

# Marish Academy Trust Newsletter

Issue 49 - May 2023

Year 4 Rainforest Trip



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Year 3 Soup Making



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Women's FA Cup Final



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## Attendance

### Marish

May 2023

Reception: **91.87%**

Year 1: **95.65%**

Year 2: **96.72%**

Year 3: **95.13%**

Year 4: **95.65%**

Year 5: **95.30%**

Year 6: **95.37%**

Target: **96%**

### Willow

May 2023

Reception: **97.21%**

Year 1: **94.47%**

Year 2: **96.96%**

Year 3: **95.01%**

Year 4: **96.65%**

Year 5: **95.80%**

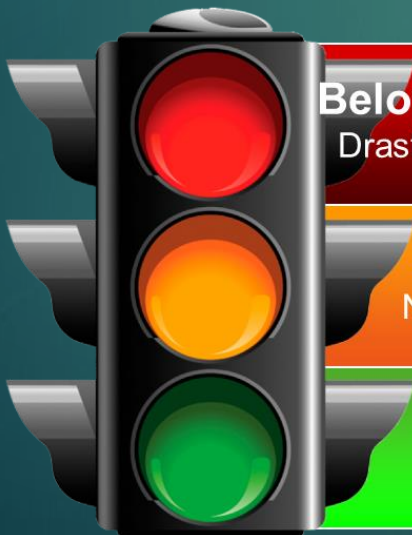
Year 6: **96.59%**

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.

<b>Resource Base:</b>	Doors open from 8.15am to 8.45am and then at 3.00pm
<b>Nursery:</b>	8.00 - 11.00am and 12.00pm - 3.00pm
<b>Reception:</b>	8.30am - 2.45pm
<b>Year 1 and Year 2:</b>	8.20am - 2.50pm
<b>Year 3 and Year 4:</b>	8.20am - 2.55pm
<b>Year 5 and Year 6:</b>	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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## Healthy Lifestyle

### **SIMPLE SUMMER LUNCHBOX FILLERS**

*Stuck for summer snack ideas for kids' lunchboxes?*

#### **Why not try some of these suggestions?**

- Vegetable or bread sticks (e.g. carrot, celery, beans) with different flavoured reduced fat dips like Skinny Tzatziki or extra light cream cheese.
- Air popped popcorn
- Rice cakes with cottage cheese.
- Rice crackers or Pita chips with mild salsa dip.
- Fresh fruit – try fruit whole, cut into wedges or as fruit kebabs on paddle pop sticks, chilled or frozen.
- Homemade fruit muffins or raisin/fruit toast.
- Scones with cheese and vegies (courgette or carrot), or sultanas/dried fruit.
- Snack-sized tub of reduced fat yoghurt (plain or fruit flavoured).
- Hard-boiled egg.
- Cubes, slices, shapes or wedges of reduced fat cheese with wholemeal crackers.



Healthy Lunchbox Fillers

Drink Ideas

### **DRINKS AND EXERCISE**

Drinking enough water is very important for kids when playing sport or training. Water:

- prevents muscle cramps
- replaces fluids lost when sweating
- helps to control their body temperature
- prevents constipation as they increase the amount of fibre they eat.

It's important to drink about half a glass of water every 10-20 minutes, several hours before exercise, and try to have water regularly during exercise. Remind kids not to rely on thirst to make them drink — by that time they're already dehydrated!



**SO, ENCOURAGE KIDS TO DRINK HEAPS OF WATER!**

Reference:  
Nutrition Project Team, A Youth Worker's Guide to Nutrition: Everything you never wanted to know about food and young people, West Moreton Regional Health Authority, 1994.

### **LOOKING AFTER TEETH**

Your child's teeth are important for their appetite and talking.

Children's teeth should be cleaned as soon as the first tooth comes through by wiping with a clean facewisher or cloth. A small soft toothbrush can be used any time. Children need an adult to help with toothbrushing until about the age of 9 or 10 years. Children should not swallow large amounts of toothpaste.



Children who often eat sugary foods are at risk of tooth decay. Sugar is found in many children's foods, drinks and medicines, including syrup medication, teething rusks and vitamin syrups. Try to limit these foods to "sometimes", not everyday.

Reference: Queensland Health, What is better food?, 2002 adapted

Health Ideas

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E-Safety

At 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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

### 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

### 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

### 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

### 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

### 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

### Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Source: <https://www.bbc.com/news/health-62222222>

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## What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18 CENSORED

#### DAINGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

#### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

#### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

#### ADDICTIVE NATURE

TikTok can be addictive, especially for young people; compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

#### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a 15-second daily video or photo of the exact same time as their friends. Users receive a synchronous notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

#### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

#### MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

#### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

#### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.



#### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs: increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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Some Useful Information

**BRINIAC  
FAMILY  
FUN DAY**  
MON 29 MAY

**FT. THE ALL NEW  
FAMILY  
HOSPITALITY ZONE**

**ADULTS £40**  
**KIDS £35**  
APPLIES FOR AGES 5-17

**ADMISSION - PIZZA - ICE CREAM FACTORY  
OUTDOOR GARDEN GAMES - ARTS & CRAFTS**

ROYAL WINDSOR  
RACECOURSE

**BOOK NOW:** [WINDSOR-RACECOURSE.CO.UK](http://WINDSOR-RACECOURSE.CO.UK)

\*U18s when accompanied by a paying adult