

# MARINE ACADEMY PRIMARY NEWSLETTER



## February 2025



**'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 you all had a wonderful and restful half term break and that you're ready for a busy and exciting Term 4. Our Marine Academy Primary team is thrilled to be back and we are looking forward to all the enriching activities this term has to offer. February started with the thrilling, historic win for Plymouth Argyle! The team's victory against Liverpool has brought immense joy to our community and our young fans were delighted to wear their kit with pride the following day.

Whilst this was taking place at home, we also took over 40 children away to Paris. They had a wonderful time exploring the city, visiting famous landmarks and spending a magical day at Disneyland. This trip was an invaluable experience for increasing their cultural capital and creating lasting memories.

This term has also seen the start of our community Board Game Buffet with over 21 board games being rented on the first week! It's a great opportunity for families to enjoy some friendly competition and social time together whilst also developing children's key social skills.

Our Community Listening Week is running during the week beginning 17th March. This is in association with key stakeholders across St Budeaux to explore what 'a good day looks like in St Budeaux', and what 'a bad day looks like in St Budeaux'. Together as a community we will work to come together for improvement across our locality.

At the end of this term, we will be hosting our next round of Parent/Carer Meetings. This is a fantastic opportunity to gain detailed insights into your child's progress, as well as to see their learning books in person.

Finally, a personal highlight for us this term has been welcoming the local artist Becky Bettsworth to school for a special art exhibition with our Year 5 and 6 children. The children were inspired by her incredible work and we are thrilled to share the joy of art with them. We hope you enjoyed the exhibition as much as we did!

Thank you for your continued support as we work together to provide the best possible experience for your child. We look forward to an exciting and fulfilling term ahead!

Yours sincerely,

Mrs. Georgina Reid and Miss Stacey Mitchell  
Headteacher and Head of School

## DATES FOR YOUR Diary

**Monday 17th March** - Year 2 trip to Kings Tamerton Woods.

**Monday 17th - Friday 21st March** - St Budeaux Community Listening Week.

**Tuesday 18th March** - MAST Parent SEND workshop

**Thursday 20th March** - Year 6 Geography Fieldwork trip to St Budeaux square.

**Friday 21st March** - Year 4 trip to the Plym Valley.

**Friday 21st March** - Comic Relief: more information will be sent out closer to the date.

**Monday 24th March** - Whole School Odd Socks Day in support of World Down Syndrome Day.

**Thursday 27th March** - Classes RTG and RHR Mother's Day events

**Thursday 27th March** - Times Tables Rock Stars Day: children are invited to dress up as rock stars for this day.

**Monday 31st March** - Dr Bike visiting school.

**Tuesday 1st April** - Turtle Class Easter craft event 9-10:30am

**Friday 4th April** - Last day of Term 4. Families are invited to join us for some 'eggciting' activities after school. More information will be sent out soon.

**Monday 21st April** - Bank Holiday: school closed

**Tuesday 22nd April** - First day of Term 5

**Monday 28th April** - Academy Parliament trip to the Council Chambers

**Monday 28th April** - Class RHR's Phonics in Action event for families 9-10:30am

**Tuesday 29th April** - Class RTG's Phonics in Action event for families 9-10:30am

**Wednesday 30th April** - Class 1OW's Phonics in Action event for families 9-10:30am

**Thursday 1st May** - Class 1SA's Phonics in Action event for families 9-10:30am

**Monday 5th May** - Bank Holiday: school closed

**Tuesday 13th May** - 3CC Ancient Greece day

**Friday 23rd May** - Last day of Term 5

**Tuesday 3rd June** - First day of Term 6

**Wednesday 4th June** - Reception trip to Dartmoor Zoo

**Wednesday 11th to Saturday 14th June** - Residential Trip to Spain

**Thursday 12th June** - Classes RHR and RTG Father's Day events

**Thursday 19th June** - Dream Big Day: Children are invited to come to school dressed as a job role they would like to do when they're older.

**Wednesday 25th - Friday 27th June** - Forest and Beach Residential for Years 5 and 6.

**Monday 7th July** - Deadline for completed 38 Things booklets to be handed in.

**Wednesday 9th July** - Pre-School Graduation ceremony

**Friday 11th July** - Summer Fair 2-4pm

**Monday 14th July** - 1:45-2:45pm 38 Things Celebration Event for children who have completed their booklets.

**Thursday 17th July** - Last day of Term 6

# YEAR GROUP NEWS

## Creativity Takes Center Stage This Term!

### Reception

Reception have loved undertaking lots of learning based on the book 'Emma Jane's Aeroplane'. The children enjoyed 'flying' in cardboard aeroplanes and spotting different landmarks from cities that were in the story. The children have also enjoyed lots of number activities and particularly loved our Number afternoon. The children also rode the balance bikes as part of our PE curriculum and loved looking for numbers around the outside area. They also played different Maths board games with lots of adults, used the Interactive Whiteboard to play number bond games and loved filling bottles with spoonfuls of oats. We can't wait to visit the Aquarium which will be part of our new topic Marine Life!



