



Marine Academy Primary Newsletter December 2022

'Where Stars Shine Brighter.'

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

Dear Parents/Carers of Marine Academy Primary pupils,

As we begin the Christmas holidays, I wanted to take this opportunity to thank the Marine Academy Primary team, who have been brilliant in their steadfast commitment to ensuring an outstanding education for your children. I also wanted to thank all of you for your support throughout this calendar year; we certainly have the best group of Parents/Carers that a school could ask for! Thank you all for everything throughout 2022 – it has been an exceptionally successful calendar year for Marine Academy Primary. We have achieved so much and ensured that every child's happiness, safety and learning has always been at the heart of what we do; this would not have been possible without your backing.

On the last day of term, the children gave Mrs Jones a wonderful send off; if you have not had the chance to watch them singing their song to her then please take a look at our Facebook page [here](#). I would like to take this final opportunity to say goodbye to Mrs Jones, wish her well and thank her for her dedication to our mission, of providing an outstanding education to ensure that all pupils achieve their greatest potential and live by life's highest values, throughout her time with us. We will miss Mrs Jones but know that she will be an incredible Headteacher and Laura Green Primary School are very lucky to have her at the helm.

I will write to you on our INSET day on 3rd January to share the plans for the Spring Term, including a leadership update, as well as the Spring Term Lunch Menu and what day each year group will have their PE lessons throughout Term 3.

I wish you and your families a very Merry Christmas and a Happy New Year.

Yours sincerely,
Mrs Siobhan Meredith
Headteacher

FORTHCOMING EVENTS...

DATES FOR YOUR DIARY

- 3rd January – INSET Day
- 4th January – First Day of Term 3
- 4th January – Extra-Curricular Activities resume
- 10th January – Some children to watch Pinocchio at the Theatre Royal Plymouth
- 11th January – Some children to take part in KS2 Multi Skills event at Riverside Community Primary School
- 12th January – Becca's Children's Books Story Plays to visit Pre-School
- 13th January – Year 5 visit to Tintagel Castle
- 15th January – Deadline for Reception 2023 Applications
- 16th January – Year 3/4 Football Cluster League at Manadon Sports Hub
- 17th January – Potential Date for Year 4 Trip to Wildwood Escot
- 18th January – Year 5 to watch 'Six' at the Theatre Royal Plymouth
- 20th January – Year 3 Shang Dynasty Visitor Day
- 27th January – Year 5 and 6 Trip to Medifest
- 3rd to 6th February – Year 6 Residential to Paris
- 7th February – Reception Trip to Mount Edgcombe
- 8th February – Some children to watch 'Room on the Broom' at the Theatre Royal Plymouth
- 10th February – Last Day of Term 3

Year 6 – Year 6 have had an extremely fun-filled month with lots of festive celebrations, along with the completion of lots of awesome learning. The children completed their Geography based topic 'Local Fieldwork' and as a result produced brilliant essays, which really highlighted their knowledge and understanding of the topic. Year 6 have also designed and made their own wooden toy with moving parts, as part of their Design and Technology learning. They had the opportunity to use a hacksaw to cut out parts for their wooden toys, after accurately measuring pieces of wood. We are really looking forward to getting started in the new year, but Year 6 deserves this break, as they have had an incredible term. The whole Year 6 team wishes you a wonderful and magical Christmas!



Year 4 – We have loved this Christmas term in Year 4! It has been a busy term but the children have enjoyed a number of hands on lessons across the curriculum. Over the last two terms, we have been learning about Hinduism and to support this learning made their own clay diva lamp and painted it in bright traditional colours. In Design Technology, we kept with the festive spirit and combined our learning about levers and linkages to make a moving Christmas card. In Science, we have been learning about the different ecosystems and we combined this learning with the 'Rainforest Rough Guide' text in English. The children did such a fantastic job in their Science learning that we have planned a trip that will link with this topic, later in the year. In SMSC, the children thoroughly enjoyed making their own Christmas decoration- we hope you like them as much as we did! Have a Merry Christmas and a Happy New Year and we look forward to welcoming you back in 2023!

Year 1 - The children in Year 1 had an exciting month in December! They wrote letters to the Head Elf of the North Pole in their English lessons. The children had to write ways in which the elves could catch Santa, who at the time, was on holiday. The children thought of great ideas and wrote them down using perfect sentences. Mr Andrews has been blown away at how far all the children have progressed with their writing. The children have also continued to produce excellent Maths learning, Miss Ullah was impressed with how the children were able to solve tricky addition and subtraction problems. Over the course of the month, the children have continued to explore maps in the Geography topic, 'Location, Location, Location!' They created some amazing maps of the school and undertook an orienteering task around the school. All of the staff in Year 1 wish everyone a very merry Christmas and a Happy New Year. We look forward to seeing you for another exciting term in January.

