

Marish Academy Trust Newsletter

Issue 64 - May 2024

Message from the Senior Leadership Team

Dear Parents & Carers,

The final term of the year is upon us! As I reflect on the year so far, I cannot help but smile. It has certainly been a busy year for us all with lots of memorable experiences. The final term is no less busy with more trips booked, Sports Days and my favourite event in the calendar year, Awards Night!. Do visit the website to see the events that are taking place this term.

I am tremendously proud of the Willow Girls' Football Team. They have worked so hard throughout the year to beat last year's champions, St Ethelberts. Their determination and resilience is outstanding!

We are also pleased to have elected a new Head Girl and Head boy at Marish and Willow Primary Schools. I am positive that they will represent our schools well at events and be good role models for our pupils.

The parent workshops have been successful with more parents attending this term. Thank you very much. I hope that you have taken away ideas and ways to help support your child(ren) at home. We love seeing you and welcome your feedback.

This term we will continue to have a final drive to help ensure our pupils fulfil their potential. Please ensure that your child reads for at least 20 minutes each night. Not only does this help your child to improve their reading skills, vocabulary and writing, but it also helps them to access other curriculum areas too. Year 1 have their Phonics Screening Check and Year 4 have their Multiplication Times Table Check. Please support your child or ask their teacher for further information on how to help them.

Finally I am sure you will join me in wishing our Year 6 pupils all the best as they sit their SATs papers. Please encourage your Y6 child to attend breakfast club. This is a good time for children to ensure that their energy levels do not drop during the day; to calm their nerves and bond with their peers and teachers.

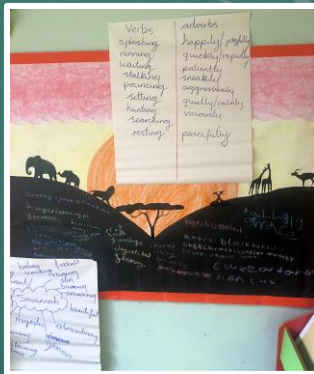
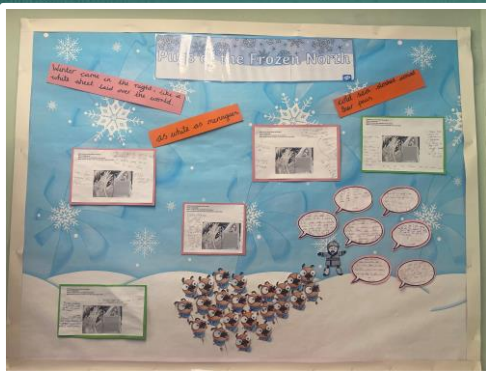
Best wishes,
Mrs Quadir



Marish Academy Trust Newsletter

Issue 64 - April 2024

Literacy



In literacy this term we are showcasing children's work and helping them to feel a sense of pride and accomplishment. We also use our literacy displays as working walls to help the children with their future learning; often displaying keywords and phrases that they have learnt from the class book.

Marish Academy Trust Newsletter

Issue 64 - April 2024

MFL – Romanian, Language of the week

Romanian is in a family of languages called the romance languages, along with French, Italian, Spanish and Portuguese.



Romania is a **European** country.

It became part of the European Union in 2007.



Fun Fact:
Romania has
some of the
world's most
beautiful
churches, such
as the **Voroneț
Monastery**.



Fun Fact: The **Palace of Parliament** in
Bucharest is the world's heaviest building,
weighing over 4 billion kilos.



Fun Fact: a
Romanian
butcher holds the
record for the
**world's longest
sausage**, which
was a massive
39 miles long!!!

International Language of the Month - Romanian



The capital city is Bucharest.

Now let's learn a few phrases...

