

MARINE ACADEMY PRIMARY NEWSLETTER September 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,

Welcome to our first newsletter of the academic year!

We would like to take this opportunity to thank our families for their continued support and celebration of our very special community. Marine Academy Primary is an incredibly special place thanks to each and every one of our children, our dedicated #TeamMarine members, and, of course, you—our families and community!

This term, we have welcomed sixty new children into our Reception classes, as well as new students into other classrooms across the school. We’ve also welcomed new staff members to #TeamMarine, continuing to build on the outstanding work already happening.

Later in the newsletter, you will find a poster introducing our Leadership and Support Teams, along with guidance on when you might want to speak with them. Please do take a moment to look and see who can support you. There are Leaders at the external doors every morning, and any one of them will be able to help direct you to the right person when needed.

As you'll see from the classroom updates below, the children have already demonstrated their impeccable MAP behaviours, and their high expectations have shone through both their learning and social interactions. This term, we've seen the return of our Taekwondo lessons, violin lessons for Year 3, and the largest-ever number of Extra-Curricular Clubs being offered.

We are also incredibly proud of our new Academy Parliament representatives, who were elected by their peers. They recently celebrated their new roles with a visit to the Houses of Parliament and enjoyed the wonders of our capital city, including a ride on the London Eye. You'll be able to spot our Academy Parliament representatives proudly wearing their new blazers. They have been exceptional role models so far, and we look forward to their innovative thinking as they help drive the Academy to even greater heights.

In the coming weeks, we will be hosting our first Parent and Carer meetings of the year, where we aim to meet with every family to discuss your child's progress and wellbeing. Please look out for further information on this.

Yours sincerely,

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

DATES FOR YOUR Diary

Tuesday 8th October - Classes RHR and RTG trips to St Budeaux Library

Monday 14th - Friday 18th October - Parent/Carer Pupil Progress Meetings: please email your child's class teacher if you still need to sign up.

Thursday 17th October - Year 1's trip to Dinosaur World

Friday 18th October - Wear Red Day in support of Show Racism the Red Card: children are invited to wear red clothes to school on this day.

Tuesday 22nd October - 1.30-3pm Class RHR's Share a Story event with parents and carers

Wednesday 23rd October - 1.30-3pm Class RTG's Share a Story event with parents and carers

Friday 25th October - Whole School Day of the Dead celebration day and last day of Term 1

Monday 11th November - First day of Term 2

Monday 18th November - Nasal flu vaccinations for Reception to Year 6 children who have signed up.

Monday 18th - Friday 22nd November - Book Fair running in the Primary Foyer

Monday 25th November - Friday 13th December - Year 5 swimming lessons at Plymouth Life Centre

Monday 9th, Tuesday 10th and Friday 13th December - 3.30-4.30pm Christmas Grotto: more information will be sent out soon.

Tuesday 10th December - 9-10.30am Turtle Class Christmas Crafts with parents/carers

Wednesday 11th December - 9-10.30am Pre-School Christmas Crafts with parents/carers

Friday 13th December - Christmas Jumper Day and Christmas Bazaar being held in the Primary from 1pm: more information will be sent out soon.

Monday 16th December - 9.15-10.30am Christmas Carol Concert for families of children in Classes 1SA, 2NH, 3AW, 4CW, 5LG and 6JU.

Tuesday 17th December - 9-11am On Course South West free Christmas wreath making workshop in the MULA: email samantharussell@oncoursesouthwest.co.uk to book on.

Tuesday 17th December - 9.15-10.15am Reception Nativity performance to Class RHR families in the Primary hall.

Wednesday 18th December - 9.15-10.30am Christmas Carol Concert for families of children in Classes 1OW, 2CW, 3CC, 4LI, 5VH and 6TS.

Wednesday 18th December - Whole School Christmas Lunch: children can wear Christmas accessories on this day.

Thursday 19th December - 9.15-10.15am Reception Nativity performance to Class RTG families in the Primary hall.

Friday 20th December - Last day of Term 2: **The Primary closes at 1pm to all children.** Children are invited to wear muffin for their class Christmas parties on this day.

Tuesday 7th January - First day of Term 3

We now have a calendar on our new website, to which we are continually updating and adding events, that can be found [here](#).

This year's term dates can also be found on our website [here](#) and the term dates for the 2025-2026 academic year can be found [here](#).

YEAR GROUP NEWS

New academic year gets off to a strong start

Reception

The new Reception children have had a fabulous start to the academic year. They have settled in well and we are so proud of the way that the children have been showing the teachers STAR and how well they have been following the MAP rules and routines. The children have loved starting their learning in their classrooms and outdoor area where our focus has been on the text, The Colour Monster Goes to School. The children have talked about their emotions and have had fun getting messy in the creative area.

The children have really enjoyed practising counting in their Maths sessions and they have loved learning new sounds in their daily Phonics sessions. We are so pleased with how the children are progressing and can't wait to introduce them to our next text.



Pre-School

What a great start to the Academic year, the Puffin and Penguin children are having. They have made new friends and are getting use to the routines of the Pre-School day. They love exploring the range of toys we have to offer, and even eating their lunch in the big hall at lunch time.

This month, the children have done some superb learning around our topic, 'How do I feel?' The children have looked at pictures and spoken about themselves, their family and special interest of theirs.

The children have begun their Phonics and their Maths learning by singing Nursery Rhymes and using Numberblocks to learn the numbers 1 and 2. They have also had fun in PE using the parachute, and trying different moves in their Taekwondo lessons.



Nursery

It has been lovely to be back and welcoming lots of new friends to Turtle Class. This term Turtle Class have made a fantastic start to their topic rhyme, 'I Can Sing a Rainbow' and their topic book, 'WOW! Said the Owl', where they are learning all about the different colours that a rainbow has. The children have created rainbows out of dough, mixed their own colours with powder paint, made a collage rainbow, discovered hidden rainbows in the sand and created their very own owls using toothbrushes to paint with.