### Pre-School

This month, the Pre-School children have been brilliant with their learning. They have enjoyed getting active in PE and have been practising their throwing and catching ball skills. They have been learning about shapes in Maths and learning more initial sounds in words in Phonics. The children have blown us away with their recognition of initial sounds.

There has been some lovely collaboration in our role-plays. Don't forget to look on your child's Tapestry to see the observations. You can also upload learning from home too! If you are having any issues logging onto Tapestry please see your child's class teacher. We are looking forward to seeing the great learning the children are going to do this month!



### Nursery

Last term, Turtle Class completed their learning around the topic rhyme 'The Wheels on the Bus'. This saw the children washing the babies that were on the bus, they created the people that were on the bus and they found buses hidden in the oats. The children also completed their learning based on the topic book 'The Whales on the Bus', this enabled them to look at the different characters from the book and create some beautiful art work such as painted bees, hot air balloons and finding dragons in the sand. We are looking forward to starting our new topic rhyme 'Mary, Mary Quite Contrary' and the new book 'Alfie in the Garden' where we can explore the outside and hopefully some sunny weather.



**Year 1**

The children in Year 1 had a busy February full of amazing learning opportunities. The children continued to amaze us with their facts about Ancient Egypt, writing detailed fact files about what they had learnt. The children wrote about what it would be like to live in Ancient Egypt and compared life then to now. The children have also been honing their programming skills and enjoyed working with the bee-bots. They were able to set routes and predicted where they would finish. The children enjoyed going on a virtual train journey as part of their English learning entry point when exploring the book, 'The Train Ride'. The children had snacks and talked about what they could see on the journey. In Maths, the children have been working hard, practising counting and recognising numbers to 50. Well done on the all of your hard work this month, Year 1!



**Year 2**

Year 2 ended last term with a fantastic news report, recalling key events of the Great Fire of London from their History lessons. The Year 2 team were impressed by the children's hard work and creativity during the final week of English, where they created dragon poems and stunning watercolour illustrations. These will be displayed in the class book corner as a poetry collection.

In Science, the children created their own 'Material Monsters' and discussed appropriate materials. In Maths, they ended the term exploring length and height. This term, in Geography, we are exploring 'Rainforests', with a walk planned to King's Tamerton Woods. Thank you for the amazing animals created for the Home Learning activity - they look fantastic on our displays!



**Year 3**

What an exciting and action-packed month Year 3 had! They delved into the fascinating history of the Shang Dynasty. The children worked hard to research and understand the key aspects of this ancient civilization, and the culmination of their learning was a series of outstanding chronological reports. The highlight of the topic was welcoming a Chinese Emperor to school!

In Science, the children explored the intriguing world of light. They conducted a range of investigations to understand how light behaves, including experiments on refraction and shadow formation. Through hands-on activities, the children gained a clearer understanding of how light bends and how shadows are created. PE has been equally exciting, with the children working hard alongside Gary to develop their Taekwondo skills. As always, we're incredibly proud of Year 3's achievements this month!



**Year 4**

February has been another busy and productive month for Year 4! In Maths, the children have completed their Multiplication and Division unit and been learning how to add, subtract and simplify fractions. In addition, they have been practising their times tables and we have already seen super improvements in their recall. In English, the children have now completed their Poetry unit and written their own biography based on the text 'Great Women Who Changed the World'.

Science has been super exciting this month. The children completed their States of Matter unit with an Oobleck experiment and have commenced the Electrical Circuits unit, which has begun with more experiments! A highlight has been our Art unit, which explored the use of multi-media methods. In addition, we had a visit from local artist Michael Battley and the children used the techniques they learnt to produce their own landscape masterpieces! 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**

What an incredible term 3 Year 5 had! They wrapped up their Maths learning with impressive work on fractions, mastering key concepts and tackling challenges with determination. In English, they explored a wide range of texts, showcasing their curiosity and ability to analyse diverse genres. In Design and Technology, the class amazed everyone by programming a carousel using the Crumble software, demonstrating their creativity and technical skills. For History, they also created detailed and thought-provoking timelines, showcasing both the faults and successes of the medieval monarchs they studied. As the month came to a close, Year 5 dove into their new Geography topic on Biomes, while also exploring the wonders of the solar system in Science. Their enthusiasm for learning has truly shone through, and it's clear that they are ready to take on even more exciting challenges in Term 4!



**Year 6**

Year 6 have had a busy month, full of enriching learning activities. 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 wowed with their creative pieces using the theme 'Make my Voice Heard'. We hope you enjoyed seeing these in the showcase as much as we enjoyed making them! Some children in year 6 also had a great trip to Paris where they visited the Eiffel Tower and Disneyland and the children who stayed in school had lots of fun with arts, crafts and baking! The children are also now being exposed to many SATS papers and are showing excellent determination and resilience. Well done year 6!



# In Other

# News

It was an absolute pleasure to welcome local artist, Becky Bettsworth, to our Year 5 and 6 art exhibitions earlier in February.

There was sheer joy from the children in being able to share their wonderful learning and in discussing how engaged they have been throughout this unit with Becky and their families.



