

MARINE ACADEMY PRIMARY NEWSLETTER July 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,

As always, we hope this newsletter finds you safe and well. As the academic year came to a close, it is very challenging to put into words just how much that time of year means to the entire #TeamMarine community! It has been an incredibly busy academic year as we look back on the progress and success of each and every learner, and the collective achievements that have been made.

All of the outstanding learning, cultural capital opportunities and career exposure does not happen by accident, and I would like to take some time to shine a spotlight on some of our unsung heroes who make these aspirations possible. Our dedicated teaching and support staff teams are the front face of the experience our children and families receive and we are very grateful for their unwavering commitment to our mission. Alongside our wider teams, they selflessly make sacrifices every day – regardless of the challenges thrown their way – to ensure we remain true to our morals and our children succeed in all they do.

To the people who work relentlessly behind the scenes – our catering team, playworkers, cleaners, admin team, and caretakers – I want to say ‘thank you’ for all you do for our community! We would not be able to work without you, and your dedication does not go unnoticed.

In addition to this, none of this would have been possible, and our children would not have had a wonderful year, without you and your support. We are incredibly grateful. On both a personal and professional note, I would like to thank each and every one of you for the relentless optimism, dedication, and unwavering support you have shown your children’s class teachers and the Academy as a whole.

Finally, we would like to wish all those moving into new positions or indeed new ventures, the very best of luck. Once you have been part of #TeamMarine you never really leave and so we know we will keep in touch and watch you shine on from afar.

We really look forward to seeing everyone in September when children will return to school on Tuesday 3rd September.

Have a wonderful summer, and we will see you all soon.

Yours sincerely,

Mrs. Georgina Reid and Mrs. Nicola Keeler

Co-Headteachers



TERM DATES

2024-25

(PRIMARY)



AUTUMN TERM

START OF TERM 1

Tuesday 3rd September

END OF TERM 1

Friday 25th October

OCTOBER HALF TERM

Monday 28th October - Friday 8th November

START OF TERM 2

Monday 11th November

END OF TERM 2

Friday 20th December at 1pm

SPRING TERM

START OF TERM 3

Tuesday 7th January

END OF TERM 3

Friday 14th February

FEBRUARY HALF TERM

Monday 17th - Friday 21st February

START OF TERM 4

Monday 24th February

END OF TERM 4

Friday 4th April

SUMMER TERM

START OF TERM 5

Tuesday 22nd April
Bank Holiday: 5th May

END OF TERM 5

Friday 23rd May

MAY HALF TERM & NON PUPIL DAY

Monday 26th May - Monday 2nd June

START OF TERM 6

Tuesday 3rd June

END OF TERM 6

Thursday 17th July

YEAR GROUP NEWS

Thank you to everyone for a fantastic year!

Reception

As the term has come to a close, we are thrilled to share the remarkable progress and memorable experiences our Reception classes have enjoyed over the past few months. The growth in confidence and independence among the children has been truly inspiring to witness. Their reading and writing skills have developed beyond our expectations, and we couldn't be more proud of their achievements.

This month, our learning journey has centred around the story of 'The Selfish Crocodile'. The children enthusiastically engaged in various activities related to the story, including painting the setting and writing heartfelt letters to the crocodile, encouraging him to be kind. In Maths, our focus has been on measurement. The children have been exploring concepts of length, height, weight, and capacity through hands-on activities and practical challenges.

As we prepare our children for the exciting transition to Year 1, we have taken time to ensure they feel confident and ready for the next stage of their educational journey. It has been a privilege to watch them grow and develop, and we are incredibly proud of all they have accomplished this year.

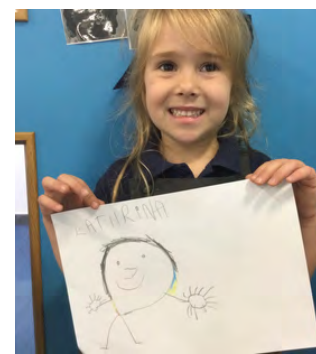
We are excited to see our children continue to shine and excel in Year 1.



Pre-School

Pre-School children have been reflecting on their journey and their growth this month. They have been looking at baby pictures of themselves and talked about how they have changed. The children have loved their Stay and Plays both in Pre-School and Reception. We would like to give thanks and congratulate all the children graduating Pre-School. You should be so proud of your achievements, and we hope you are looking forward to Reception, either with us, or at your new school.

We can't wait to continue learning with the current Pre-School children, and we are excited for new friends to join us. Have a lovely summer, take care, and enjoy. See you in September.



