

Marish Academy Trust Newsletter

Issue 55 - Oct 2023

Message from the Senior Leadership Team

A month into the school term and it's almost as if we never left! The drive to work hard, improve and achieve creates a buzz around school.

This week there have been a number of exciting sporting opportunities for our children such as the Football Festival and the Netball Competition and there will be many more to come. The children learned the importance of participation and team work and had a great time!

At Marish Academy Trust, wellbeing is a priority and this Tuesday it is World Mental Health Day, where we think about how we are looking after ourselves physically and mentally in our day to day lives. This week maybe we can consider doing something that we enjoy, do something that gets us active or simply taking time out for ourselves to reflect.

Have a great week!

Miss Dowe



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Girls Football Festival



The girls had an incredibly enjoyable day filled with various football activities, capped off with an exhilarating match. The Willow team's outstanding performance yielded a remarkable 4-1 victory against Montem Academy.



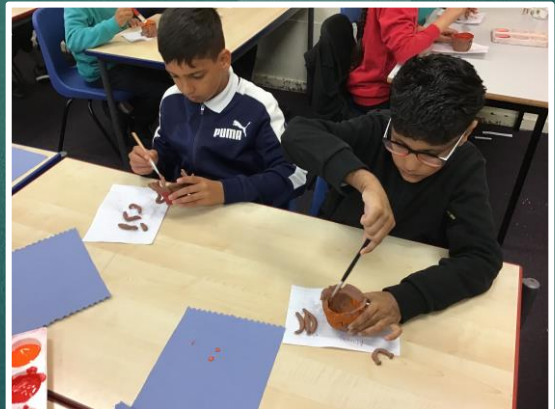
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Greek Art



As part of their Art lessons, year 6 children have been designing and making their own Greek pots.



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Fire Safety workshop



Year 5 at Marish enjoyed a fire safety workshop this week. They learnt how to keep safe and saw some of the specialist equipment the Firefighters use. A highlight was exploring the inside and outside of a fire engine!



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Junior Librarians



Introducing the Junior Librarians of Marish! Their important role involves keeping the bookshelves neat and organised and ensuring that the book corner remains a welcoming place for all.

GOSH Fun Run

We're proudly participating in the **RBC Virtual Race for Kids**. Last year we raised £1150 Trust wide.

On the week of the **16th Oct 2023**, all children will be taking part in a fun run (of distances between 1km and 5km) during their PE lessons. Make sure to

- Wear your own **SPORTS** clothes on your **1st PE lesson** of the week
- Donate a pound
- Sponsorship at <https://www.justgiving.com/page/david-sinclair-1696344927538>



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Parent Workshop Menu

All workshops will take place in the school hall. Pupils are welcome to attend with their parents and there is no requirement to reserve a place, all parents are welcome.

| Date | Session | Staff Lead | Venue |
|----------|---------------------|----------------------------|----------------------------|
| 18/10/23 | Writing workshop | Mrs Dowlut and Ms Page | Willow main hall at 8:45am |
| 19/10/23 | Writing workshop | Mrs Dowlut and Ms Page | Marish main hall at 8:45am |
| 31/10/23 | Maths: Calculations | Miss Stroud and Mr Fuller | Willow main hall at 2:00pm |
| 1/11/23 | Maths: Calculations | Miss Stroud and Mrs Ommer | Marish main hall at 2:00pm |
| 4/12/23 | Phonics | Mrs Imtiaz | Marish main hall at 8:45am |
| 6/12/23 | Phonics | Mrs Imtiaz and Miss Stroud | Willow main hall at 2:00pm |

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Attendance

Marish

Oct 2023

Reception: **94.47%**

Year 1: **92.07%**

Year 2: **93.8%**

Year 3: **95.01%**

Year 4: **94.09%**

Year 5: **95.82%**

Year 6: **92.86%**

Target: **96%**

Willow

Oct 2023

Reception: **95.22%**

Year 1: **96.50%**

Year 2: **98.07%**

Year 3: **97.07%**

Year 4: **90%**

Year 5: **88.17%**

Year 6: **91.39%**

Target: **96%**



Last month's
100% attendance
reward was a
doughnut!