Pre-School – The children in Pre-School have completed some amazing learning during their topic 'Where's My Teddy?', they have talked about the different positions the bears have been using positional language and even retold the story with their friends. Ms Bell has also taught the children a Spanish song about 'Where's my Teddy?'. We are very excited to learn about our new topic 'Yummy in my Tummy' in the new year! The Pre-School staff and children really enjoyed the Christmas Craft Morning and hope the parents did as well, we were very proud of the children's singing and Makaton! We are very excited to welcome new friends to our classes after Christmas. We would like to wish all of the Pre-School families a Merry Christmas and hope they have a magical time!

Year 3 – Year 3 have worked extremely hard during this busy and exciting term. They have enjoyed their Geography learning, focusing on Villages, Towns and Cities. The children have written some wonderful essays to demonstrate their new knowledge. In Maths, the children have been recalling their 3x and 4x tables and some even started looked at the relationship between its inverse. In English, the children invented their own stories based on their class text, Mimi and the Mountain Dragon. They thoroughly enjoyed researching natural disasters to include in their stories. This week the children took part in their final violin lessons, they have come such a long way in their musical journey, we hope this is something the children wish to continue in the future! Thank you for all parents who attended the Christmas Carol Concert. We are sure you'd agree; the children were absolutely incredible. Have a very Merry Christmas and a lovely New Year. We will look forward to seeing you in Term 3.

Year 5 – Year 5 have finished 2022 in style by producing plenty of wonderful learning and excelling in a range of Christmas themed performing! In English, the children have learnt about several World War Two experiences and have written powerful diary entries to describe this, which have been packed with emotive language and empathy! In Maths, the children have made excellent progress within their Multiplication and Division unit, where they have identified factors, multiples, prime numbers, square numbers and cube numbers. Year 5 have been great geographers this month by identifying the challenges for residents living within informal settlements and considering ways in which their quality of life can be improved. This knowledge has been ably demonstrated via their fantastic essays and admirable quizzing results. In Design Technology, the children have enjoyed producing technical drawings and assembling a water filter model. They were blown away by the difference they made to the cleanliness of water! Towards the conclusion of the term, Year 5 have made everyone proud with their super contribution to the Carol Concert and the eagerly anticipated whole-school video! The Year 5 team are grateful for your ongoing support and wish all of our families a very happy Christmas!

Year 2 – This term, the Year 2 children have been exploring their Geography topic of 'What a Wonderful World'. The children have just finished writing their essays, where they have been examining climate zones in different continents. We have been so impressed by the knowledge the children have retained, our super choices, dojos and prize list and has been jammed pack with names across the year group. The children have been so resilient when writing at length. They have made us so incredibly proud. In English, the children have been exploring the non-chronological book 'Could a Penguin Ride a Bike?' as inspiration for their own fact files about animals from all over the globe. In Maths, the children have been consolidating their 'Shape' unit, looking at properties of 2D and 3D shapes. In Science, the children have been looking at 'Mini Worlds' where they have been observing animal environments closely. This has included identifying and classify living organisms or objects that have never been alive. We really enjoyed exploring Micro-habitats around the school grounds and were surprised at how many creatures rely on us to keep their habitats in a good condition. In Design Technology, the children have been designing and creating moveable Christmas cards and Christmas decorations, which have been displayed on our whole school Christmas tree. Year 2 were really excited to take these home on the last day of term to add to your own trees with pride. Thank you so much for your continuous support throughout this term. We can't wait to see you all in the New Year.

Reception – What a wonderfully festive term the Reception children have had! This term the children have been practicing so hard to learn songs and lines for not only their Nativity performance but for the Carol Concert too. The children showed enthusiasm and dedication, as well as great performance skills. We are so proud of the children. The children enjoyed creating Christmas cards and Christmas decorations where they had to follow instructions and focus well. This term the children have also been learning about Space in their topic 'Blast Off!' The children have been learning about the order of the planets in our solar system and have been taking on the role of an astronaut after their visit from Neil Armstrong. The children have enjoyed painting galaxies and participating in experiments about moon craters. We hope you all have an amazing Christmas break and a happy New Year!

