

# MARINE ACADEMY PRIMARY NEWSLETTER February 2024



**'Where stars shine brighter'**

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

Dear Parent/Carers of Marine Academy Primary pupils,

We hope that you all had a fabulous half term break, even with the less than ideal weather! The Marine Academy Primary team were all very excited to return for Term 4 and are looking forward to all of the character building activities and curriculum enrichment that is taking place in this latter part of the Spring Term.

Mid-way through this term, teachers will be hosting Children's Progress Meetings. Thank you to all of the parents and carers who have signed up to attend their child's Progress Meeting already; please do speak to a member of our admin team if you are struggling to book your meeting or you can book using this [link](#). The teachers all thoroughly enjoy having the opportunity to share your child's progress with you and it is an opportunity to see their learning books in person.

At Marine Academy Primary, our mission is to provide an outstanding education that ensures all pupils reach their greatest potential and live by life's highest values. Our own [Marine Curriculum](#), which is comprehensive, has a clear process of learning with specific learning goals for every National Curriculum subject, for personal learning and for international mindedness. Our curriculum sets out clear progression and application of skills across all areas.

Another way that we try to keep you informed about your children's learning is by emailing out Curriculum Letters to you at the end of each half term. This letter shares lots of information about what your children will be learning the following half term. If you have not had a chance to read the Curriculum Letter for your child for Term 4 then please follow this [link](#). Years 1 to 6 are all focusing on Geography, Music and Design Technology this term and we cannot wait to see the fabulous outcomes that they, and our younger children in Early Years, achieve this term!

Yours Sincerely,

Mrs. Georgina Reid and Mrs. Nicola Keeler  
Co-Headteachers

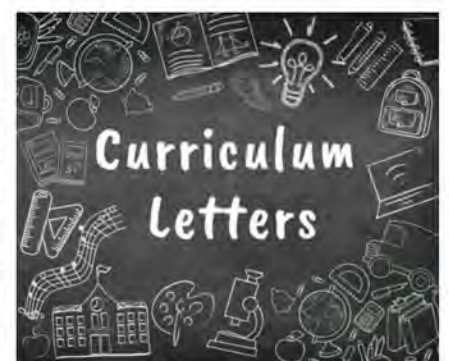
Booking is now open for Spring Term Children's Progress Meetings! Please click the link in the letter to book.



Please remember that these meetings are in person unless you let us know otherwise when booking.



**OUR MISSION:**  
TO PROVIDE AN OUTSTANDING EDUCATION THAT ENSURES ALL PUPILS REACH THEIR GREATEST POTENTIAL AND LIVE BY LIFE'S HIGHEST VALUES.



## DATES FOR YOUR Diary

**Thursday 7th March** - World Book Day - children are invited to wear their pyjamas to school on this day.

**Thursday 7th March** – 28 children from Years 4 to 6 to see Life of Pi at the Theatre Royal

**Monday 11th - Friday 15th March** - Parent/Carer Pupil Progress Meetings taking place - please see the letter that was sent out to book yourself in if you haven't already.

**Monday 11th - Friday 28th March** - Year 5 swimming lessons

**Wednesday 13th March** - Year 4 trip to Burrator

**Friday 15th March** - Comic Relief - children invited to wear muffin and Red Nose Day accessories on this day for a £1 donation.

**Tuesday 19th March** - Year 1 trip to Buckfast Abbey

**Wednesday 20th March** - Class 5JU to take part in a climate change workshop

**Thursday 21st March** - Class 5LG to take part in a climate change workshop

**Friday 22nd March** - Last day of Extra-Curricular Clubs for Term 4

**Tuesday 26th March** - Classes RHR and RTG trips to Kings Tamerton Woods

**Wednesday 27th March** - 14 children from Years 2 and 3 to see The Wizard of Oz at the Theatre Royal

**Thursday 28th March** - Last day of Term 4

**Friday 29th March** - Good Friday Bank Holiday

**Sunday 31st March** - Easter Sunday

**Monday 1st April** - Easter Monday Bank Holiday

**Monday 15th April** - First day of Term 5; Extra-Curricular Clubs begin again

**Monday 22nd April** - Class RHR Phonics in Action event for parents and carers

**Tuesday 23rd April** - Class RTG Phonics in Action event for parents and carers

**Wednesday 24th April** - Class 1CW Phonics in Action event for parents and carers

**Thursday 25th April** - Class 1SA Phonics in Action event for parents and carers

**Monday 29th April** - Year 2 and 5 Fire Safety Talk, and Reception Classes trip to the National Marine Aquarium

**Monday 6th May** - Bank Holiday: School Closed

**Monday 13th - Thursday 16th May** - End of Key Stage 2 Assessment Week

**Friday 17th May** - Last day of Extra-Curricular Clubs for Term 5

**Friday 24th May** - Last day of Term 5

**Monday 27th May** - Bank Holiday

**Tuesday 4th June** - First day of Term 6; Extra-Curricular Clubs begin again

**Tuesday 11th June** - Whole School 'Dream Big' day

**Wednesday 26th - Friday 28th June** - Forest and Beach Residential

**Friday 12th July** - Last day of Extra-Curricular Clubs for Term 6

**Thursday 18th July** - Last day of Term 6

# YEAR GROUP NEWS

## Terrific trips, super Science and marvellous Maths!

### Pre-School

Pre-School have really enjoyed listening to the story of The Three Little Pigs, which supports our topic 'What Can I Build?' this term. The children have particularly enjoyed building in our Construction Role Play Area. This term we have introduced some new learning areas into the classroom that the children have really engaged in.

