



Marine Academy Primary Newsletter

November 2021

'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 pupils,

November has been an exciting month at Marine Academy Primary and I am so proud of how well the community pulled together to raise a huge **£2,394.19** for Children in Need. Our fundraising efforts were also featured on BBC Spotlight! This month also saw a large number of curriculum enrichment activities and opportunities to further develop our children's cultural capital, including some of our talented artists taking part in the Illuminate Light Festival; Year 6 visiting Dartmoor Zoo; Year 3 completing a comparative study of St Budeaux and Calstock for their Geography Fieldtrip; thirty children from Years 2 to 6 watching Matthew Bourne's 'The Nutcracker' at the Theatre Royal; Year 4 going on a Geography Fieldtrip to Burrator where they measured the depth of the river at different points and even more!

Due to the pandemic and resulting disruption to learning, you will have noticed that this year, as we did last year, have to have a slimmed down number of Christmas events. The Christmas Dates have been emailed to everyone already but in case you have missed them, they are also included in this Newsletter. We will also have a Christmas Raffle this year, run by our very own FaTMAP (Friends and Teachers of Marine Academy Primary)! A big thank you to everyone who has donated amazing prizes for our Christmas Raffle so far. If you have any prizes or you work for/know of a company that would be willing to donate a prize, please email us at primary@marineacademy.org.uk. FatMAP will be selling raffle tickets every morning from 8:30 until 8:55am outside of the MULA during the week of the 6th December. The raffle will be drawn on Friday 10th December.

Thank you all for your continued support of the Academy. Here's to a delightful December full of festive joy and wonderful learning!

Yours sincerely,

Mrs Siobhan Meredith

FORTHCOMING EVENTS...

Dates for your Diary

1st December – Each class will have a post box for the children to post Christmas cards into for their friends. Cards can be posted into the post box each day of the week and then they will be kept safely and passed out to children each Monday (please ensure the children's names and class are clearly written on the envelope).

2nd December – 28 children from Pre-School to Year 1 to watch 'The Man who Wanted to be a Penguin' at the Theatre Royal Plymouth

2nd December – Academy Parliament Representatives to visit the Lord Mayor at the Council Chambers

Week Beginning 6th December – FaTMAP to sell Christmas Raffle tickets from outside the MULA during Early Morning Learning

6th December – Christmas Video Filming! Children are to wear their uniform on this day still but are to bring in a Christmas accessory (headband, tinsel or Santa hat) to wear as well please.

7th December – Nasal Flu Vaccinations for Reception to Year 6

8th December – Choir to perform at Dementia Friendly Carol Concert at Stonehouse Minster Church

8th December – 30 children from Key Stage 2 to watch 'White Christmas' at the Theatre Royal Plymouth

10th December – Christmas Jumper Day

14th December – Years 2 to 6 to watch Rainbow Theatre Christmas Pantomime in the Hall

15th December at 9:30am – Reception Nativity: 'It's a Baby'

15th December – Christmas Lunch

17th December – Muffin and all children (including Turtle Class) finish at 1:00pm for the last day of term

Year 6 – November was another great month of superb learning from Year 6! In our topic, 'Fieldwork', the children have learnt about the varying work geographers can do and have been learning to read maps through 4-figure and 6-figure grid references. Our class book, 'Street Child', has also brought some brilliant discussion around life in the Victorian era, to now, and then relating that back to last term's topic. We then finished the month with a trip to Dartmoor Zoo, where the children had a workshop on classifying creatures and then got to go round the zoo. Well done Year 6 for another great month!

Reception – The Reception children have absolutely loved their new topic 'Blast Off!' They have enjoyed role playing in their very own space station, as well as creating their own books with facts that they know about space. The children have enjoyed building rocket ships; focused hard when labelling aliens as well as showing creativity when making alien handprints. It has been wonderful to see the amazing progress in Phonics, where children are now reading and writing words - what superstars! It has been brilliant to see the children learning the order of the planets in the solar system. We have some enthusiastic astronauts in the making! We are also very proud of all the Reception children as they went on their first trip to the woods. They were super role models and had a brilliant time.