- Hi= salut
- Good day/afternoon = bună ziua
- Good morning = buna dimineata
- Teacher = profesor
- Well done = bravo
- Please = vă rog
- Thank you = mulțumesc
- Goodbye = la revedere

1 = unu [oo-noh]

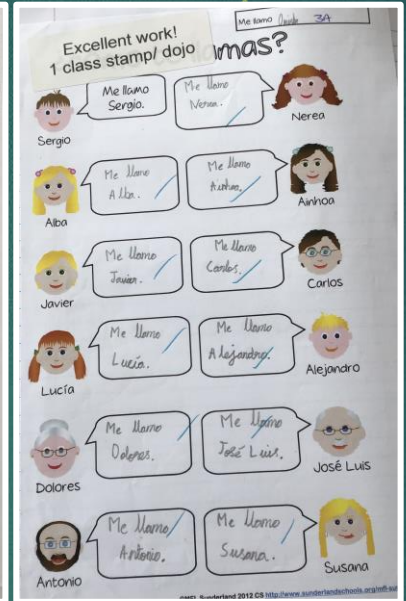
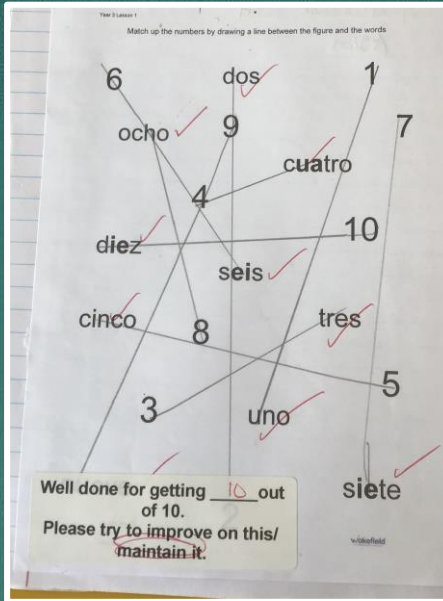
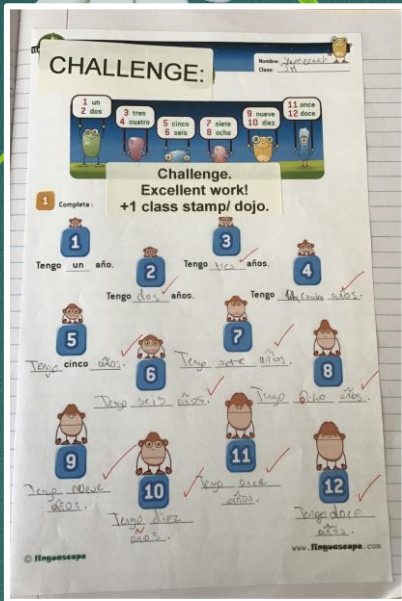
2 = doi [doy]

3 = trei [tray-ee]

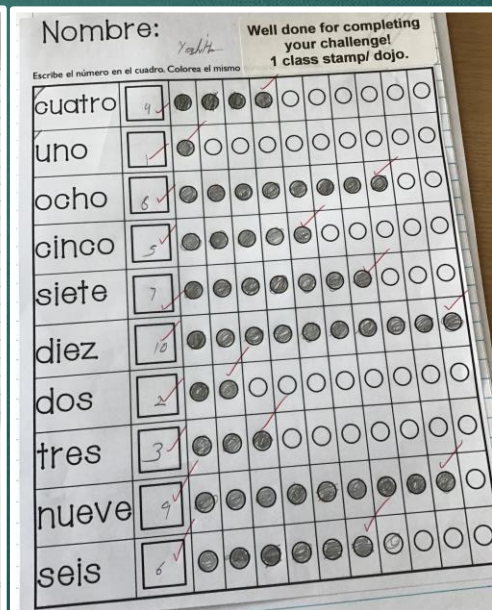
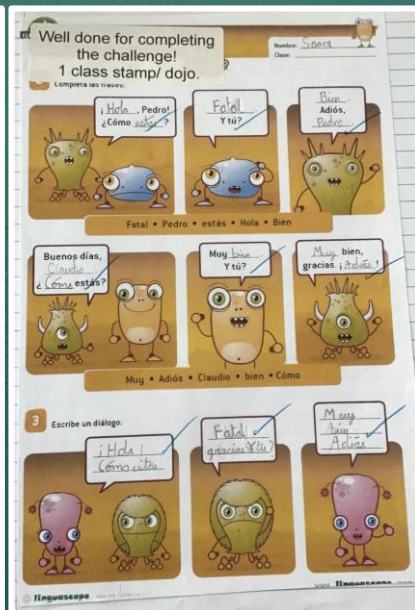
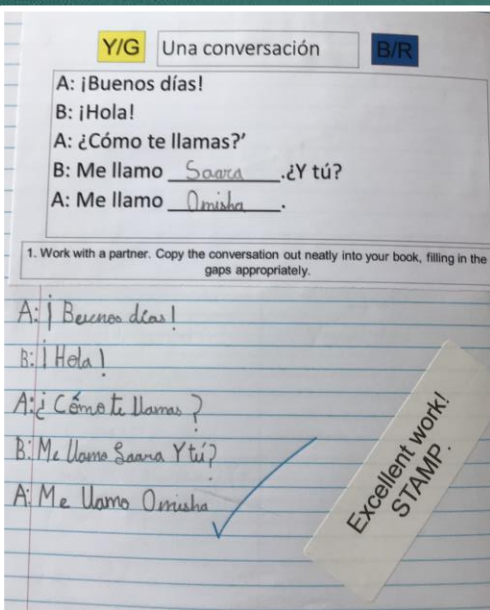
Marish Academy Trust Newsletter