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 8:15am for all year groups.

| | |
|----------------------------|---|
| SEN Unit: | Doors open from 8:15am to 8:45am and then at 3:00pm |
| Nursery: | 8:00 – 11:00am and 12:00pm – 3:00pm |
| Nursery full time (Marish) | 8:30am – 2:30pm |
| Reception: | 8:30am – 3:00pm |
| Year 1 and Year 2: | 8:30am – 3:00pm |
| Year 3 and Year 4: | 8:30am – 3:10pm |
| Year 5 and Year 6: | 8:30am – 3:10pm |



SEN unit will be closed for training on Monday 30th October.

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 has 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

HWS HEALTH & WELLBEING SLOUGH

Slough Healthy Smiles



Is your toothbrush up to the job?



Electric/Manual Toothbrush

- Change your toothbrush or toothbrush head every 3 months and when bristles fray
- Remember to recharge your rechargeable electric toothbrush



Toothbrush Sizes

- 0-3 years** - Small toothbrush head with soft bristles (finger brush may be used for babies to start with)
- 3-9 years** - Kid-sized toothbrush Smaller head, softer bristles and easy grip handle
- 10 years+** - Appropriate sized toothbrush with medium bristles



Toothpaste

- 0-3 years** - Smear of toothpaste Fluoride no less than 1000 ppm
- 3+ years** - Pea-sized amount Fluoride 1350-1500 ppm



Don't share your toothbrush with anyone
Sharing a toothbrush can pass on bacterial infections and viruses



Copyright CDS Oxford Health NHS Foundation Trust



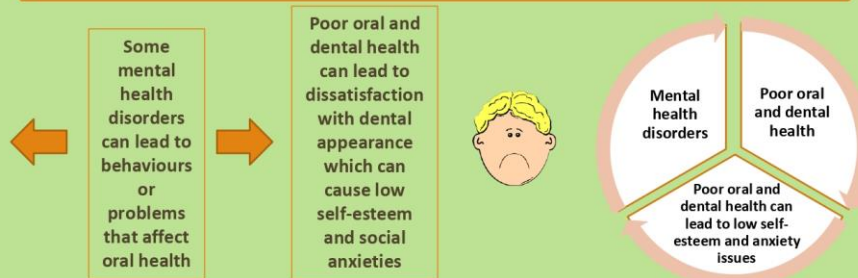
HWS HEALTH & WELLBEING SLOUGH

Slough Healthy Smiles

These can impact on oral health:

- Poor nutrition
- Lack of a toothbrushing routine
- Medication
- Specific behaviours such as over-vigorous brushing
- Anxiety – which can lead to fear of visiting the dentist

Mental And Dental Health Can Affect Each Other



Good oral health is essential for general health and wellbeing

Caring for your teeth and gums:

- Brush teeth twice a day for two minutes, before bedtime and at one other time of the day using fluoride toothpaste containing at least 1,350ppm. Spit excess toothpaste, don't rinse.
- Clean in between your teeth at least once a day using interdental brushes or floss
- Cut down on how often you have sugary foods and drinks
- Visit your dentist regularly



To find your local dentist call 111 or visit www.nhs.uk

It is important to raise awareness of good oral health and dental habits for those people suffering with mental health issues

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Holiday Club

MARISH ACADEMY TRUST

MARISH PRIMARY SCHOOL

Tel: 01753 819900,

post@marishandwillow.co.uk.

www.marishacademytrust.co.uk

Executive Headteacher: Mrs H G Denham B.A., M.Ed. Headteacher: Miss A Court B.A., NPQH

Deputy Headteachers: Mrs L Howe, Mr D Sinclair, Mrs N Gentles, Miss E Dowe, Mrs S Quadir

WILLOW PRIMARY SCHOOL

Tel: 01753 551854,

officewillow@marishandwillow.co.uk



September 2023

Dear Parent/Carer

We will be running a holiday club during the October half term for any children aged 5 and over. The Holiday Club will be open from Monday 23rd October to Friday 27th October from 8.30 am- 4.00pm
This Club will run at Marish School.

The costs are:

£25.00 per day per child

£35.00 per day for two children

£45.00 per day for 3 children

£55.00 per day for 4 children

Please provide your child with a packed lunch

The numbers will be limited so please return the slip as soon as possible. It is important that the slip is returned with the days requested as we have to make sure that we have the correct staff – children ratio.

Full payment must be paid on ParentPay by Friday 13th October and is non-refundable.

The children will have lots of activities that they can participate in including cooking, art & craft, dance, fun sports etc.

Any questions please ring the office number and ask for Mrs Beard.