Nursery

Wow! What a year Turtle Class have had. The children have had so much fun learning many Nursery Rhymes and reading lots of exciting books. We have explored all of the colours in the rainbow and even hunted for them around the school.

We discovered that 'Old Macdonald' had an awful lot of animals on his farm, and we can now name some of them. The children have also grown their own cress seeds.

Our Christmas craft afternoon was fun and the children loved being Christmas crafty with their adults. Our Summer Sports Event was a fantastic opportunity for the children to show their adults how great they are on the Nursery equipment, we hope you enjoyed these events as much as we did. We hope you all have a wonderful Summer and look forward to welcoming lots of new friends in September.



Year 1

The adults in Year 1 are so incredibly proud of the progress that the children have made during this academic year. Thank you to everyone who joined us for the year group assembly.

The children have demonstrated excellent Geographical knowledge during our Wonderful Weather topic this term and were able to apply this knowledge in English when learning about the non-fiction text, 'Weather'. The children also impressed our visitors from 'Walkwise', who came in to talk about road safety, with their knowledge of different road signs. Walkwise will continue to work with the children when they're in Year 2.

Year 1 have had an exciting Science topic this term which was all about being shipwrecked! They had to think about how they would: build a shelter; protect themselves from the sun; design and build a life raft; find food and what might be available on the island.

We have had a wonderful end to the year with Year 1 and wish them good luck for their move up to Year 2.



Year 2

What an amazing year it has been! The Year 2 team are incredibly proud of the children and the progress they have made throughout the year! This term, we learnt all about healthy recipes, how to stay healthy and where food comes from through our Science, Geography, and Design and Technology topics. We hope they enjoyed their healthy wraps and their pizzas that they made whilst on their trip to Occombe Farm.

This term, we also had the privilege of sharing our learning with you, through our class assemblies; the Year 2 team were blown away with the children's performance. We hope you enjoyed this as much as we did - thank you for coming! Lastly, thank you for all of your support this year! We wish all the children the best of luck, as they move into Year 3. We hope you have a lovely summer! Miss Widdison and Mr Cuzner are excited to see the children in September.



Year 3

During the final month of the school year, the children in Year 3 excelled across all subjects of learning. In particular, the children produced fantastic final writes in Geography to showcase their thorough understanding of Weather and the Water Cycle. Furthermore, the children enjoyed learning about different types of foods in Design and Technology. Last week, the children prepared and cooked their seasonal tarts to take home.

In addition to all the great learning, the children also made the Year 3 team very proud with their class assemblies for families. Both classes practised and delivered their performances to the best of their ability. We finished Year 3 with an enjoyable class party and fun games to cap off a great year. We wish all the children and their families a great summer holiday and we look forward to seeing you all again in September!



Year 4

Year 4 kicked off the month with a spectacular assembly, showcasing their talents and teamwork. Their performance, alongside some of the children's involvement in the Peter Pan production, highlighted future stars among us. Notably, some students bravely spoke at a trust-wide event, earning praise for their presentation on sustainable campus redesign.

The indoor summer fair was a hit despite the weather, with children enjoying games and treats. In class, they designed and baked biscuits, wrote insightful geography essays on natural resources, and crafted persuasive letters for charity donations. In Maths, they mastered statistics, applying concepts to real-life scenarios. Rounders was the sport of the term in PE, promoting physical skills and team spirit.

As we end this fantastic year, we thank our students and parents for their dedication. Farewell to our Year 4 students; we wish you all the best in Year 5. Have a wonderful summer!



Year 5

Year 5 had a tremendous end to the academic year! They completed insightful essays considering Energy and Sustainability. They were able to gain powerful insights into the issues facing our environment during their Geography Field Trip to Central Park. In English, the children reflected on the journey of the Mayflower and completed amazing chronological reports. In Maths, the children completed their Angles unit and are now proficient protractor users! They can find angles on a straight line and around a point - true Mathematicians!

In DT, the children completed their Food and Nutrition unit. After learning about the features of a healthy diet and food hygiene, they ended the unit by cooking their own delicious bolognese sauce. Both Year 5 classes brilliantly performed their assembly to parents, and we thoroughly enjoyed sharing these with you. We are beyond proud of the children this year and can't wait to hear their successes throughout year 6!