The children have made the most out of the sunshine and been on 'Welly Walks' around the school to visit the chickens and the rabbits. We are also thrilled to introduce our new 'boromi' toy bags which can be loaned from Turtle Class.



Year 1

The children have settled into life in Year 1 fantastically! Over the course of the month, the children have become adept at their new routines and are comfortable in their new classroom surroundings. They are all looking so grown up sat at their tables completing learning. The children have been impressing the Year 1 staff with their Phonics knowledge, having reviewed all of the sounds they learnt in Reception. Going forward, the children will move onto phase 5 sounds.

The children have enjoyed undertaking learning about dinosaurs as part of this term's History learning. They have posed fantastic questions about dinosaurs and have learnt all about their key features. Next month, the children will embark on their first Year 1 trip when they visit 'Dinosaur World' on the 17th October. Details about this trip will be sent in the coming weeks.

We would like to take this opportunity to thank all parents/carers for helping the transition into Year 1 be such a smooth one. We look forward to working with you for the rest of the academic year to make it a successful one!



Year 2

Year 2 have had an amazing start to the year! We have been blown away by the children's amazing manners, resilience and perseverance. This term, our topic is Vile Victorians, where we have been exploring Victorian school life and what homes were like for Victorian children. The children were shocked by the strictness of Victorian schools and experienced some vast differences when exploring our Marine Academy Rules compared to the expectations Victorian children faced, day to day, especially when they had two strict Victorian teachers come and visit them for their first History lesson!

In English, the children have written some fantastic stories based on the book 'How to Hide a Lion at School'. In Maths, the children have been exploring place value, representing a 2-digit number in variety of ways. In Science, we have been investigating how to stay healthy, including our minds as well as our bodies. We are looking forward to the rest of the term as we know the children are going to be superstars!



Year 3

What a fantastic start to Year 3! The children have returned with fantastic attitudes towards their learning and have a great willingness to learn and try their best. This term has seen the introduction of our new History topic, Prehistoric Britain. We've discussed how people evolved and what animals were around at the time.

In Maths, the children have been focusing on place value and how three-digit numbers are made up. They have also enjoyed innovating the fairy-tale 'Ratpunzel' and creating their own fairy tales. This term, the children have also begun taking violin lessons on Thursday mornings - we are all incredibly excited to see their progress throughout the year. The violins have proved very popular with many children. A wonderful start to our Autumn term Year 3!



Year 4

It has been a super start to the new school year in Year 4! The children have come back to school full of positivity and a keenness to do their very best. We are all very excited about what this academic year will bring.

Already this month, Year 4 have investigated conflict and prepositional phrases and created their own stories based on the text, 'Cinderella of the Nile'

In Maths, in their Place Value topic, they have investigated the place value of 4-digit numbers, been rounding to the nearest 10 and 100 and learnt about Roman numerals and used them in their calculations.

In History, the children found out how the Romans became so powerful, which led them to conquer Britain and then how Boudicca led a rebellion against the Romans in 43 CE.

In Science, Year 4 have learnt what sound is and how we hear, investigated how musical instruments make sound and then designed and made their own instruments that could be plucked, strummed or blown to create sound. Well done Year 4!



Year 5

Year 5 have had a tremendous start back to their first term, showing resilience and determination to succeed in their new year group. In Maths, they have recapped and expanded their knowledge of place value and are ready to move onto their next topic of the Four Operations. In English, they have created their own civilisation based off of the story Weslandia by Paul Fleischman.

In Science, the children have begun to understand that everything around them is made of particles; allowing them to understand how this can then change states of matter when mixed with other substances. In History, there has been some super learning about the hierarchal system within the Benin Kingdom and what a guild was. We are so pleased to see how the children have returned with an excellent can-do attitude to their new term, and we are excited to see what the next few weeks bring.



Year 6

Year 6 have settled into their final year of Primary school incredibly well. They have shown unwitting resilience and determination adjusting to their new learning and classroom environments. In Maths, they have finished their place value topic, and dove straight into their four operations, mastering addition, subtraction, multiplication, and division. In English, the children have developed their descriptive writing, whilst designing their own 'cracking contraption'.

In Science, they have understood the seven nutrients needed to maintain a balanced diet. In History, the children have discussed the variety of roles created during the Industrial Revolution. The children have worked exceptionally hard throughout the past few weeks, and we cannot wait to see how they continue to thrive over the next few terms.



In Other

News

Here are our new Members of Academy Parliament for the 2024-2025 academic year!

All of the candidates presented to their classes to explain why they would be a good MP. Each class then visited our official polling station in the hall to vote on their favourite candidate. We think they look super smart in their blazers!



38 Things

Thank you to everyone who has signed their child up to 38 Things so far this year. It's never too late to ask for a booklet, so if you would like your child to take part, please email your child's class teacher or primary@marineacademy.org.uk and we will give them one to take home. Every child who completes their booklets will be invited to a celebration event in the summer and will receive a medal and certificate.

A huge thank you to all our amazing families for generously donating so many wonderful seeds! We can't wait to plant them in the spring. In the meantime, our students have been busy tidying up and planting beautiful pansies around the school. If you happen to spot any bulbs in shops, we'd love your help in adding them to our outdoor area! Together, we're making our school grounds bloom!



A huge thank you to everyone who donated and bought cakes at our Macmillan coffee morning, last Friday. We raised a super amount of £425.25!

What a wonderful example of all working together as a community to raise money for an incredible charity!



The Community Bike Hub is back! Families can loan child and adult bikes free of charge for a week to use on the school run, during evenings and at weekends.

Mr Porter will be based by the hall every Friday from 8.15-9am and then again from 3.05-3.35pm to help with loaning them out for the week.



PARKING

A polite reminder that if you are parking in Flamstead Crescent, please be considerate of the local residents when using this street, and also of the other families who may also be dropping off and collecting their children. Thank you for your help in ensuring that everyone is safe when arriving at and departing from school.