Yours sincerely

S Beard

Sharon Beard

Holiday Club Manager

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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 for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at videostandards.org.uk/ratingboard/games.

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'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

SANTA

CHECK THE SPECS

To avoid let-downs, check a game's specs before buying – especially for PC or Mac, where games often need a particular graphics chip or processor to work. Sites like systemrequirementslab.com can scan your computer to see if it will run certain games properly. On consoles, make sure you're buying the right version: some newer Xbox or Playstation games won't play on older consoles.

MONITOR IN-GAME COMMS

Voice chat with friends is part of the fun of modern gaming – but danger lurks here too. Many titles have open chat systems, meaning that children could speak to strangers or hear adult language and verbal abuse when games get particularly competitive. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

BE WARY OF GIFTS

Titles like Roblox, Minecraft and Fortnite have in-game currencies, which can be earned through progress in the game – but can also be bought with real money. A common scam is for a young player to be offered currency if they click a link, visit a certain site or contact another user directly. Warn your child about such offers; they should show you if they're in any doubt over an in-game gift.

APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

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CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnite rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

b

LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teaming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and has written regularly about internet safety issues.



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Online
Safety®
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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 for further guides, hints and tips for adults.

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart home' appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

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 adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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Some Useful Information



**THE PAULINE QUIRKE
ACADEMY OF PERFORMING ARTS**

ENROLLING NOW!

IN WINDSOR

ADDED BENEFITS INCLUDE

- WEST END SHOWS**
PERFORM ON A WEST END STAGE
IN OUR AMAZING PQA SHOW!
- RSL QUALIFICATIONS**
GRADED QUALIFICATION FROM
RSL FOR ALL OUR STUDENTS
- PQA CINEMA SCREENINGS**
YOUR VERY OWN MOVIE
SCREENED AT YOUR
LOCAL CINEMA!
- JOIN OUR TALENT AGENCY**
- QUIRKY KIDZ**
JOIN OUR EXCLUSIVE AGENCY
FOR PROFESSIONAL WORK!

**BOOK
YOUR FREE
TASTER
SESSION!**

PQA WINDSOR
Fridays | 5-18 years | 17:00 - 20:15
Saturdays AM | 6-18 years | 09:45 - 13:00
Saturdays PM | 6-18 years | 13:45 - 17:00
POPPETS | 4-5 YEARS | 10:00 - 11:30
ST EDWARDS MIDDLE SCHOOL, WINDSOR SL4 5EN
Your Principal is Sarah Riches
BOOK NOW AT PQACADEMY.COM






PQA
THE PAULINE QUIRKE
ACADEMY OF PERFORMING ARTS

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Some Useful Information

Join our online courses this October. To enrol scan the QR code or call 03003033464 for help.

| Course Name | What will I learn about | Dates & Times | Scan QR code to Apply. |
|--|--|--|---|
| Photography: SLR Cameras for Beginners Course Ref: Q00010809 | This course will give you a basic understanding of how your SLR digital camera works and enable you to start using your camera more creatively, minimizing time in front of the computer. | 06:10:23- 17:11:23 Friday 10 – 12 |  |
| Fitness and Exercise: Movement This Autumn (Basic Disco Dance Steps for Everyone) Course Ref: Q00010730 | During this five-week course you'll learn how to keep fit and exercise with a fun and feel-good hour of music, movement and relaxation. You will learn some funky DISCO steps and simple choreography. | 30:10:23- 27:11:23 Monday 10:00- 12:00 |  |
| Cooking Practical: Cooking and Baking with Autumn Recipes using British Sign Language (BSL) Ref: Q00010737 | During this five week course you will make a selection of delicious easy to follow seasonal Autumn recipes all taught in British Sign Language (BSL). If you enjoy cooking and learning using BSL. This course is for you. | 30:10:23- 27:11:23 Monday 12:00-14:00 |  |
| 6 Cooking Practical: Cake Decorating for Beginners Ref: Q00011746 | Learn how to decorate cakes, either to delight your friends and family or to start a new business. You will learn new cake decorating skills without costing a fortune. | 31:10:23- 12:12:23 Tuesday 10:30- 12:30 |  |
| Cooking Practical: Baking a Christmas Cake for BSL Users (in December) Course Ref: Q00010812 | This is a festively fun and friendly Christmas cake baking class for British Sign Language (BSL) users. Discover your inner baker with this one-off class taught using British Sign Language. | 11:12:23- 11:12:23 Monday 19:00-21:00 |  |