Year 6

Wow what an end to the year it was! We have really enjoyed sharing and celebrating the children's successes over this academic year with them, through all the different events and activities we have been taking part in. We were so proud of all of them for standing up and sharing their learning and achievements with their families during their Year Group Assembly. Thank you so much to everyone who was able to come along and watch. The children continued to work hard after SATs, demonstrating excellent understanding in their Geography topic, Globalisation, this term and also in their Science topic, Cells. They finished their Maths topics with problem solving, enabling them to exemplify the wide range of Maths skills that they have worked hard on this year, and all their previous years of Primary school!

Year 6, we are going to miss every single one of you! We are incredibly proud of the progress you have all made and wish you all the best for your next exciting chapter. Remember to work hard, be kind and amazing things really will happen!



In Other

News

Thank so much to Mrs King who volunteers with us each week, helping us to ensure that our outdoor area is always well cared for and looking its best.

Thank you for all of the support you give to our environment and our children.



Thank you to everyone who came along to support us at the Summer Fair, including all of the wonderful stall holders! It was a joy to see so many people having fun and getting involved despite the wet weather.

A huge thank you to Mrs Tabb and FatMAP for all of their hard work that went into organising it and thank you to all the staff, parents and carers who helped on the day. We couldn't have delivered such a fantastic afternoon without you all!



Our Early Years Team received a Certificate of Excellence for The Early Years Team of the Year Award in this year's Pearson National Teaching Awards. We're proud of their efforts to make every child's learning experience something special and for giving our children the absolute best start to their school journey!

Mrs Rio-Wood, our Trust Leader for Speech and Language Therapy, received a Certificate of Excellence in the Award for Excellence in Special Needs Education in this year's Pearson National Teaching Awards. Thank you Mrs Rio-Wood for all of your hard work in supporting our children at Marine Academy Primary and across our family of schools.



Miss Uren received a Certificate of Excellence in the Pearson National Teaching Awards for Outstanding New Teacher of the Year!

Huge congratulations and a big thank you for your passion and commitment to our children.



Congratulations to Mrs Howard for her well-deserved nomination for 'Teacher of the Year in a Primary School' Pearson National Teaching Award!

Team Marine are incredibly proud! Thank you for your exceptional dedication to our children.



We had a wonderful afternoon tea with some of our families, celebrating their children who had completed 38 Things this year. Well done to them all, we hope you enjoyed completing your booklets together!



A big shout out and well done to these members of staff who took part in the St Luke's Hospice Midnight Walk this month.

Miss Vickers was also part of the warm up before the walkers left for their 13.1 mile walk!

Please can we remind families that there is no right turn once you leave the one-way system by the secondary school, thank you.



UNIFORM REMINDERS



- Dark grey tailored trousers, skirts, pinafores or shorts to be worn (not black or light grey please).
- All jumpers and cardigans worn need the Academy logo embroidered on them and jumpers should be round neck.
- It is acceptable to wear plain white polo shirts without a logo.
- Black school shoes (not including boots) need to be worn please. No trainers (except for PE lessons) please.
- White, grey or black socks, or grey or navy tights please.
- Jewellery, including bracelets and necklaces, is not permitted; earrings must be studs rather than hoops please.
- Children can wear hair accessories, such as JoJo Siwa bows, however, please ensure they are in the Academy colours (black, shades of blue or white).
- For PE, children need to wear their house colour polo and black shorts/leggings/tracksuit bottoms. On the days that your child has PE, they are encouraged to wear their PE kit to school for the entire day.
- Marine Academy Primary Pre-School children are to wear their Pre-School polos and jumpers please but can choose any trousers/leggings/shorts/skirts and shoes to wear.





ONLINE SAFETY










Thank you for your support in guiding your children to have a positive online experience during this academic year. Here is some further information and guidance to support your child as we move into the summer holiday, where their screen time may increase.

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.

SUMMER SCREEN TIME

The Ineqe Safeguarding Group have published information on their website to help you manage your child's screentime during the summer break. Their website includes top tips for managing screen time, activities and guides to popular apps:













<https://ineqe.com/2024/06/20/summertime-screen-time-2024/>

 Summer Screen Time Activities Pack	 My Screen Routine	 Keeping Record
 Three Tips for a Safer Digital Summer READ ARTICLE	 Your Summer Guide to Popular Games DOWNLOAD GRAPHIC & SHARE	 Your Summer Guide to Popular platforms DOWNLOAD GRAPHIC & SHARE
 Our Safety Centre VISIT WEBSITE	 My Child's First Device READ ARTICLE	 Creative Activity Pack DOWNLOAD PACK

Being Kind Online

BBC Own It have curated a selection of videos and quizzes with ideas and advice to help make the web a kinder place. You could use these to help you start a conversation with your child.