Pre-School – The children in Pre-School have loved learning all about 'Awesome Autumn'. They have been making art with sticks, using a range of craft materials to create Percy the Park Keeper's animal friends, and got their hands sticky while making bird feeders. They have loved listening to the stories of Percy the Park Keeper by Nick Butterworth and even went on an Autumn walk. During the walk, they found a range of different coloured and sized leaves and listened carefully to the birds they could hear. Penguins and Puffins are getting into the Christmas spirit and looking forward to learning about how we celebrate Christmas. The children are working hard to create a special treat for you.

Year 4 – What a great month the Year 4 children have had! They have worked hard across the entire curriculum which has been wonderful to see. The children have delved into their Geography topic 'Rivers' and have become real explorers of the world! Their trip to Burrator Reservoir was a real highlight which allowed the children to understand how rivers determine our landscapes and just how much of an impact erosion can have on significant landforms around us. We can't wait to read their end of unit essays as we are sure they will contain some fantastic facts which they have retained. In English, the children have learnt lots of new aspects of grammar which they used in their final write, where they had to describe their journey to school. In Maths, the children have developed their knowledge on addition and subtraction (including some large calculations!). It proved to be tricky but with perseverance, the children developed a great understanding and will be able to use this knowledge in future learning across the curriculum. What a wonderful month of learning, Year 4!

Year 1 – What a great start to Term 2! We kick started the term with a local trip to The Box, where the children enjoyed taking part in the Mayflower workshop. Year 1 have been working very hard with the introduction of their new topics. This term in our Geography learning, we have focused on our immediate location. The children have discovered the key features of a map and how they help us. They have also looked at the aerial view of our school and even had a go at drawing their own. In Design and Technology, the children have been designing a model of a Roly Poly. They are hoping to make these using the cutting and sticking processes they have learnt. DEAR sessions have been fantastic this term, with children bringing in books from home that they love to share with others. Keep up the awesome attitude to learning Year 1!



Year 3 – Year 3 have had such an exciting return to learning with trips to The Box Museum and St Austell Cinema as retrieval practice for their History learning from last term. In addition, the children have an exciting opportunity to undertake field work studies in St Budeaux Square and Calstock as part of their Geography learning. Furthermore, the children have made an excellent start in their Science learning discussing healthy bodies and the importance of a balanced diet. The children have continued their super learning in English and Maths since returning from half term.

Year 5 – Year 5 have had an excellent month with high-quality learning being produced across the curriculum and they have shown super enthusiasm towards the range of experiences they have had, including Day of the Dead, Odd Socks Day for Anti-Bullying Week and Children in Need. In English, the children have worked hard on their voyage themed stories after reading Gulliver's Travels and practising the high-level writing techniques included within the book. In Maths, they have completed a Statistics unit, where they were drawing and interpreting line graphs and completing tables. In addition, they identified factors, multiples and prime numbers drawing upon their times tables knowledge to assist them. Year 5 have enjoyed reading Kensuke's Kingdom in Guided Reading, whilst they have demonstrated technical skills in their Taekwondo sessions during PE. This term, Science has focused on exploring the properties of materials, therefore the children have completed some interesting observations and analysis by making comparisons between different types of foam and exploring the hardness, elasticity and absorbency of many everyday materials. Also, they have investigated the factors that affect dissolving by creating a range of solutions. Year 5's Geography topic is 'Slums' so they have learnt about the definition of a slum, the reasons for migration to them and the challenges that they present for their inhabitants. The children are in the process of designing and creating a water filter model, which will help them to empathise with the limited accessibility to water in many areas of the world. Overall, it has been a fabulous November and the year group are looking forward to the fun of the festive period.