Issue 64 - April 2024

MFL - Spanish



Hola! Year 3 enjoyed learning Spanish; from greetings to expressing feelings. Qué maravilloso!



Marish Academy Trust Newsletter

Issue 64 - April 2024

Design & Technology



Year 4 have learned stitching skills, using different materials in DT to make travel pouches.

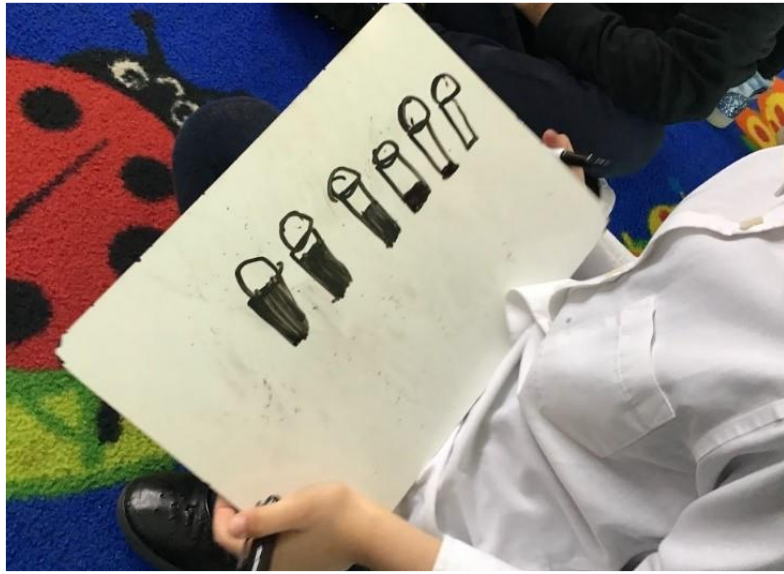
They have learned to sew and make knots. They have also learned blanket stitch, back stitch and running stitch.

Well done Year 4.

Marish Academy Trust Newsletter

Issue 64 - April 2024

Maths



Year 1 are learning about capacity and volume.

To consolidate their understanding, they used cups to pour water and understand full, nearly full, nearly empty and empty.

Well done everyone

Marish Head Boy & Head Girl



Congratulations to Gaganasri who is Head Girl and Vihaan who is Head Boy.

Marish Academy Trust Newsletter

Issue 64 - May 2024

SEN Unit Update



The children explored nature with Rumble in the Jungle and enjoyed phonics, learning to segment and blend words.

Marish Academy Trust Newsletter

Issue 64 - May 2024

SEN Unit Update



The children in SU7 enjoyed a lovely walk in Langley Memorial Park. They explored the local area, putting their map-reading skills to the test as part of their Understanding the World lessons.

There was lots of laughter as they explored local landmarks, enjoyed a picnic and had fun on the swings.

Marish Academy Trust Newsletter

Issue 64 - May 2024

Marish & Willow Got Talent

WILLOW WINNERS



MARISH WINNERS



Experience the unforgettable moments and be inspired by the the marvellous talent showcased at Marish & Willow Got Talent!