Nursery - Turtle Class have really enjoyed the rest of Term 2. We have enjoyed learning 'Hey Diddle Diddle' and taking part in activities based on the Nursery Rhyme. These have included making cats using playdough and spaghetti and painting bubble wrap to make moons. The children have also made some Christmas tree decorations which are now on the big Christmas tree in the foyer. The children have enjoyed loads of Christmas themed activities, the highlight being our Christmas craft afternoon. We would like to thank parents and carers once again for joining in with the afternoon. The children had a fantastic time and sang their Christmas songs beautifully. A few children are leaving us to join Puffin and Penguin Class so we wish them luck as they join Pre-school but we are looking forward to welcoming some new children joining us in January. The Turtle Class team wish everyone a good Christmas break and we look forward to seeing you in January where we will start our new rhyme 'Little Bo Peep'.

What an amazingly musical end to the term!

Not only did we have the biggest EVER audience for our Carol Concert at Marine Academy Plymouth, but we also took part in a fantastic video shoot and have our Choir singing for the Lord Mayor at St. Andrews! A huge well done to all the children for their phenomenal singing this last term and I cannot wait to see how creative and musical they will be in the Spring!

Well done and Merry Christmas!

Best wishes, Mr Clennel-White





Recommend A Recipe!

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

Gingerbread Stained Glass Biscuits



Ingredients

175g dark soft brown sugar	85g golden syrup
100g unsalted butter	2-3 tsp ground ginger
350g plain flour, plus extra to dust	1 tsp bicarbonate of soda
1 large egg, lightly beaten	white icing, to decorate
clear fruit-flavoured boiled sweets (don't use anything with a soft centre)	



You will need: star or snowflake cutters



Method

STEP 1: Heat the sugar, golden syrup and butter in a pan until melted. Mix the ginger and flour in a large bowl and make a well in the centre. Add the bicarbonate of soda to the melted mixture and stir – it will fizz a little – then pour into the flour mixture with the egg. Stir to combine. The mix will be soft but will firm up as it cools.

STEP 2: Scoop the mixture into a box or fridge bag and chill for at least 1 hr until firm enough to roll out. The dough can be kept in the fridge for up to a week or frozen for three months.

STEP 3: Heat oven to 190C/170C fan/gas 5. Turn the dough out onto a lightly floured surface and cut in half. Briefly knead the first piece, then roll it on a lightly floured surface to 2mm thick. Cut into shapes with snowflake or star cutters about 12cm across, then transfer to lined baking sheets, leaving a little room for them to spread. Cut a window out of each biscuit using another cutter about about 6cm across, then add a sweet to the centre.

STEP 4: If the sweets are large, chop them up first – you'll have to judge by the size of the hole. (Don't be tempted to add too much or it will spill over the edge.) If you plan to hang the biscuits, make a small hole in the top of each one using the end of a piping nozzle (the hole will close up a little so make sure it's big enough). Repeat with remaining dough.

STEP 5: Bake in batches for 5-6 mins or until they darken slightly and the sweets have melted. If the holes have closed up, remake them while the biscuits are warm. Leave to cool and harden up completely before moving them. Don't forget to bake the parts you've cut out, too! You can decorate the biscuits further by using white piped icing, if you like.

ARE YOU
ONLINE SAFETY
AWARE?

Online Safety

Each month, we will continue to share with you some advice to support your child to be safe online. This month's focus is 'Parental Controls', which are an important feature as we move towards Christmas when children may be receiving games consoles and spending more of their leisure time online.

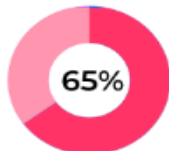
If you have any further questions or concerns about e-safety, please contact our Computing leader, Mr Druce, by emailing: primary@marineacademy.org.uk FAO: Mr Druce.

With Christmas fast approaching, you may be purchasing your child new or upgraded devices. Setting up devices with parental controls, in relation to the age of your child, is a useful intervention to support them with feeling safe online.

