




Marine Academy Primary and Nursery Newsletter March 2020

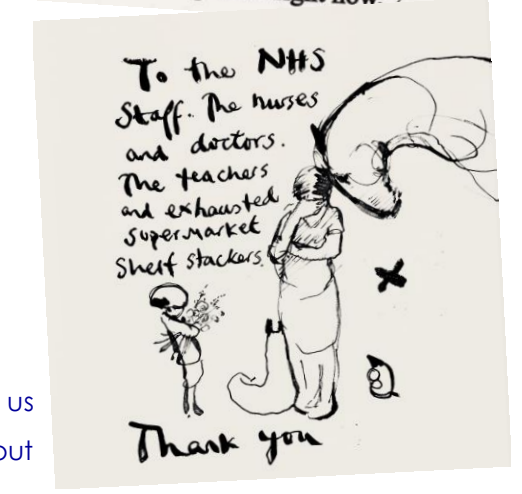
'Where Stars Shine Brighter.'
 ...providing an outstanding education that ensures all pupils reach their greatest potential and live by life's highest values.



Dear Parents/Carers of Marine Academy Primary and Nursery pupils,
 There are four words that I am sure will be the most used words of this year – Coronavirus, lockdown, isolation and unprecedented – and these will be talked about in History lessons in years to come! We started back after half term with a clear plan of the coming months ahead but amidst all of this, we have been navigating our way around the Coronavirus outbreak. What an extraordinary month March has been!



Last week the Primary and Nursery team were amazed by the amount of learning still going on at home! Yes Maths and English was being completed and other subjects too but we also saw photos of children baking cakes, doing some gardening, helping with the washing, jumping on trampolines and riding bikes! When the 'timetable' goes out the window, when you don't know the answers to your 8 year old's Maths questions, when your 2 year old scribbles all over the exercise books, don't be too hard on yourselves. The wellbeing of you and your children is the most important thing. Please do not worry if you do not complete the Home Learning Packs – they are being provided for if you would like to do them but as Parents, we know you will still do awesome activities with your children that will enable them to learn in many other excellent ways!



The last fortnight has been the most unusual time in education that any of us has seen. There has obviously been a fair amount of stress and sadness but also brilliance too!

The Primary and Nursery team have worked flat out to provide onsite provision, online learning activities, physical learning packs, responded to high levels of emails and provided support for each other. We have been blown away by how fantastic everyone has been and want to take this opportunity to thank you for your ongoing support and understanding. As a community we will be stronger when this is over and I am proud to be the Headteacher of such a fabulous school in such an amazing community.

Take care, stay safe and continue to be kind.
 Yours sincerely,
 Mrs. Siobhan Meredith



PE at Marine Academy Primary

The Spring Term is always a busier time for PE with lots of events taking place and children from Key Stages One and Two attended a few events! On Wednesday 4th March, 12 children from KS1 attended the first KS1 Indoor Athletics run by Plymouth School Sports Partnership at Eggbuckland Community College. The children took part in track and field events that included over and under races, relay races, balance beam, javelin and chest push.

On Friday 13th March, 15 children from KS2 went to Sir John Hunt to perform a dance routine they have been working on in Dance Club with Miss Jones and Miss Mansfield. The children have worked incredibly hard and enjoyed being able to share their routine as well as watch other schools perform theirs.

Sports Council worked hard this term! The children brainstormed activity ideas and worked together to plan Sports Relief. They helped fantastically during the day! In addition to this, the children have been working to learn a range of warm-ups that they will lead in their PE Lessons. After the Easter break, the children will begin to run sports activities with Pre-School, Reception and KS1. This is something the children love to do and it really contributes to their Personal Development as well as develops their character and leadership skills.

Friday 13th March saw the return of Sports Relief. Throughout the day, there were different activities and opportunities to fundraise. Including sports mufitti, a bake sale with biscuits decorated by Sports Council, Guess the Sporting Equipment, Penalty Shoot Out and an Obstacle Challenge. Thank you to everyone for taking part in the day and helping us raise money.

Marine Academy Primary raised £326.10 for Sport Relief! A huge thank you to everyone for their kind contributions.

Oxford
OWL



Understanding your child's Maths learning can be a frustrating experience, especially as it has been a while since parents were last in a Primary classroom! Oxford Owl have some brilliant videos to help you understand some of the language your children may be using at home and also some handy tips of you are able to support with Maths learning at home at the moment.

<https://www.oxfordowl.co.uk/for-home/advice-for-parents/maths-videos/>

Field Gun

The Academy's Field Gun Crew have been training hard this term, working on learning their positions and increasing their speed. Well done to all of them for their commitment and hard work!