<https://www.bbc.com/ownit/curations/being-kind-online>

 Don't judge a book by its cover	 Breaking away from gender stereotypes	 Kids react to mean comments	 Nikki Lilly - Having a positive impact
 Katie and Macker's online sharing dilemmas	 "I'm a MEME!"	 5 ways a better internet starts with you	 Quiz: Is what you're posting online mean?
 Ask Mugh	 What to do if you've been mean	 A guide to bossing best behaviour online	 When emojis go bad

SECONDARY SCHOOL TRANSITION

Is your child moving to secondary school in September? Internet Matters have published lots of useful advice and resources to help you during this transition, including discussing if your child is ready for a smartphone and explaining the challenges they may face in secondary school:

<https://www.internetmatters.org/resources/moving-to-secondary-school-online-safety-guide/>



Protection from harmful online challenges

Lisa Kenevan and Hollie Dance both lost their sons to dangerous online challenges. They have shared their advice and tips with Internet Matters to help protect children from harmful online challenges. Internet Matters have also included links to further resources regarding online challenges at the below link:

<https://www.internetmatters.org/hub/parent-stories/tips-protect-children-harmful-online-challenges/>



Snapchat is a popular type of social media that allows users to communicate through messaging, audio, photos and video. It does have an age restriction of 13 and over, however we recognise that some children may have it on their devices under the trust and guidance of parents/carers. Please see below some further tips to help you with ensuring that your child is aware of the potential dangers and some available settings to reduce the likelihood of correspondence with strangers.

What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivaling platforms such as TikTok and Instagram.

CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily, Spotlight Challenges give users to the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.



SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.

DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beauty' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking in locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.



TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.



CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.



KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasize the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in. Additionally, it's important to be cautious about Shared Stories as this allows people who are not on your contact list access to the post.



BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



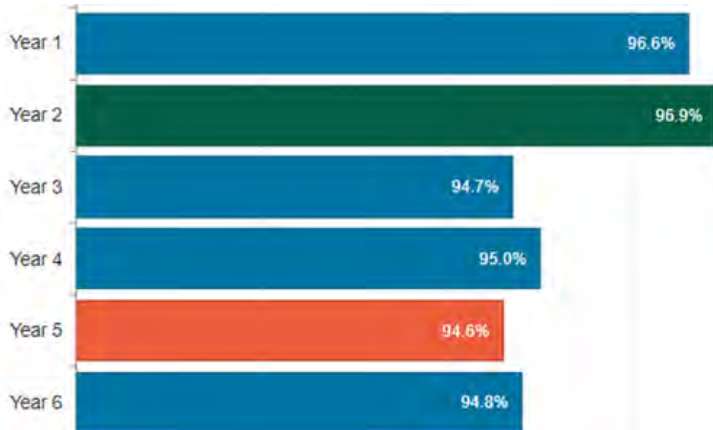


ATTENDANCE

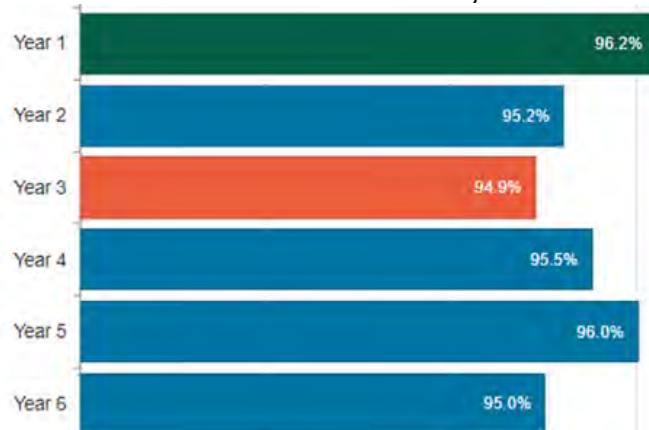
Attendance Matters



Well done to Year 1 for having the highest attendance this month!



...and for having the highest attendance for the whole school year!



WE NEED YOUR HELP!

Do you or any of your friends and family have any plastic-studded football boots that are outgrown or that are no longer needed?

If so, please bring them into the Primary for our 'boot bank'.

If children have their own plastic-studded boots, we would be grateful if they can bring them in to change into before going on the 3G pitch at break and lunchtime.