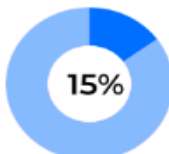
Internet Matters covers all devices with very simple, easy-to-understand parental guides which you can find at the following link: <https://www.internetmatters.org/parental-controls/>



More than nine in ten parents of 5-15s who use parental control software consider it useful ¹ [↗](#)



65% of young people aged 11-16 are in favour of the controls ² [↗](#)



15% of Teens say parental controls and restrictions should only be taken away once they're over 18 years of age ³ [↗](#)

One of the most popular games consoles continues to be a Playstation. Sony Playstation and Internet Matters have joined together to create an interactive quiz for children and parents to learn together how to make the most of Playstation settings for safer gaming. This is a great idea to get those conversations going and for you to learn more about the games which your children may play. The quiz can be accessed via this link:

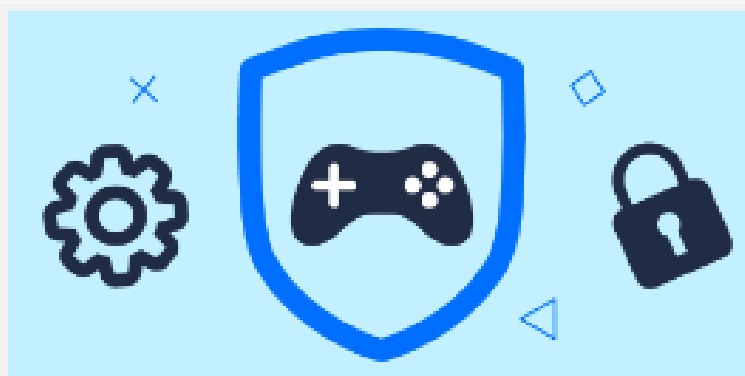
<https://www.internetmatters.org/press-start-for-playstation-safety/>

PlayStation Network

Controls & Settings guide

Although you must be 18 to use the PS Network, you can create a sub-account for your child that is linked to your account and have full control over the restrictions placed on this sub-account restricting how they interact on the platform.

Now, you can also challenge them to the [Press Start for PlayStation Safety interactive quiz](#) to see what they know about safety on the PSN.





Sports Events across the World

- ★ English Premier League 2022-2023 season resumes: 26th December 2022
- ★ PDC Cazoo World Darts Championship: 14th December 2022 to 3rd January 2023
 - ★ Ice hockey: 2023 NHL Winter Classic: 2nd January 2023
 - ★ 2022-2023 NFL regular season Week 18: 8th January 2023
 - ★ 2023 Men's FIH Hockey World Cup: 13-29th January 2023
 - ★ 2023 NFL Wild Card play-offs: 14-15th January 2023
 - ★ FIS World Snow Day 2023: 15th January 15 2023
- ★ Tennis Grand Slam: 2023 Australian Open: 16-29th January 2023
 - ★ 2023 NFL Divisional play-offs: 21st-22nd January 2023
 - ★ BetVictor Shoot Out Snooker: 25-28th January 2023
 - ★ Darts: PDC Cazoo Masters: 27-29th January 2023
 - ★ X Games Aspen 2023: 27-29th January 2023
- ★ British Basketball League (BBL) Cup Finals: 29th January 2023
- ★ 2023 NFL Conference Championships: 29th January 2023

Marine Academy Parliament would like to give a huge thank you for the generosity and kindness which meant they were able to host a very successful Christmas Toy Drive. The true meaning of Christmas was brought to life by the compassion shown by everyone who donated.

On behalf of the Academy Parliament, we hope you have a very Merry Christmas!



Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

9. GET ON YOUR BIKE

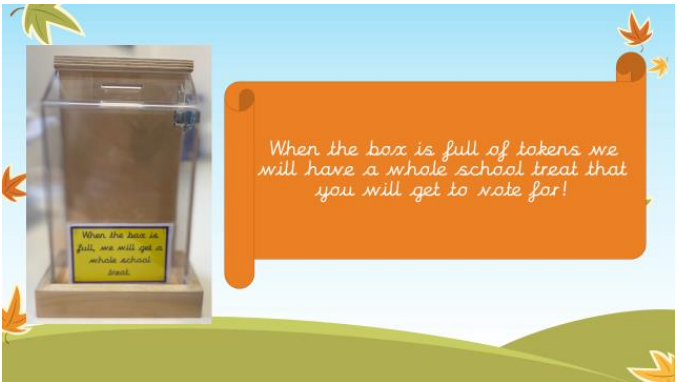
Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.

 **National Online Safety**
#WakeUpWednesday

Positive Lunchtime Behaviour



At Marine Academy Primary, there are five consistencies that our Playworkers look for throughout lunchtimes. As and when adults see these consistencies, children are rewarded with tokens to go into the token box. The box has three lines drawn on it and each time the children collectively reach one of the lines, there is a whole school treat.

In December the children reached the first of the lines and chose to have a Movie Afternoon. This afternoon was kindly funded by one of our Governors and Local Councillor, Pat Patel. We are so grateful to Councillor Patel for his contribution, which truly made the afternoon an exciting one for all! Each class chose the film that they wanted to watch and the treats that they would like to snack on, then Mrs Meredith and Mrs Jones went shopping! A great afternoon was had by all!