During Independent Learning Time, the children have enjoyed exploring rainbow spaghetti in the sensory 'tuff spot'. In Maths, the children have shown real enthusiasm for singing number rhymes, such as, 'Five Little Men In A Flying Saucer', where they have used props using the singing basket. The children have also been keen to explore working with different Art materials in our enhanced Creative Area of the classroom.



### Reception

Reception have had a brilliant start to term by being immersed in their new story 'Tad', by Benji Davies. The children experienced their Book Hook on Monday, where there was an arrival of frogspawn! The children have been taking close observations of the frogspawn and are hoping that they will turn into tadpoles! It has been wonderful to learn about the life cycle of frogs and for the children to have a real-life experience of this. During their Literacy sessions, the children have been forming sentences and during Maths, they have been using positional language to describe where things are. During P.E, Reception have been developing their ball control skills. We are very impressed with the children's focus during Independent Learning Time, where they are keen to complete their challenges and impress their teachers. Well done Reception!



### Nursery

It has been lovely to welcome everybody back after half term and, despite the weather, we have enjoyed being back and embracing the rain with some puddle-jumping welly walks. We have also started our new topic of 'Row, Row, Row Your Boat', and we have been painting our own boats in a variety of colours. We have been matching coloured boats together and we have been exploring a tray full of water, boats and animals from the rhyme such as polar bears, crocodile and lions. We have also been excited to read our topic book, 'Open Very Carefully' by Nick Bromley; it's so interactive and fun! It has been wonderful to all be back together and explore such a fun topic; we can't wait to see what the rest of the term has in store for us!



## Year 2

Year 2 ended the term with a fantastic News report, where the children were able to recall all the facts they had learnt during History, by reporting on the key events of The Great Fire of London. In addition to this, the Year 2 team were blown away by the hard work and creativity the children had shown during the final week of English. The children were able to create their own dragon poem, along with beautiful watercolour illustrations. They looked incredible and will go in the class book corner as a poetry book for the children to read throughout the year. At the end of last term, the children had also worked hard to create their own 'Material Monster' in Science, discussing which materials were appropriate to use. In Maths, the children learnt about money, length and height. In Geography this term, we will be exploring 'Rainforests', where we hope to take a walk to our local temperate rainforest, 'King's Tamerton Woods'. Thank you so much for your wonderful animals that were created for the Home-Learning activity, they are looking incredible on our classroom displays!



## Year 3

Year 3 have been fantastic learners this month. The children planned, created and reviewed their Computing learning on Scratch by developing their own maze game. It has been great to watch the children's confidence grow from the first week of learning about the coding to the final week when they were able to play their games. In addition, the children have blown the adults in Year 3 away with their knowledge of the Shang Dynasty throughout their History lessons. The children spent the final week of last term planning and writing up a Shang Dynasty fact file to demonstrate the amazing knowledge that they have learnt. Finally, the children have been thoroughly engaged with Children's Mental Health Week. The children fully understood the importance of mental health and checking with friends to ask about their feelings.



## Year 1

While February is short, the children in Year 1 have made the adults around them extremely proud with the learning they are completing. This month, the children have continued to develop their number knowledge in Maths, focusing on numbers to 50 and breaking these in to 10s and 1s.

As part of their English learning, the children have continued to create their own innovated versions of stories, this term focusing on 'The Train Ride'. In Geography, children have started to grow their understanding of their local area of Plymouth and have enjoyed an open top bus tour of the city!

The children were super excited to see lots of landmarks that they recognised. They are looking forward to learning more!

Finally, in Science, we are delving in to the life of invertebrates, and enjoyed an 'invertebrate safari' to kick off this topic. We are looking forward to what March brings us in Year 1!



**Year 4**

February has been another busy and productive month for Year 4! In Maths, the children have completed their Multiplication and Division and their Perimeter and Area units. In addition, they have been practising their times tables every day and we have already seen super improvements in their recall.

In English, the children have now completed the first of their Poetry units and written their own biography based on the text 'Fantastically Great Women Who Changed the World' by Kate Pankhurst.

Science has been a real highlight this month. The children completed their States of Matter unit and have commenced the Electrical Circuits unit, which has begun with some exciting experiments!

Year 4 showed huge amount of respect as they learnt how followers of Islam worship in RE. In History the children learnt about the Anglo-Saxons and how Britain was ruled and changed during this period. Their end of unit 'Anglo-Saxon Chronicles' were packed full of super facts!



**Year 5**

February has been a very busy month for Year 5! To complete our 'Medieval Monarchs' topic, we made detailed and creative timelines, documenting the great and terrible reigns of the Medieval Monarchs. They looked brilliant, and it was great to see how much knowledge the children were able to retain. In Science, Year 5 have learnt about 'Magnetism' and they were particularly interested in 'Electromagnets' where everyone participated in an experiment to see how many paper clips they could pick up. The children rounded off the month by completing their Computing learning. They were able to use their 'Crumble' kits to write computer programmes to work lights and moving parts, culminating in creating their own revolving carousels! Well done Year 5 for working relentlessly this month to complete extensive and meaningful learning!



**Year 6**

Year 6 have had a brilliant month, full of enriched learning opportunities! In Maths, they jumped into their newest topics looking at Algebra and Decimals. In English, they have been studying the Harry Potter series, completing the unit with some amazing descriptive writing pieces!