Marish Academy Trust Newsletter

Issue 64 - May 2024

Sports Activities



Our Girls' Football Team faced a tough challenge against St Ethelberts, who defeated them last year. Despite trailing 1-0 at halftime, our team showed remarkable resilience, scoring two goals in the second half for a hard-earned victory. This match proved to be their most challenging yet, highlighting the team's unwavering spirit and determination.

Marish Academy Trust Newsletter

Issue 64 - May 2024

Healthy Lifestyle

Activities to keep fit at home

Exercise: Rocket and Groot's Sneaking Game

Players: 2 or more

Where to play? outdoors

How to play



1. Pick 1 player to act as Rocket. Rocket faces the wall, waiting to catch Groot. All the other players are Team Groot. They line up far away.



2. Team Groot shout the only thing they can: "I am Groot!"



3. Rocket replies with a number. Team Groot takes that many steps forward.



4. When they get close, get ready to run! Rocket turns and chases Team Groot.



5. If Rocket catches one of Team Groot, swap places! Continue for 10 minutes.

**your
turn!**

Marish Academy Trust Newsletter

Issue 64 - May 2024

Healthy Lifestyle

CHEATS' PIZZA CALZONE RECIPE

Preparation time - 10 mins

Cooking time - 10 mins

Ingredients – Serves 4

- 4 soft flour tortillas (wholewheat, if possible)
- 4 tomatoes, chopped
- 80g hard cheese, grated (reduced-fat, if possible)
- 1 red pepper, deseeded and thinly sliced
- 1 yellow pepper, deseeded and thinly sliced
- 150g closed-cup mushrooms, sliced
- 4 handfuls mixed salad leaves
- 1 carrot, grated
- 2 celery sticks, chopped
- 3 teaspoons dried Italian mixed herbs (optional)
- 1 pinch ground black pepper (optional)

Method:

1. Preheat the grill. Arrange the peppers and mushrooms on a baking sheet and grill them for 4 to 5 minutes, turning once. Add the tomatoes and herbs, then season with black pepper. Keep warm. *(Add some torn-up basil leaves to the tomato mixture for extra flavour.)*
2. Put a tortilla into a dry frying pan and sprinkle a quarter of the cheese over the top. Cook over a medium heat for about 30 to 40 seconds until melted. *(You could use white flour tortillas, though they won't provide as much fibre as whole wheat ones.)*
3. Add a quarter of the vegetable mixture to one side of the tortilla, then fold it in half, over the filling. Cook for a few moments, then slide it onto a warm serving plate. Keep warm.
4. Repeat with the remaining tortillas. Serve with the salad leaves, grated carrot and celery. *(For a snack, just make 2 and cut them in half to serve 4 people)*



Swap tip

This is a great recipe for swapping ingredients. You can replace the toppings with any fresh, frozen or tinned veg. Try adding chopped tinned pineapple for a Hawaiian twist.

<https://www.nhs.uk/healthier-families/recipes/cheats-pizza-calzone/>

Marish Academy Trust Newsletter

Issue 64 - May 2024

Attendance

Marish

May 2024

Reception: 94.58%

Year 1: 91.86%

Year 2: 95.45%

Year 3: 97.72%

Year 4: 94.13%

Year 5: 96.34%

Year 6: 95.22%

Target: 96%

Willow

May 2024

Reception: 96.07%

Year 1: 95.93%

Year 2: 97.33%

Year 3: 94.92%

Year 4: 96.56%

Year 5: 97.12%

Year 6: 94.83%

Target: 96%



Last month's 100% attendance reward was Mini Chocolate Chip Cookies!



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

Marish Academy Trust Newsletter

Issue 64 - May 2024

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 |



Ensure that you drop the children off at the designated entrance and do not leave them unsupervised on the school grounds.

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 a water bottle every day. It should be clearly marked with the child's name.

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.

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 address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HELLDIVERS 2

WHAT ARE THE RISKS?

PEGI 18 RATING

Due to its intense violence and the presence of in-game purchases, Helldivers 2 carries a PEGI 18 rating. While players are generally fighting fantastical enemies like giant bugs and robots, their characters can be killed in various gruesome ways, up to and including dismemberment. It's certainly worth considering whether such a game is appropriate for younger players.