Nursery – This month in Turtle Class, we have had a great time learning about our new topic 'Hey Diddle, Diddle'. The children have been learning this term's Nursery Rhyme, Hey Diddle Diddle, as well as a new song called '5 Little Cows'. They have been creating moon pizzas and have taken part in a dish and spoon race. The children have also been exploring various musical instruments this month including a fiddle - each child had a turn exploring the different sounds the fiddle makes.

Turtle Class also had an incredible week, in November, celebrating World Nursery Rhyme Week. The children have been singing a different Nursery Rhyme each day and taking part in activities around that particular rhyme. The children have enjoyed matching the body parts, painting with carrots and hands, going on a spider and animal hunt, winding up the bobbins, making bunny masks, sleeping and jumping like bunnies and following animal footprints. We look forward to taking part again next year!

The children have already had so much fun this term and can't wait to explore more fun activities in December!

Year 2 – All of the Year 2 team have been super impressed with all the fantastic learning that the children have completed so far this term! During our Science learning the children have been really excited to use the magnifying glasses to examine 'mini worlds'. During Geography, we have been learning about the seven continents and five oceans and to help with this we listened to a catchy song! In Maths, the children have continued with their fantastic effort and have been solidifying their learning on addition and subtraction. They have also been deepening their knowledge by adding two-digit numbers to a one-digit number whilst crossing tens! During English we have been learning about the story 'Daisy Doodles.' This has entailed learning about expanded noun phrases, adverbs, conjunctions and even alliteration! As always, thank you for your continued support and we look forward to another busy, exciting term!

Apply for a School Place

If your child was born between 01 September 2017 and 31 August 2018, they will be due to start Reception in September 2022. If you would like them to join our Marine Academy Primary family, you must apply through Plymouth City Council for their place (even if they already attend our Pre-School). You can apply [here](#) until 15th January 2022. If you know anyone who has a child that starts school in September 2022, please do share this information with them. You can find more about life at Marine Academy Primary [here](#).



Odd Socks Day for Anti-Bullying

On Monday 15th November, Marine Academy Primary children took part in Odd Socks Day. Children wore their uniform with a pair of colourful and odd socks to show their support for anti-bullying. It was a great way to celebrate what makes us all unique and sends an important message that we should all be allowed to be ourselves free from bullying and helped us to celebrate Anti-Bullying Week in a fun and positive way. It was also a great opportunity to promote positive messages about anti-bullying, raise awareness of the different forms of bullying, for the children to understand what it means to be bullied, what bullying feels like and the difference between banter and bullying, especially online. Our aims for Anti-Bullying Week were to support our children to understand:

- That they should celebrate what makes them and others unique
- That bullying is Several Times On Purpose (STOP) and is a behaviour choice that is never tolerated
- How important it is that every child feels valued and included in school, able to be themselves, without the fear of bullying
- The importance of safe environments where children can be themselves
- The definition of respect
- That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other
- That we all need to choose to respect each other both face to face and online.



The more that you read,
The more things you will know.
The more that you learn,
The more places you'll go.
-Dr. Seuss

We Are Readers



TOP
10

Number of Words Read This Month:

1	Chloe (5LI) 526,866
2	Aashna (5LI) 282,729
3	Jay (6DK) 213,898
4	Joshua (5LI) 176,404
5	Ryan (6DK) 160,139
6	Jacob (6AW) 156,585
7	Ava (5AD) 134,676
8	Reid (6AW) 131,535
9	Leela (6DK) 109,427
10	Silun (4AV) 109,227

The total number of books and words read by children on Accelerated Reader so far this year currently stands at...

3,611 books and 14,875,814 words in just 3 months!

WOW!

SUPER READER SHOUT OUTS!

It has been another amazing month for reading and quizzing on Accelerated Reader! Well done to these superstars who have been quizzing lots and scoring high!

Carter (RHR), George (RAF), Llwyd (1MM), Harrison (1SA), Hadley (2CW), Adeogo (2TG), Ava (3CC), Khloe M (3JN), Poppy (4AV), Harrison (4LG), Darcy (5AD), Isla-Rose (5LI), Talon (6AW) and Sophie (6DK)!