ONLINE SAFETY

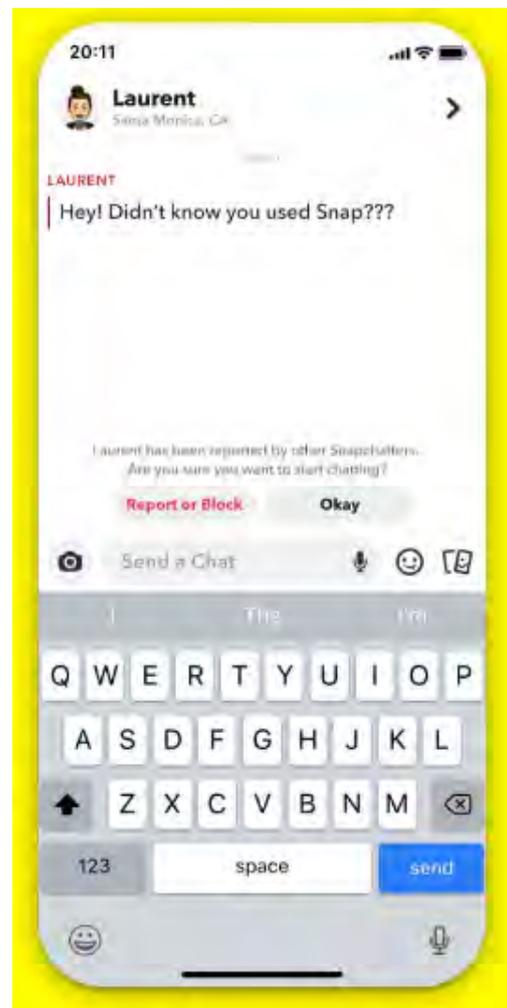
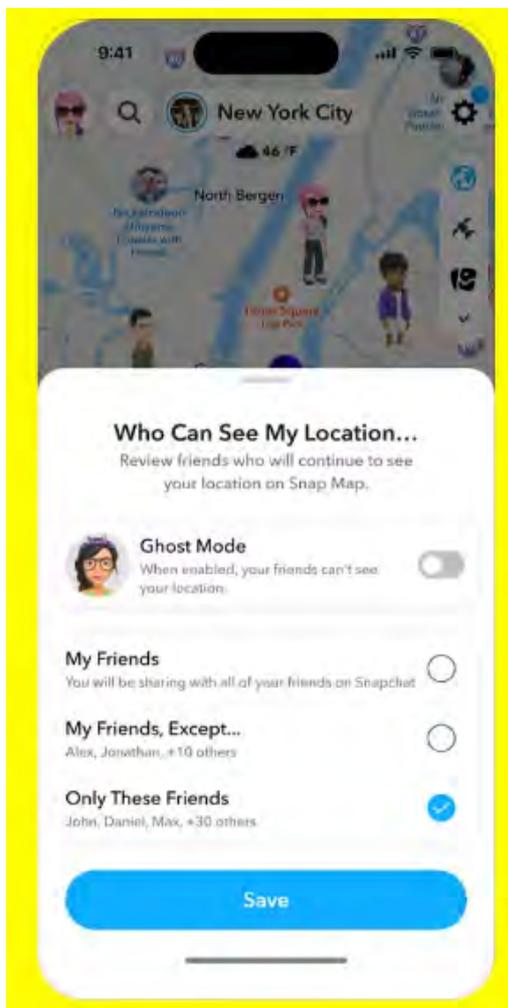
Thank you for your ongoing support in supporting your child to use the internet safely and responsibly. Each year group has had e-safety lessons this term, which has resulted in some wonderfully informative, eye-catching posters being produced to reinforce important messages.

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

SNAPCHAT TOOLS

Snapchat have announced some new features to support with safeguarding its users from online harms. The new suite of tools includes **expanded in-app warnings, enhanced friending protections, simplified location-sharing** and **blocking improvements** – all designed to reinforce the real friend relationships that make Snapchat so unique.

These expanded features help to make it difficult for strangers to contact people on Snapchat. For example, the platform doesn't allow anyone to be messaged by someone they haven't already added as a friend or have in their phone contacts. In other words, Snapchatters must proactively select who they communicate with.



ONLINE APP IDEAS

Internet Matters have put together a list of age-appropriate apps depending on what the aim is when your child is spending time online:

Skill Building apps:

If you would like to help your child develop a new skill, then you might find some useful ideas here: <https://www.internetmatters.org/resources/skill-building-apps-guide-for-kids/>

Apps to keep your child entertained:

These apps are organised into age groups so you can find an app that is suitable for your child: <https://www.internetmatters.org/resources/13-great-apps-to-keep-your-kids-amused-in-the-school-holidays/>

Apps to help get your child active:

Again, these apps are organised by age group:
<https://www.internetmatters.org/resources/apps-guide/apps-to-help-kids-get-active/>



Family Quiz for Online Wellbeing Tips

The NSPCC have created a quiz that can be completed as a family to help you have discussions together and find out about the NSPCC's top tips for positive online wellbeing.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/quiz/>

NSPCC



Agreeing a set of family rules for using devices can support with providing a positive online experience. It is important to recognise appropriate lengths of time to use technology for, as well as how to communicate respectfully. Having times and places in the home where devices are not used can promote spoken communication.

