MARINE ACADEMY PRIMARY

'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,

Part of the Ted Wragg Trust mission is to strengthen communities, and we certainly embraced that this month, hosting numerous events that brought our families and community together. We are grateful for your participation and support in these activities.

We had an exciting month celebrating our Year 5 and 6 students, who enjoyed the Forest and Beach camping residential. Additionally, five of our pupils had the fantastic opportunity to explore Cornwall by sea with the Island Trust sailing charity. These experiences were invaluable, providing our children with unique learning opportunities outside the classroom. A big thank you to all the staff who made these adventures possible!

Our Summer Fair is just around the corner on Friday 12th July, from 2pm, and we look forward to seeing you there. We also recently celebrated our Sports Days, where the enthusiasm, resilience, collaboration and teamwork of our children shone brightly. Thank you to Miss Codner and Mr Cuzner for their expert organisation and to all of #TeamMarine for their dedication to making these days as memorable for children as possible. A special thank you to our fantastic family members who were able to attend the picnics and races (and even took part in some races!), making these events even more special.

We would also like to remind you about the opportunity to collect your child's Annual Report on Wednesday 17th and Thursday 18th July, between 8:20am and 8:55am. Any reports not collected during this time will be sent home with your child on the Thursday, the last day of term. Current class teachers and next year's teachers will be there to greet you. Weather permitting, we will be on the field in front of the entrance to Marine Academy Primary; if not, we will be under the canopies at the front of the building and in the playground. The teaching team has worked diligently to create personalised reports that highlight your child's learning and progress, and we are excited to share their successes with you.

This month, we also celebrated a significant achievement: Marine Academy Primary won silver in the 'Making a Difference - Primary School of the Year' Pearson Award 2024. We are now contenders for the Gold Award, which will be announced on the BBC in Autumn. Additionally, our community bike hub continues to thrive, offering families the opportunity to borrow brand new bikes every Friday, free of charge. We encourage you to take advantage of this provision, especially during the sunny days.

Marine Academy Primary was also honoured as one of five 'Local Climate Legends' at an award ceremony hosted by Plymouth City Council. This recognition is a testament to our commitment to environmental sustainability and community involvement.

Wow, what a month that has been and we look forward to another three weeks of ambitious learning and extraordinary experiences yet to come.

Thank you for your continued support.

Yours sincerely, Mrs. Georgina Reid and Mrs. Nicola Keeler Co-Headteachers







dates for your Divy

Monday 8th July - Year 4 Assembly to parents and carers at 9:15am or 2:30pm Monday 8th July - 38 Things deadline: booklets completed and handed in today at the latest please.

Monday 8th July - Member of staff from Seetec at the Primary all day for parents/carers to drop in for help and advice

Monday 8th and Tuesday 9th July - Peter Pan performance

Tuesday 9th July - Year 5 Assembly to parents and carers at 9:15am or 2:30pm Wednesday 10th July - Year 6 Assembly to parents and carers at 9:15am or 2:30pm

Thursday 11th July - Pre-School Graduation Assembly to parents and carers at 9am

Thursday 11th July - 1pm Super Summer Showcase performance for families of the children who attend Musical Theatre, Drama, Peter Pan, Street Dance,

Cheerleading, Cultural Citizens & Reception Music Club.

Thursday 1th July - Last day of Extra-Curricular Clubs for Term 6

Friday 12th July - Summer Fair 2:00-4:00pm

Friday 12th July - Last day of Extra-Curricular Activities

Monday 15th July - 38 Things Celebration Event at 1pm: children who complete their booklets will be able to invite one special person to join them.

Tuesday 16th July - Year 2 classes visit St Budeaux Library

Wednesday 17th and Thursday 18th July - Annual Report distribution: parents and carers are invited to collect their child's annual report from their class teacher between 8:20 and 8:55am on both days.

Thursday 18th July - Last day of Term 6

Term dates for the 2024-2025 academic year can be found on our website <u>here</u>.

YEAR GROUP NEWS Summer events are in full swing!

Reception

Wow, what a busy and exciting term so far! The children have been impeccably behaved when taking part in the multiple events we've had this year such as, The Pearson Award Celebration, Sports Day and the Special Gentlemen event!

The children had a fantastic time on our recent trip to Dartmoor Zoo and demonstrated excellent MAP manners They had brilliant questions for all the staff; we loved how inquisitive they were!