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Some Useful Information



THE TERROR TRAIL

MONDAY 23RD OCTOBER - FRIDAY 27TH OCTOBER
BLACK PARK

JOIN US FOR A SPOOKTACULAR HALLOWEEN TRAIL WITHIN BLACK PARK. SEE IF YOU CAN FIND ALL THE HIDDEN CHARACTERS IN THE WOODS! THERE WILL BE LOTS TO SEE, FROM FRANKENSTEIN'S MONSTER TO GIANT BATS! ARE YOU BRAVE ENOUGH TO TAKE ON THE TERROR TRAIL?

BOOK ONLINE NOW FOR A DISCOUNTED PRICE. LIMITED TICKETS AVAILABLE ON THE DAY FOR £3 IF TIMESLOT NOT SOLD OUT (CARD PAYMENT ONLY) MEETING POINT: BLACK PARK VISITOR CENTRE. VARIOUS TIMESLOTS, PLEASE CHECK THE TICKET LISTING FOR FULL DETAILS.

BOOK ONLINE AT: [HTTP://BUCKSCOUNTRYPARKS.EVENTBRITE.CO.UK](http://BUCKSCOUNTRYPARKS.EVENTBRITE.CO.UK) OR SCAN THE QR CODE BELOW.
FOR MORE INFORMATION EMAIL: COUNTRYPARKS@BUCKINGHAMSHIRE.GOV.UK



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Some Useful Information

Drop In @ Curve Venue

(The Curve, William Street, Slough)

Sat 14 Oct 12pm – 3pm
(drop in any time)

- Information about recruitment, volunteering as a steward or as a community programmer
- Tour of the venue
- Meet new people
- Free snacks and drinks


CURVE VENUE



 curvevenue.uk
 01753 303 035



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

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Some Useful Information



**SLOUGH
MUSIC
SERVICE
MUSIC CENTRE**

**JOIN OUR
MUSIC CENTRE**

 **Lynch Hill School Primary Academy** 
Gaveston Road, Slough, SL2 2HX (Rear Entrance)

Early Years Music Centre Thursdays 3:30-4:10pm

- Year R to Year 2
- Develop musicality
- Learn songs
- Play musical games
- Explore sounds, singing, and easy access instruments

Build-A-Band Music Centre Thursdays 4:20-5:30pm

- Pop/Jazz/Funk/Rock
- Create, write, and learn music by ear
- All instruments are welcome, ages 8+
- Piano, Guitar, Drums, Bass, Horns, Strings and more
- Grade 1-2+ or equivalent

To sign up please contact: music.service@slough.gov.uk

• Particularly looking for: Brass/Woodwind/String players to help make our existing band more diverse! •

SMS-7035/03-10-23

 SLOUGH MUSIC SERVICE

 SLOUGH
MUSIC
SERVICE

 Supported using public funding by
ARTS COUNCIL
ENGLAND

 www.slough.gov.uk
Slough
Borough Council

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Some Useful Information

Thank you...


Berkshire Healthcare
NHS Foundation Trust

For your support with The 2023-24 National Flu Programme

The flu uptake for your school was:

36.0%

Across Berkshire we are expected to achieve an uptake of 75%

**More
details...**

If you want to contact us or need more info...

Email: Eastschoolimms@berkshire.nhs.uk

www.berkshirehealthcare.nhs.uk

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Some Useful Information



uSports

OCTOBER HALF TERM HOLIDAY CAMPS

Multi-Sports Camp

Claycots School Townhall

Slough | SL2 3UQ



150 5 STAR GOOGLE REVIEWS

9AM - 1PM
DROP OFF FROM 8:30

4 TO 12 YEARS

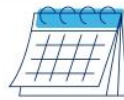
CHILDREN IN FOUNDATION TO YEAR 7



Scan Here For The
Direct Booking Page

BOOK ONLINE

u-sports.co.uk/berkshire-holiday-camps



**Tuesday to
Thursday**
24th to 26th
of October

We also hope to
run the camp at
both Town Hall
& Britwell over
Christmas with
FREE HAF Spaces

£19.50 Per Day* £52.50 Per Week

Discounts Available

10% COMMUNITY SUBSCRIBER DISCOUNT
MULTI-DAY BOOKING DISCOUNT
10% SIBLING DISCOUNT