As you know, Marine Academy Primary applied for the **Tesco Bags of Help Scheme** to help us enhance our Trim Trail further with a wobbly belt bridge! We were very fortunate and excited to have our application approved!

A huge thank you to everyone who voted for Marine Academy Primary since January! At the beginning of March, Tesco made the difficult decision to temporarily remove blue voting tokens and voting units from all of their stores to try and reduce physical touchpoints for colleagues and customers, affecting the voting round that we were a part of. Tesco did though decide to still award grants through their Bags of Help programme, splitting funds equally between the three charities in each voting region. This meant that Marine Academy Primary were successful in obtaining a grant worth **£1166.00!**



International School Award Reaccreditation

This term Miss Brunning, Ms Bell and two children from Year 4 and Year 5 had the pleasure of visiting the Lord Mayor's official residence on the Hoe to accept Marine Academy Primary's Reaccreditation of the International School Award. The International School Award rewards schools that have shown a commitment to embedding international awareness and understanding within their school.

At the award ceremony, there were officials from the British Council, who took great interest in the Spanish learning we do at Marine Academy Primary and presented us with a trophy, a big British Council flag and lots of goodies!

They enjoyed a tour of 3 Elliot Terrace, the official residence and learnt about Nancy Astor, first female MP, who bequeathed 3 Elliot Terrace and all the furniture in it to the City of Plymouth - a true inspiration indeed!

International Learning Opportunities

Following Marine Academy Primary's successful applications for funding with Erasmus+, Ms Bell is delighted to announce another successful bid from the funding body Connecting Classrooms.

The project will build on the great work our Wellbeing Ambassadors already do in the Academy and link with a school in Tankisinuwari, Nepal. The project will consider the importance of happiness, what happiness is and how it impacts on our lives. The Dalai Lama, is the name given to the spiritual leader in Nepal, he says, "Happiness is not something ready made, it comes from your own actions." It is a really exciting project and we look forward to starting it in the new academic year 2020/2021 and cannot wait for the children to be able to Skype their new partner school in Nepal!



At present many of the destinations, clubs and social spaces that we typically signpost people to are not as accessible as normal due to the spread of COVID-19.



Parents and families

- Visit childrensuniversity.co.uk/covid19 to view activities from our partners across the country that your children can do from home!

Learning destinations

- If you have resources we can share with children at home, email contactus@childrensuniversity.co.uk

The total books and words read by all children on Accelerated Reader currently stands at...
7,072 books and
21,646,137 words!

Reading



THANK YOU!
#LOVEREADING

A HUGE THANK YOU to all of you who purchased books at the Book Fair this year! We sold an amazing **£1337.06** worth of books which means we have over **£800** to spend on books for the Academy's Library! It's brilliant to know that so many children have new books to enjoy at home and we look forward to updating our Library stock once we're back in school as normal. Our next Book Fair will be at the end of November so watch this space!



SHOUT OUTS!

WE ♥ READING



A big shout out to our first two Year 1 children to access Accelerated Reader - Tia and Derin! They have only been quizzing for 3 weeks but between them have already passed 16 quizzes and read 23,673 words! Awesome!

A huge congratulations to Bear in Year 2 who has made fantastic progress with his reading recently! He has passed all of his quizzes and has been reading lots more at home - brilliant job Bear!



A massive well done to Lucy in 3LI who has taken her love of reading further and made her own story up about a monster on the loose at MAP! Fantastic creativity Lucy!

A big pat on the back for Max Davies who read 'How to Train Your Dragon' by Cressida Cowell and scored 10/10! Amazing Max, that is a very big book, you should be very proud of yourself!



READERS HALL OF FAME

These are children who have been reading and quizzing lots this month and have achieved an average score that's above 90% - well done them!

- 2AG – **Rosie-May** has passed 8 quizzes with an average score of **100%**
- 2AJ – **Honey** has passed 9 quizzes with an average score of **95.6%**
- 3LI – **Oliver** has passed 11 quizzes with an average score of **98.2%**
- 3JN – **Alfie** has passed 18 quizzes with an average score of **94.4%**
- 4AW – **Harry** has passed 6 quizzes with an average score of **96.7%**
- 4LG – **Ruby** has passed 10 quizzes with an average score of **98%**
- 5AD – **Bethany** has passed 4 quizzes with an average score of **100%**
- 5DM – **Lucy** has passed 7 quizzes with an average score of **92.9%**
- 6IC – **Georgina** has passed 4 quizzes with an average score of **95%**
- 6PB – **Millie** has passed 2 quizzes with an average score of **100%**

Top Ten Number of Words Read So Far:

- Ada (6IC) 1,633,037
- Harry (5DM) 1,173,889
- Jay (4LG) 1,005,030
- Daisy G. (5DM) 634,269
- Jacob (4AW) 502,099
- Ava (5AD) 486,195
- Gabriel (5DM) 476,179
- Reid (4AW) 366,418
- Ayda-Rose (4AW) 344,847
- Santiago (6IC) 323,459

I recommend...