10 Top Tips for Parents and Educators

CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you do enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately as you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lead themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too, it also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic

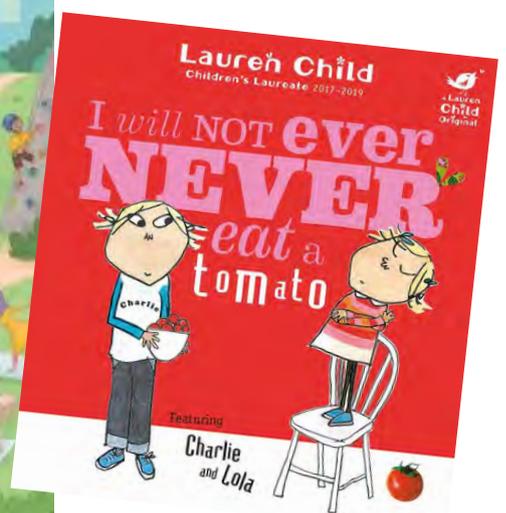
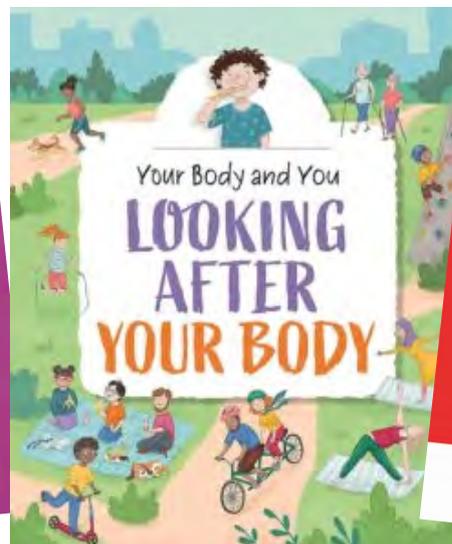
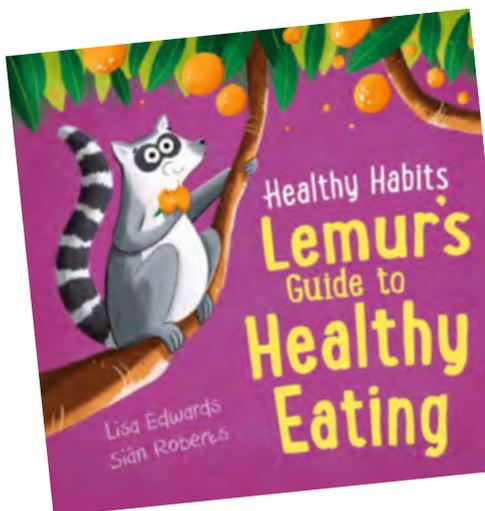
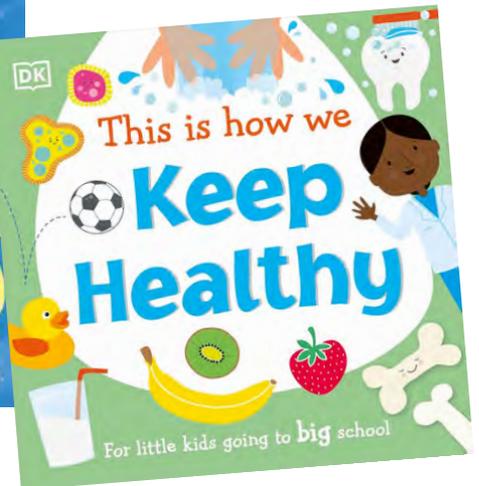
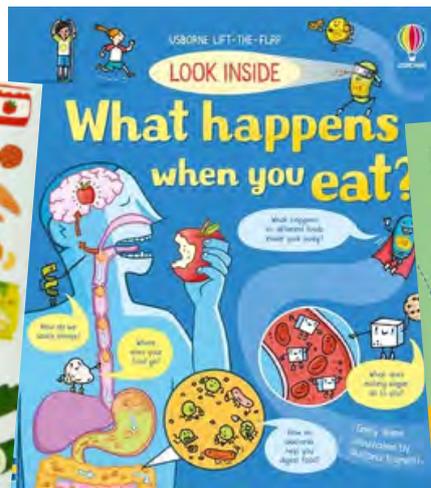
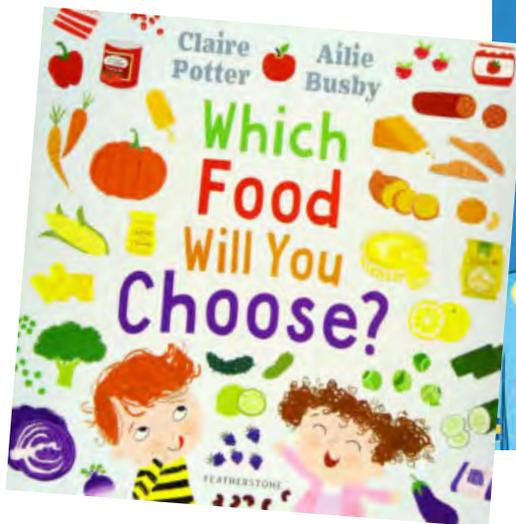
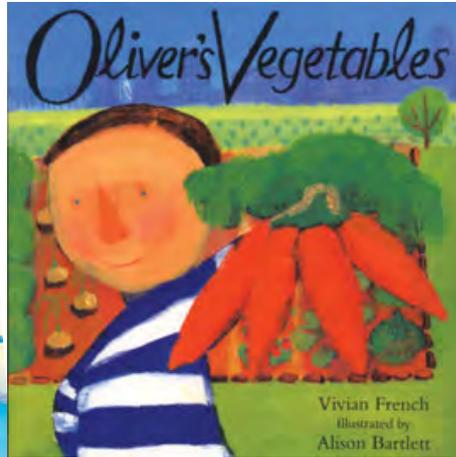
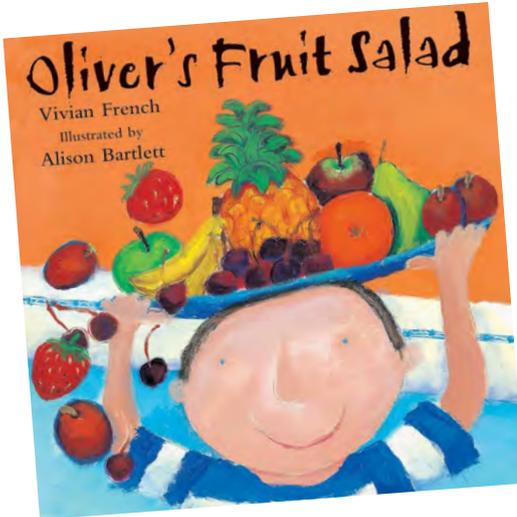


