

Working together to be the best we can possibly be.

I can do all things through Christ who strengthens me. *Philippians 4.13*

26th September 2025

Dear Parents and Carers,

Safeguarding:

At The National College, our *WakeUpWednesday* guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now add new water signs and themes. For further guides, visit and sign up to nationalcollege.org.uk.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

- 1 INSPIRE RESPONSIBILITY**
The best approaches to conflict resolution are seen when children are given the opportunity to resolve their own disputes. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Although there is no doubt it can feel uncomfortable to give people and self-helpfully teach them to manage their own disputes as they move towards adulthood.
- 2 ACTIVELY LISTEN**
Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while others prefer to write their ideas down.
- 3 BE CURIOUS**
Demonstrating how to approach conflicts with a calm and logical mind can be a great way to encourage children to use their own skills to resolve their own disputes. This can be done by asking open-ended questions about the cause of the conflict, asking for an explanation of what happened and why, and then listening to their explanation. This can help to build trust and understanding between them and when they are appropriate. This should encourage young people to move their behaviour towards being more curious about the other side of a conflict, and thus being more willing to hear them out.
- 4 PROMOTE DIFFERENCES**
Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from a different angle. Being respectful and acknowledging the differences that exist between people is a key part of managing conflict. This can be done by encouraging children to share their own experiences and to listen to the experiences of others.
- 5 BE SUPPORTIVE**
Disagreements may be small but can, in some cases, lead to larger conflicts. It's important to be supportive and to encourage children to resolve their own disputes. This can be done by encouraging them to talk about the issue and to listen to the other side of the story. This can help to build trust and understanding between them and when they are appropriate. This should encourage young people to move their behaviour towards being more supportive of the other side of a conflict, and thus being more willing to hear them out.
- 6 MENTALLY PREPARE**
Think of how you can approach the conflict in a calm and logical mind. Consider using some of the tips in this guide to help you to manage the conflict. It's important to be mentally prepared for the conflict, as this can help you to stay calm and to listen to the other side of the story. This can help to build trust and understanding between them and when they are appropriate. This should encourage young people to move their behaviour towards being more mentally prepared for the conflict, and thus being more willing to hear them out.
- 7 GET YOUR FACTS STRAIGHT**
Make sure you have all the facts, figures and information of the situation prior to the discussion. This will help you to be more confident in your own opinion and to be able to provide evidence to support your argument. This can help to build trust and understanding between them and when they are appropriate. This should encourage young people to move their behaviour towards being more confident in their own opinion, and thus being more willing to hear them out.
- 8 STICK TO THE POINT**
Make the most of the time you have to talk. Stick to the point and avoid going on for too long. This can help to build trust and understanding between them and when they are appropriate. This should encourage young people to move their behaviour towards being more focused on the point, and thus being more willing to hear them out.
- 9 BE SOLUTION FOCUSED**
It's often said that the art of diplomacy is about giving others reasons to think about. This means that the main aim of any meeting or conversation should be to find mutually acceptable and realistic solutions. Parents, carers, teachers and pupils should be encouraged to think about the solutions that are available to them and to be open to the possibility of finding a solution that works for everyone.
- 10 DON'T IGNORE OR AVOID CONFLICT**
There are benefits from allowing concerns and grievances to be heard, as this can lead to further discussion and resolution. It's important to encourage children to talk about their concerns and to listen to the concerns of others. This can help to build trust and understanding between them and when they are appropriate. This should encourage young people to move their behaviour towards being more open to the possibility of finding a solution that works for everyone.

Meet Our Expert
Gemma Wood is a non-qualified former SENCO and advisory teacher. She founded her company, *Inclusive Minds*, to improve inclusion for neurodivergent people. She has worked with nurseries, schools, colleges and businesses providing education, training and mentoring to create a welcoming and understanding environment for people with the full range of neurodivergence.

#WakeUpWednesday The National College

Follow us on social media: [@wake_up_weds](https://twitter.com/wake_up_weds), www.thenationalcollege.org.uk, [@wakeupwednesday](https://www.instagram.com/wakeupwednesday), [@wakeupweds](https://www.facebook.com/wakeupweds)

Version of this guide to be at their own discretion. No liability is accepted for any use of the guide after 10/04/2024.