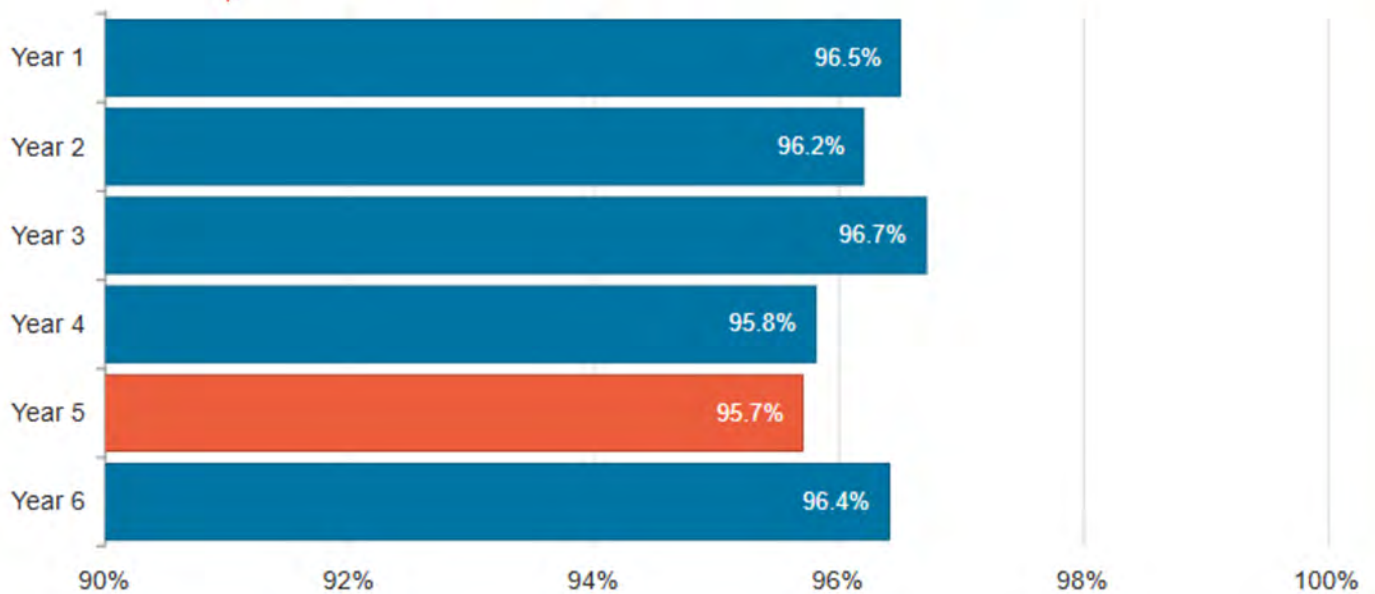
Our first Board Game Buffet was a hit! Thank you so much to all of the families who have borrowed a game so far!

We hope you all enjoy playing them together at home. Please do send us any photos if you are happy to, as we'd love to see the games in action!

We hope everyone who has taken part in 38 Things this year is enjoying completing the tasks! Please do share any photos with us of some of the 'things' you have been up to. Remember that children should bring in their booklets to share their progress with their teachers and so that they can sign each completed page. The deadline to hand in completed booklets is 7th July.

