham Pre-School for September 2026.

Do you, or anyone you know, wish to secure a place at The Rackham Pre-School?

If so, please phone 01353 662436 or email the school office:

office@rackham.cambs.sch.uk

Do you know about Little Miracles?

Little Miracles SEND support session on the 24th September at 12.30pm - 3pm. It will be a drop-in session, where you can turn up at any point from 12.30pm-3pm.

Venue - Soham Town Rangers Club

The session will be SEND support, to ask any SEND questions you can also find out what service Little Miracles can offer.

Free training: Triple P Baby

TRIPLE P BABY

Triple P Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development.

The program is delivered as a group. The first four group sessions are delivered with up to 10 parents, followed by four individual consultations to assist parents with independent problem solving while practising the skills at home. The four initial sessions can be delivered prenatally with the individual consultations delivered postnatally, or the entire program can be delivered postnatally.

Who is it for?

- ✓ Parents at the transition parenthood or with a baby up to 12 months of age
- ✓ Parents need to be able to commit to all eight sessions



For enquires, please email
ccc.parenting@cambridgeshire.gov.uk



Soham Child and Family Centre
Pratt Street, Soham, CB7 5BH

Starting Friday 18 September

9:30am - 11:30am

Parents/Carers are welcome to
bring their babies to sessions



Focus for next week in Collective Worship



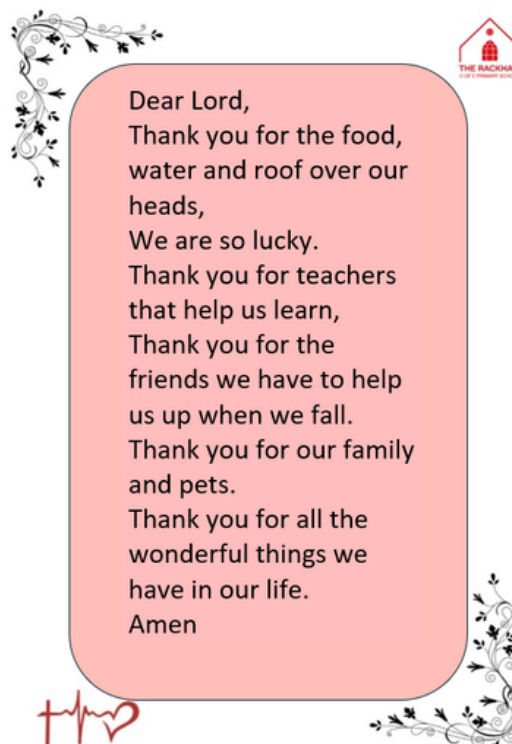
Composer for this half term

Aaron Copland

Click these links to listen to the music we are sharing in Collective Worship.