We have continued to learn about a range of books including Handa's Surprise, The Selfish Crocodile and Going on a Lion Hunt. The children have learnt about a range of key words including 'nibbled', 'shaggy', 'creamy' and 'tangy'.

Thank you so much for your continued support this year! Please remember to log your child's reads on BoomReader.



Pre-School

Pre-School have had a few busy weeks so far this term. Our theme is 'What can I grow?' and the children have enjoyed learning about Jack and the Beanstalk and The Enormous Turnip books. The children planted some seeds and watched them grow. We also explored different vegetables. We talked about where they grew and used magnifying glasses to look at the vegetables more closely.

Some of the children have also enjoyed their Stay and Play sessions in Reception, where they have been excited to meet their new teachers and have had fun in their new classrooms. Pre-School have also enjoyed Sports Day and loved a visit from Sam, the dog groomer, with Mabel her canine friend, as part of the 'Dream Big' day.



Nursery

This month, Turtle Class have really enjoyed the start of our topic rhyme 'Old MacDonald' and our topic book 'Dear Zoo'. The children have been busy: they have explored the pigs in the chocolate cornflour mud; they have used their fine motor skills to pick up the animals from the shredded paper with tongs; they have made sheep collages using a variety of different white materials; they have used their hands to milk the Nursery cow; and they have used plastic knives to free the animals that were hidden in the ice.

We also had so much fun welcoming so many of you to take part in sports activities with your children. The children really had a lot of fun so thank you to all that came, we couldn't run these sessions without your support.





Year 1

The children and adults across Year 1 have enjoyed June; it has been packed with fun! Multiple mufti days to raise donations for our Summer Fair, a very sunny Sports Day and our Pearson's Award Celebration Day! The children loved dressing up in their silver attire to celebrate our achievements as an academy and we were extremely proud of their determination during Sports Day!

The children completed their Phonics Screening Check and did a fantastic job, showing superb resilience. In Maths, they've explored numbers up to 100; in English, they have innovated the story 'Fatou, Fetch the Water'. We have also enjoyed investigating the weather in Geography. The Year 1 team is looking forward to celebrating the final few weeks and the year we have had!



Year 3

Wow! It has been an incredibly busy month for Year 3! Firstly, we all enjoyed talking about the importance of speaking to others if we feel sad during our SMSC lessons. The children discussed why everybody must not keep their worries to themselves but to speak out to trusted adults. The month of June has also seen the Year 3 children participate in their Sports Day. In the morning, the children competed in archery, football, taekwondo, tennis and athletics. After their picnic lunch with their families, the children participated against one another in some running races. All of the adults were very proud with the children's effort, teamwork and perseverance throughout the day.

Amongst the fantastic learning that the children have continued to produce this month, we have also had visitors in class as part of our Dream Big Day. Overall, in what has been a very busy month, the children have showed excellent work ethics to ensure their learning is to the best of their abilities. Well done, Year 3!



Year 2

Year 2 have had a very busy start to Term 6! They have completed their KS1 Sports Day, which was brilliant! They all worked together terrifically and we loved seeing so many parents and carers attend the picnic and races!

Year 2 have had a visit from a beekeeper which linked perfectly to our Geography topic 'Our Food, Our World'. The children enjoyed learning how honey is made and they even tried on a beekeeper outfit! The whole of the Year 2 team are extremely proud of all of the pupils as they have now completed their Key Stage 1 SATs - you are all superstars!



Year 4

We say it every month, but June really has been a busy month in Year 4! The children completed their Multiplication Tables Checks. We are so proud of their hard work and resilience with these, they absolutely smashed it! It has been lovely to see the children enjoying our many events this month too. We welcomed our families into school for our special Celebration Event, held our Dream Big Day and had a fantastic Sports Day, where the children showed incredible sportsmanship and perseverance! Also this month, some of our super scientists visited the Met Office to learn about how the weather is predicted, and to enhance our Science topic 'Adaptations', we were lucky enough to have a visit from Mr Grimes and his reptiles.

In Maths, the children have worked hard to complete four units; Money, Time, Statistics and Decimals! In English, Year 4 have studied their text 'Gregory Cool' and investigated information from the RSPB. What a wonderful month, full of amazing curriculum enrichment and focus.

Well done Year 4 and thank you to our families for their continued support!



Year 5

Year 5 have had a terrific month full of brilliant experiences. In English, the children have planned and written some excellent survival themed stories based on Shackleton's Journey. In Maths, they have made great progress during their fractions, decimals and percentages topic.