#WakeUpWednesday

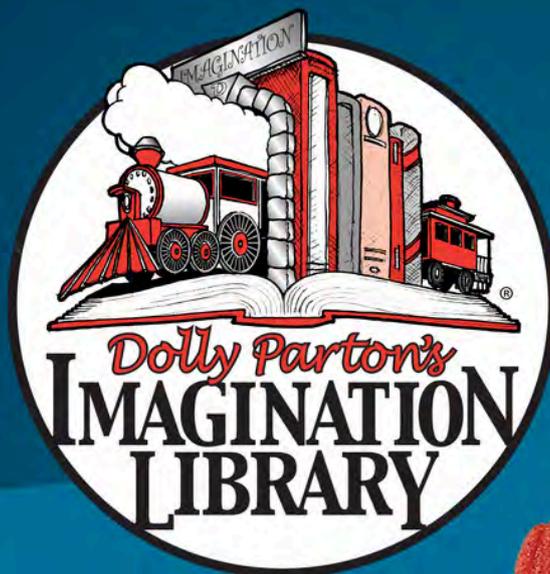
The National College

Best children's books about healthy eating

The Books for Topics website www.booksfortopics.com is a great resource for recommended reads.

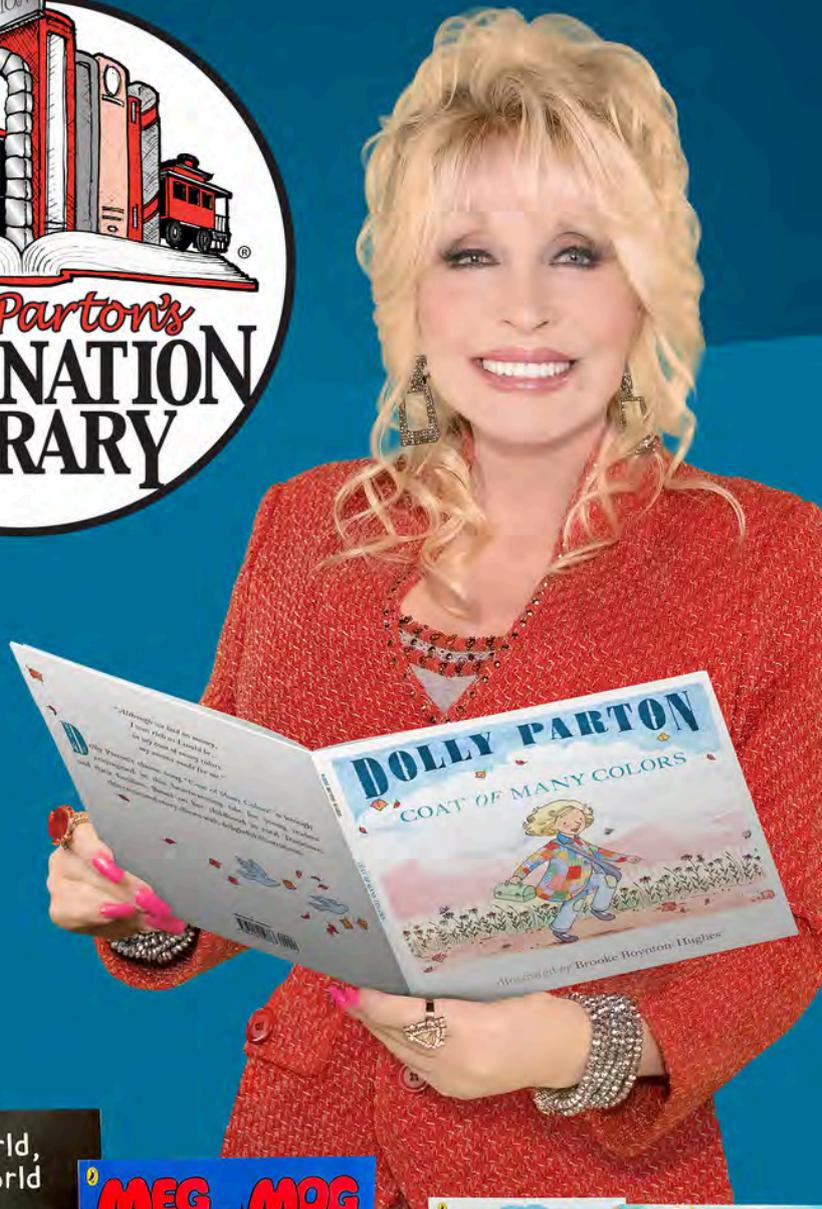


Inspire a **LOVE** of Reading



Available in Ham,
Devonport, St Budeaux
& St Peters and The
Waterfront (Plymouth)

Enrol your child in Dolly Parton's
Imagination Library and get a FREE
BOOK every month from age 2 until
their 5th birthday. Children can enrol
from their second birthday.



Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children through age five, through funding shared by Dolly Parton and local community partners in the United States, United Kingdom, Canada, Australia and Republic of Ireland.