Prayer For This Week

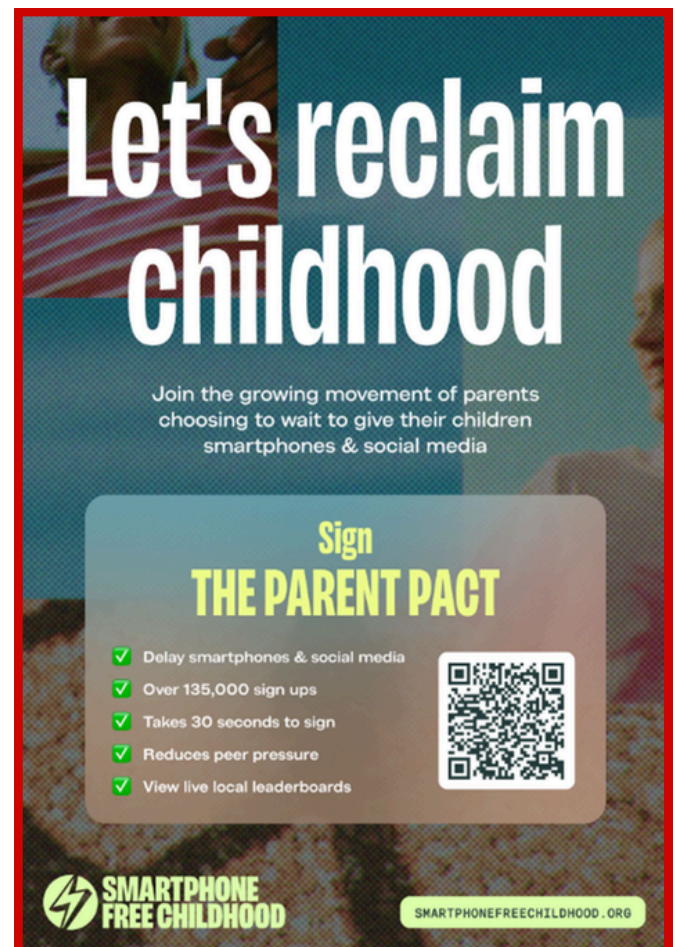


Looking forward to seeing everyone on Monday.

Best wishes,

Miss Turner

Activities and Events

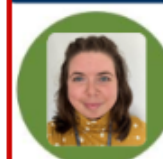


Wellbeing & Mental Health

Education Inclusion Family Advisors offer you an opportunity to ask for information, advice and support on any issue affecting your family life in a relaxed and confidential environment. These areas include:

- Challenging behaviour
- Routines
- Supporting emotions and wellbeing
- School transitions
- Parenting strategies
- Building resilience and confidence

Your Education Inclusion Family Advisor



Emily Norman

For more information, please speak to your school's office, or contact me directly on ☎ 07879 426 947 / ✉ Emily.Norman@cambridgeshire.gov.uk or by using this link or QR code to request support: <https://forms.office.com/e/WEiiqpqr7G>



St. Andrew's Church



NEWS from the Parish church of St. Andrew Witchford for the community

Church wardens:

**Dr Rosemary Westwell, (01353) 663918 rjwestwell@hotmail.com; mobile: 07432342845
email@ rjwestwell@hotmail.com**

**2nd church warden: Mr Freddie Lawes, tel (01353) 665369 mob: 07799596697 email:
hemlocks42@btinternet.com**

Rector: Rev. Chris Hollingshurst 07534970127

SERVICES: Unless stated otherwise, services take place in the church at 10.00 on Sunday mornings every week. Occasionally, there may be changes to services. These will be on our Facebook page ('St. Andrew's Church Witchford') and on the church notice board. Coffee/tea and biscuits are served at the end of services. All welcome.

If you wish to arrange a baptism, wedding, funeral or home communion please contact the church warden.

VACANCIES:

The Friends of St Andrew's Church Witchford are seeking new members, Why not join them for fun activities while helping our church stay open and upright? They are also seeking a secretary. Contact Rosemary Westwell

COFFEE MORNINGS

are held on the first and third Wednesdays of the month at 1000 -1130 in St Andrew's Hall Witchford. Cost: minimum £5 for coffee, cake and a raffle strip.

CRAFT MORNINGS:

on the second Thursday of the month.

10.30 -12. a.m. in St Andrew's Hall. contact: susanmaud.sm@gmail.com 07954 178560

VILLAGE LUNCH CLUB

takes place on the first Friday of the month at 12.30 p.m. in the Village Inn. Contact Rosemary Westwell (see above) or Gill Brand (01353) 662073 mobile: 07770932 to pay in advance.

FREE FOOD

is available at the FOODSWAP on the first and third Wednesdays of the month from 11.30 a.m. overnight in St Andrew's Hall porch in Witchford. Please feel welcome to bring or take in-date and sealed food. Rosemary Westwell and Susan Maud can be approached for applying to use using Ely Foodbank too.

ST. ANDREW'S HALL

may be hired at £12 per hour for locals, £15 per hour for others. Please contact the Church Hall caretaker, Jan King (01353) 658621 M:07761341325 rule.king.uk@gmail.com