**DONATE
YOUR OLD
FOOTBALL
BOOTS!**

Books for Topics Olympics & Paralympics

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

Best Children's Books about the Olympic and Paralympic Games

Now's the time to inspire young readers with books all about the Olympic and Paralympic Games! From pentathlons and Paralympians to javelins and judo, there are plenty of facts and figures to be inspired by in our medal-worthy selection of top children's books about the Olympic games...

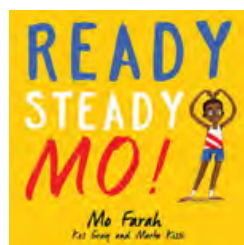


When I Grow Up I Want to Play...

Rosamund Lloyd & Richard Merritt

Non-fiction Picturebook

This fun, dynamic book introduces children to the world of competitive sports! It covers some of the world's most popular games, including football, tennis and volleyball. Packed with action flaps and simple facts, this book is perfect for curious minds.



Ready Steady Mo!

Mo Farah & Kes Gray & Marta Kissi

Picturebook

From Olympic gold medal winner Mo Farah and bestselling author of Oi Frog! , Kes Gray, comes a fun and action-packed picture book that will get kids reading, and running too! So, what are you waiting for? Warm up, do the MOBOT, and then ... Run on the pavement Run on the grass Run in the playground Perhaps not in class! Follow Mo on his madcap adventures as his running skills go from strength to strength. The perfect book to share and read aloud. With vibrant illustrations and a rhyming text.

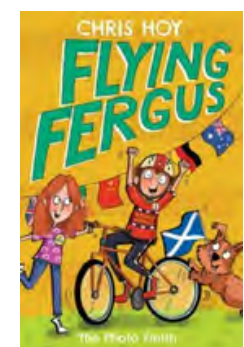


Splash

Claire Cashmore & Sharon Davey

Picturebook

Claire Cashmore, MBE and Paralympic gold medallist, was born without a left forearm - but she never let being different stand in the way of her big dreams. Splash is based on Claire's real-life experience: this gold-medal-winning swimmer really was scared of water ... until one day, everything changed! These are Claire's big sisters. They call her Bear and ruffle her hair. And whatever Claire's sisters can do, Claire can do too ... But there is one thing Claire won't do ... The water in the swimming pool makes her feel squirmy inside. Follow her sisters? No thank you! Not today? Can Claire conquer her fears? Can she set foot in the water - and what will happen if she does?



Flying Fergus: The Photo Finish

Sir Chris Hoy & Clare Elsom

Chapter book

It's competition time! The Hercules Hopefuls are at the International Championships at last - but how will Fergus cope with the competition pressures now that his best friend Daisy has moved away? Mum and Jambo are distracted by their upcoming wedding, Grandpa and Choppy Wallace are having problems with the team's sponsor, who is demanding ludicrous things like banning the team from eating bananas and making them scoff biscuits instead. Manchester is starting to feel a long way from home. But when Fergus escapes to Nevermore to see some friendly faces, it's no better there - Princess Lily is cross with her brother, and there's a bet on which cycling team will win that could see King Woebegot lose his kingdom... Another fabulous, fun and fantastical cycle adventure for Fergus and his friends.