ImaginationLibrary.com

Early Years South West Stronger Practice Hub - 01752 916200



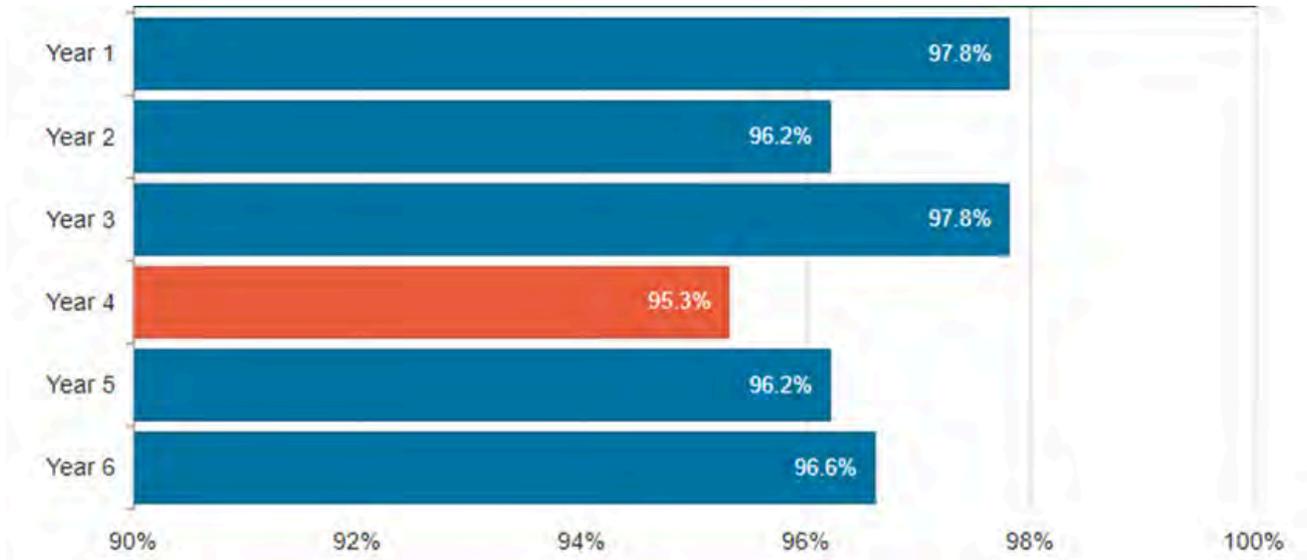


ATTENDANCE

Attendance Matters



Really well done to Year 1 and Year 3 for having the highest attendance this month!



Just as a reminder, if your child is absent, we may reach out to check in and ensure everything is okay. We want to make sure they're safe and well, so feel free to let us know if there's anything we can help with.

If you know you'll be absent, could you please take a moment to complete a leave of absence request form. This helps us stay updated and ensure everything is in order.

Thank you for your cooperation!



No Right Turn

Please remember that there is no right turn once you leave the one-way system by the secondary school.

This is to improve the safety of families using the zebra crossing by this exit.

Thank you.

Marine Academy Primary



Family Support Team

Mrs Reid - Headteacher



Deputy Designated Safeguarding Leader

Family Support Family Crisis
Food bank Education & Curriculum

Mrs Layland - Assistant Headteacher



Designated Safeguarding Leader

Courses for Parents/Carers GP Letters
FaTMAP School Contact Foodbank
Family Crisis School Nurse Referrals
Medical Needs EHATS

Miss Mitchell - Head of School



Deputy Designated Safeguarding Leader

Family Support Family Crisis
Food bank Education & Curriculum

Mrs Critchlow - SENCo



Safeguarding Team SEN
Courses for Parents/Carers Mental Health
FaTMAP School Contact School Nurse Referrals
Family Crisis Designated Leader for
Medical Needs Looked After Children

Mr Druce - Senior Assistant Headteacher



UKS2 Leader
Safeguarding Team
Family Support
Education & Curriculum

Mrs Weaver



Mental Health & Wellbeing Practitioner
Safeguarding Team Family Crisis
Mental Health Conversation Cafe
ELSA Courses for Parents/Carers

Miss Rowe - Assistant Headteacher



EYFS and Year 1 Leader
Safeguarding Team
Family Support
Education & Curriculum

Ms Bell - Associate Senior Leader



Year 2 & LKS2 Leader
Safeguarding Team
Community Support
Marine Academy Primary's Foodbank

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

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
plymouthccest@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
plymouthccest@barnardos.org.uk

Sweetpeas Children's centre
Compton Church Hall, 2 Revel Road, Compton
PL3 5LF
07808 200207
plymouthcccentral@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
Cliffafor Rd, Southway PL6 6EJ

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

High View Children's Centre,
High View Primary School, Efford, PL3 6JQ
plymouthcccentral@barnardos.org.uk

Whiteleigh Family Hub
Four Greens Community Hub, 15 Whiteleigh Green,
Plymouth PL5 4DD
01752 875933
Opening times: Monday -Thurs 8.30-4.30 & Fri
8.30-4
plymouthccnorth@barnardos.org.uk

Plymbridge Children's centre
C/O Plymbridge Nursery, Millar Way Plymouth
PL6 8UN
01752 875933
plymouthccnorth@barnardos.org.uk

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



Barnardo's Children's Centres (Barnardosplymouth)



Term Time Timetable Sept - Dec 2024



Barnardo's Plymouth Family Hubs

Citywide Autumn Timetable 2024

Monday

Latch on
Rees - 1 - 2.30pm

Chatterbox
with baby weigh
Southway
Church of the Holy
Spirit, Cliffafor Rd,
PL6 6EJ
10-11.30am

**Perinatal Mental
Health Support Group**
(Invite only)
Nomony 10-11.30am



Chatterbox
with baby weigh
Rees 1-2.30pm

Step by Step
The Barn
10 - 11.15am

Tuesday

Latch on
High View - 10.00 - 11.30

Chatterbox
with baby weigh
Plymstock - 10 - 11.30am

**Family Hub Soft Play with
onsite support.**
Plymouth Methodist Central
Hall, Eastlake St, PL1 1BA
1.15 - 2.30pm

Step by Step
Nomony
10 - 11.15am

Bump, Baby & Me Group
Fourwoods 10-11.30am

Y.I.P.P.E.E
(Young Independent Proud
Parents Encouraging each
Other)
24th Sept, 22nd Oct, 19th Nov,
Dec
10.30-12pm
(Check Facebook for location
each week)