In Science, the children finished their chemistry topic, enabling them to identify the difference between a chemical and physical change to an object. In Art, the children developed their ability to express their own personality, originating from Mayan art as inspiration.

In RE, the children's topic of Judaism was completed, taking them on a wonderful Faith Trail to the Piety Mosque, Plymouth Synagogue and St Andrew's Church. The children are also now regularly being exposed to SATS Practice Papers and are showing excellent determination and resilience to complete each one! Well done Year 6! You are making us very proud!



# In Other

# News

Our Academy Parliament visited Lord Mayor Mark Shayer at the Lord Mayor's office this month. They were great representatives for the school, asking lots of relevant, important questions whilst always showing their MAP manners. A huge highlight was looking around the council chambers where important meetings in Plymouth are held.

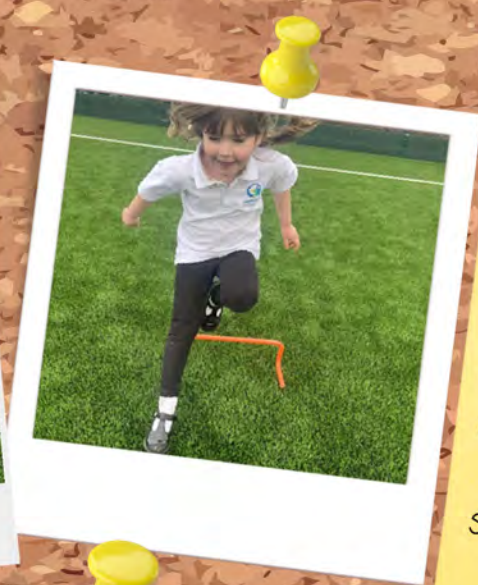


Thursday 22nd February was Founders Day, an important day worldwide for Scouts and Girlguiding. On this day, they celebrate Lord Baden-Powell's (and Lady Olave's - they shared a birthday!) birthday also known as Founders Day. The day signifies the Scout Movement, that was founded by Lord Baden-Powell over one hundred years ago. Children who are members of Squirrels, Beavers, Cubs, Scouts Rainbows, Brownies and Guides wore their outfits to school on the day.



The start of a new term always means it is time to award Curriculum Star badges! These are presented to children who have shown a love for their subject, demonstrating highly positive attitudes, motivation and commitment to the learning. It was fantastic to hear the children actively supporting and cheering for their peers when their names were announced!

Academy Parliament representatives celebrated LGBTQ+ History Month by holding an assembly. They wore brightly coloured clothes to show their respect towards the LGBTQ+ community. The children watching were very respectful and listened attentively. The assembly helped raise awareness about what is meant by LGBTQ+ and they spoke about inspirational people such as Elton John, Sam Smith and Tom Daley.



A group of Reception children participated in a Multi-Skills event with children from Tor Bridge Primary School, Ernesettle Community School and Laira Green Primary School at the start of the month. The children showed excellent collaboration and sportsmanship whilst showing off their abilities and skills!



The start of the month saw some of our Year 6 children go on a residential trip to Paris for three nights. They had an incredible experience, with some of the highlights include, travelling there via the Eurotunnel, climbing to the top of the Eiffel Tower and also spending a day at Disneyland, Paris! The children made memories that will last a lifetime.



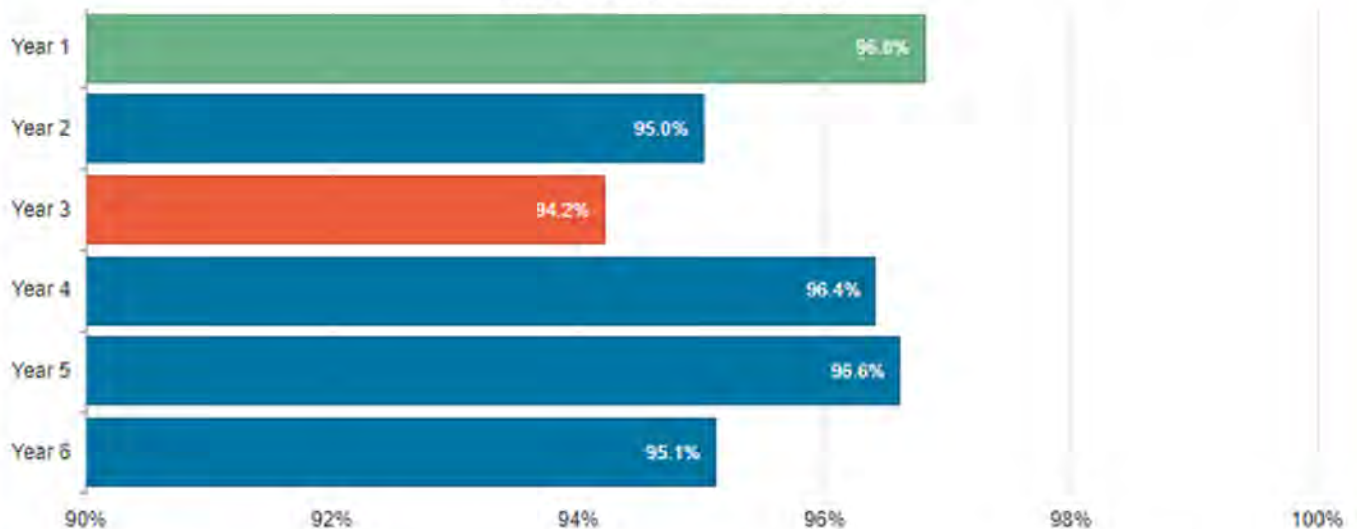
# ATTENDANCE

Attendance Matters



As a Trust, we have the highest aspirations for our attendance.