The Smartest Giant in Town by Julia Donaldson

"I like this book because the giant helps all of the animals and is a kind and caring friend. I also like the colourful pictures and adjectives used to describe the animals! I would give it 5 out of 5 and would recommend it to everyone to read."

- Cerys, Year 2



Dog Man by Dav Pilkey

"I liked the book because it had good cartoons. It was also cool and funny."

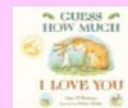
- Jake, Year 4



Guess How Much I Love You by Sam McBratney

"I'm giving this book 5 stars because it was my first book. Additionally, it is very sweet and a good book for other people."

- Bonnie, Year 3



The Boy at the Back of the Class by Onjali Rauf

"This book is about a refugee child who starts a new school. It is funny when the girl gives the new kid a lemon sherbet that is covered in fluff."

- Grace, Year 5



The Pier by Anne Curtis

"I like this book because it is adventurous. The fisherman goes on an adventure and it tells you lots of facts."

- Madison, Year 3



Using Accelerated Reader at Home

We have turned on quizzing at home for all children in Years 2 to 6. Children should have their own individual login details in their Home Learning Packs and must use the school's unique link to access their account and take quizzes:

<https://ukhosted106.renlearn.co.uk/6711304/>

Please encourage your child to take their quiz independently and unaided. If

they need some help, you can support your child in the following ways:

- ◆ Discuss the book with them while they are reading it.
- ◆ Ask them to read the quiz questions aloud to you or you can read them to your child.
- ◆ Re-word questions for them, if necessary.



Access Accelerated Reader eBooks Online for FREE!

In light of the school closures, Renaissance Learning, who provide Accelerated Reader, are giving **FREE** access to everyone to **myON** - their online database of quizzable eBooks and News articles.

This will enable children to read books on a device and quiz on them while they are unable to change their books at school. While reading the books online, children can choose to listen to it being read, skip to different pages, zoom in and out and can even use the online dictionary to look up words!

Visit <https://readon.myon.co.uk/index.html> and click on 'Start Reading' to give it a go! Please see the next page for some instructions on how to get started and to find the right book.



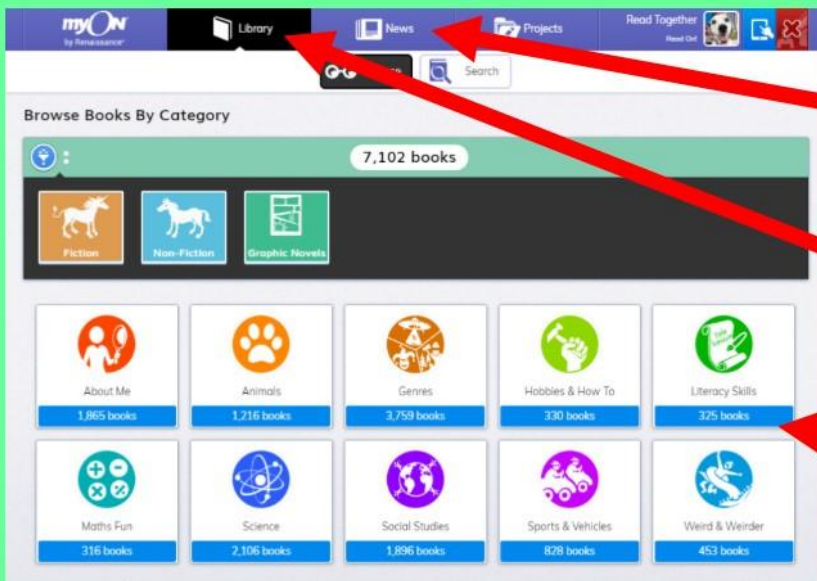
Accelerated Reader-quizzed books now available on



Access Accelerated Reader eBooks Online for FREE!

