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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

22nd May 2025

Dear Parents and Carers,

What a busy half term! We thank parents, carers, volunteers and our amazing pupils for making it such a successful one.

Safeguarding:

If you think a child or an adult with care and support needs is in immediate danger, phone 999. Make a referral to Children's Services:

<u>Make a referral to Cambridgeshire County Council Children's Services - Instructions and Data Protection - Cambridgeshire County Council website (achieveservice.com)</u>

NSPCC website:

NSPCC | The UK children's charity | NSPCC

NSPCC website for information about child protection:

Child protection system in the UK | NSPCC

Wellbeing and mental health:



We have an increasing number of families who are restricting the use of phones and technology at home. Parents and carers are reporting to us they feel they have their child back as their child can once again engage in conversation and help with daily tasks in the home. Sleep has also been mentioned as being better.

There is a lot of research now about the impact of phones and devices on the development of children's brains affecting their ability to concentrate; sleep; emotional regulation; socialisation; focus and engagement in conversation.

Here are some tips from the Harvard Medical School: <u>Screen Time and the Brain | Harvard Medical</u> School

- Beware of digital media distraction. Half of all kids and three-quarters of parents feel the other is distracted when talking to each other.
- Have regular sit-downs, screen-free meals with your children.
- Put down your device. Be present with others. Observe the world around you. Let your mind wander.
- Avoid blue light-emitting screen use before bedtime.
- Play online games with your children rather than forbidding them. Learn how to play from them and, as you play, help them think about what they're seeing and doing on screen.
- Help your children plan how to spend their time, focusing on important and favourite activities to avoid sliding into the screen abyss.

Reception Parent meal:

We would like to invite Reception parents and carers to join us for school dinner on Thursday 5th June. The meal will be our extremely popular (and very delicious) roast dinner.



Parents and carers are asked to purchase their school dinner through MCAS under the Products and Trips tab. The meal will cost £3.60. **Meal choice and payment must be made by 9am Monday 2nd June please.** Please complete this form to book your meal once payment has been made on MCAS:

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 Reception 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.

Please would parents and carers of Reception children arrive for school dinner at 11.35am.



Clubs:

Please see below for confirmation of clubs for next half term:

Club	Day		Time		Year Group		Dates
Eco-Council (continuing)	Tuesday		After school		Y1 to Y6		29 th April to 8 th July
Football (continuing) NB All pupils must wear shin pads to play; NO football boots, only trainers.	Friday		Lunchtime		Year 5/6		2 nd May to 11 th July
New - Birthday Card club Arts and crafts club making birthday cards to use to send to friends and family	Monday		Lunchtime		Y1 and Y2		9 th June to 7 th July
Choir (continuing)	Thursday	After school		Y3 to Y6		1 st May to 10 th July	
Crochet (continuing)	Tuesday	After school		Y5 to Y6		29 th April to 8 th July	
Lane Academy Dance and Acro-Gymnastics (Please click the link here	Monday	After school 4.30pm to 5.45pm £66.50 for 7 sessions)		Reception to Year 4		2 nd June to 14 th July	
to book)		se	ssions)				

How to book:

Booking for new clubs opens on MCAS at 6pm on Thursday 22nd May. Waiting lists are available if clubs are fully booked.

All clubs (with the exception of Birthday Card Club) will begin during WC 2^{nd} June

All school led clubs will finish during WC 7th July 2025.

Drop off/collection:



We request that children are not allowed to run around behind staff cars, the container or the bike/scooter sheds. These areas are high risk as children cannot be seen by parents/carers and any damage incurred on staff cars will be investigated. Thank you for your support with this.

Request for items for Design Technology:



We would be grateful for any donations of fabric, felt or wool should any families have these items at home they no longer use. Thank you so much.

Carers Week:



Carers week is 9th June to 15th June 2025. Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to

identify as carers and access much-needed support.

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they grow older. It isn't someone who volunteers or is employed to provide support.

More information here: Home | Carers Week

News from the Pre-School:



Toys from home:

We are seeing lots of toys from home being brought into pre-school. We have plenty of toys at pre-school for everyone to play with so would be grateful if parents and carers would take any items their child brings on the journey to pre-school away with

them at drop off.

Forest School:

Forest school sessions are taking place on Monday afternoon, Thursday morning and Friday afternoon. Children will need long trousers and t-shirt or long sleeve top with trainers or boots (no open sandals please) Please can you also ensure your child has a sunhat.

Spare clothes:

Please can we ask that children have a change of clothes in their bags each day. Our Pre-School stock of spare clothes is running very low so if you have any clothing to return or donate, we would be very grateful.