Here is our attendance for last term - a huge well done to Year 1 for having the highest attendance with 96.8%!



Please don't forget to contact admin if your child is unwell each morning of their absence.

Please don't forget to let admin know the reason for your child's absence e.g. cough, cold, sore throat.



**Disabled  
parking  
only**

## Parking on Site

We appreciate that at times, parking on site may be a challenge. Please can we ask that Parents and Carers are considerate of those who may need to use the disabled spaces on site.

Please can we ask that you **do not park in disabled spaces unless you have a blue badge** - this includes before school and after school.

Could we also ask that Parents and Carers are not parking in front of the double gates by MAP Reception. This is the access point for emergency services onto the site in an emergency.

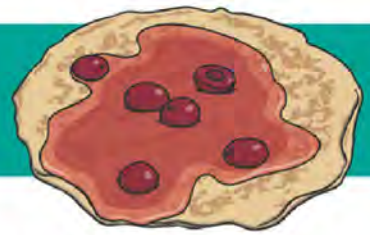


# Recommend a Recipe

We would love it if you could try these recipes at home and send in a picture of you eating the recipe with your families or a food review to [primary@marineacademy.org.uk](mailto:primary@marineacademy.org.uk).



## Pancake Recipe



### Ingredients

100g plain flour  
300ml milk  
2 eggs  
1tbsp caster sugar  
Lemon juice

### Equipment

Sifter  
Large mixing bowl  
Kitchen scales  
Measuring jug  
Measuring spoons  
Wooden spoon  
Frypan  
Spatula  
Stove

### Method

1. Sift the flour into the mixing bowl.
2. Crack the eggs into the bowl.
3. Pour the milk into the bowl.
4. Stir vigorously until smooth.
5. Pour a spoonful of the mixture into a hot frypan (you may want to use oil).
6. Turn the pancake when the bubbles begin to pop.
7. Serve sprinkled with lemon juice and sugar.



# ONLINE SAFETY

This month, we are providing further resources to support your child's online experience and informing you about the learning that is taking place within school.

If you have any further questions or concerns about e-safety, please contact our Computing leader, Mr Druce, by emailing: [primary@marineacademy.org.uk](mailto:primary@marineacademy.org.uk) FAO: Mr Druce.

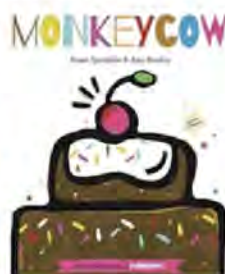
## ONLINE SAFETY IN SCHOOL

During February, children across the school completed e-safety lessons on Safer Internet Day and as part of their SMSC learning. Some of the topics covered included: the importance of asking for photo/video permission, protecting personal information, as well as carefully considering how to maintain a positive reputation online. Also, Mr Druce facilitated an online safety workshop for parents/carers, involving discussions about personal experiences and references to high-quality support such as the parental controls guides on the Internet Matters website.



### High-Quality Texts

There are many engaging and meaningful stories available that convey some important messages about online safety. Here are some recommendations of picture books that are suitable for children in different key stages, featuring topics like password privacy, online shopping and appropriate screen time:



## THINK U KNOW

This website has some excellent resources for structuring conversations about different online scenarios, such as gaming, uploading images online and live streaming.

Also, there are some fun games to play that reinforce the concepts.

<https://www.thinkuknow.co.uk/parents/home-activity-worksheets>

### Gaming



#### Conversation starters

- What games do you know about and/or enjoy playing online? Why do you like them or think they are popular?
- How would explain your favourite game to another young person? How would you help them play it safely?
- Do you talk to anyone when you're playing games online? Who do you talk to? What would you do if anything in a conversation made you feel worried or uncomfortable?

#### Pick one action to do as a family

- Visit our [CEOP Education website](#) and look for tips on how to be safer when playing games online.
- Visit the [Ask About Games Family Settings](#) webpage to find out how to set up and use family controls to limit who can contact your young people in a game and how long they can spend playing it.
- Visit [NSPCC's Online Games](#) webpage to find out more about the risks of online gaming and how to make it safer.

#### Fun family activity

Visit the [Family Game Database](#) to pick a new game to play together. Use the information on the website to find out how it works and whether it is a good fit for your family.

#### Play the game!

Use this as an opportunity to talk about the positive aspects of gaming online, as well as how you can stay safer while playing the game you have chosen together.

# What Parents & Carers Need to Know about DISCORD

AGE RATING  
**13+**

Servers and channels marked as 'NSFW' require users to be 18 or older to join.

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

## WHAT ARE THE RISKS?

### CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

### DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

### INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

### ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

### CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

## Advice for Parents & Carers

### REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

### EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

### SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

### MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

### DISCUSS GOOD ONLINE BEHAVIOUR

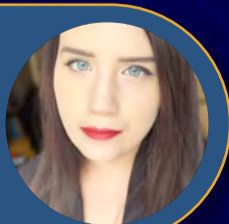
The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

### HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

## Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at [gmw3.com](http://gmw3.com): a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.