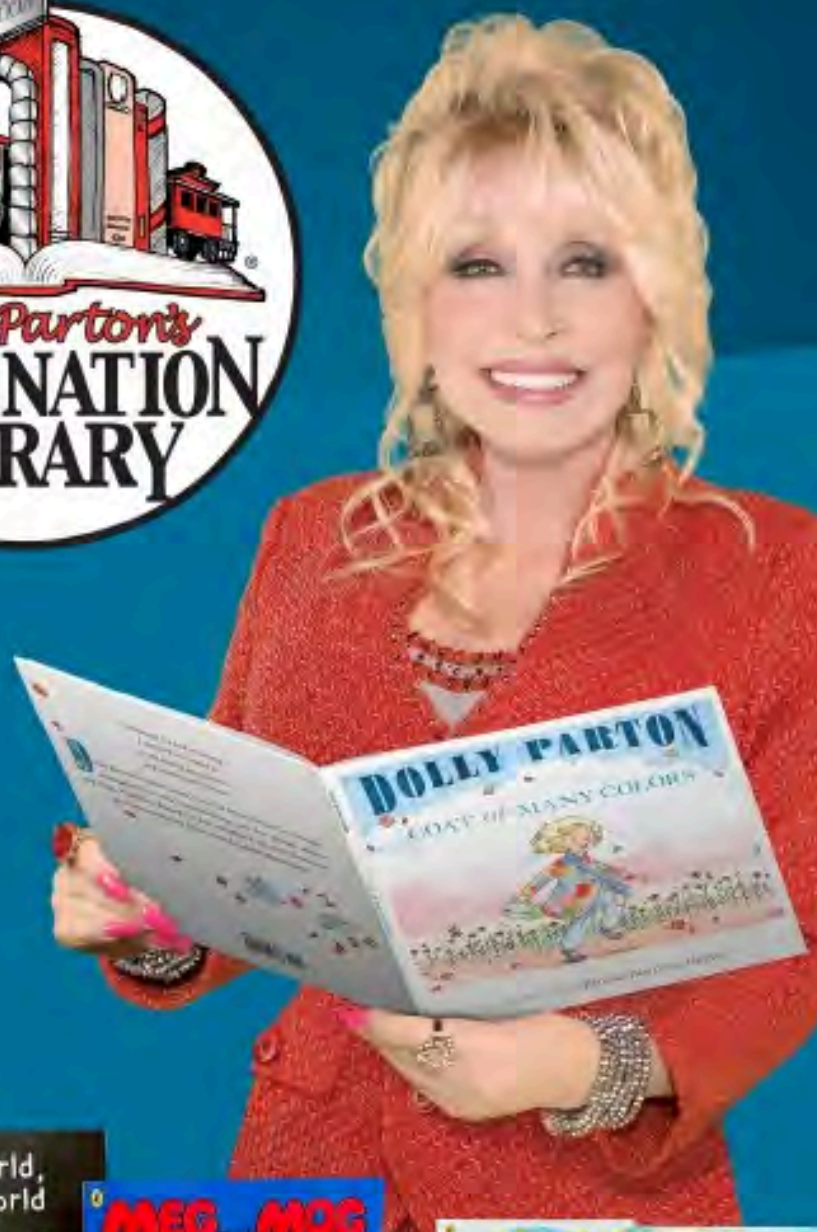
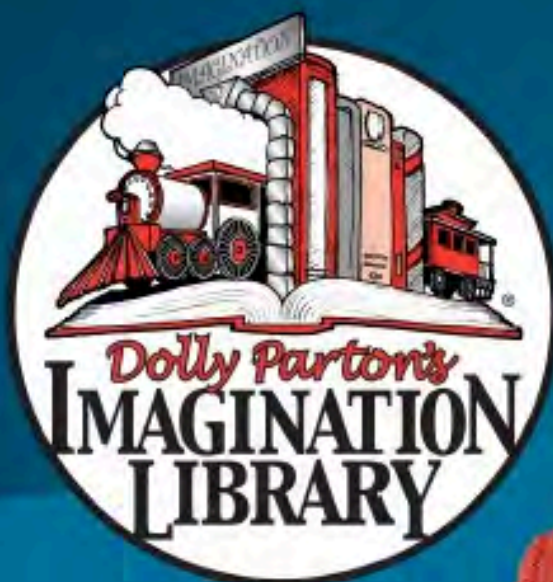
Cyborg Cat and the Masked Marauder

Ade Adepitan

Chapter book

Join three sporting detectives as they race around the world in the brand new mystery adventure series from multi gold medal-winning Paralympian, Ellie Robinson. Hannah, Maria, and Seb are at the World Championships in Tokyo, bonding over their excitement at watching their favourite athletes compete. But Jesse Marks, a star runner on the US relay team has had his gold medal stolen! The sport park is alive with gossip and as the three new friends begin to investigate, several suspects begin to emerge. With time running out before the final race is run, can the detectives uncover who is out to sabotage the team? The race to solve the case is on in this twisting, action-packed look-behind-the-scenes at the world's biggest sporting event, with clues and illustrations throughout from James Lancett.

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



We're really excited to be running one of our FREE workshops exclusively for parents/carers and up to 2 children aged over 10. We'll be covering:

- Family friendly recipes
- Picnic ideas
- Money saving tips
- Fakeaways
- Loving leftovers
- Feeding fussy eaters
- And much more!

Parent and Child Cookery Workshop



The Hayloft, Poole Farm,
Leigham, Plymouth, PL6 8NF



Monday 12th August

10am - 2pm

Lunch is provided (and cooked by you). Please bring a takeaway tub so you can take some home!

Places are limited, so get in touch asap to secure your place. Email: info@foodisfun.org.uk or Tel: 07818 450968



Wednesday 21st August
7-10 years
Rees Wellbeing and Family Hub
2.30-3.30pm
Using paint pens and stencils

Please contact one of our Family Hubs to book

GRAFFITI WORKSHOPS

Thursday 15th August
11-14 years
The Barn Family Hub
2-3.30pm
Spray Paint session



BARNARD'S

Changing childhoods.
Changing lives.