IN-GAME PURCHASES

In Helldivers 2, players can use real money to buy in-game currency, with which they can unlock cosmetics and new weapons. At the time of writing, all the in-game items can be acquired without spending so much as a penny – but excited young players wanting to keep up with their friends may still feel the temptation to purchase new weapons more quickly, rather than laboriously earning the in-game currency through play.

VOICE CHAT AND MESSAGING

Helldivers 2 is always played online with others, who often use voice chat or in-game texts to coordinate, strategise or just joke around. This does mean that children who play without their friends will be put in contact with strangers. Unfortunately, this represents a roll of the dice, as the game can't control how people treat each other online. However, you can easily report other players for abusive behaviour via the game's 'Social' tab.



FRUSTRATION TRIGGER

The thrill of barely scraping through a dangerous mission in one piece is integral to Helldivers 2's appeal. To accentuate this feeling of achievement, the game includes some very difficult levels that could prove to be too hard for some players – even those who are legitimately old enough to play. Losing streaks can be incredibly annoying, so repeatedly failing in missions could easily provoke frustration or anger in younger players.

LACK OF ACCESS

The game is available on PC and PS5, but not (as yet) on other consoles. Some people will naturally be disappointed they can't get involved and might look for similar alternatives to play on their own console – alternatives which may contain similar levels of violence and gore but lack the same balanced approach to user misconduct and in-game purchases as Helldivers 2.



Advice for Parents & Educators

GIVE IT A GO FIRST

Helldivers 2 is a third-person shooter with intentionally humorous elements, but much of its comedy is rooted in satire which may go over the heads of some players. Consider playing the game first yourself – while shooting bugs and robots feels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

SET EXPECTATIONS

At the time of writing, Helldivers 2 costs £34.99. It could turn out to be an expensive and wasteful purchase if a player gets irritated and gives up shortly after receiving the game. If a young person tends to become frustrated easily, it's worth considering whether Helldivers 2 is really the game for them.

CONSIDER ALTERNATIVES

If playing on Xbox – where Helldivers 2 isn't available – consider something like Halo: The Master Chief Collection as an alternative. One of its game modes – Firefight – replicates Helldivers' mechanics to some degree. Alternatively, younger players may be better suited to the more light-hearted Deep Rock Galactic, which sees them play as fantasy dwarves in space, involving far less gruesome violence.

KEEP AN EYE ON PAYMENTS

Many titles offer in-game purchases, but Helldivers 2's are comparatively cheap. You'll still need to monitor your payment information (or use a prepaid card on the account), in case your child buys the in-game currency in bulk; on the whole, however, the game's selling methods are far less egregious than most similar titles on the market.

MONITOR COMMUNICATION & ADJUST SETTINGS

Thanks to an in-game 'Ping' system (allowing players to highlight important details without speaking), communication isn't as integral to Helldivers 2 as it is in other games. You can turn off the chat options in-game on PC, or on the PS5's own settings, and feel more secure in the knowledge that your child won't be speaking to people they don't know.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the games media industry for five years. As well as being an avid long-time gamer, he is also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published on sites including IGN, TechRadar and many more.



Marish Academy Trust Newsletter

Issue 64 - May 2024

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 apps 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

SNAPCHAT

AGE RESTRICTION
13+



WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score), Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.



ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to someone online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®
#WakeUpWednesday

Source: <https://help.snapchat.com/en/gb/articles/22057823992-What-is-My-AI-on-Snapchat-and-how-do-I-use-it> | <https://www.snapchat.com/en/gb/whats-new/updates> | <https://www.nationalonlinesafety.com>



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/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.05.2023

Marish Academy Trust Newsletter

Issue 64 - May 2024

Some Useful Information

WHATSAPP GROUP CHATS ARE TARGETED BY FRAUDSTERS

Dear Subscriber,

WhatsApp group chat members are being warned they could be targeted by criminals, as Action Fraud reveals it has received 646 reports from victims of the messaging app this year.

The fraud often begins when a member of the group receives a WhatsApp audio call from the fraudster, pretending or claiming to be another member of the group. This is done to gain the individual's trust, and often the scammer will use a false profile picture and/or display name, so at first glance it would appear to be a genuine member of the group.

