

Marish Academy Trust Newsletter

Issue 36 - September 2022

The children are settling well into their classes, their after-school clubs have been chosen, which will start next week.

The weather is beginning to change so please ensure that your child brings a coat to school every day.

Please order your child's lunch in advance as the ParentPay system does not allow meals to be booked for the same day.

If your child is not well enough to attend school, please telephone us from 7.45am that day.

The roads outside school are very busy at the start and end of the school day. If you need to drive to school, our neighbours would appreciate it if you will park considerately and safely.

Parent Notices

→ Timings of the school day

Soft start is from 8am for all year groups.

Resource Base: Same times as this year

Nursery: 8.00 – 11.00am and 12.00pm – 3.00pm

Reception: 8.30am – 2.45pm

Year 1 and Year 2: 8.20am – 2.50pm

Year 3 and Year 4: 8.20am – 2.55pm

Year 5 and Year 6: 8.20am – 3pm



→ School Grounds



Please do not bring bikes or scooters of any kind onto the school grounds at any time. Dogs are not allowed on site.



→ Water Bottles



Children should bring in a water bottle every day, with their name clearly labelled on the bottle.

→ No Peanuts

Please do not bring peanuts of any kind into school. We are a nut free school.



Parent Notices

➡ School Uniform

Our Trust school uniform consists of:

- Red/Green sweatshirt or cardigan (Red for Marish and Green for Willow)



- Navy blue trousers, shorts or skirt
- White shirt or polo shirt
- Black smart shoes (no boots, high heels or platforms)
- Nursery – the above with grey or black jogging bottoms
- PE Kit – red plain round neck T-shirt, black shorts or jogging bottoms
- A plain black tracksuit to wear over the PE kit for outdoor lessons in cold weather. Trainers/plimsolls will work for outside lessons
- Swimming is a part of the Year 4 curriculum and pupils are expected to have appropriate swim wear with a swimming hat

All items of clothing must be clearly labelled with the child's name.

The only jewellery allowed is one small stud in each ear, a watch and that which is a specific religious requirement. These must all be removed for PE. The child must take full responsibility for looking after these items. the school will accept no responsibility for their loss or damage.

E-Safety Robots

As part of the computing lesson, Year 4 at Marish Academy Trust
have made e-safety robots .



E-Safety

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123

WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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E-Safety

The extraordinary life of QUEEN ELIZABETH II



1926

Princess Elizabeth is born in London.



1945

Towards the end of World War II, 18-year-old Elizabeth joins the Auxiliary Territorial Service and trains as a driver and a mechanic.



1947

Princess Elizabeth marries Prince Philip, an officer in the Royal Navy.



1948

The princess gives birth to her first child, a boy named Charles who will grow up to be King.



1966

Her Majesty is at Wembley to see England beat West Germany (as it was called before the Berlin Wall came down) 4-2 in the World Cup final, presenting the trophy to victorious captain Bobby Moore.



1957

Her Majesty gives the first televised Christmas broadcast to the nation. 'The Queen's Speech' goes on to become a permanent and powerful tradition of the festive season.



1953

The new Queen is crowned at Westminster Abbey – the first coronation to be televised. Sales of TVs soar as many families buy one for the first time to watch the ceremony. The eventual worldwide audience is around 277 million.



1977

Britain and the Commonwealth celebrate the Queen's silver jubilee (marking 25 years on the throne). A chain of beacons is lit around the country, and thousands of street parties are held.



2015

Having ruled for 63 years, Queen Elizabeth becomes the longest-reigning monarch in British history – overtaking her great grandmother, Queen Victoria.



2022

The nation celebrates the Queen's Platinum Jubilee with more events and street parties. Sadly, however, Her Majesty's health declines and she passes away months later, aged 96. After 70 years of rule, Queen Elizabeth II leaves a legacy of lasting affection and respect from people not only in the UK, but around the whole world.

Did you know?...

Rest well, Your Majesty – and thank you.

The Queen received her first Corgi, Susan, as an 18th birthday present. She loved that breed of dog throughout her life, going on to own another 30 of them.



As Britain was still recovering from the effects of the war, the young Princess Elizabeth had to save ration coupons to buy the material for her wedding dress!

The Queen took the unusual step of inviting a TV documentary crew into Buckingham Palace in 1969. This let people see the Royal Family in a way they'd never been able to before.



In 1982, a mentally ill man broke into the palace and reached the Queen's bedroom! Reports suggest Her Majesty calmly kept him talking for 10 minutes until the security team arrived.



It was Queen Elizabeth who, in 1993, decided to open up Buckingham Palace to visitors from the public for the first time.

To help launch the 2012 Olympics in London, Her Majesty featured in a short film where she meets super-spy James Bond, as played by Daniel Craig.