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Sources: <https://www.defendyoungminds.com/post/dangers-of-discord-6-steps-safeguarding-teens-on-popular-chat-app/> | <https://support.discord.com> | <https://endsexualexploitation.org/articles/discord-is-a-haven-for-gamers-and-sexual-exploiters/> | <https://kotaku.com/discord-deleted-thousands-of-violent-extremist-and-crim-1846623284>

# What Parents & Carers Need to Know about

# TWITCH

Twitch is a livestreaming service which tends to focus on gaming. Users can publicly broadcast their gameplay and commentary online for other users to watch. It's a community-driven platform where viewers can support their favourite streamers' channels through PayPal donations, "Bits" and more. Each streamer or group creates their own community for fans to interact with each other. Twitch has more than 15 million daily active users and includes non-gaming topics such as music, cooking and art. Anyone can create a channel to livestream or watch videos.

## WHAT ARE THE RISKS?

### UNCENSORED STREAMS

Uncensored content obviously carries a greater risk of inappropriate language and behaviour (streamers can, however, list their broadcast as unsuitable for children). Twitch has strict rules for streamers to follow, but requires viewers to report any streams which breach these guidelines. Each livestream is accompanied by a text chat which it is the streamer's responsibility to moderate.

### INAPPROPRIATE CONTENT

Most people are already aware that some video games feature adult content such as violence, sexual content, profanity and so on. Twitch does prevent certain games from being streamed on the platform, but most are still allowed. It is relatively simple, then, for a child to find livestreams of games that aren't suitable for them – including horror games.

### HIDDEN COSTS

Twitch is free to use because it's supported by advertisers. Removing the ads requires a subscription to Twitch Turbo – or the Twitch Prime package (free for anyone with an Amazon Prime account), which blocks the ads and offers additional goodies such as bonus games. Streamers earn most of their income by asking users for direct donations or gifts of the virtual currency Twitch Bits.

### CONTACT FROM STRANGERS

As well as streamers talking directly to their audience, Twitch enables viewers to use text chat to speak to the person they're watching. It's a social platform which also allows viewers to interact with each other via text while they are watching livestreams – including exchanging private messages. This raises the possibility of a child being approached and messaged online by total strangers.

### WEBCAM SHARING

It's common for streamers to use their live webcam footage. This allows better interaction with their viewers, but also adds risk: the stream might include sponsored content or product placement that isn't child friendly. Using a webcam in livestreams increases the chance of malicious viewers finding out where the streamer lives and provides bullies with visual reactions to their hurtful behaviour.

### PRIVATE CHAT ROOMS

Twitch encourages streamers to create their own communities, which extend beyond its platform. Many create a public Discord group, for example, for viewers to join and communicate with each other. Discord is a completely separate entity to Twitch and offers a higher risk of predators, grooming and cyberbullying if your child gets involved in the voice or video chat with strangers.

## Advice for Parents & Carers

### EXPLORE IT YOURSELF

Twitch doesn't have any parental controls, but it is possible to block troublesome users if it becomes necessary. The best solution is to watch some Twitch channels by yourself or with your child to find some that are suitable. Watching some streams by yourself is also a good route to understanding the sort of content that your child would be consuming regularly on Twitch.

### LEARN HOW TO BLOCK

'Security and Privacy' in Twitch's settings lets your child block messages from specific users. Teaching your child how this works will help them avoid online abuse. If they livestream, knowing how to block people in the chat also helps to prevent cyberbullying or harassment. Evading online interaction is impossible, of course, so talk to them in advance about boundaries and safe online communication.

### WATCH WHAT THEY WATCH

Twitch does have a lot of child-friendly content; some streamers use a 'family friendly' tag to highlight material that's suitable for children. However, anyone can use this tag – including users who (accidentally or otherwise) stream games with less appropriate adult themes. The best way to counter this is to view different streams and follow suitable channels for your child to watch.

### LIMIT PAYMENT OPTIONS

Reduce the chance of accidental purchases by ensuring your bank card isn't saved on Twitch or the Amazon account that Twitch Prime could be linked to. Restricting access to your PayPal account is also wise if your child watches Twitch on the device you use to make purchases. Explain to your child that they don't need to subscribe to channels to watch them and that donating or gifting 'Bits' is optional.

## Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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#WakeUpWednesday

# ALL ABOUT TikTok

TikTok is a video sharing social media platform used to create and share short form videos that allows users to express themselves through singing, dancing, comedy, and lip-synching. It exploded in popularity during the COVID-19 pandemic and has only continued its rise since.

**58%**  
of children aged  
3-15 use TikTok  
(alongside other  
social media).



**1 billion**  
global daily  
users by  
early 2022.

Online Safety Shareable by:  
© Ineqe Group Ltd 2022  
Version: 1.0.2  
Date of Publication: November 22

**INEQE**  
SAFEGUARDING GROUP



## THE FYP

TikTok wants users to see the content they want to see – which is where the 'For You Page' comes in. The platform uses algorithms to figure out a completely unique feed for every individual user.



## RISKS



**PUBLIC VIEWS** - For users registered as 16 and over, their profile is 'public' by default and their videos can be viewed and downloaded by anyone.



**INAPPROPRIATE CONTENT** - Some videos include suggestive language, mature situations, and sexualised content without warning.



**SCREENTIME OVERLOAD** - The continuous scrolling design of the app makes it harder for users to look away from their screens, and is likely to increase screentime.