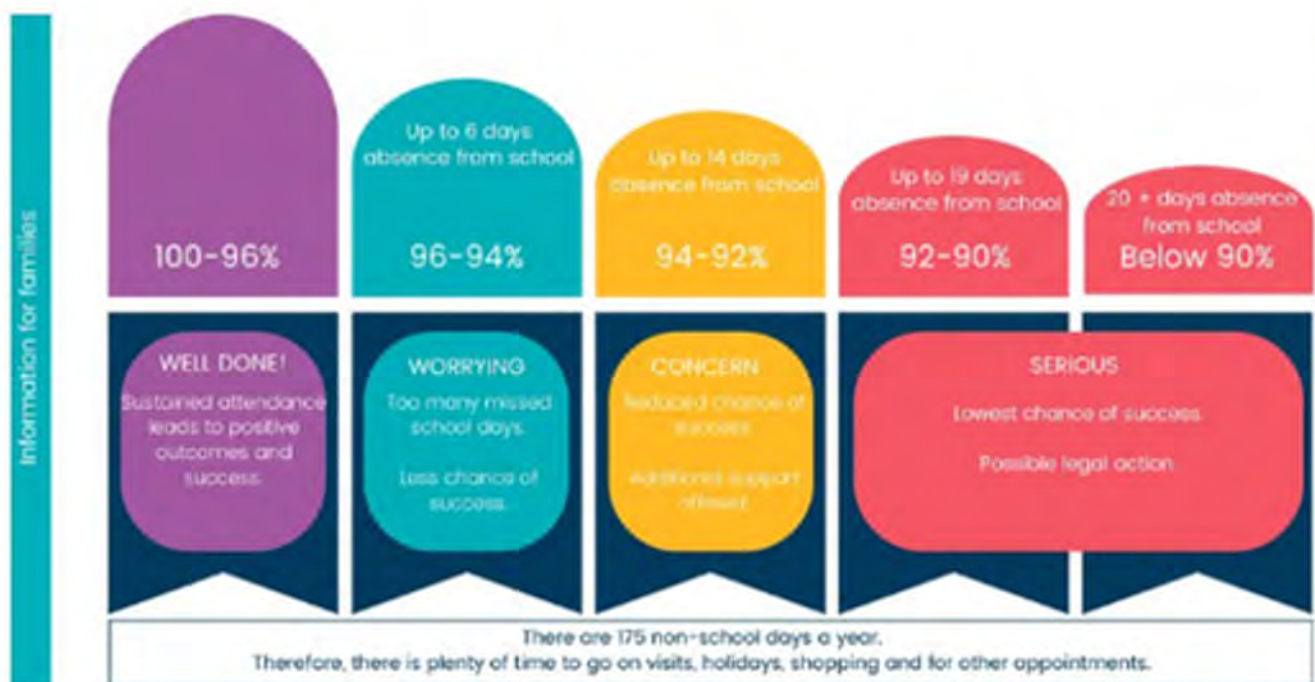
# 38 Things

# Attendance



Well done to Year 3 for the highest attendance again this month!

## Days off school can impact on your success



## What Are Parent Apps?

The main purpose of a parental control app is to monitor a child's online activity and limit potential encounters with inappropriate or harmful content. Each app is different and will offer different features, but most are likely to offer the following:

- ☐ Monitor search history.
- ☐ Block websites or apps.
- ☐ Schedule designated screentime.
- ☐ View text and/or audio messages.
- ☐ Alert parents to a child's physical location.
- ☐ Tell parents who children are talking to online.
- ☐ Show call logs and the numbers a child may be contacting/contacted by.

### ParentShield

ParentShield is a 'child-safe mobile network' in the UK that promises to provide parents and carers with "peace of mind" as their children begin to use technology. It ranges from £9.99 to £24.99 a month. However, even as it claims to be the "only mobile network designed for children", there are some concerns over its impact on family dynamics and its overall role in the world of parental controls.

#### Functions & Features Include:

- ☐ All-network SIM that works with multiple UK networks.
- ☐ 'Call allow' list that blocks any call from an unapproved number.
- ☐ Unlimited calls to home.
- ☐ All text messages and phone calls recorded.
- ☐ Spending limits.
- ☐ Screentime controls.
- ☐ Data budgeting features.
- ☐ Word alerts that can be customised to feature specific words.
- ☐ Activity attempt notifications.

### Qustodio

Retailing from £39.95 a year for five devices, Qustodio markets itself as a way to keep children's screen time 'safe and balanced'.

#### Functions & Features Include:

- ☐ Filtering content, platforms and apps.
- ☐ Blocking access to inappropriate apps, games and websites.
- ☐ Viewing activity timeline, browsing history, YouTube views and screen time.
- ☐ Map location to see where they are and have been.
- ☐ Saving the most visited places (like school and home) and receiving notifications when they arrive or leave those locations.



## mSpy

This app has a monthly fee that starts at £24.99 for a limited range of features and goes up to £44.99 for access to them all. It's worth noting that this app advertises itself on social media as a way for partners to monitor each other's phone activity **secretly** and operates in a covert fashion – i.e., the person being spied on won't know they're being spied on. Under the ICO and the [Age Appropriate Design code](#), this raises legal concerns if it were to be used on a child's device in the U.K.

### Functions & Features Include:

- ☐ Monitoring keystrokes.
- ☐ Ability to read their social media chats.
- ☐ See where they've been and where they're going.
- ☐ Find out who they've called.
- ☐ See what someone has searched for online.
- ☐ See pictures that are sent and received.
- ☐ Review all texts – included deleted messages.
- ☐ View all content from a control panel.
- ☐ Ability to monitor without being detected – **once it is installed, the software is invisible to the user.**

## Norton Family

This product retails at £29.99 a year. Features vary on different platforms (and it isn't available on Mac) but include:

### Functions & Features Include:

- ☐ No limit on the number of monitored devices.
- ☐ Web supervision.
- ☐ Options to monitor, warn about (warns the child but allows access) or block sites.
- ☐ Time supervision – schedule times of the day when a device can be used.
- ☐ Mobile app supervision.
- ☐ Instant lock – devices can be locked from parent phone, and parents and children can still contact each other if the device is locked.
- ☐ School Time – ability to manage children's remote learning
- ☐ Favourite locations – alerts parents when a child arrives in or goes beyond permissible areas or locations established by the parent.
- ☐ Alert me – parents can set a specific date and time at which to receive an alert of the child's location.

# A guide to Parental Control Apps

In the 'real world', we can be there to physically hold our children's hands and look out for - and protect from - possible danger. On devices and online, most children and particularly young people are in the online world without supervision and without an adult who may spot dangers they can't see or recognise.

A parental control app, or parent app, may seem like the obvious answer – simply download an app, set it up and you're good to go...but is it that easy? Or are there pitfalls to avoid?

It's important to remember that parental control apps or content filters are not 100% effective or foolproof.

## The Risks

**You may be gaining a sense of security, but you risk losing the trust of your child.**

By covertly installing a parent app, there's a risk that, if discovered, any sense of trust in the relationship will be destroyed. The potential consequences of that could far outweigh the benefits any parent app can provide. A parent app is a preventative measure - it can't replace the benefits of having a trusted adult to talk to if something does go wrong and a child or young person is upset. Nor can it give them a supportive hug or signpost to further help.