EIR

NOS National Online Safety®
#WakeUpWednesday

Written By Adrian Gray



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Cricket Competition Highlights



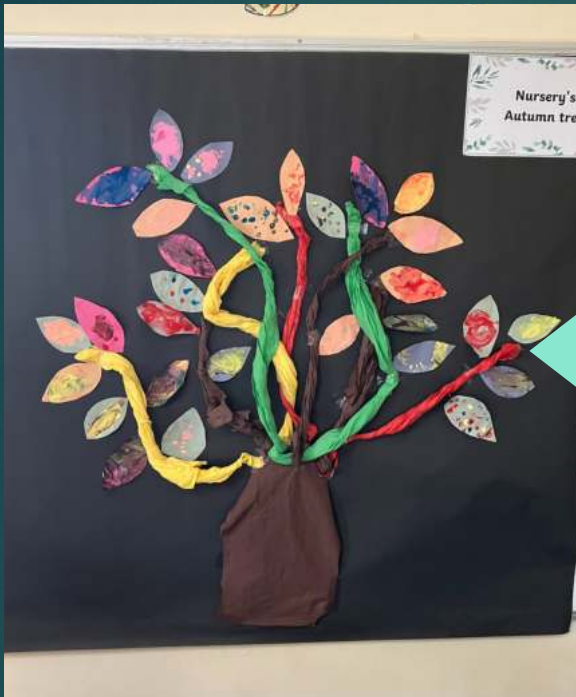


Meet the Junior leaders of Willow



Meet the Junior leaders of Marish





This creative art piece has been made by Nursery staff to represent family and togetherness.

Some Useful Information



Connect

for parents/carers who have children who are pre- and post-assessment for Autism

NEXT COURSE START DATE

3rd OCTOBER 2022

9.30am to 11.30am

"I have done the course myself and found it a great help especially as in the beginning it was knowing that as a parent I was not alone and knowing that there are other families going through what I was going through with my son"

To register your place, please email or call
sarahdoe@hsslough.co.uk or 07473107282.
Venue: Orchard Avenue Children's Centre, Slough

Over 6 weeks (in two hourly sessions) parents explore:

- How to make the best, lasting connections within their family unit
- Strategies that support harmony and positive behaviour
- The importance of routines and how to implement them
- Looking after yourself
- Next steps and additional support

HOME START
Slough

We are a registered charity supporting families in Slough and Burnham. Recognising diversity and individuals is part of everything we do. We are there for parents when they need us the most because childhood can't wait.




Special Educational Needs Disabilities (SEND)

SEND-AID

SEND Advice and Information Sessions

If your child has SEND and you need advice or information, please book a 1:1 appointment at SEND-AID. We can answer your questions relating to local services, education, Disability Living Allowance and much more.

Wednesdays, 9 am – 12 pm
Upcoming dates
 14th, 28th September 2022
 12th, 26th October 2022
 9th and 23rd November 2022
 7th, 14th December 2022

Penn Road Children's Centre, Penn Road, Slough, SL2 1PG

To book a session, please contact:
EarlyHelp@sloughchildrenfirst.co.uk




HERE TO HELP YOU STAY AFLOAT

Groundwork's Green Doctors are energy efficiency experts working across the UK to help households save money and stay well & warm.

Book a free consultation for your one to one with an advisor:



Scan the QR code or visit our web-page for further information on location and dates.
south.greendoctors.org.uk/in-person-bill-surgeries




Online Workshop

Helping Children and Young People to be Active

Who can attend? Youth Workers, Family Link workers, Professionals supporting families, Youth Charities

When? 18th October 12 – 1pm

How long? 1-Hour

Being physically active has never been more important. We can all play a role in encouraging and empowering others to become active. Whether that's through signposting to resources, talking about the benefits, or simply encouragement.

You'll learn:

- Benefits of being physically active
- National guidelines and practical tips
- Key signposting resources
- How to have positive conversations about being more active

Plus you'll take away a certificate and a digital resource pack!

Book your FREE place here!

"I feel more confident about having conversations with families to be more active and giving different ideas about how to implement this on a daily basis"

"The workshop is so informative, great learning points in how to talk to families using open What/How questions"

Why not 'pop-in' to our drop-in?

Slough Information and Support Day

Thursday 22 September, 10:30am to 2:30pm

The Curve, Meeting Rooms 1 and 2
 William Street, Slough
 SL1 1XY

Learn more about a range of support services, grants and information available to you, your disabled child or young person and wider family.

Come along and meet Family Fund and other local and national charities and get guidance regarding making a Family Fund application.



Let us know you're coming or simply turn-up and show your support. We look forward to seeing you on the day.