**PAID ADS** - Many brands and companies have taken to TikTok to try and boost product exposure with paid adverts that mix into normal content.



**INFLUENCERS** - Young people may be 'influenced' by popular creators on TikTok, and could spend time or money following someone or trying to become an influencer.



**IN-APP PURCHASES** - Users can make in-app purchases to get 'coins', which can buy virtual gifts to send to influencers on the platform.



## WATCH OUT FOR... #TikTokChallenges



Hardly a day passes without a new TikTok Challenge popping up. A 'challenge' is a type of video that is widely shared and copied by others. Many of these can be fun and engaging, incorporating things like dances, songs, and filters.

There are some, however, that can be riskier and potentially harmful - which can make them even more tempting to try! These can include dangerous stunts, mean pranks, or reacting to upsetting content.

## HOW IT WORKS



### SHARE

Upload short videos for other users to view, comment, and like.



### EDIT

Change or alter videos to include popular filters or themes.



### STITCH

Use snippets of existing videos to create a new video or trend.

Use this sound

### COLLAB

Add popular music or audio (including from other users) to videos.



### DUET

Create a video that is posted directly alongside another user's video.



### MESSAGE

Users aged 16+ can send private messages to one another.

## NOW

The TikTok Now feature prompts users to take an 'in the moment' photo or video at a random time once a day. Make sure the young person in your care knows to check the content before uploading so they're not unknowingly sharing personal details under pressure!

## TOP TIPS



**KEEP PRIVATE.** Ensure your young person's privacy settings are appropriate for their age. Remember – a private profile gives the most control!



**TALK IT OUT.** 'Digital life' should be as much a part of everyday conversation as every other aspect of a young person's life.



**DISCUSS TOGETHER.** Find out what videos and influencers they view, what they like, what they dislike – and why!



**BE HONEST.** Talk about how social media content is often a far from accurate depiction of real life, especially for influencers.



**STAY SAFE.** Some TikTok challenges could be potentially harmful to young people. Remind them that their safety is #1 always!



**GIVE SPACE.** Give them room to voice any concerns they might have around harmful or inappropriate content they come across.

## ALERT

TikTok says users must be 13+ to use the app, but our research shows that it is extremely popular with younger children.



# NSPCC



## Support for parents

Whatever family life brings, we're here to help

The NSPCC has great support for parents and carers including, early parenting advice, managing family life and supporting yourself and young people.

There are also some great resources for staying safe online!

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

**Keeping  
children safe  
is everyone's  
responsibility**



Here are a range of websites that parents and carers can refer to if they have any concerns or would like further advice on keeping children safe.

<https://www.parentsprotect.co.uk/> a website that helps parents and carers protect children from sexual abuse and exploitation.

<https://www.stopitnow.org.uk/> a website for anyone with concerns about child sexual abuse and its prevention.

<https://www.childline.org.uk/> a website to support young people.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/> a website to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/> a website with advice to help you decide how to talk to your child in an age-appropriate and supportive way



# HELP PAYING FOR YOUR CHILDCARE



## Upcoming changes to childcare support

### 15 and 30 hours childcare

Starting from April 2024, existing childcare support will be expanded in phases. By September 2025, most working families with children under the age of 5 will be entitled to 30 hours of childcare support.

The changes are being introduced gradually to make sure that providers can meet the needs of more families. This means that:

From **April 2024**, eligible working parents of 2-year-olds will be able to access 15 hours childcare support.

From **September 2024**, 15 hours childcare support will be extended to eligible working parents of children from the age of 9 months to 3-year-olds.

From **September 2025**, eligible working parents with a child from 9 months old up to school age will be entitled to 30 hours of childcare a week.

Like the existing offer, depending on your provider, these hours can be used over 38 weeks of the year or up to 52 weeks if you use fewer than your total hours per week.

Sign up for more details about the upcoming expansion from April 2024, as well as how and when to register for support with childcare costs.

### HOW MANY HOURS OF CHILDCARE CAN YOU GET PER WEEK?

Age 3-4 years				Age 2 years				Age 9-23 months	
ALL PARENTS				FAMILIES RECEIVING SOME ADDITIONAL FORMS OF GOVERNMENT SUPPORT				WORKING FAMILIES	
15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	30 HOURS
Now	APR 2024	SEP 2024	SEP 2025	Now	APR 2024	SEP 2024	SEP 2025	SEP 2024	SEP 2025
WORKING FAMILIES				WORKING FAMILIES					
30 HOURS	30 HOURS	30 HOURS	30 HOURS	15 HOURS	15 HOURS	30 HOURS			
Now	APR 2024	SEP 2024	SEP 2025	APR 2024	SEP 2024	SEP 2025			

\*38 weeks a year. Eligibility criteria apply. Providers may ask for additional charges.

### The current offer

**In England**, all parents and carers of 3 and 4-year-olds are entitled to 15 hours a week childcare support with registered childcare providers. Eligible working parents and carers of children aged 3-4 can also get an additional 15 hours childcare support, bringing their total up to 30 hours a week.

Some eligible parents of 2-year-old children may also be entitled to 15 hours childcare support, if they receive some additional forms of government support.

Your hours can be used per week for 38 weeks of the year. You may be able use your hours for up to 52 weeks if you use fewer than your total hours per week. Check with your childcare provider to find out if this is something they offer.