Dates for your diary:

Friday 27th June: Non uniform 'bring a bottle day'

Sunday 29th June: Funday Sunday

Wednesday 2nd July: Disco (Reception to Year 6 – booking required nearer

the time)

FWR Pre-Loved Uniform Sales Summer Term:

Sales before and after school, on the following dates:

- Wednesday 25th June
- Monday 14th July



EIFA Newsletter:

Please click here for the Education Inclusion Family Advisor Newsletter for May 2025.

Free Parenting Courses:

Please click <u>here</u> for information on some free online workshops for parents run by the EIFA team. These workshops cover many topics including Sleep, Sibling rivalry and Supporting your child with feelings of anger or worry.

Ely Hero Awards:



County Lines in Cambridgeshire

What do you know about County Lines? Free training

for parents and carers: The Ivison Trust (formerly known as Parents Against Child Exploitation (PACE)) are holding two evening seminars specifically for parents and carers in Cambridgeshire and Peterborough with a focus on County Lines and

Criminal Exploitation. These seminars will be delivered with a parent whose child has been a victim of exploitation, sharing their experiences and advice on responding to risks.

The sessions will share what criminal exploitation is, with a focus on county lines and explore how to spot signs that it may be happening to your child or a child you know. They will also cover trends in the local area and where to get advice and support if you are concerned.

For more information and to register a place visit <u>Parent webinars - county lines and criminal</u> exploitation - Ivison Trust

What parents will learn

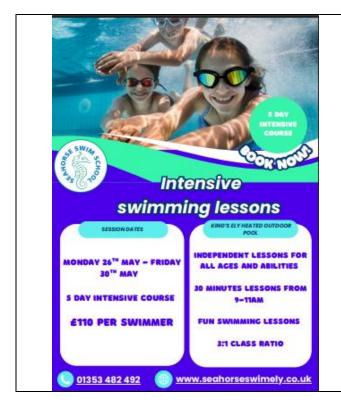
- Learn what county lines is
- Understand what is happening in your local area
- Learn how exploiters groom children
- Understand the signs that your child might be at risk
- Know where to access support and advice if you have concerns

Upcoming webinars

- Cambridgeshire 17th June 2025 7:00pm 8:30pm Book your place
- Peterborough 18th June 2025 7:00 8:30pm Book your place

Activities and events:







Term dates for 2025 – 2026:

Term dates for next academic year are now available on the website and can be found here.

Uniform orders:

Uniform items for school and pre-school pupils (including jumpers and cardigans) are now available from Sigma.

Pre-School: Clubs & Groups - Sigma Embroidery & Printing

Primary School: <u>Clubs & Groups - Sigma Embroidery & Printing</u>

Orders must be placed by parents and carers and can be collected from Sigma Embroidery on Sedgeway Business Park, Witchford.

Attendance:

The Rackham has an updated policy on Attendance. Please follow this <u>link</u> to read the policy on the school website.

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: 93.2%



Looking forward to seeing everyone on Monday 2nd June.

Best wishes,

Miss Turner

Dates for your diary:

23 rd May to	Professional Development Day for teachers					
26 th May	HALF TERM					
5 th June	Year 6 Bikeability this week					
	Reception Classes Parent meal (booking required)					
9 th – 12 th June	Year 6 Bikeability this week					
9 th June	EYFS History off the Page event					
12 th June	Class photos (Pre-School to Year 6)					
19 th June	Year 1 trip to Audley End House and Gardens					
20 th June	Year 2 trip to Audley End House and Gardens					
25 th June	FWR Uniform Sale					
27 th June	Year 3/4 History off the Page event					
27 th June	Non uniform 'bring a bottle day' for FWR Funday Sunday					
29 th June	Funday Sunday					
2 nd July	FWR Disco – Reception to Year 6 (booking required nearer the time)					
7 th July	Move Up Day					
10 th July	Pre-School, EYFS and KS1 Sports Day (booking required nearer the time)					
11 th July	KS2 Sports Day (booking required nearer the time)					
14 th July	FWR Uniform Sale					
16 th July	Parent's Evening (booking required nearer the time)					
17 th July	Piano and Choir Concert at 9.30am (booking required nearer the time)					
17 th July	Parent's Evening (booking required nearer the time)					
17 th July	Reserve Sports Day for Pre-School, EYFS and KS1					
18 th July	Reserve Sports Day for KS2					
21 st July	Year 6 Leaver's BBQ (booking required nearer the time)					
22 nd July	Year 6 Leaver's Assembly to parents and carers (booking required nearer					
	the time)					
22 nd July	Year 6 Parent or carer school buffet invitation					
22 nd July	Last day for children					
23 rd July	Professional Development Day for teachers					
	SUMMER HOLIDAY					