**You may be missing out on an opportunity to teach about digital resilience.**

In today's digital world, children and young people need to be armed with the knowledge of digital resilience. Teaching a child that certain apps and platforms are for grown-ups only, monitoring their digital device use and educating them on how to talk to a trusted adult about something that upsets them is giving them some of the tools they'll need if you're introducing them to the online world.

## Using Parent Apps with Permission

Not every parent app works 'in secret'. Some software will be conspicuous by design or installed with the child or young person's knowledge and permission.

Young people can be secretive, as they go through the natural teenage stages of growing up, exploring who they are and craving independence. They are also often more 'tech-savvy' than their parents, as many now use tech from a young age. With a quick search online, it's easy to find videos and websites with workarounds for most of the popular parent apps.

All of this means that, should a young person want to find a way around having their parent or carer viewing their online activity, it's important to remember that 'where there's a will, there's a way'.

## Security and Data Breaches

It's easy – and logical – to think that an app that pertains to protect children online can be trusted to do just that, but all companies are fallible and some of the most popular parent control apps have been exposed to data breaches, with users' data ending up online.

The online world is fast moving, and circumstances change, and new factors come into play all the time, like new platforms being launched, children finding workarounds and breaches in security.

## What are the Benefits?

Each app is different and will offer different features, but most are likely to offer some or all of the following:

- Monitor search history
- Block websites or apps
- Alert parents to a child's physical location
- Tell parents who children are talking to online
- Schedule designated screen time
- View call logs and what numbers a child may be contacting / contacted by
- View text and / or audio messages
- An SOS feature that lets children contact trusted adults

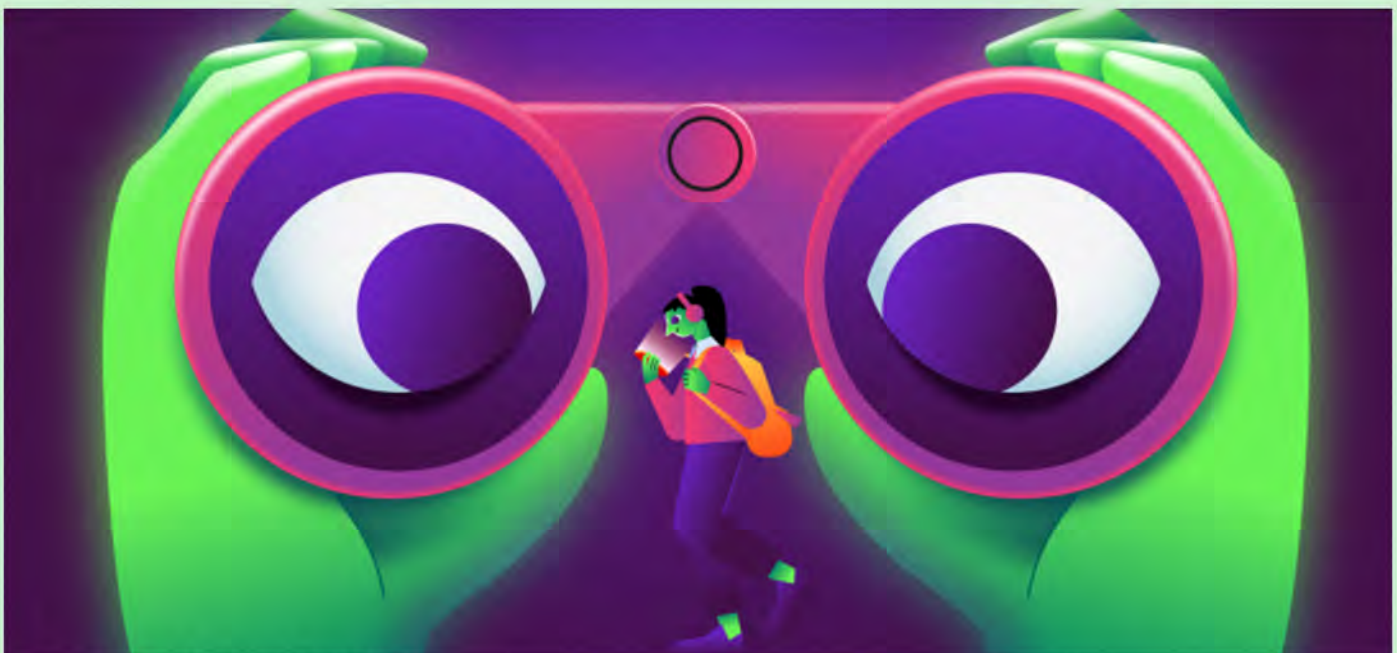
## Top Tips

**There's no shortcut to safeguarding!** If you do choose to use monitoring software, it should be in conjunction with a range of other safeguarding measures.

**Choose wisely.** If you want to use a parental control app, make sure you've done your research first. Read reviews, search online for any news about the app and check what's been done with the data collected.

**DIY - Do It Yourself!** You may be able to do some of the features offered by parent apps yourself, such as adding safe search filters, adjusting parental controls and safety settings.