Children who are using Accelerated Reader can now read quizzable eBooks online for free at <https://readon.myon.co.uk/index.html>. Click on the link above and then select 'Start Reading'. You should then see this page :

DIGITAL LIBRARY

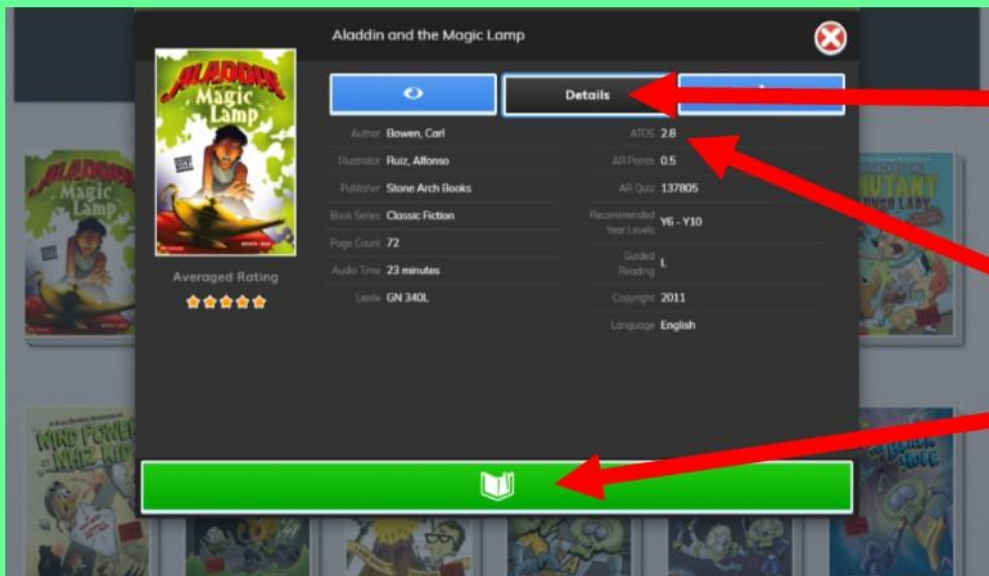
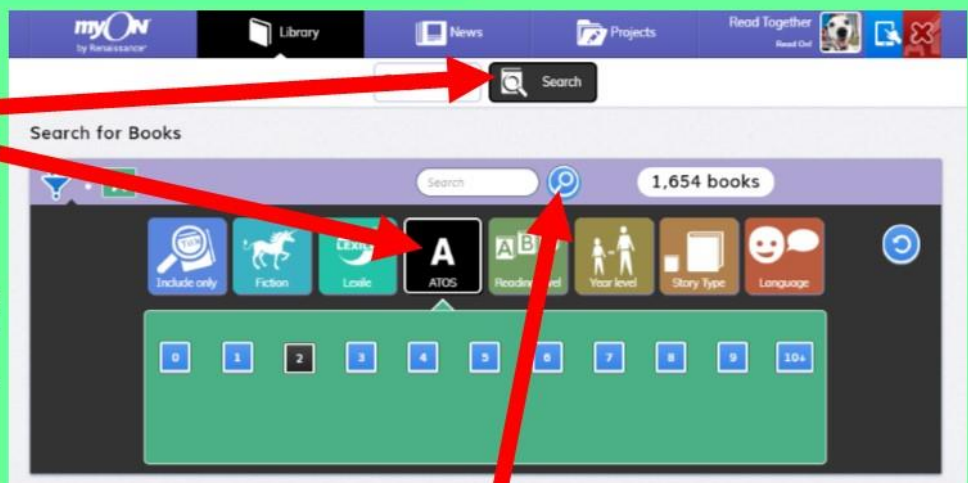


Click on 'News' to read child-friendly News articles - please note that Renaissance is an American company so most of the articles are American.

Click back on 'Library' to view eBooks.

Filter by genre or see below on how to search by Book Level.

To find books suitable for your child's Book Level (sometimes called ATOS), click 'search', then 'ATOS' then the relevant number. For example, if your child has a Book Level of 2.2 to 3.2, you could select 2 or 3 but 3 would be the higher end of their reading ability. Unfortunately you can't narrow it down further without selecting each book to view its level. You can also add other criteria including year level to ensure the content is suitable for your child's age. Then click on the magnifying glass to search using those filters.



You can see the specific Book Level of a book by hovering over the thumbnail, then click 'info', then 'i' for details. The ATOS level can be found here. Then once your child is ready to read, click the green 'read' button here and enjoy! If they take a note of the quiz number they can quiz after too!

38 Things

If there were ever a time to help build children's character, it is now! Don't forget that there are still many of your '38 Things' that can be achieved during this period of social distancing and self-isolation. Below are just some of the 'things' you can still achieve without leaving your home. Although we are uncertain as to whether we can still have a physical award ceremony this year, please rest assured that we will still be celebrating the completion of **all** booklets in some way... watch this space!

