

Marish Academy Trust Newsletter

Issue 46 - March 2023

Message from Mrs Denham & Miss Court

Dear Parents and Carers,

This March every child received a coloured letter related to their attendance over the first half of the academic year to bring home to their parents. Schools are required to inform parents of their child's overall attendance at regular intervals and here at Marish Academy Trust, we need to take drastic action to address a significant decline in overall attendance, since the pandemic. Whilst attendance has dropped considerably nationwide, Slough has one of the highest rates of school absence nationally. At Marish and Willow, this year around 20% of children are falling into the persistent absence category with attendance below 90%.

To put this into perspective, high levels of absence from school adversely affect a child's outcomes throughout life. Research proves that a primary child who misses more than ten percent of their schooling (approximately one day a fortnight), will not be able to make the most of their opportunities and is likely to fall behind their peers considerably before the end of primary school. This trend continues into secondary school and into working life, potentially affecting all aspects of achievement and well being, including most notably self esteem and health including mental health.

We know too, that Covid continues to impact on health and for many of us, our immune systems are less resistant to bugs than they were prior to the pandemic. Therefore it is more important than ever that your child attends school every day that they are well enough to do so. No days off for birthdays, holidays or just a sniffle or a cough, because before you know it, your child may become a persistent absentee. Slough Local Authority are beginning to challenge parents about high rates of absence. Parents could be at risk of prosecution, which includes fining and suing parents for neglect if absence is not authorised, follows a pattern, or is excessive. It is in everyone's interests if we work together as schools and parents to reduce absence and secure a brighter future for all our children.

Thank you for your ongoing support.

Mrs Denham and Miss Court

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Red Nose Day



The pupils and staff celebrated the **Red Nose Day** in style and our school was decked out in red to support comic relief. The children looked great with their red noses and superhero costumes to support this great cause. **Let's make a difference and change lives!**



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Red Nose Day



The certificate is set against a white background with a pink border decorated with red hearts. At the top left is a yellow starburst graphic. At the top right is the 'IN AID OF COMIC RELIEF RED NOSE DAY' logo. The central text reads 'HOORAY, WELL DONE AND THANK YOU!' in large red letters. Below this is the amount '£368.34' and a red heart icon with radiating lines. The text continues: 'This is to certify that MARISH ACADEMY TRUST' followed by a horizontal line and 'was part of the Red Nose Day 2023 team and helped change lives, both here in the UK and worldwide.'

IN AID OF
COMIC RELIEF
RED NOSE DAY

**HOORAY,
WELL DONE AND
THANK YOU!**

£368.34

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MARISH ACADEMY TRUST

**was part of the Red Nose Day 2023 team and helped
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Year 5 Mini-Enterprise Day



Year 5 have been getting hands-on with their pizza-making skills for their mini-enterprise project in D&T. This term they have planned, designed and carried out market research for their pizza packaging and pizza toppings. They even managed to sell their pizzas at 50p a slice! 🍕

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World Down Syndrome Day



The staff & pupils showed their support by proudly wearing odd socks to promote acceptance and raise awareness. Mrs Mac also joined in by wearing her tutu! The theme for this year's World Down Syndrome Day is '**With Us Not For Us**' and we are clear, people with Down syndrome and intellectual disabilities have a right to make their own decisions.

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Year 5 Elizabethan Workshop



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Athlete Visit



The children are very excited to welcome the athletes to our schools.
Please remember to give your child's sponsor money to the class teacher.

Thank you very much for your support.



Year 6 Easter Cracked

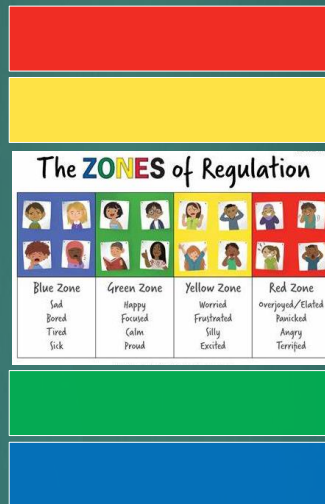
Year 6 visited Langley Free Church where they took part in an Easter Cracked workshop. They learned about the Easter story and ways that Christians and others celebrate Easter. They had fun participating in a number of quizzes and activities, completed an activity booklet and also witnessed what a baptism for an adult would look like.