**Recommended  
Reads From...**



We love hearing about books that you love to read at home! Please share with us any of your recommended children's books, or let us know if you read any of the books shown here, by emailing [primary@marineacademy.org.uk](mailto:primary@marineacademy.org.uk) or messaging us through our Facebook page.

## Books We Love in February 2024



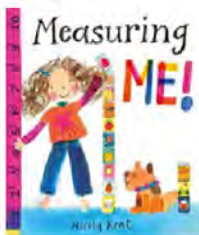
### L is For Love

**Author:** Atinuke **Illustrator:** Angela Brooksbank

**Publisher:** Walker Books

**Interest age:** 2-3

L is for Love and L is for Lemons... A warm and joyful picture book which follows one family as they journey to the bustling Nigerian city of Lagos to sell lemons at the market.



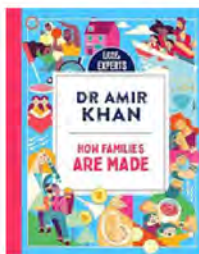
### Measuring Me!

**Author:** Nicola Kent

**Publisher:** Little Tiger

**Interest age:** 4-5

This charming non-fiction picture book takes a fun and whimsical look at the important early learning concept of measurement. Features a colourful, illustrated size chart that little learners can pull out and colour in themselves!



### How Families are Made

**Author:** Dr Amir Khan **Illustrator:** Donough O'Malley

**Publisher:** Red Shed

**Interest age:** 6-8

**Reading age:** 7+

All families are different, and all are special! A friendly guide to the diverse range of families, and how they might begin.



### Where Magic Grows

**Author:** Onjali Q Rauf **Illustrator:** Katarzyna Doszla

**Publisher:** Orion

**Interest age:** 6-8

**Reading age:** 7+

Short stories perfect for bedtime reading.



### Time Travellers: Adventure Calling

**Author:** Sufiya Ahmed **Illustrator:** Alessia Trunfio

**Publisher:** Little Tiger

**Interest age:** 9-11

**Reading age:** 8+

A fascinating time-travel adventure exploring the politics and history of suffragettes.





Book Trust have put together a selection of picture books that can help young children to start to understand mental health and support a healthy mind.

They include titles that touch on sadness, anxiety and finding courage and reassurance, and are books which can help to supply useful strategies and support a growth mindset.



**Rain Before Rainbows**

**Author:** Smriti Halls **Illustrator:** David Litchfield

**Interest level:** 4-8

**Reading age:**

A little girl travels through perilous landscapes, helped by the gentle animals that guide her towards the sunlight. A luminous bo...



**I Love My Beautiful Hair**

**Author:** Elissa Wentt

**Interest level:** 0-3

**Reading age:** 0-3

EJ is going to the hairdressers for the first time. She wants to find a special hair style that is just right, but how can she cho...



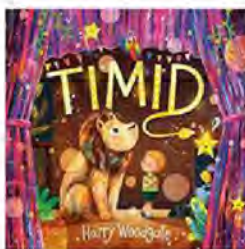
**Goodbye Hobbs**

**Author:** Emma Bettridge **Illustrator:** Josephine Birch

**Interest level:** 4-5

**Reading age:**

Merlin the dog desperately misses his friend Hobbs, and finds some comforting scent messages from him. A touching story about grie...



**Timid**

**Author:** Harry Woodgate

**Interest level:** 6-8

**Reading age:**

A vibrant and uplifting picture book about managing feelings of shyness to achieve your dreams. Timmy would love to perform on sta...



**Out of the Blue**

**Author:** Robert Tregoning **Illustrator:** Stef Murphy

**Interest level:** 4-5

**Reading age:**

In a world where everything has to be blue, what happens if you like yellow? A joyous celebration of being individual.

# BIRMINGHAM ROYAL BALLET

Image: Marnie Rat

**FREE**

## The Sleeping Beauty Storytelling Event

**Tuesday 19 March, 3.30pm**  
**St Budeaux Library**  
Approx. 1 hour duration; no booking required

Meet a Birmingham Royal Ballet dancer dressed in a beautiful costume and listen to the fairytale *The Sleeping Beauty*.



**THE SLEEPING BEAUTY AT Theatre Royal Plymouth**

Don't miss our spectacular production of *The Sleeping Beauty*. Book now at [theatreroyal.com](http://theatreroyal.com)!

**Only £25 per person** when your booking includes one or more young person aged under 16.

Running time: 2 hours 50 minutes; recommended age: 5+

**20 – 23 March**



**NHS**

# NEW PHARMACY FIRST SERVICES

AVAILABLE WITHOUT  
PRESCRIPTION

- sinusitis
- sore throat
- earache
- infected insect bite
- impetigo
- shingles
- uncomplicated urinary tract infections in women



# St Budeaux Wellbeing Hub



William Sutton Hall  
6 Shelley Way  
St Budeaux  
PL5 1QF



## Wellbeing Warm Space & Cafe

**Tuesdays 9am-1pm**

**Activities**  
**Arts & Crafts**  
**Games**  
**Table Tennis**  
**Sign posting & Advice**

## Wellbeing Cafe cash only

**Thursdays 9am-1pm**

 07890 257 649

 [wellbeinghub@colebrooksw.org](mailto:wellbeinghub@colebrooksw.org)