William Sutton Memorial Hall

St Budeaux and Barne Barton Wellbeing Hub

6 Shelley Way, St Budeaux, Plymouth, PL5 1QF

For more details of these activities please call 01752 211247 or 07890257621 07890257624

Day	Time	Activity
Monday	15:45pm to 21:00pm	A.O.D Dance Check out A.O.D's Facebook page for more info Academy of Dance – AOD Plymouth
	09.00am to 21.00pm	Arts Craft & Laughter (Lower Ground Floor) Check out Art Craft & Laughter's Website and Facebook page for more info: https://www.artcraftandgiggles.co.uk/ Art Craft & Laughter / Art Craft & Giggles CIC
Tuesday	10:00am to 14:00pm	Warm space community activities Booking essential Tel: 07890 257 649 wellbeinghub@colebrooksw.org St Budeaux and Barne Barton Wellbeing Hub
	09:30am to 12:30pm	The Great Escape Men's group centred around activities including Gardening) Contact William Sutton Hubs on Tel: 01752 211247 or email: communitycentres@colebrooksw.org for more info
	15:45pm to 21:00pm	A.O.D Dance Check out A.O.D's Facebook page for more info Academy of Dance – AOD Plymouth
	09.00am to 21.00pm	Arts Craft & Laughter (Lower Ground Floor) Check out Art Craft & Laughter's Website and Facebook page for more info: https://www.artcraftandgiggles.co.uk/ Art Craft & Laughter / Art Craft & Giggles CIC
Wednesday	10:30am to 11:30pm	Elder tree (Seated Exercise)
	11:45pm to 13:30pm	Elder tree – Better Together (Ladies Friendship group) https://eldertreeplymouth.co.uk/ Tel: 01752 227447
	13:45pm to 15:45pm	Elder tree and Plymouth Argyle Xtra time (activities for the over 55's) https://argylecommunitytrust.co.uk/what-we-do/health/extra-time-hub/ Tel: 01752 562561 ext. 6 Email: community@pafc.co.uk
	15:45pm to 21:00pm	A.O.D Dance Check out A.O.D's Facebook page for more info Academy of Dance – AOD Plymouth
	09.00am to 21.00pm	Arts Craft & Laughter (Lower Ground Floor) Check out Art Craft & Laughter's Website and Facebook page for more info: https://www.artcraftandgiggles.co.uk/ Art Craft & Laughter / Art Craft & Giggles CIC
Thursday	09.30am to 14:00pm	Community Wellbeing Café & Drop In (Everyone is welcome) Tel: 07890 257 649 wellbeinghub@colebrooksw.org St Budeaux and Barne Barton Wellbeing Hub
	12pm to 14:00pm	Elder tree (Men's friendship group) https://eldertreeplymouth.co.uk/ Tel: 01752 227447
	15:45pm to 21:00pm	A.O.D Dance Check out A.O.D's Facebook page for more info Academy of Dance – AOD Plymouth
	09.00am to 21.00pm	Arts Craft & Laughter (Lower Ground Floor) Check out Art Craft & Laughter's Website and Facebook page for more info: https://www.artcraftandgiggles.co.uk/ Art Craft & Laughter / Art Craft & Giggles CIC
Friday	12.00 to 14:00pm	Lunch Club for the over 55's For more info contact Four Greens Community Trust via email: facilities@fgct.co.uk or Tel: 1752 875916
	15:45pm to 21:00pm	A.O.D Dance Check out A.O.D's Facebook page for more info Academy of Dance – AOD Plymouth
	09.00am to 21.00pm	Arts Craft & Laughter (Lower Ground Floor) Check out Art Craft & Laughter's Website and Facebook page for more info: https://www.artcraftandgiggles.co.uk/ Art Craft & Laughter / Art Craft & Giggles CIC

Wellbeing Drop in sessions

St Budeaux Wellbeing Hub

William Sutton Hall
6 Shelley Way
St Budeaux
PL5 1QF

Thursday 10am-12pm

1/8/24



Drop in and find out more about how it all works.