The fraudster will tell the victim they are sending them a one-time passcode which will allow them to join an upcoming video call for group members. The criminal then asks the victim to share this passcode with them so they can be "registered" for the video call.

In reality, the criminal is asking for a registration code to register the victim's WhatsApp account to a new device so they can take over their account.

Marish Academy Trust Newsletter

Issue 64 - May 2024

Some Useful Information

Once the fraudster has access to the victim's WhatsApp account, they will enable two-step verification, which makes it impossible for the victim to regain access to their account. Other members of the group, or friends and family in the victim's contacts, will then be messaged asking them to transfer money urgently as they are in desperate need of help.

How to secure your WhatsApp account:

Set up two-step verification (2SV) to give an extra layer of protection to your account. Tap Settings > Account > Two-step verification > Enable.

CALL. If a family member or friend makes an unusual request on WhatsApp, always call the person outside of WhatsApp to confirm their identity.

Report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions.

If you live in England, Wales and Northern Ireland and have been a victim of fraud or cybercrime, report it at www.actionfraud.police.uk or by calling 0300 123 2040. In Scotland, victims of fraud and cybercrime should report to Police Scotland on 101. Find out how to protect yourself from fraud: <https://stopthinkfraud.campaign.gov.uk>

***Message Sent By
Action Fraud
(Action Fraud, Administrator, National)***

Marish Academy Trust Newsletter

Issue 64 - May 2024

Some Useful Information



Slough Healthy Smiles 

Happy Smile Month!

Try these three steps to help keep your teeth and gums healthy  

1

Brush your teeth twice a day, before bed and at one other time



Use a fluoride toothpaste containing at least 1,350ppm



Spit don't rinse



www.dentalhealth.org/national-smile-month

2

Visit your dentist regularly, as often as recommended



3

Cut down on how often you have sugary foods and drinks



Marish Academy Trust Newsletter

Issue 64 - May 2024

Some Useful Information

HWS HEALTH & WELLBEING SLOUGH

Slough Healthy Smiles

MESSAGE FROM THE TOOTH FAIRY

National Smile Month
13th May - 13th June 2024
www.dentalhealth.org/national-smile-month

Brush your teeth twice a day

Use a fluoride toothpaste

Copyright OCDS Oxford Health NHS Foundation Trust

Marish Academy Trust Newsletter

Issue 64 - May 2024

Some Useful Information

CROSSROADS CARE DAY SUPPORT HUB

Your Choices Matter...

Are you looking for somewhere to meet new friends, catch up with old friends, learn a new skill and participate in fun activities?

If so, a warm welcome to our Day Support Hub. This Hub caters for people of all ages who are living in social isolation, those with care needs or those who just need a bit of extra help and support to take part in activities.

If you are able to and enjoy being in groups, join us in a safe, secure environment for lunch or a cup of tea, indoor & outdoor games & activities aimed at promoting independence, new hobbies and shared interests.

Qualified staff and kind volunteers are always at hand to provide support and encouragement.

Location:

Wexham Parish Council
Norway Drive, SLOUGH, SL2 5QP

Wednesdays & Thursdays 10am - 2pm weekly

Please contact us to find out about availability, cost or for any other information you may need.

CQC Registered to provide Regulated Activity
Crossroads Care Slough
The Corner House, 254a Farnham Road, Slough, SL1 4XE
01753 525796 info@sloughcrossroads.org.uk

REGISTERED CHARITY NUMBER: 1093472

Caring for
Slough

Marish Academy Trust Newsletter

Issue 64 - May 2024

Some Useful Information

Caring for Slough's Carers

Crossroads Care Slough is a charity which provides care and care-related services to Slough's carers and the people they care for.

We have been in Slough for 20 years and understand the diverse needs of our local community. As part of Britain's leading provider of support for carers and the people they care for, we are supported by a wealth of experience and expertise.