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Take a photograph	Make some biscuits	Play noughts and crosses	Make a walkie talkie out of string and tin cans	Play a game of Connect Four	Make someone breakfast in bed	Play a game of Charades
Make a healthy sandwich	Make and taste a healthy smoothie	Read a bedtime story to somebody in your home	Find where you live on a map	Write and perform a poem	Complete a 100 piece jigsaw puzzle	Learn and perform a magic trick
Taste a new fruit	Make a collage	Make a thank you card	Play a game of Ludo	Make a scrapbook of your favourite things	Listen to a piece of classical music	Change your own bed covers
Re-tell a story to an audience	Put on a puppet show	Create a shadow puppet show	Create a new dance move	Make a toffee apple	Read 'Harry Potter and the Philosopher's Stone' by J.K. Rowling	Send an email
Perform a song	Make a sock puppet	Do a coin rubbing	Read 'Stig of the Dump' by Clive King	Play hide and seek	Learn a new card game	Keep a diary for a week
Make a paper boat and see if it floats	Read 'Where The Wild Things Are'	Learn a poem off by heart	Compose a piece of music	Get out your baby photos and talk about them	Play Monopoly	Read 'Goodnight Mr Tom' by Michelle Magorian
Skip with a rope	Make a junk model	Put on a cape and pretend you are a superhero	Design and make a board game	Make a dessert	Polish a pair of shoes	Make a cup of tea
Make a leaf rubbing	Perform a dance	Read 'The Owl Who was Afraid of the Dark'	Eat something you've not tried before	Make a pizza	Learn to moon walk	Learn to convert your name into Morse Code

Early Years Developing Language

“small talk”

Little ways to make a big difference

Parents play a critical role in a child's language development. Studies have shown that children who are read to and spoken with a great deal during early childhood will have larger vocabularies and better grammar than those who aren't. Small Talk is a website packed with simple videos, tips and information to help parents of children aged 0-5 chat, play and read with their young child every day.

<https://small-talk.org.uk/>

Singing songs and rhymes with your young child is really good for them, as the rhythms and repetitive language make it easier for babies and young children to learn language skills. Your child will love hearing the same rhymes over and over again and will soon learn to join in with the actions. Singing and reciting with your child is also a great way of spending time with them. The National Literacy Trust have created a **Family Zone** where you will find ideas and guidance for simple activities and free resources that will engage your children at home, while also benefiting their language development.

<https://literacytrust.org.uk/family-zone/birth-4/>



Free School Meals

If your child is currently eligible for Free School Meals, we are committed to help you to access this provision. A Free School Meal is a statutory benefit available to school children of families who receive other qualifying benefits. If your situation has changed recently and to see if your child is eligible to receive free school meals please click on this link: [Plymouth City Council Free School Meals](#). During the closure of our school we have made provision to ensure those in our school community who are eligible to receive free school meals continue to do so and have provided Tesco vouchers, with the most recent vouchers being emailed to you and sent via Xpressions on Friday 27th March. These vouchers are allocated per child not per family and do not include Universal Infant Free School Meals, which all Reception, Year 1 and 2 families are eligible for. We are providing these vouchers for a number of reasons, in addition to all children who are eligible to Free School Meals (not Universal Infant Free School Meals), we have also provided vouchers to children who have had recent Social Care involvement, those who were previously eligible for Free School Meals, families who receive food hampers, have had a Foodbank voucher. If you feel that you do not need the vouchers then please let us know and we will look to allocate to another family. If you need additional support as your circumstances have recently changed then please contact us and we will try our best to help you in any way that we can!

Goodbye and Good Luck!

If we were at school at the end of Term 4 then we would have been saying 'goodbye' to Mr Pryce! Mr Pryce is relocating and will continue his teaching career in another school in Devon. We would like to thank him for his commitment to Marine Academy Primary over recent years and wish him the best of luck!

We also have another two teachers who will be leaving us for a period of time as they are beginning their Maternity Leave! Miss Codner and Mrs Critchlow are both due to their babies in April and we cannot wait to see photos of them. We wish them the best of luck on their new journey too!

Critical Workers

If you are a critical worker then please do confirm the provision needed for the week beginning Tuesday 14th April by 10:00am on Thursday 9th April. You can do so by emailing: primary@marineacademy.org.uk

This provision is strictly for critical workers who have no other adult at home to look after children and who are immediately required in the response to this virus.

If we have not already confirmed that you are a critical worker then when emailing, please attach a photo of your work ID page. We will endeavour to provide spaces for all children but please do understand that we need to ensure numbers are not too high to enable social distancing. If the number of requests exceeds our limit, we will have to prioritise the children and families who are offered the places, with certain job roles taking priority.

We would also like to say a massive thank you to all of our parents who are critical workers and are doing the jobs that they do to help our country fight against this international pandemic. THANK YOU!