The children have been learning about ways to live sustainably and the advantages of renewable energy sources in Geography. This was enhanced through our trip to Central Park, where we learnt about how an area of Plymouth is sustainable. In Design Technology, they have been learning about ways to maintain a high standard of hygiene and the importance of a balanced diet. Outside of the classroom, Year 5 have enjoyed sports day, attended All Saints Academy and Marine Academy Plymouth for a taster day, and many of them made some fantastic memories at our Forest and Beach residential.



Year 6

June has been an incredible month for Year 6! Their annual Sports Day was a success and all the children displayed great determination and resilience, whilst being positively competitive and awesome team players. Both classes visited St Budeaux Library, where the children had the opportunity to browse books and exhibit their love of reading.

Year 6 students have been working diligently in their English lessons, to write heartfelt letters to the current Year 5 students. These letters are filled with valuable advice and reassuring words, aimed at easing any worries the younger students might have about their transition into Year 6.

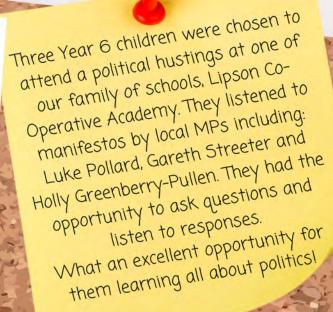
July will see lots of secondary school transition events taking place for the children, which we know will be beneficial. We look forward to lots of fun and memories made, as we enter Year 6's final month at Marine Academy Primary!





In Other

We have been crowned as one of 5 'Local Climate Legends' at an award ceremony hosted by Plymouth City Council. Year 4 pupil Isla. along with Mr Porter and Ms Bell. were all named as going above and beyond to look after the planet. Well done Team Marine and a very special thanks to the Stevens family for their support!



News

We had wonderful Stay and Play sessions this month for our new Reception children! They made friends, explored their new classrooms, and had fun playing in the sun.

We cannot wait for them to start their Primary school journey with us in September!





A group of pupils had an amazing opportunity to visit the Devon FA Headquarters, in Newton Abbot, for an exciting football event organised by the Premier League. They had a blast participating in a variety of fun activities and challenges.





Some super scientists were specially invited to visit the Met Office Headquarters in Exeter this month. It was a very exciting day where the thildren had a tour of the amazing children had a tour of the amazing building and learnt how the weather is predicted by a super computer that is the size of 3 football pitches that is the helped present the Weather with Alex Deakin

What an incredible day we had for Dream Big Day this month! The children looked amazing in their outfits – thank you so much to all of their families for supporting them with this. A massive thank you also goes to all of our visitors who gave up their time to talk to the children about their careers – 27 in total across the school! We were so inspired by all of their different roles and experiences, and we couldn't have made the day so fantastic without their help! Our Global Citizens welcomed our Chair of Governors. Pat Patel. and Donovan Henn. who funded and built our beautiful. shiny. new shed.

We are so grateful to them and to have a space to keep all our gardening tools in!





Thank you so much to everyone who brought in donation bags this week to support Lily with her fundraising.

She had a total of 67 bags; that's an amazing £670 for Cancer Research UK.

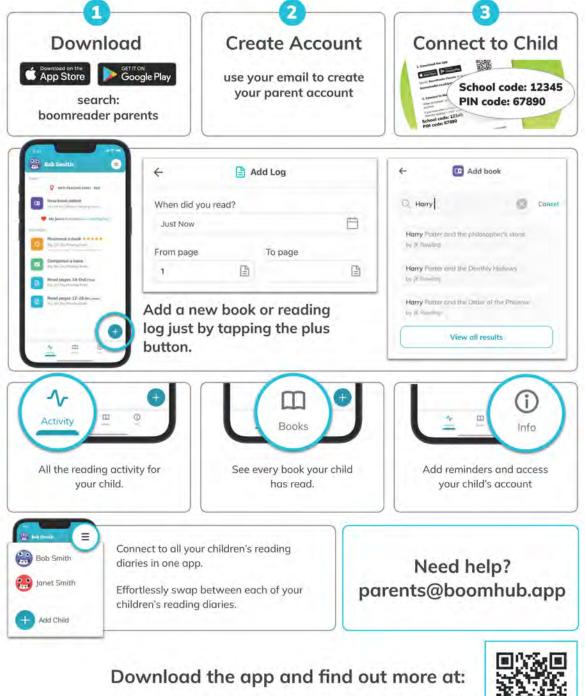


Remember that every Friday from 2:50pm, the Tuck Shop is based under the shelter selling sweet treats for £1 per bag to raise money for our animals. Thank you to everyone who has been able to purchase a bag so far, we really appreciate your support!