**Talk and trust are two of the best tools.** Don't underestimate how much 'parental control' you can gain just by having open, honest, non-judgemental conversations with a child or young person!





# ONLINE SAFETY

With the cold weather continuing, it is likely that children will be spending considerable periods of time online. Here are some tips to help support you with ensuring your child has a positive experience when using the internet.

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.

## SAFER INTERNET DAY

Children across the Academy marked Safer Internet Day with an engaging assembly based on recognising and responding to scams. Within their classes, they all completed further activities including: considering suitable responses to scenarios featuring the threat of scams; taking responsibility for your actions online when encountering challenging situations and reflecting on how to be a positive role-model. Children across the Academy have also listened to 'Troll Stinks' being read, which examines the impact of technology on children's safety and covers other themes such as empathy, recognising the impact of words and showing respect to others.

### How to Get Help

If you or someone you know has come across an online scam, stay calm and follow this guidance:

-  **REPORT** - Report via the online site that you experience it on, then tell a trusted adult about it and ask for help.
-  **SAVE** - Keep evidence; take screenshots.
-  **BLOCK** - Block the person or group of people responsible.



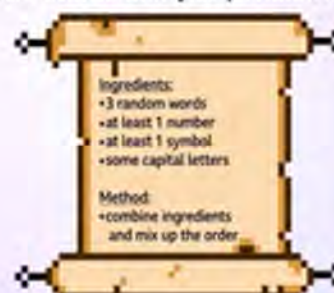
### British Values

Being safe on the Internet means making the right choices with the language we use and who we communicate with. It also means that we treat others respectfully by using kind language and following the rules that our families and apps have in place.



### LEVEL 3

Craft a password using this recipe.  
Do this activity in your head.  
Never share or write your password down!



# SQUID GAME SAFEGUARDING UPDATE

## What is it?

Squid Game is a South Korean television series streaming on Netflix. The plot centres on a group of adult debtors, thieves and gamblers competing against each other in a series of childhood games for a grand cash prize. However, there is a dark twist to these seemingly innocent games – losing competitors are violently killed off in vicious, inappropriate ways as the series progresses.

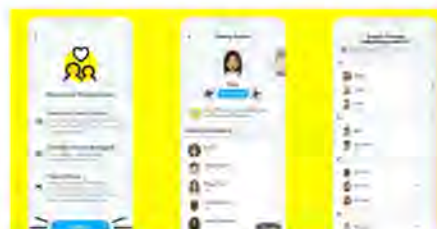
Children may find out about Squid Game via word of mouth and social media/gaming platforms. They may be unaware of the extent of gore, death, and violence the show contains. It also focuses on adult themes that are not appropriate for younger viewers.

## What are the dangers?

Parents and carers should be aware that video content from this show is found extensively on TikTok, which could also increase interest in watching the show. There is concern that a child may unintentionally put themselves in harm's way by trying to recreate a small portion of the games.



Snapchat



There are potential risks to using Snapchat, including: the risk of your child viewing content that is not appropriate for their age; location sharing (via Snap Map) (this can be switched off); cyberbullying; contact from strangers. • and excessive screen time.

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to: see who your child is friends with; see who your child has sent messages to (not the contents of conversations though); identify who photos or videos have been sent to in the last week; view a list of group members for groups that your child has been active in; restrict content to limit access and report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>



ST BUDEAUX

# LISTENING WEEK

COMMUNITY  
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COMMUNITY



MON 17 – FRI 21 MARCH

Bringing the community of St Budeaux together to foster meaningful connection through a series of listening events in partnership with local organisations.



Use the QR code to have your say

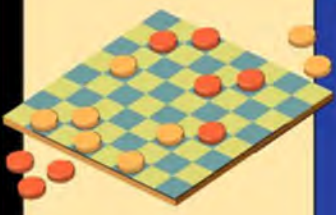


# BOARD GAME buffet

Free board game rental for families

**Every Friday**  
Outside the MULA  
Returns: 8:30-8:55am  
Loans: 2:55-3:30pm

START



# Solihull Antenatal

## FREE 5 WEEK COURSE

Understanding your pregnancy, labour, birth and your baby.



- Topics covered in this course are:
- What is the Solihull Approach.
  - Helping you and your baby through pregnancy and birth.
  - Getting to know your baby in the womb.
  - Signs and stages of labour and birth.
  - Meeting your Health Visitor.
  - Feeding your new born.
  - A practical session looking at bathing a baby, holding a baby, safe sleep and so much more.
- Please contact your local Family Hub to book onto these courses, the ideal time to attend this course is from 28 weeks pregnant.

# BARNABDO'S

Changing childhoods.  
Changing lives.

## Come along to a Peep Play group



Peep is a fun and friendly group for parents and carers with children from birth to five.

We share songs, stories, ideas and activities that support your child's talking and development through play and everyday life.



Get to know other families, while finding out how the things you do at home boost your child's confidence and brain development!

### Peep Groups this term:

- Thursday**
  - Plymstock Library 1:30-2:30pm (Charlotte & Poppy)
  - Southway Youth & Community Hub 1:45-2:45 (Georgia & Angel)
- Friday**
  - Nomony Family Hub 10am-11am (Georgia & Abbie)
  - Rees Wellbeing & Family Hub 1:30-2:30pm (Outdoor Peep for Dads/Male carers)

Please contact a member of our Peep Team if you have any questions: Georgia 07596890307, Abbie 07548846729, Charlotte 07754047466



Scan QR code to go to our Peep Padlet!