Wellbeing and Mental Health:



Harvest Festival Friday 3rd October 2025:



We will be celebrating our school Harvest Festival on Friday 3rd October. We request donations of food that this year will be donated to the Food Bank in Ely. Tins, packets, jars and bottles all welcome. Please avoid perishable items. Thank you in advance for your support.

Therapy Dog Tuesday with Sancho:



We are delighted to welcome Sancho a trained therapy dog and his handler into school on Tuesday afternoons. We have shared 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:

Reception and Year 6 only - National Height and Weight Measure measurement programme:

Please see the attached letter and leaflet regarding the Reception and Year 6 National Height and Weight measurement programme.

Please note that if you do not want your child's height and weight to be checked, please email eh.ncmp.healthyyou@nhs.net with your child's official name, date of birth, school and year group confirming you would like to opt out your child. The deadline for opting out is **Friday 17th October 2025**. You will receive an email from the NCMP Team confirming that you opt out has been received

SCHOOL PHOTOS

Individual and sibling photos for all children.

As you will be aware, the school photographer will be at the Primary School on Thursday 2nd October. 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.

If your Pre-School child isn't in session on Thursday morning and you would like their photo taken, please contact the office to book a time.

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.

Pre-School requests:



Would parents and carers please be mindful about objects children are bringing to pre-school, such as lip balm. The children are very young and keeping items, for example a lip balm, safely with them is tricky. Please speak with your child's key worker in the first instance.

On a similar theme, some children are bringing toys to pre-school which can be easily misplaced. Whilst fully appreciating children may find objects comforting, we request parents and carers take items home on drop off. Please speak with your child's key worker if you wish to discuss this further.

We are turning The Rackham yellow for one day, Friday 10th October 2025:



Children and adults can choose which part of their usual school uniform to turn yellow. This is for pre-school through to Year 6. Parents and carers are also invited to take part. Thank you in advance for your support. Please donate via this link:

<https://shop.youngminds.org.uk/shop/checkout/make-a-donation>

More than 1 in 4 young people have a probable mental health condition. Many aren't getting the help they need, when they need it. Some don't even know where to turn, who to talk to, or if anyone else feels the same.

By wearing yellow on World Mental Health Day (10th October), and donating what you can, you can show young people that they are not alone and that things can get better.

Reception and Key Stage 1 school dinner on Thursday 2nd October:

We will be offering all children in Reception and Key Stage 1 the chance to have a school meal on Thursday 2nd October. If you would still prefer to send in a packed lunch, please do so. If you think your child would prefer to try a school packed lunch instead of the main hot meal, please select this option on MCAS.



My Happy Mind: Have you logged into this platform for free access to strategies that are identical to the ones used in school to support children's understanding of emotions and how to regulate them? Further information at the main school office.

My Child's Art:

For homework this week, we will be asking children to create a Christmas themed artwork which can be turned in to over 35 products which you will be able to purchase. Our school will receive 20% commission on every item sold. Details of how to purchase will be provided later in the term.

The children will bring home an artwork template today. Please see the attached information with ideas and dos and don'ts to ensure the artwork is printable.

Please ensure the artwork is returned to school by 10th October

Reception Stay and Play:

We are delighted to offer an opportunity for Reception parents/carers to come into school and spend some time with their child. We will be running four morning sessions between Monday 6th October and Thursday 9th October. Each session will run between 8:30am and 9:30am. A Parent or Carer will be able to come into class with their 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 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. Tickets can be booked via the Products and Trips tab on MCAS from today. 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.

On Friday 10th October at 8:50am 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. This event should also be booked on MCAS via the Products and Trips tab. Bookings for both events will close on Friday 3rd October.

Open Evening for Reception 2026 intake



Open Evening

The Rackham C of E Primary School

Is your child due to start school in
September 2026?

Parent meeting and a tour
of our beautiful school.

Wednesday 8th October 2026
6:00pm

Working together to be the
best we can possibly be.