 St Budeaux and Barne Barton wellbeing hub

St Budeaux and Barne Barton Wellbeing Hub



Devon

Your wellbeing matters

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Latch on  Rees - 1 - 2.30pm</p>	<p>Latch on  High View - 10.00 - 11.30 (Term time ONLY)</p>	<p>Latch on  Nomony - 1 - 2.30pm</p>	<p>Latch On  Plymbridge - 1 - 2.30pm (Term Time ONLY)</p>	<p>Latch On  Fourwoods - 10-11.30am</p>
<p><b>Step by Step</b> The Barn 9.30-10.30am &amp; 10.45-11.45am</p> <p><b>Chatterbox</b> with baby weigh Southway Church of the Holy Spirit, Clittaford Rd, PL6 6EJ 10-11.30am</p> <p><b>Chatterbox</b> with baby weigh Rees 1-2.30pm</p>	<p><b>Chatterbox</b> with baby weigh Plymstock - 10 - 11.30am</p> <p><b>Step by Step</b> Nomony 9.30-10.30 &amp; 10.45- 11.45am</p> <p><b>Baby &amp; Me</b> Fourwoods 10-11am</p> <p>★ <b>Baby First Aid</b> 10-12pm 9th January Fourwoods 16th January Rees 6th February Plymbridge 12th March Highview</p> <p><b>Family Hub Drop In</b> Central Methodist Church, City Centre, Fortnightly 1.45 - 3pm from 16th January</p>	<p><b>PEEP School Readiness</b> Highview 10th January - 7th February 9.30-10.30am</p> <p><b>Twins Group</b> 2nd &amp; 4th Wednesday every month Rees, 10-11.30am</p> <p><b>Step by Step</b> High View 1.45-2.45pm</p> <p><b>Chatterbox</b> with baby weigh Honicknowle 1 - 2.30pm Compton Church 1 - 2.30pm</p>	<p><b>Multicultural Group</b> for 0-5 years old Onward House 9.30 - 11am</p> <p><b>Step by Step</b> Whiteleigh 9.30-10.30 &amp; 10.45- 11.45am</p> <p><b>Baby &amp; Toddler</b> Mainstone 9.30-11am</p> <p><b>Chatterbox</b> with baby weigh The Barn 10-11.30am High View - 9.30 - 11am</p> <p><b>Service Family Group</b> Plymstock - St Marys Church Hall 1 - 2.30pm - Term time only</p> <p><b>Baby &amp; Me</b> Plymbridge - 1.30 - 2.30pm</p>	<p><b>Chatterbox</b> with baby weigh Tothill Community Centre 10 - 11.30am</p> <p><b>Chatterbox</b> with baby weigh Fourgreens Whiteleigh 10-11.30am</p> <p>★ <b>Bookable Courses</b></p>
<p><b>Believe in children</b>  Barnardo's</p>				<p><b>SPRING CITY WIDE TIME TABLE 8TH JANUARY - 29TH MARCH 2024</b></p>

## Children's Appointments!

# NHS

SpaDental South-West

SpaDental Plymouth and SpaDental Saltash  
invite children under 12 years of age for  
NHS appointments.

Book an appointment today!

Help your child keep healthy teeth for life.



To book an appointment, or for more information, please scan the QR code or visit the link:

<https://www.spadental.co.uk/for-patients/spadental-south-west-children/>

to complete the "contact us" form.

SpaDental Plymouth: Entrance rear of 2 Hyde Park Rd, Mutley, PL3 4RJ

SpaDental Saltash: 77 Fore St, Saltash, PL12 6AF



## FAMILY HELP AND INFORMATION LINE

Need help or advice about your own family?

Are you a practitioner who wants to get some advice about a family you are working with?

Get in touch using our new Early Help and SEND advice line.

Our Family Support Workers are here to talk about any worries or answer your questions.

We can offer support around:

- Parenting guidance
- Emotional wellbeing
- Social and emotional development
- Relationship worries
- Education worries
- School attendance
- SEND concerns
- The SEND process



Book a conversation now at [www.plymouth.gov.uk/familyhelp](http://www.plymouth.gov.uk/familyhelp)

# **FOOTBALL AT MARINE ACADEMY PLYMOUTH**



## **COMMUNITY PROGRAMME**

<b>SESSION</b>	<b>SCHOOL YEAR</b>	<b>DAY / TIME</b>	<b>FACILITY</b>
Mini Kickers	Reception Year 1	Friday 4.30-5.30pm Friday 5.30-6.30pm	Sports Hall Sports Hall
Total Football	Year 2	Monday 5-6pm	Sports Hall
Hot shots	Year 3/4	Monday 6-7pm	Sports Hall
Monday Night Football	Year 5/6	Monday 5-6pm	3G (Moulded Boots)
Girls Wildcats	Year 3/4/5/6	Friday 6-7pm	3G (Moulded Boots)
Squad Girls	Year 7/8	Friday 6-7pm	3G (Moulded Boots)

**DBS & Qualified FA Coaches**  
**Pathways into Marine Academy Plymouth FC**  
**Only £3 per session**  
**Places need to be booked**  
**Everyone welcome**

For further information email:  
[darren.stewart@marineacademy.org.uk](mailto:darren.stewart@marineacademy.org.uk)  
 Tel: 01752 213951

**FIT & FED FREE\***

**EASTER  
THEATRE  
CAMP**



**THE SOAPBOX THEATRE,  
DEVONPORT PARK**

\*Free for children eligible for free school meals (Paid option also available)  
Book at [www.stiltskin.org.uk](http://www.stiltskin.org.uk)

**Fit and Fed**