Your choice, your independence, your peace of mind

If you have care needs, or are a carer, we can help. We offer a choice of services for all age groups, disabilities and health conditions, which can be tailored to your particular needs. Our services include:

- Accompanied visits and trips, including appointments, classes and shopping
- Activities and clubs for children, young people with a disability and young carers
- Dementia and Alzheimer's care
- Emergency care planning and a 24 hour emergency respite service
- Free time. We provide care so that the usual carer can have some 'time off'
- Healthcare needs, medication prompts and prescription collection
- Help around the home, including meal preparation, assistance with mobility, sleeping and disturbed night care, social visits and companionship
- Personal care such as washing, dressing and incontinence care

Why choose us?

Our highly committed and well-trained team deliver caring to Slough every day – and have done so for the past 20 years. It is their enthusiasm and hard work that have led to our reputation for professionalism, quality of care and reliability.

Above all, we never forget that the needs of our clients always come first.



Out and about



In the home



Fun and Games



CareQuality
Commission



How we can help you

If you think that we may be able to help you, a friend or a family member, please contact us for a free informal chat. We can also visit you at home and, together with the person you care for, design a programme that best meets your needs.

How you can help us

Please get in touch if you would like to know more about any of the ways you could help us:

- Display or distribute our leaflets
- Join us as a Trustee or Volunteer
- Join as a Scheme Member
- Make a donation
- Introduce us to somebody you know
- Remember us in your Will
- Help us with fundraising

How to get in touch

Crossroads Care Slough
The Corner House
254a Farnham Road
Slough, Berkshire SL1 4XE

T 01753 525796
F 01753 691201

E info@sloughcrossroads.org.uk
www.sloughcrossroads.org.uk

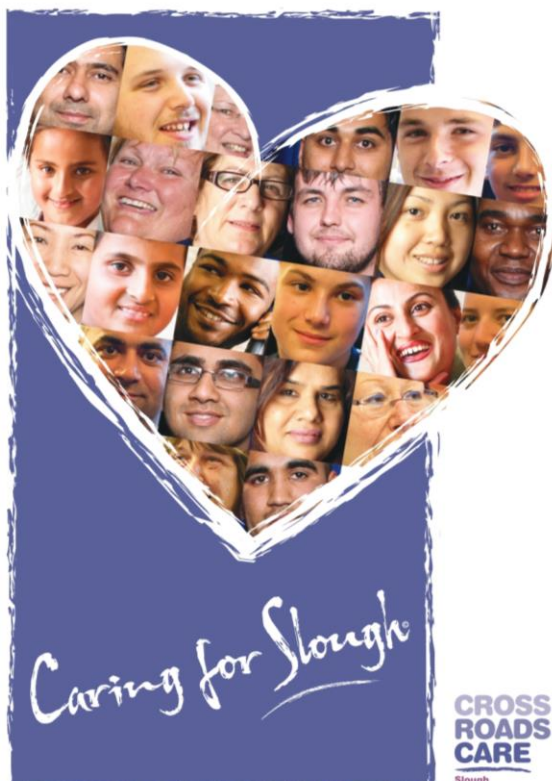
Caring for Slough

CROSS
ROADS
CARE

Slough

Charity registration No. 1090472

Slough Crossroads Caring for Carers is a company limited by guarantee registered in England number 04465478. Registered office: The Corner House, 254a Farnham Road, Slough, Berkshire SL1 4XE. The Crossroads Care trade mark is a collective mark.



Marish Academy Trust Newsletter

Issue 64 - May 2024

Some Useful Information

Confidence Building Fun

Try a FREE drama class

— My children have developed self-confidence, ease while speaking in public and a love of performing, which will be beneficial to them no matter what they choose to do for a career. Geraldine Zolynski



Reawaken your child's imagination

Perform's drama, dance and singing classes use the performing arts to

- ▶ Build confidence
- ▶ Boost concentration
- ▶ Enhance coordination
- ▶ Develop communication skills



Why try Perform?

- ▶ Unique performing arts-based games and exercises
- ▶ Focus on a different social skill each week
- ▶ Covid safe – full details at perform.org.uk/covid
- ▶ Small classes and feedback on your child's progress
- ▶ Specially created scripts, videos and apps to support your child's learning
- ▶ End of term presentation for family and friends



— I'm very impressed by the thoughtful way each session is run. It is great to know that Ethan is not just being 'entertained' for the hour but proactively being taught new life skills. Kate Whyley



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