Find more things to do at home:



@PeepCentre

# peep

supporting parents and children to learn together  
[www.peepie.org.uk/parents-area](http://www.peepie.org.uk/parents-area)



# BARNABDO'S

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Latch on</b> Rees - 1 - 2.30pm</p> <p><b>Chatterbox</b> with baby weigh Southway Church of the Holy Spirit, Clitaford Rd, PL6 6EJ 10-11.30am</p> <p><b>Perinatal Mental Health Support Group (Invite only)</b> Nomony 10-11.30am</p> <p><b>Chatterbox</b> with baby weigh Rees 1-2.30pm</p> <p><b>Step by Step</b> The Barn 10 - 11.15am</p> <p><b>PEEP (Talk Boost)</b> FourWoods 1.30-2.30pm</p>	<p><b>Latch on</b> High View - 10.00 - 11.30 Plymstock - 10-11.30</p> <p><b>Chatterbox</b> with baby weigh &amp; latch on support, from 11th March Elberton Methodist Church, Plymstock - 10 - 11.30am</p> <p><b>Step by Step</b> Nomony 10 - 11.15am</p> <p><b>Bump, Baby and Me (Baby group for pre walkers)</b> FourWoods - 10 - 11.30am</p> <p><b>Free Soft Play with Family Hub Support</b> Plymouth Methodist Central Hall, Eastlake St, PL1 1BA 1.15 - 2.30pm</p> <p><b>Free Soft Play sessions for Dads and little ones at JUMP</b> 1st Tuesday of every month 3.30-6pm</p> <p><b>Open Youth Space</b> Ages 11-14 The Barn 5-6.30pm</p> <p>Y.I.P.P.E.E (Young Independent Proud Parents Encouraging Each other) <b>FOOD is Fun Workshops</b> Various Locations (check Facebook) • Wednesday 12.30-2.30 12th February Fourwoods Family Hub • Wednesday 12.30-2.30 26th February Plymbridge Children's Centre • Wednesday 12.30-2.30 12th March - venue TBC • Wednesday 12.30-2.30 26th March - venue TBC</p>	<p><b>Latch on</b> Nomony - 1 - 2.30pm Pheonix Centre - 1-2.30pm</p> <p><b>Café Connect</b> The Barn 10-2pm</p> <p><b>Step by Step</b> High View 1.30-2.45pm</p> <p><b>Twins Group</b> 2nd &amp; 4th Wednesday every month Rees, 10-11.30am</p> <p><b>Chatterbox</b> with baby weigh St Francis of Assisi 1 - 2.30pm Compton Church 1 - 2.30pm</p> <p><b>Bump, Baby and Me (Baby group for pre walkers)</b> Nomony - 1 - 2.30pm</p>	<p><b>Latch On Drop In</b> The Barn - 10-1130 (Runs alongside Chatterbox) Plymbridge - 1 - 2.30pm</p> <p><b>Multicultural Group</b> for 0-5 years old Onward House 9.30 - 11am</p> <p><b>Chatterbox</b> with baby weigh The Barn 10-11.30am High View - 9.30 - 11am</p> <p><b>Baby &amp; Toddler</b> Mainstone 9.30-11am</p> <p><b>Bump, Baby &amp; Me (Baby group for pre walkers)</b> Plymbridge - 1 - 2.30pm</p> <p>Y.I.P.P.E.E (Young Independent Proud Parents Encouraging Each other) Various Locations (check Facebook) 1.15-2.45pm</p> <p><b>PEEP</b> Plymstock Library 1.30-2.30pm</p> <p><b>Step by Step</b> Whittleigh 10 - 11.15am</p> <p><b>Service Family Group</b> Plymstock - St Marys Church Hall 1 - 2.30pm - Term time only</p> <p><b>PEEP</b> Henwell Centre, Southway 1.45-2.45pm</p> <p><b>Dads and Babies</b> YMCA 0-7 Years 1.30-3pm Bookable on the YMCA website</p>	<p><b>Latch On</b> Fourwoods - 10-11.30am</p> <p><b>Chatterbox</b> with baby weigh Tothill Community Centre: 10 - 11.30am Fourgreens, Whittleigh: 10-11.30am</p> <p><b>PEEP</b> Nomony 10-11am</p> <p><b>PEEP Dads Outdoor Sessions</b> Rees 1.30-2.30</p> <p><b>Open Youth Space</b> Ages 7-10 The Barn 3.30-5pm</p>



For more information about any of the events on our timetable, scan the QR code above...