Wednesday

Latch on
Nomony - 1 - 2.30pm

Café Connect
The Barn 10-2pm

Step by Step
High View
1.30-2.45pm



Chatterbox
with baby weigh
St Francis
1 - 2.30pm
Compton Church
1 - 2.30pm

Twins Group
2nd & 4th Wednesday
every month
Rees, 10-11.30am

Thursday

Latch On Drop In
The Barn - 10-1130
(Runs alongside Chatterbox)
Plymbridge - 1 - 2.30pm

Multicultural Group
for 0-5 years old
Onward House
9.30 - 11am

Chatterbox
with baby weigh
The Barn 10-11.30am
High View - 9.30 - 11am

Baby & Toddler
Mainstone
9.30-11am

Y.I.P.P.E.E
(Young Independent Proud
Parents Encouraging each Other)
10th Oct, 7th Nov, 5th Dec
1.30-3pm
(Check Facebook for location each
week)

Step by Step
Whiteleigh
10 - 11.15am

**Bump, Baby &
Me**
Plymbridge - 1 -
2.30pm

Service Family Group
Plymstock - St Marys Church
Hall
1 - 2.30pm - Term time only

Dads Soft Play Sessions
YMCA
0-7 Years
Bookable on the YMCA
website.

Friday

Latch On
Fourwoods - 10-11.30am

Chatterbox
with baby weigh
Tothill Community Centre: 10 -
11.30am
Fourgreens, Whiteleigh: 10-11.30am

PEEP
Nomony
10-11am
**PLEASE CALL A FAMILY HUB TO
BOOK**

**hello
AUTUMN**



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





To find out more, scan the QR code to see our podlet!



Come along to our **Peep SEND**



Supporting parents and children to learn together!



Peep is a fun and friendly group for parents and carers with children from two to five. We share songs, stories, ideas and activities that support your child's talking and development through play and everyday life.



Where: 25 Manor street, PL1 1TL

When: Mondays 9:30-10:30 (From September 9th)

To book or contact: abbie.heat@barnardos.org.uk
or Abigail.hill@actionforchildren.org.uk



Children, Young Person and Families' Neurodiversity Wellbeing Team

A casual meet up for parents and carers of neurodivergent children (no diagnosis required). Come along and meet our Community Support Workers and have a cuppa and a chat. No need to book, just turn up - and your little ones are more than welcome!



Coffee & Connect - sessions start Monday 7 October

Mondays, 9-10.30am	Weds, 9.15-10.45am	Weds, 1-2.30pm	Thursdays, 1-2.30pm
Rees Centre Wellbeing Hub, Plympton PL7 2PS	DELL Emerging Family Hub, High View School, Efford PL3 6JQ	Manor Street Children's Centre, Stonehouse, PL1 1TL	Four Woods Family Hub, Crownhill Road, PL5 2LN

For further information please contact our advice line
Monday to Friday from 09.00-11.00 or 14.00-16.00

Tel: 01752 435404

We support people to lead independent, healthy lives

Free NHS Community Liver Health Checks

Date & Time: Wednesday 16th October 2024 (10am – 2pm)

Location: The Barn (Barnardo's) Family Hub, Kit Hill Cres, Barne Barton PL5 1EJ

Why should you take part?

- **Ca 2 million people in the UK are living with liver disease**, making it the fifth largest cause of death.
- Liver disease can be present **without any symptoms** for many years.
- We want to help **raise awareness** and **prevent liver disease as early as possible** to give the best chance of recovery, treatment & intervention.



How does it work?

Within our NHS community van, our trained nurse will perform a **FibroScan**, using ultrasound technology to measure liver stiffness and scarring.



- It is a **simple, non-invasive & painless test** and we will be able to **provide you with immediate results** and advice.
- The scan can take **up to 10-15 minutes** to perform depending on the individual.



Liver Health checks are being offered to:

Those **aged between 35-70** with any of the following risk factors are encouraged to come along:

- **Alcohol Intake over 14 units per week** (i.e. 6 pints of beer/cider, or 1.5 bottles of wine)
- **Diabetes or Pre-diabetic**
- **Overweight**
- **Past or current history of blood-borne virus** (e.g. Hepatitis B or Hepatitis C)
- **Known or suspected fatty liver**
- Anyone 18+ that has any concerns regarding their liver health.

How do I prepare for the scan?

- **If possible, please avoid having any food or high calorie drinks 3 hours before the scan**, as it this may indicate a false result.

For further information, please contact us on: plh-tr.communityliverhealth@nhs.net

No prior booking is required unless stated otherwise.



Pre-School Ballet & Tap Classes

Marine Academy Plymouth Community Sports
Suitable for children aged 3 - 4 years

Pre-School Ballet

Tuesdays @ 4:30 - 5 pm

Pre-School Tap

Fridays @ 4:15 - 4:45 pm

Our Pre-School classes introduce young dancers to the magic of movement in a fun, nurturing environment. Through creative play, basic dance steps, and imaginative routines, children will develop coordination, rhythm, and confidence. Perfect for little ones ready to twirl, tap, and explore their love for dance!

Book a FREE trial today!

INFO@PLYMOUTHBALLETSCCHOOL.CO.UK





TAP & MUSICAL THEATRE

FREE TASTER CLASS AVAILABLE!

FRIDAYS @ MARINE ACADEMY PLYMOUTH

Pre-School Tap 16:15 - 16:45

Junior Musical Theatre (5+) 16:45 - 17:30

Junior Tap (5+) 17:30 - 18:15

WWW.PLYMOUTHBALLETSSCHOOL.CO.UK

PLYMOUTH BALLET SCHOOL

Under 4's Spooktacular Dance Party

WEDNESDAY 30TH OCTOBER

DANCE, CRAFTS, GAMES, TREAT BAG & MORE!