Big congratulations go to Logan in 5AD who has become our latest Word Millionaire! Well done Logan, it's a fantastic achievement!

There are lots more children getting close to a million and two million words, who will be next? Good luck to them all!



Book Chat

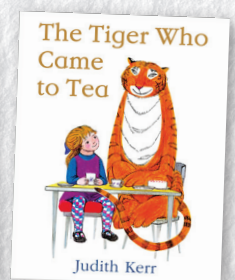
Developing a Love of Reading



Book Chat encourages readers. Open questions, comments and prompts get the Book Chat going. Invite your child to make connections and share views.

Join in with your thoughts too!

Book Chat develops language, comprehension and pleasure.



For more information visit:

bit.ly/RfPHome



The Open University



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 virtually meet with Mr Ferry our Computing and Online Safety Leader. He will always be more than happy to help you out!



How to Protect Children from Online Harm

NWG Network is a specialist national organisation with over 14,500 members set up to fight child exploitation by working collaboratively with local and national services across all sectors. They have a skilled team to work with practitioners to achieve the best outcome for children subjected to or at risk of child exploitation. The NWG Network and Marie Collins Foundation have teamed up to help parents understand online harm. Learn how to minimise the risks and what you can do to help your child if you discover they have been the victims of online sexual harm.

What is online harm?

Simply put, it is any behaviour online that causes harm. This could be physical, emotional or sexual. Online sexual harm includes:

- Sexual abuse and exploitation
- Grooming: Someone befriends a child and builds trust so they can sexually influence them
- Sending or receiving sexual photos or messages
- Sextortion: Someone threatens to publish sexual images or information about another unless they do what they say
- Encouraging a child access adult pornography websites.

How is it different from exploitation offline?

We know that sexual abuse is harmful regardless of where it takes place. Despite the similarities between online and offline sexual abuse, there are some differences.

Online interaction can give the offender greater access to the child. Family members can be in the background, downstairs or in other rooms and not know that abuse is occurring. This may be due to some parents not realising what their child is doing online or because they are unaware of the consequences.

An element to online sexual abuse is that it is often recorded and shared. This adds to harm of the child because they may feel embarrassed or ashamed, blaming themselves for the abuse. The child may become anxious and worried the offender will share pictures or videos with others. Survivors of online sexual abuse are often fearful that images of them will 'resurface'. This fear can stay with them into adulthood.

How do offenders target young people online?

Offenders are skilled and motivated to target children through the internet. They can be of any gender, age or sexual orientation and gain access to a child by manipulating or grooming them.

Grooming is when an offender starts interacting online with a child by taking an interest in them, forming friendships, and finding out about their interests, home, family and friendship groups. During this process, the offender will be testing out a child's response. This may start as subtle and then may move into more sexual or coercive conversations. However, it can also be more direct with the offender moving onto another child if they are not getting the response they want.

As in the offline world, offenders will want to be where children are. Not all offenders pretend to be someone else or younger. They may engage children via social media, gaming and other apps. Offenders will target boys and girls from across all age ranges regardless of the child's backgrounds.

How do I report online sexual harm?

Contact either the police, social care or your the Designated Safeguarding Leads (DSL) Mrs Meredith or Mrs Jones if you have concerns. Your child will be anxious about who else knows and what they will do, so include your child where appropriate.

Save any messages or abusive images as evidence of the abuse

Do not communicate with the offender online.

A vast majority of professionals will have experience in dealing with these types of incidents and should be able to advise or escalate the concern to the relevant agencies depending on the level of harm.

It's important to think about support for you, your child and your family. There is only one person who is to blame for the abuse and that is the offender. Do not blame yourself or your child.

Balanceability is the UK's first afPE Approved Learn to Cycle programme for children aged 2½ years and upwards. The programme consists of structured session plans and other resources which are available to schools, leisure centres and local authorities.