8/8/24



Your opportunity to feed back your NHS experiences

15/8/24



For all your employment and training needs

22/8/24



Chronic Pain Cafe & SWW will be here to offer support



29/8/24



STAND EASY veterans drop in meet up and connect

07890 257 649

wellbeinghub@colebrooksw.org

St Budeaux and Barne Barton Wellbeing Hub



Your wellbeing matters



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Efford 10:00-11:30 High View School, Torridge Way, PL3 6JQ	Devonport 10:00-11:00 Green Ark Family Hub Fore Street PL1 4DW Kingsbridge 10:00-11:30 Kingsbridge Nursing Church, Baptist Lane, TQ7 1QD	Barne Barton: Drop In 10:00-11:30 The Barn Family Hub, Kit Hill Crescent, PL5 1EJ (Alongside Chatterbox)	West Park 10:00-11:30 Fourwoods Family Hub, 415 Crownhill Rd, PL5 2LN (Bra Fitting Service Available) Tavistock 9:30-11:00 Tavistock Children's Centre, 4 St Johns Road, Tavistock PL19 9FD	City Centre Drop In: Early Support 10:30-12:00 Central Library, 167-171 Armada Way, PL1 1HZ
Plympton: Drop In 1:00-2:30 Rees Wellbeing and Family Hub, Mudge Way, PL7 2PS (Alongside Chatterbox)	North Prospect (LARK) 1:30-3:00 Main Hall, The Beacon PL2 2LL (Alongside Chatterbox)	Cattedown 1:00-2:30 Nomony Family Hub, 27 St Johns Rd, PL4 OPA	Estover 1:00-2:30 Plymbridge Children's Centre, C/O Plymbridge Nursery, Miller Way, PL6 8UN (Alongside Baby and Me Group)		
National Breastfeeding Helpline 24 Hours	Plymouth Latch On Service Facebook Page and Messaging Service	Health Visiting Service 9:00am - 5:00pm Week Days	Midwifery Service (Babies under 28 days) 24 Hours		

National Breastfeeding Helpline	24 Hours	0300 100 0212 (Support available in Polish, Bengali & Sylheti)
Plymouth Latch On Service	Facebook Page and Messaging Service	www.facebook.com/plymouthlatchon
Health Visiting Service	9:00am - 5:00pm Week Days	01752 434008
Midwifery Service (Babies under 28 days)	24 Hours	01752 430200
NCT - Breastfeeding Helpline	8:00am - Midnight Daily	0300 330 0700
Family Hubs and Emerging Family Hubs	9:00am - 4:30pm Week Days	Nomony 01752 261844 Whiteleigh 01752 875933 Fourwoods 01752 366795 Manor Street 07855184758 Rees 01752 340550 The Barn 01752 362320 Lark 01752 313293 Green Ark 07855184758

FAMILY FIRST AID WORKSHOP



6TH AUGUST 11:15AM-1:15PM
ST BUDEAUX LIBRARY



Waiting Well Drop In

IS YOUR CHILD WAITING FOR AN APPOINTMENT AT THE CDC?

DO YOU NEED ADVICE AND SUPPORT WHILE WAITING FOR YOUR APPOINTMENT?

6th August, 1-3pm at the Child Development Centre

01

13th August, 1.30-3pm Central Methodist Hall

02

20th August, 1.30-3pm, Highview Primary School

03

No appointment needed.

04

Tea and biscuits available

05



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).

Monday 16th September

9:30-11:30am

Running for 10 Weeks



**Marine Academy
School, PL5 2AF**

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



BARNARD'S

Changing childhoods.
Changing lives.

From Timid to Tiger

Parent training for anxious children

Timid to Tiger is an entirely parenting-based approach to managing anxiety in children (available to parents of children aged 8-11). It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent.

Many children struggle to articulate their thoughts, feelings and sensations. It can be very frustrating and exhausting to try to encourage your child to manage their anxiety and the impact this has on family life. From Timid to Tiger aims to explore the role of anxiety within a family, how it develops and how parents/guardians are well placed to support children who frequently feel anxious. The sessions offer practical tips and advice on things that parents can do to help their child cope with their anxiety and overcome challenges they face.

The small group sessions will be run for 2 hours per week for 10 weeks and each parent will identify personal goals to enable them to focus on achieving positive change. What to expect: Sessions 1-10:

1. Introduction to the programme
2. Securing the parent-child bond through non-directive play
3. Understanding your child's anxiety
4. Using praise to build children's confidence
5. Using rewards to get the child motivated
6. Setting limits on anxious children's behaviour
7. Using withdrawal of attention to manage children's behaviour
8. Managing worry
9. Managing difficult behaviour
10. Review of the work

To book a place or for more information contact the Barn or Fourwoods Family Hub on (01752) 362320 / 366795.