MARINE ACADEMY PLYMOUTH
10 AM - 12, 4 & UNDER WITH ADULT PARTICIPATION
£10 PER CHILD



PLYMOUTH BALLET SCHOOL

TO BOOK: INFO@PLYMOUTHBALLETSSCHOOL.CO.UK



the university school

OPEN MORNINGS

8:35am-10am

Every Friday in September and October

No need to book



KIDS

Holiday

CLUB

AGES
8-12



JOIN THE FUN AT OUR HOLIDAY CLUB
ADVENTURE AWAITS!

ONLY
£30
PER DAY

SWIMMING | SPORTS | ARTS & CRAFTS

FEBRUARY, MAY AND
OCTOBER HALF TERMS,
EASTER & SUMMER!



@PLYMOUTHACTIVELEISURE

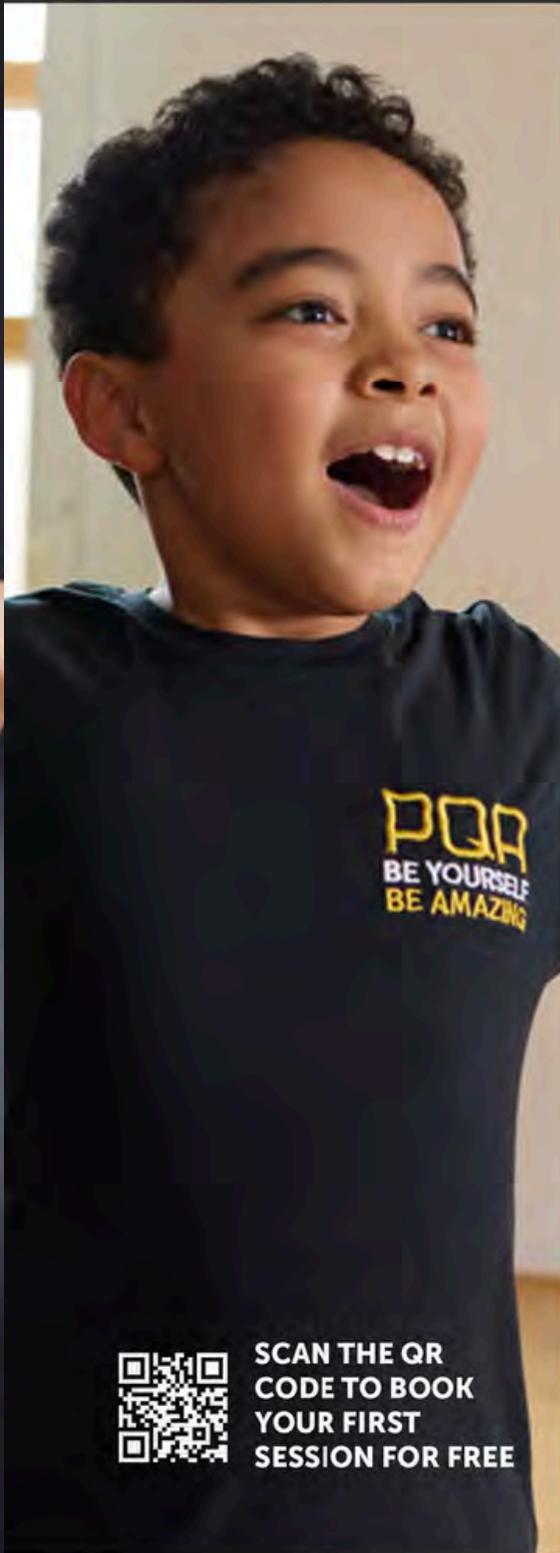
BOOK TODAY AT GETACTIVE@PLYMOUTHACTIVE.CO.UK

ON STAGE. BACKSTAGE. WHATEVER STAGE YOU'RE AT.

We're a dab hand at bringing out the best in children. Through our creative projects, performance opportunities and our diverse lessons in musical theatre, film and tv, comedy and drama, we give your child the confidence to be themselves.

PQA PLYMOUTH
TRY A FULL SESSION FOR FREE
DISCOVER MORE AT [PQACADEMY.COM](https://www.pqacademy.com)

PQA
THE PAULINE QUIRKE
ACADEMY OF PERFORMING ARTS



**TRAINING FOR
STAGE & SCREEN**
AGES 4-18

Step through the doors of our academies and discover the wonderful world of performing arts. Our project-based learning in musical theatre, film and drama nurtures skills for stage, screen, and every day.

PQA PLYMOUTH

FRIDAYS | 6-18 YEARS |

16:45 - 20:00

SATURDAY AM | 6-18 YEARS |

09:45 - 13:00

POPPETS | 4-5 YEARS |

09:45 - 11:30

MARINE ACADEMY PLYMOUTH,

PL5 2AF

YOUR PRINCIPAL IS

SAMUEL POMEROY

SAMUEL.POMEROY@PQACADEMY.COM



SCAN THE QR
CODE TO BOOK
YOUR FIRST
SESSION FOR FREE

PQA
THE PAULINE QUIRKE
ACADEMY OF PERFORMING ARTS

BIRTHDAY PARTY PACKAGES AT MARINE ACADEMY PLYMOUTH FOR AGES 3-14



MARINE ACADEMY
PLYMOUTH



We offer unbeatable party packages at Marine Academy Plymouth.

Let us organise your party and take the hassle and stress away from you. We can put together the perfect party package for all ages and numbers to suit your budget.

We offer parties on Saturday afternoons and Sunday mornings.

Early booking advised.

Contact us today to find out more and make your booking for a birthday party to remember!

ITS PARTY TIME!

More Information:

darren.stewart@marineacademy.org.uk

[@mapcommsports](#)

INFLATABLES/
BOUNCY CASTLES

FOOTBALL
(SPORTS HALL OR 3G)

MULTI SPORTS

 **MARINE ACADEMY
PLYMOUTH**
Trevithick Rd, PL5 2AF