Balanceability combines unique ergonomic balance bikes with a schedule of fun activities that build confidence, spatial-awareness and dynamic balance skills, enabling young children to cycle without ever needing stabilisers. 94% of children aged 4 to 6 years old are able to safely ride a pedal bike at the end of the programme.



Balanceability at Marine Academy Primary takes place in Pre-School, Reception and Year 1.



What is a Balance Bike?

A balance bike is a lightweight child's bike, without pedals, which facilitates balance and propulsion.

- 🚧 Children run along whilst seated, push off the ground to create forward movement and use a combination of their feet and hand operated brake to slow and stop safely.
- 🚧 Why not stabilisers? Many of us learnt to ride a bike using stabilisers which shows this way also works. Children can become reliant on stabilisers preventing them from developing balance skills. Once stabilisers are taken off the child needs to learn how to balance and steer all over again which can also affect their confidence on a bike.
- 🚧 Nearly half of the UK's children are unable to ride a bike by the time they turn six due to the increased pressures of modern lifestyles. Through a fun and safe introduction to riding a bike, Balanceability aims to 'embed in the psyche' of young children that cycling is a part of life.

Miss Rowe, Mr Ferry and Miss Codner are our Balanceability Instructors!



Here is a [link](#) to a Parent Guide for more information and tips on how you can help your child learn to ride a bike at home!

World Sporting Events Term 2

These are some of the sporting events that are happening across the world this term.

- Rugby League World Cup



Sport at Marine Academy Primary

The **School Games** is back this year after being paused during the last few due to Covid-19.



The purpose of the School Games is to reward and recognise a school's engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping Young People active.

We were awarded Gold in the School Games last time and hope to gain Gold again this year!



Summerhouse Services

'Supporting Brighter Futures'

Adult Family and Friends
Supportive Training Workshops

'Food For Thought'

Understanding & Supporting A Child Or Young Person With
Eating Difficulties

Tuesday 14th December

9.45 - 2.45

£30.00 pp (Introductory Offer)

Lunch & Other Refreshments Included

Venue Change - Saltash Social Club . The Mansion . Fore Street . Saltash . PL12 6JL

Come along to this friendly, relaxed and creative workshop offering you the opportunity to develop empathy and insights into the spectrum of eating disordered behaviour, from a young person's perspective. 'Look beneath the surface' of this emotive issue and develop your awareness and acceptance and learn safe and effective ways with which you might support a child or young person with these difficulties.

Hunting for 'monsters and gremlins', discovering the inner 'paradise chicken' and 'passing the pizza' towards better self image, are a few of the activities that you will have the opportunity to participate in, to gain insight into what helps and what hinders when supporting children and young people with eating difficulty.

Note: We are aware that this workshop may feel particularly challenging to access, so we make every effort to offer a sensitive, supportive and accepting approach. It may be relevant for you to be aware that your facilitator for the day has had their own lived experience of a serious and entrenched eating disorder in their earlier life and is a highly experienced therapist in the field of eating disorders. If you have any concerns before the day, please do not hesitate to contact Penny for a chat.

This workshop has been designed in response to identified need from parents, carers and friends of children and young people and is equally relevant if your young person does not have a problem with food, but you are concerned that the world in which they are growing up may trigger these issues at some point.

Outcomes

- Discuss and explore what constitutes and eating disorder from a Humanistic perspective.
- Develop insights to establish the link between a child and young person's eating problem and their emotional, mental, spiritual and environmental world.
- Argue the risks of making assumptions regarding children, young people and eating behaviour.
- Discover the relationship between body image, eating behaviour, environment and self esteem.
- Acquire creative and safe responding and support strategies to help a child or young person with an eating problem.
- Understand how to help children and young people with eating problems build resilience and self esteem
- Acquire relevant local and national signposting and support service awareness.



Summerhouse Services

'Supporting Brighter Futures'

Introducing 'Active Ears !'