STAY AT HOME

PROTECT THE NHS

save lives

Thank you!

Year 6 Geography Learning – Population

Year 6 truly had their Geography hats on this term to learn about Population. They kick started the topic by conducting interviews in Plymouth City Centre, asking passers-by for information about where they were from, how they travelled around the city, their views on the city centre and what improvements they would like to see in the city. The children were so respectful, polite and courteous – they were outstanding role models. The children built on this questionnaire throughout the unit, by discussing issues surrounding densely populated urban areas, sparsely populated rural locations and issues that arise as a result of significant changes to population. The children have shown they can apply high-level geographical vocabulary in discussion with their peers and respond to some tricky questions independently. Fantastic Year 6!



Reception Learning – Remarkable Robots

The Reception Classes have had a brilliant end to their topic 'Remarkable Robots' where each class created their own Robot animation! The children designed and created their own robot, scene and speech. The children used teamwork and collaboration when using the 'Stop Motion' app, directing how they want their video to look. These videos can be found on the [MAP Facebook page](#). All of the Reception Team were so proud of the children's dedication and enthusiasm.

Year 5 Geography Learning – Earth's Biomes

Whilst it was a short term, Year 5 ensured that they remained productive and focussed in all aspects of their learning. Letter writing was the focus of Year 5 English, which gave the children a clear understanding of formal and informal letters, including the layout and the language used. During their Maths learning, they have consolidated knowledge on fractions and also developed their learning of decimals. Earth's Biomes was a very interesting subject for Year 5 and encouraged a lot of thought provoking questions around how we look after our planet. The curriculum was enriched by our visit to Paignton Zoo, where the children took part in an engaging workshop, which focussed on how animals and plants adapt to particular climates within biomes around the world. They were able to hold and look at some exciting artefacts from all over the world too. Year 5 did a great job at displaying their musical abilities, as they all did amazing in their ukulele lessons.



Year 1 Geography Learning – To Plymouth and Beyond

While this term has been short, Year 1 have still packed in lots of exciting learning!

They started the term with a treasure hunt around school to discover landmarks around Plymouth. The following week, they extended their learning by actually seeing these landmarks from the top of an open double decker bus (the photo on the front page of this Newsletter is of them)! The weather was fabulous and they spotted Smeaton's Tower on the Hoe, the Tamar Bridge, Royal William Yard, St Andrew's Minster and lots, lots more...

They have enjoyed drawing maps in Geography and redesigning the local park. In Maths, they have been learning about height and length and had lots of practical experience of measuring things in centimetres! They have enjoyed "The Town Mouse and the Country Mouse", the story about two mice who swap homes for a while and then realise they prefer their own home best!

They look forward to getting stuck into 'Celebrity Sports Stars' next term!

Year 3 Geography Learning – Mountains, Earthquakes and Volcanoes

Year 3 were focusing on Mountains, Volcanoes and Earthquakes for their Geography topic in Term 4 and were lucky enough to have a visit from the Explorer Dome. The children watched a show all about Earth including the different tectonic plates and how they make earthquakes and volcanoes. It was very interesting and interactive. The children even got to smell what it would be like to be inside a volcano—it was very eggy... eww!



In Science, in Term 4, the children were learning about the life cycle of plants. They experimented with food colouring to see how plants absorb water. Then, they dissected plants to learn how bees and other insects transport pollen from plant to plant.



In the Home Learning Packs that either went home on Friday 20th March or were delivered to your homes, children were tasked with writing their Geography essays for this term. We hope they amazed you with their knowledge and excellent factual writing as much as they do us at the end of every half term! Well done superstars!

ARE YOU
ONLINE SAFETY
AWARE?

Online Safety

Each month, we will continue to share with you some advice to further support your child to be safe online. If you have any questions or queries then please do contact a member of the Primary Admin Team or email primary@marineacademy.org.uk to arrange a time to meet with Mr Ferry our Computing and Online Safety Leader. He will always be more than happy to help you out!

10 tips to stay safe online **TOP TIPS**

Not sure what advice to give your child? Our pointers have got you covered.