**Our Centres & Other Venues**

- The Barn Family Hub,**  
Kit Hill Cres, Barne Barton, Plymouth, PL5 1EJ  
01752 362320  
Opening times: Mon-Thurs 8.30 - 4.30 & Fri 8.30 - 4  
[plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)
- Nomony Family Hub,**  
27 St John's Rd, Cattedown, Plymouth, PL4 0PA  
01752 261844  
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4  
[plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)
- Rees Well-Being & Family Hub,**  
Mudge Way, Plympton, Plymouth, PL7 2PS  
01752 340550  
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4  
[plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)
- Sweetpeas Children's centre**  
Compton Church Hall, 2 Revel Road, Compton, PL3 5LF  
07808 200207  
[plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)
- Fourwoods Family Hub,**  
415 Crownhill Rd, West Park, Plymouth, PL5 2LN  
01752 366795  
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4pm  
[plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)
- High View Children's Centre,**  
High View Primary School, Efford, PL3 6JQ  
[plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)
- Whittleigh Family Hub**  
Four Greens Community Hub, 15 Whittleigh Green, Plymouth PL5 4DD  
01752 875933  
Opening times: Monday-Thurs 8.30-4.30 & Fri 8.30-4  
[plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)
- Plymbridge Children's centre**  
C/O Plymbridge Nursery, Mober Way, Plymouth, PL6 8UN  
01752 875933  
[plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)
- Tothill Community Centre**  
119 Knighton Road PL4 9DA
- Onward House**  
55 Greenbank Road, PL4 8PE
- Mainstone**  
Mainstone Social Club, Pattinson Drive, Plymouth PL6 8RU
- Church of the Holy Spirit**  
Clitaford Rd, Southway PL6 6EJ
- Plymstock, St Marys Church Hall,** Church Rd PL9 9BP
- St Francis of Assisi,** Honicknowle, 57 Little Dock Lane, Plymouth, Devon, PL5 2LP
- Southway Youth & Community Centre**  
Hendwell Centre, Hendwell Close, Plymouth PL6 6TB
- Pheonix Centre**  
64 Little Dock Lane, Plymouth, PL5 3PX



**Term Time Timetable  
Jan - March 2025**





Connect  
Plymouth



RIDE FOR  
FREE

Did you know cycling can improve your health and wellbeing? Why not try it out for FREE

- Keep active
- Socialise with friends and family
- Enjoy being outdoors
- Make travelling easier

Free cycling support is also available to all adults whether you want to boost your confidence cycling or gain advice on the best routes.

For more information contact your local wellbeing hub



# GEAR UP! FOR A FITTER FUTURE



## What is it?

Bikes can be hired free of charge for children and their families, for journeys to school or days out at weekends.

## When and where is it?

Every Friday from behind the hall.

## Why?

Supports families' physical and mental health.



# Tamar View Energy Event

Need a hand wrangling those pesky energy bills, figuring out smart meters, tackling energy debts, or hunting for hacks to trim down your home energy costs?

**We've got your back!**

Then skip on over to this event where the pros are ready to lend a hand in person!

This event is a total steal—FREE! Swing by for some help, snag a tasty lunch, and don't forget to grab your free raffle ticket for a shot at a fabulous energy-saving prize! Plus, stick around and get crafty by making a draught excluder with the Plymouth Scrapstore.

**FREE LUNCH!**



**FREE RAFFLE!**



**WHEN - Friday 21st March 10am-2pm**

**WHERE - Tamar View Community Resource Centre  
(Wellbeing Hub)**



# BARNARD'S

## TIMID TO TIGER

**PARENT TRAINING FOR ANXIOUS CHILDREN**

TIMID TO TIGER IS A CBT-BASED PARENTING TRAINING FOR MANAGING ANXIETY-BASED BEHAVIOURS IN CHILDREN (AVAILABLE TO PARENTS OF CHILDREN AGED 8-11).

**Thursday 1st May**

**9:30-11:30am**

**Running for 12 Weeks**



**YMCA**

**Honicknowle Lane, PL5 3NG**



TO BOOK A PLACE OR FOR MORE INFORMATION CONTACT THE BARN OR FOURWOODS FAMILY HUB ON (01752) 362320 OR 366795



Our  
Groups

DID YOU  
KNOW??

All of our Latch On Groups are drop in sessions!

No need to book, just pop along when you can

Most offer a Stay and Play option so you can

come along to socialize as well as get support

You can pop along antenatally and get some

great information before your little one arrives!

We are here to help, wherever you are on your

Breastfeeding Journey



Visit [plymouth-latchon.org.uk](http://plymouth-latchon.org.uk) for our current timetable or find us on Facebook

# YOUTH SPACE VOLUNTEERS NEEDED!

Could you help to make a difference to young people's lives in Plymouth?

We are seeking volunteers to support our three open youth sessions running in term time in Barne Barton and Plympton:

Tuesdays 5pm-6.30pm ages 11-14yrs @The Barn

Wednesdays 5pm-6.30pm ages 11-14yrs @The Rees Centre

OR Fridays 3.30pm-5pm ages 7-10yrs @The Barn

Please contact [Kathryn.Hussey@Barnardos.org.uk](mailto:Kathryn.Hussey@Barnardos.org.uk) to register your interest

Roles are subject to an enhanced DBS and training which is provided. As a Barnardo's volunteer, you must be aged 18+ and will be expected to work within Barnardo's ethos and values. A minimum of a 6 month commitment is requested for this role (where possible)



Changing childhoods.  
Changing lives.



Plymouth Wellbeing  
Hub Network