Person-Centred, Active Listening Skills Workshops,
Promoting Positive Mental Health And Relationships
For Children, Young People And Those That Inhabit Their World



Being able to listen really well (actively !), with empathy and clear boundaries has been proven to be one of the most powerful, safe and effective ways of ... supporting personal mental health and wellbeing ... de-escalating strong emotions (as used by the Samaritans, Mind, NHS etc) ... building self worth and positive self-image ... developing healthy relationships ... promoting a supportive and healthy learning environment...Regardless Of Age !



We all like to think we are naturally 'good listeners', however, unless we have had some training and practice in the techniques and principles of 'active listening' and an awareness that it isn't just about using your ears, but of listening 'with your whole self', there is always lots of room for improvement !



The art of active listening is a 'job for life', so these supportive, interactive and enjoyable workshops will help get you on the road and begin to equip you with the straightforward, powerful skills with which to develop your listening confidence and holistically facilitate a supportive world for children and young people's mental and emotional wellbeing.

'Active Ears !' · Adult's One Day Workshop

Monday 13th December

10.00 - 3.30

Venue - Saltash Social Club .The Mansion . Fore Street . Saltash PL12 6JL

£56.00 per person

Lunch Provided



Please contact Penny on 07869173154 or email summerhouse.services@gmail.com to book a place or to enquire about delivery options to children or young people at your own venue. Prices on application.





Royal British Legion Poppy Appeal

Thank you for all of your donations to the Poppy Appeal this year. You raised a staggering **£638.90** – this is the largest amount that we have ever raised for the Royal British Legion! It is important that we play our part in helping our community to remember those who lost their lives on active service in all conflicts; from the beginning of the First World War right up to the present day, as well as all those who have served and their families. Once again, thank you.

Supporting all children of our British Armed Forces



Little Troopers is a registered charity supporting all children with one or both parents serving in the British Armed Forces, regular or reserve. They provide fundamental resources, initiatives and support to ease and aid repeated separation periods aiming to keep parent and child connected and bonded even when miles apart.

Little Troopers was founded to empower parents, to enable you, no matter where in the world you are based, to easily access specific resources and initiatives to help you support your little troopers at home.

Living the military life can bring unique challenges; moving home, moving school, periods of separation and deployments. Here you can find lots of hands on advice, fantastic resources and ways to get through those challenges. To find out how they can support you and your child visit <https://www.littletroopers.net/>



Uniform
Don't forget if you need any items of uniform you can purchase them from [The Schoolwear Shop Plymouth](#), who now stock our Pre-School uniform, or [Brigade](#). If you have any items of uniform that your child has grown out of and is in good condition, please let us know so that we can have a uniform give away towards the end of term.



Dojo Milestone Postcards

Each week a huge number of Dojo Milestone Postcards are posted to children's homes to celebrate the number of Dojos that they have achieved! We love seeing children with their postcards at home; please send photos of your children with their postcards to primary@marineacademy.org.uk or as a message to the [@MarineAcademyPrimary](#) Facebook page.



D A T E S
FOR YOUR DIARY



It's Beginning to Look a lot Like Christmas

Wednesday 1st December – from this day, the Christmas tree in the foyer will be made extra special as it will be decorated with the handmade decorations from all of the classes. In addition, each class will have a post box for the children to post Christmas cards into for their friends. Cards can be posted into the post box each day of the week and then they will be kept safely and passed out to children each Monday (please ensure the children's names and class are clearly written on the envelope). Please make sure that all cards are brought into school by Wednesday 15th December.

Monday 6th December – we will be filming a video that will be shared with families at the end of term to get you truly into the Christmas spirit! Children are to wear their uniform on this day still but are to bring in a Christmas accessory (headband, tinsel or Santa hat) to wear as well please.

Friday 10th December – Christmas Jumper Day. Children can wear their Christmas jumpers with trousers and shoes of their choice on this day. We would like children to bring a non-perishable item to school with them, which we will donate to the Foodbank at Tamar View Community Centre. Currently, the Foodbank are in need of: puddings (rice pudding & custard), crisps, treats (chocolate & sweets), squash/cordial, baby wipes/wet wipes, fruit juice (long life cartons), instant hot chocolate, pet food (cat & dog), deodorant/roll on (for men & women), washing up liquid and razors and shaving foam.