1. You should only talk to people you know and trust in real life – anyone can pretend to be a child online
2. If you do talk to people you don't know, don't give away personal information – like what street you live on or where you go to school, or share your location with them. Say no to any requests they send you for images or videos of yourself, and stop talking to them
3. Set your profiles to private, to limit what others can see
4. Be 'share aware' – think carefully about what you share and with who. Once it's out there, you've got no control over what the other person does with it. Remember, it's **illegal** to take, share or view sexual images of under-18s, full stop
5. Be mindful of your digital footprint. What you post online now could come back to bite you later, like when applying for jobs, college or university
6. If you see something upsetting, or someone bullies you, tell an adult you trust
7. Be aware that people will try to make their lives look more exciting online. There's a lot people can do with photo editing to make their photos look better. So don't assume everything you see is a true to life representation
8. Watch out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password
9. Take any content that glamorises gang lifestyles with a very large pinch of salt – it's not as glamorous as it looks. Be wary of schemes promising easy cash for receiving and transferring money too, they're almost definitely criminal activity
10. Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can get sucked into spending lots of money on them



Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety>



The **Houseparty** App has proven to be the number one app amongst young people in recent weeks. It's a video chat app which is available for iOS and Android platforms.

The concept is offering the experience of a real 'HouseParty' in which users can move between rooms - video chatting with others. Houseparty has been around for quite a while but it has had a real resurgence and is now iTunes' 'most downloaded free app'. As with all social media apps and platforms it's important for Parents/Carers to be aware of some of the risks and dangers on platforms and apps. With Houseparty, all chats are unmoderated within the app. Friends of friends can also enter rooms and join chats. The app does notify users however – when a stranger enters a room. Taking screenshots of videos and images is possible within the app and these could end up getting posted or shared across other social media platforms or the internet. Parents should encourage their children to keep their location private, be respectful and mindful of what they are sharing and posting within the app and that someone taking a screenshot of content is a real possibility. Encourage them to leave a Houseparty room if a stranger enters and keep chats private by using the 'lock mode' on Houseparty.



The coronavirus (COVID-19) outbreak is going to affect everyone's daily lives, regardless of their age, this may be a difficult time for children, some may react right away, while others may show signs of difficulty later on. How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. Negative reactions may include worrying thoughts about their health or that of family and friends. During this time, it's important that you take care of your family's mental health - there are lots of things you can do, and support is available if you need it. Below are some tips to help you in these unprecedented times.

Looking after your own mental health

As well as thinking about the children or young people in your care, it is important to take care of your own mental health and wellbeing. Children react, in part, to what they see from the adults around them. When parents and caregivers deal with a situation calmly and confidently, they can provide the best support for their children and young people. Parents and caregivers can be more supportive to others around them, especially children, if they are better prepared. Please visit [Every Mind Matters](#) for clear advice and actions to take care of your mental health and wellbeing during the coronavirus (COVID-19) outbreak.

every mind
matters

Helping children and young people cope with stress

Here are some key points to consider about how you can support your child or young person:

- ✓ **Listen and acknowledge:** Children may feel less anxious if they are able to express and communicate their feelings in a safe and supportive environment. Children and young people who communicate differently to their peers may rely on you to interpret their feelings. Listen to them, acknowledge their concerns, and give them extra love and attention if they need it.
- ✓ **Provide clear information about the situation:** It will not always be possible to provide answers to all the questions children may ask, so focus on listening and acknowledging their feelings to help them feel supported. The best way to achieve this is by talking openly about what is happening and providing honest answers to any questions they have. Explain what is being done to keep them, including any actions they can take to help, such as washing their hands regularly. Use words and explanations that they can understand and make sure you use reliable sources of information such as the GOV.UK or NHS website - there is a lot of misleading information from other sources that will create stress for you and your family.
- ✓ **Be aware of your own reactions:** Remember that children and young people often take their emotional cues from the important adults in their lives, so how you respond to the situation is very important. It is important to manage your own emotions and remain calm, listen to and acknowledge children concerns, speak kindly to them, and answer any questions they have honestly.
- ✓ **Create a new routine:** Life is changing for all of us for a while. Routine gives children and young people an increased feeling of safety in the context of uncertainty, so think about how to develop a new routine - especially if they are not at school:
 - make a plan for the day or week that includes time for learning, playing and relaxing
 - children need to ideally be active for 60 minutes a day, which can be more difficult when spending longer periods of time indoors. Plan time outside if you can do so safely or see [Change4Life](#) for some ideas for indoor games and activities
 - don't forget that sleep is really important for mental and physical health so try to keep to existing bedtime routines
 - it may be tempting to give them treats, such as sweets or chocolate, to compensate for being housebound, but this is not good for their health, especially as they will not be able to be to run around or be as active as they normally do - see [Change4Life](#) for ideas for healthy treats.
- ✓ **Limit exposure to media and talk about what they have seen and heard:** Children and young people, like adults, may become more distressed if they see repeated coverage of the outbreak in the media.

change
4 life



How children and young people of different ages may react

All children and young people are different, but there are some common ways in which different age groups may react to a situation like the coronavirus (COVID-19) outbreak. Understanding these may help you to know how to support your family. The common reactions to distress will fade over time for most children and young people, though could return if they see or hear reminders of what happened.