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Resilience Building Day



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Windsor Foodshare



Donating food can make a real difference to the lives of people who are struggling to meet their basic needs.

Recently Marish Academy Trust children showed their compassion by donating food items to the Windsor Foodshare.

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Nursery ZooLab

The children enjoyed a visit from ZooLab UK. They had fun learning how to gently hold the animals 🐍 🐸. The children learnt lots of facts and information about the animals and insects, eagerly asking questions to enhance their learning.



NURSERY ZOO LAB VISIT



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Mental Health Support Team at Willow Primary School

Hi I am Evie! I am Willow Primary School's Education Mental Health Practitioner (EMHPs) in the Mental Health Support Team (MHST) in Slough.

It was lovely meeting some of you at the last parent's evening. I will be working with Willow Primary to promote student and staff wellbeing and improve access to mental health support. We can support students at Willow Primary with emerging, mild to moderate mental health difficulties which may be affecting their day-to-day life.

We can help children and young people with:

- Managing worries/anxiety
- Low mood/depression
- Problem Solving
- Difficulties with Emotions
- Sleep Hygiene

If you would like to make a referral for your child please speak to your child's class teacher or contact Mrs Howe or Ms Boatswain via Willow's main office.

I look forward to working with you!



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Attendance

Marish

March 2023

Reception: **90.93%**

Year 1: **92.91%**

Year 2: **94.06%**

Year 3: **94.55%**

Year 4: **93.10%**

Year 5: **93.92%**

Year 6: **96%**

Target: **96%**

Willow

March 2023

Reception: **94.14%**

Year 1: **94.75%**

Year 2: **96.33%**

Year 3: **93.33%**

Year 4: **97.21%**

Year 5: **95.67%**

Year 6: **93.50%**

Target: **96%**



**EVERY DAY
COUNTS**

**Student success
starts with
attendance**



Below 90% Serious Concern

Drastic effect on academic success

95- 90% Cause for Concern

Negatively affecting academic success

100%- 96% WELL DONE

Achieving full potential

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Parent Notices

Timings of the school day

Soft start is from 8am for all year groups.

Resource Base:	Doors open from 8.15am to 8.45am and then at 3.00pm
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 nuts of any kind. We are a nut free school.

Lost Property

The lost property box in the playground is emptied weekly. Please check for any items that your child may have lost. Unclaimed items will be taken to charity.

PE Kit

Please ensure your child comes to school wearing their PE kit on the days they have PE. PE Kit consists of T shirt, shorts, joggers/tracksuit bottoms, jumper and trainers.

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E-Safety

Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an unencrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's *really* safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



**'DOUBLE LOCK'
YOUR DATA**

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password that is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueShoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

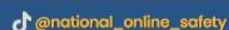
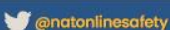
The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.



**National
Online
Safety®**

#WakeUpWednesday

Source: <https://www.ncsc.gov.uk/>



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E-Safety

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for Adopting

SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep you safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cathy Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of *Biggie Support*, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National
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Safety®**

#WakeUpWednesday

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Some Useful Information

AWARD WINNING SWIM LESSONS FROM THE UK'S LEADING PROVIDER

- There's a wide range of classes available, running six days a week
- Lessons operate 50 weeks a year, ensuring continuous progression
- Ongoing assessment by our qualified teachers means that students can develop at their own pace
- All teachers undertake regular Swim England training, to ensure the most up-to-date teaching practices are delivered
- We offer a comprehensive Swim England linked Award Scheme, with badges and certificates to collect
- Direct Debit payments
- Free swimming available for all swimmers enrolled
- All children (excluding adult and child) will be issued with a latex swimming hat. These are colour-coded to the relevant groups and are to be worn, not only for hygiene purposes, but also to enable teachers and lifeguards to quickly recognise swimming ability and into which group students belong



Year 4 goes swimming weekly.
If you are interested in
furthering their swimming skills
please see the attached flier.

Karen Clark
Swim Manager @ Langley
Leisure Centre

Available at

Langley Leisure Centre,
Parlaunt Road, Langley