Wednesday 15th December – Reception Nativity: 'It's a Baby' at 9:30am in the Hall. Two adults per Reception child is invited to attend.

Wednesday 15th December – Christmas Lunch. Please click here and complete this [Microsoft Form](#) by Friday 3rd December, if your child would like a Christmas Lunch or if they would like the Vegetarian Roast instead. For those children in Years 3 to 6 having a roast dinner, it will cost £2.00 please (please make sure that this money is on your child's ParentPay account by Tuesday 14th December). If your child is in Turtle, Puffin or Penguin Class then they are able to book a Christmas Lunch, only if they are already due to attend the lunch session that day, and the cost will be added to your January invoice.

Friday 17th December – Children can wear mufti to school for their Class Christmas Parties. The Academy will close at 1:00pm for all classes (including Turtle Class). All children are to be collected by 1:00pm from their normal end of day collection point please.



Christmas
Holiday!

Multi-activity Holiday Camps for your children!

In every fun-filled activity, our fully qualified coaches prioritise safety and ensure every child goes home with another happy memory!



BOOK NOW AT:

premier-education.com/holiday-camps

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★ Trustpilot 4.8/5



Based on over 8,500 reviews



Safe around roads

“One act of bad driving robbed the world of a beautiful, intelligent and caring young person. Our lives have been turned upside down by our daughter’s death.”

Bereaved Dad whose daughter was killed in a car accident

It can be hard knowing how best to teach your child to stay safe. Here we help you to break it down and keep it simple.

Pedestrians – younger children

- Get young children into the habit of holding your hand or use walking reins
- Ask questions while you’re out to help them understand simple ideas like ‘fast’ and ‘slow’
- You can start teaching the Green Cross Code from age five, encouraging children to stop, look, listen and think
- But they won’t always remember safety rules, especially if they’re excited or spot a friend across the road
- Children will copy what you do, so try to avoid stepping into the road without checking for traffic first. If you can do the right thing, it will help them get into good habits.

Pedestrians – older children

- Children find it difficult judging the speed and distance of traffic until they’re at least eight. Accidents peak around 12, as children start making independent journeys
- Children learn by doing and practising. If they’re moving to a new school, help them practise the route over the holidays. Where are the safe places to cross? What should they do if they see their bus and they’re on the other side of the road?
- They can be mesmerised by their mobiles, so remind them not to talk or text on their phones or listen to music while crossing the road.

In the car

- Make sure your car seat is the right one for your child’s height and weight and for your car - not all seats fit all cars

Cycling

- Get your child into the habit of wearing their helmet. If you cycle as a family, remember to wear yours too
- Look out for cycle training. Many schools offer courses to help children gain practical skills.

Driving – speed is everything when it comes to a child’s chances of survival. They’re 3.5 times more likely to die if hit by a car doing between 30-40 mph.

- Keep an eye on your speed
- Keep your phone in the glove compartment so it can’t distract you.



www.capt.org.uk

@capt_charity

@ChildAccidentPreventionTrust

@CAPTcharity





Reverse Advent Calendar



1. Get a box for your items
2. Add an item each day 1st - 24th December

Ideas:

Men's deodorant
Ladies' deodorant
Hairbrush/comb
Shower gel, shampoo
Wet wipes, tissues
Men's/ladies' socks
Woollen hat
Gloves, scarf
Chocolate bars
Breakfast bars
Packet soup
Crisps, pot noodles
Custard/rice pudding pots
Small bottles of water
Coffee, drinking chocolate
Canned/boxed soft drinks



Thanks:

Your kind donation will help us support homeless, and other disadvantaged people in Plymouth

Contact:

To arrange delivery or collection of your donation: please call or text 07794555419, or email info@plymouthsoupapun.org.uk

3. Donate to Plymouth Soup Run