How to be Dementia-Friendly this Festive Season

Whether planning activities and celebrations at home or looking for ways to help when out and about – we love to encourage dementia-friendly behaviour all year round (of course!). But, given the festive season is fast approaching, we've put together some helpful hints and tips tailored for this time of year, meaning everyone can be as comfortable as possible.

Celebrations at home

Create a quiet space

It's always a good idea to make sure there is somewhere for people to take breaks if feeling overwhelmed by celebrations. A quiet room that's easily accessible can be a great help. Be sure to check in with those who need additional support throughout the day, and let them know there is a quiet space available.

Food and drink

Common symptoms of dementia can make eating and drinking more challenging. Memory loss, difficulties identifying food and drink items, and sight loss can all make it more difficult to eat and drink well.

It's helpful to consider preferences and what is likely to appeal most to your guests. Easy to hold portions such as finger foods are a good idea, and non-verbal communication such as holding up a mug when offering a cup of tea can also be helpful.

Decorations and layout

Think about decorations and layout in your home. Although festive decorations can be great in prompting reminiscence and conversation, try not to make things look too different and potentially disorientating. Ensure toilets are easily accessible and use signs if possible.

Cosy activities

Stay warm and plan some inclusive activities to do at home. Why not prepare a memory box as a festive gift. You could use items from around the home - photos, CD's, recipes or pieces of jewellery - anything that sparks conversation and happy memories!

Or, plan a day of reminiscing. You could cook a loved one's favourite childhood recipe or sweet treat, make a playlist, and watch old films.

Out and about

Lend a helping hand

Do you know a neighbour who might need a helping hand, or who can't venture out in the cold weather? If you're making a trip to the local shop or post office why not ask if they need anything. Something as simple as picking up stamps, or taking letters to the post box can help someone stay connected to friends and family.

Volunteer your time

Keep an eye out for local events or organisations who might need assistance this time of year. Reach out to local care homes to ask if they need help writing Christmas cards to residents, or volunteer as a marshal or helper at a local event.

Show your understanding

Something as simple as acknowledging that some people may need longer to pay at tills, might become disorientated in shops and might become overwhelmed in public places can go a long way to helping someone feel safer when out and about.

Having patience and understanding and identifying situations where you can help can work wonders.

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

We Are Readers



TOP
10

Number of Words Read This Month:

1	Oliver T (6DK)	369,989
2	Oliver M (6DK)	124,306
3	Ameila-Jayne (6DK)	98,897
4	Logan (6DK)	94,681
5	Ava (6DK)	92,321
6	Harry (6DK)	90,716
7	Aashna (6AW)	88,472
8	Lily (6AW)	86,832
9	Levi (6DK)	83,834
10	Alice (6AW)	77,953

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

3,554 books and
18,223,330 words
so far this year!

WOW!



SHOUT OUTS!

It has been an amazing month for reading and quizzing! Well done to these superstars who have been reading lots!

Jacob (RHR), Raiden (RTG), Hadley (1SU), Lexi (1SA), Cohen (2JU), Scarlett (2CW), Evie-Mae (3CC), Ella (3MM), Khloe (4LG), Benjamin (4NH), Chloe (5AD), Honey (5U), Alice (6AW) and Lola-May (6DK)!

Big congratulations go to Lincoln (6AW) and Chase (6DK) for becoming our latest Word Millionaire!

Well done to all of you - wear your badges with pride!



Ask me what to do if someone is choking

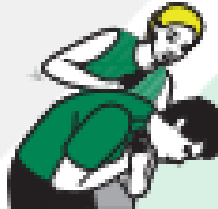
1. Cough it out

- Encourage the person to keep coughing.



2. Slap it out

- Give it up to five sharp back blows between the shoulder blades.
- Check their mouth.



3. Squeeze it out

- Give up to five abdominal thrusts.



4. Call 999/112

- If they're still choking, call 999/112 for emergency help. Repeat back blows and abdominal thrusts until help arrives.

Ask me what to do if your baby is choking

1. Slap it out

- Lay your baby face down on your thigh and support their head.
- Give up to five blows between their shoulder blades.



2. Check their mouth

- Carefully pick anything out.

3. Check their mouth

- Lay your baby on your thigh face up.
- Using two fingers, give up to five chest thrusts.
- Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help.



4. Call 999/112

- Take your baby with you and call 999 or 112.
- Repeat the above steps until help arrives.