*I can do all things through
Christ who strengthens me*
Philippians 4:13



**Reception 2026: Come to
our open evening for
prospective parents and
carers: Wednesday 8th
October at 6pm.**

	Save the date! Friday 24 th October	FWR events: Doughnut day (more information to follow)
	Sunday 23 rd November	Christmas Market. Stalls, Santa's Grotto, Reindeer Food and much, much more!
	Monday 15 th December	Santa Run (more information to follow).
	Wednesday 17 th December	Christmas Disco

Christmas Market: If you or someone you know would like a stall at the Christmas Market, please contact FWR on fwr@rackham.cambs.sch.uk Stalls are £15 and FWR would be very grateful for a raffle prize donation.

St. Andrew's Church:



PET SERVICE

St Andrew's Church

WITCHFORD

10.00am - 19th October, 2025

Bring along your pets for a blessing and a short service - ALL WELCOME

Children are welcome to interact with the service.

Please use appropriate carriers and leashes.

A memory board will be available for photos of deceased pets who will also be blessed. (Please email photos to 'buckley7@btinternet.com' - or bring them with you.)

Refreshments will be served after the Service at the rear of the church.



Activities and Events:



Kids and Smartphones
an information evening for parents
Everyone welcome

Guest Speaker: Amy Ruffell,
Cambridgeshire's Lead for
Smartphone Free Childhood

Worried about your child's smartphone use?

Wondering when to give them their first
smartphone?

Keen to chat to other parents about phones?

Come along for an open, honest, non-
judgmental conversation about the impact of
smartphones on childhood

When
7.30pm,
Wednesday 8th
October 2025

Where
Ely St Johns
Community Primary
School
St John's Rd, Ely CB6
3BW

FREE EVENT

**SMARTPHONE
FREE CHILDHOOD** | Ely

Tax credits & childcare vouchers accepted

ALL CHILDREN ARE WELCOME

**October Half-term
Holiday CLUB**

ST MARYS JR SCHOOL, HIGH
BARN, ELY CB7 4RB

8.00 am - 5.45 pm £35
9.00 am - 4.00pm £27

LOOKING FOR EXCITING ACTIVITIES, NEW
FRIENDS, AND NON-STOP FUN THIS SCHOOL
BREAK?

OUR HOLIDAY CLUB IS PACKED WITH:

- GAMES & SPORTS
- ARTS & CRAFTS
- FOREST SCHOOL
- CREATIVE BAKING
- NERF CHALLENGES
- SAFE, FRIENDLY ENVIRONMENT

OPEN TO AGE 4
(AT SCHOOL) - YEAR 7

DATES:
MONDAY 27TH OCTOBER
TO
FRIDAY 31ST OCTOBER

SCAN THE QR CODE FOR BOOKINGS OR
EMAIL
INFO@ACTIVEPLAYLEDUCATION.CO.UK

TENNIS FESTIVAL
6TH-12TH OCTOBER

JUMP ON COURT WITH US FOR
SOME FUN TENNIS ACTIVITIES.
BEGINNER OR BUDDING PRO THERE'S
SOMETHING FOR EVERYONE!

Email: info@inspire2coach.co.uk
to book into one of the sessions today!

QUOTE
OCTOBERFEST
ALONG WITH
VENUE NAME

JUNIOR PROGRAMME POWERED BY **YOUTH**

SUPPORTED BY
HEAD F SSE LTC A NOWTennis A brand of inspire2coach

For further information visit inspire2coach.co.uk | Follow us: @ i f t v

TENNIS CAMPS

JUMP ON COURT THIS HOLIDAY
PERIOD FOR FUN TENNIS & SPORTS
ACTIVITIES. WHATEVER YOUR LEVEL
THERE'S SOMETHING FOR EVERYONE!

Scan the QR code to book into
one of our summer camps at your
local club today!