LIVE WORKOUT CLASSES

MONDAY

07:00 Les Mills Grit Cardio
10:00 EA30 Condition
14:00 EA30 Family Fitness
18:00 EA30 Core

TUESDAY

10:00 EA30 Cardio
14:00 EA30 Family Pilates
18:00 EA30 LBT

WEDNESDAY

07:00 EA30 Condition
10:00 Mills Body Combat
14:00 Les Mills Born to Move
under 6yrs
18:00 Les Mills Grit Cardio

THURSDAY

10:00 EA30 Core
14:00 EA30 Family Pilates
18:00 Les Mills Body Combat

FRIDAY

07:00 Pilates
10:00 EA30 LBT
14:00 EA 30 Family Fitness
18:00 EA30 Core

SATURDAY

10:00 Pilates
14:00 Les Mills Born to Move
under 6yrs
15:00 EA30 Conditioning

SUNDAY

10:00 Les Mills Body Combat
14:00 EA30 Family Pilates
15:00 EA30 Barre

everyone
ACTIVE

To help everyone stay active at home, Everyone Active are hosting a range of live classes each day on their main Facebook page – <https://www.facebook.com/everyoneactive> - the family sessions are available live and on their page afterwards. This is a great alternative or addition to Joe Wicks Live.

"Everyone is a bit scared,"
said the horse



"But we are less scared
together."

Dear Marine Academy Primary and Nursery children,

I am writing to you because most of you have already had at least one extra week off of school prior to the Easter break and this is because of the Covid-19 virus spreading around.

We do not know when we will be able to open the school again and when you come back lots will have changed at school; it won't be Spring anymore and you might even come back into the next year group and there might even be new teachers to get to know. But lots and lots of things won't change.

All of the adults at Marine Academy Primary and Nursery will carry on thinking about you every single day. We will laugh at the funny things you have done, and will wonder if you are still getting better at your fancy handwriting and what you are reading now. We do hope as well, that you are doing the very important job you have been given to help stop the spread of germs and are washing your hands really well! We will carry on planning learning activities for you to do and we will continue to be excited to see all of the photos that your families share with us!

I want to tell you two important things. The first one being, don't be frightened. You may hear some things that you are worried about but these are not worries for you. Tell someone you trust about your worry and let them look after you. The second one is that there are some good things happening in amongst the bad and even though you may begin to miss school, you can still learn lots of new things and try your best at everything you do when you are at home.

You are a very special bunch of people! Please keep singing, playing, making, drawing, writing, problem solving and learning about our amazing world. Everyone is on an adventure now and all adventurers must be brave! Please remember: Work Hard, Be Kind and Amazing Things will Happen!

From Mrs Meredith :)

Year 4 Geography Learning – Migration

Year 4's topic from last term was 'Migration'. To enrich their learning, they completed the Mayflower 400 Digital Trial. The children found out that the walk that they took was actually the final walk the Pilgrims would have taken before they left their final port for the New World. At each destination, the children stopped to listen to facts and draw an observational drawing of the location. It was a pleasure taking the Year 4's on the trip as they showed great enthusiasm to learn and showed off their beautiful MAP Manners to members of the public!



Year 2 Geography Learning – Let's Go to China!

Marine Academy Primary's Year 2 Children had a fantastic morning at Plymouth Trawler Agents in March. The children were able to look at all of the different fish which are caught off the shore of Plymouth and where they were sorted, weighed and stored. The children then learnt that Plymouth exports to lots of different places around the World as we have the purest oceans for sea life. The children even got to bid for their very own fish and ended up purchasing some Hake, Ling, Scallops and Plaice. They then visited Ryan and the catering team on Campus who cooked up the fish we had purchased. It was very tasty! What a wonderful way to enrich their Geography knowledge about Plymouth's exports and the World around us.



If you need any help or support throughout school closure then please do email the Primary Team on primary@marineacademy.org.uk and someone will get back to you as soon as possible. The Reception Desk is not always manned and therefore voicemails will not always be picked up as quickly as normal.

Pre-School Learning – Helpful Heroes

Pre-School have loved their current topic 'Helpful Heroes', they have enjoyed talking about all the 'heroes' that help us everyday. They even had a visit from a Policeman with his police car and from Piper's Dad and Maisie-Jane's Mum who are paramedics, they even brought an ambulance. During these visits the children had the opportunity to ask lots of questions about their jobs, how they keep people safe and also were very lucky to go inside the ambulance and police car. They even put on the sirens! The children learnt the importance of calling 999 but only in an emergency! These experiences has really helped to support and extend their learning. We have some of our very own 'Helpful Heroes' in the making!