JUNIOR PROGRAMME POWERED BY **YOUTH**

SUPPORTED BY
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COME COOK WITH

Tiny Cookz

Tuesday, 28 Oct 2025
1:00-3:00pm (6-9 years)
3:30-5:30pm (10-14 years)

£26

- Homemade pizza
- Fruit skewers

With Chef Deb

TO BOOK PLEASE EMAIL:
TINY_COOKZ2025@HOTMAIL.COM

Little Thetford Village Hall
CB6 3HG

**Free Healthy Relationship
courses for parents**

All relationships have their ups and downs, but if parents are regularly arguing in front of their children, it can have negative and lasting consequences. Help is available for parents who want to communicate in a healthier way. Family Hubs are running courses to support parents who would like to improve the relationship with their partner or ex-partner. Courses bookable directly via the QR code.

****OCTOBER / NOVEMBER 2025****

**Improve the communication with your partner
to support your children**

Face to Face Cambridge: The Green Room, The Fields Cambridge City Child and Family Centre, 9 Galford Rd, Cambridge CB5 8ND. Thursday 16th October, 9:30 - 11:30am

Face to Face Peterborough: The Sandalwood Room, Gladstone Park Community Centre, 927 Bourges Blvd, Peterborough PE1 2AN, Wednesday 22nd October, 9:30 - 11:30am

ONLINE: Online via Teams: Wednesday 19th & Wednesday 26th November, 12:00 - 1pm

Improve the communication with your ex-partner to support your children

Face to Face Cambridge: The Green Room, The Fields Cambridge City Child and Family Centre, 9 Galford Rd, Cambridge CB5 8ND. Thursday 16th October, 12:45 - 14:45pm

Face to Face Peterborough: The Sandalwood Room, Gladstone Park Community Centre, 927 Bourges Blvd, Peterborough PE1 2AN, Wednesday 22nd October, 12:45 - 14:45 pm

ONLINE: Online via Teams: Tuesday 18th & Tuesday 25th November, 12:00 - 1pm


Family Hubs | Child & Family Centres

Let's reclaim childhood

Join the growing movement of parents choosing to wait to give their children smartphones & social media

Sign THE PARENT PACT

- ✓ Delay smartphones & social media
- ✓ Over 135,000 sign ups
- ✓ Takes 30 seconds to sign
- ✓ Reduces peer pressure
- ✓ View live local leaderboards



SMARTPHONE FREE CHILDHOOD

SMARTPHONEFREECHILDHOOD.ORG


Ely Young Voices!

WHERE: King's Ely Prep School
WHEN: Monday, 4-4.45
WHO: Years 3, 4, 5, 6

Come and sing lots of different styles of music.

Email chrisparsons@kingsely.org for further information.

Disney Pop songs Musicals



Uniform orders:

Uniform items for school and pre-school pupils are now available from Sigma. [Home - 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.

Attendance:

The Rackham has a policy on Attendance. Please follow this link to read the policy on the school website. [Policy Library | The Rackham C of E \(VC\) Primary School](#)

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: 94.07%

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:

Date	Scheduled events
WC 29 th September 2 nd October 3 rd October	Baseline Assessment in Reception continues Individual and sibling photos Harvest Festival – Non-perishable donations welcome
6 th – 9 th October 7 th October 8 th October 9 th - 10 th October 10 th October	Stay and play sessions for Reception 8.30 – 9.30am – booking now open via MCAS FWR Committee meeting at 7.30pm in the school hall - All welcome New intake evening for September 2026 at The Rackham 6pm Scholastic Book Fair in the hall after school Reception phonics meeting at 8.50am - booking now open via MCAS
13 th – 14 th October 13 th – 17 th October 16 th October	Scholastic Book Fair in the hall after school Year 6 Horstead residential Year 5 Parent or carer school meal invitation – booking required nearer the time
24 th October	FWR Doughnut Day – more information nearer the time
WC 27th October	HALF TERM
3 rd November 4 th November	Professional Development Day for teachers Pupils return
11 th November 12 th November 13 th November	Armistice Day Parent's Evening 3.30 - 7pm - booking required nearer the time Parent's Evening 3.30 - 5.30pm - booking required nearer the time
19 th November 19 th November 23 rd November	Vision screening for Reception Y4 residential / experience week information evening 6pm – booking required nearer the time FWR Christmas Market
27 th November	Y4 Parent or carer school dinner invitation – booking required nearer the time