Please remember to log your child's reading at home

This is really important as it helps us to know that your child is reading, so we can see how they are getting on and can also get to know them as readers, by seeing their reading choices and habits.

Please see the instructions below if you need to set up your account - you will need your child's login code. The school's code is 05963. If you need any help logging in, please speak to your child's class teacher or email primary@marineacademy.org.uk.



boomreader.co.uk/parents



SCAN ME



ONLINE SAFETY

This month, we are providing further resources and information to support your child with a positive online experience and informing you about the steps to take when overseeing online activities.

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.

ONLINE CHAT

Following a recent <u>report by the BBC</u> detailing how a child was asked for inappropriate images when chatting online, it is important to be aware of the dangers that may occur when using the Internet. In addition to social media apps that include a chat facility, most online games also allow communication, for example FIFA and Fortnite. Depending on the game, this may be via the in-game text chat, direct messages or talking through headphones. Some games do offer the ability to switch communication off or restrict bad language so make sure settings appropriate to your child are set up for each of the games they play.

Risks with chatting online:

- Bullying
- Inappropriate chat children may encounter explicit or inappropriate content.
- Contact from strangers talk to your child about who is contacting them online.
- Sharing personal information talk to your child about what information they share with others including images.

Recommended actions:

- Ensure your child is accessing age-appropriate apps/games and that appropriate parental controls are set up.
- Chat to your child about the risks above so they are aware of what can happen online. Depending on the age of your child, it may be more appropriate for devices to be used in family rooms so you can monitor what they are doing and if they are chatting to others.

LEGO Build and Talk

LEGO® have created Build and Talk to help you chat to your child about online safety. The activities have been created for children ages 6 to 9. Firstly, you pick an activity to do and then you read a story, which includes questions and conversation prompts, whilst you build LEGO® together. This is a fantastic way to start talking to your child about topics such as screen time and cyberbullying. Find out more here.



Busy? Try the 10+ minute activity!

COLECUES LITTLE LEARNERS

The CBeebies Little Learners app has been created with BBC Bitesize and educational experts to provide your child with a fun learning experience. It includes activities based on the UK's Early Years Foundation Stage framework, for example sounds and letters and numbers and shapes. You can learn more <u>here</u>.



Tips to promote positive body image

If your child is viewing content online, particularly on social media, then the images they are seeing may be edited or even fake. A child may not yet be able to distinguish between reality and what is not real/fake, which may impact their own body image. Internet Matters provide advice on how to empower your child to develop a positive body image and what you can do to help. Find out more <u>here</u>.

Selfies, self-esteem and body image

Empowering children to develop positive body image

Why is it important?





How to Set up PARENTAL CONTROLS for APPS Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



(A) www.nationalonlinesafety.com Users of this guide do so at th

eir own discretion. No liability is entered into. Current as of the date of release: 22.09.2021

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O @nationalonlinesafety



We recently received lots of lovely new books from the Schools Library Service and many children have been enjoying the graphic novels - graphic novels are longer stories written and illustrated in a comic style. Anyone and everyone can enjoy them, but they are particularly good for engaging children who are more reluctant to read or feel overwhelmed by lots of text.



If you purchase books through the Love Reading 4 Kids website <u>www.lovereading4kids.co.uk</u>. you can nominate our school to receive 25% of the price to spend on books.

Books PSHE & Emotional Literacy for Topics Topic Booklists

The Books for Topics website <u>www.booksfortopics.com</u> is a great resource for recommended reads.

Starting School Booklist

On this booklist we have picked a selection of recommended books to read to children starting school for the first time. It's normal for young children to feel all sorts of emotions about starting in Reception, from excitement and anxiety to apparent indifference – and picturebooks can be a great way to open up conversations about those feelings. Here are some of the best children's books about starting school.



Class Transitions Booklist

Moving up a class can be a big deal for many children and transition days are a wonderful opportunity for teachers to break the ice and get to know a new class. With transition day just around the corner, we've handpicked a list of picture book recommendations to share with children to prepare for move up day or a class transition – grouped into themes of being yourself, starting a new class, community, togetherness and friendship as well as books that provide inspiration for transition day art projects and icebreakers.



Year 6 Transition Booklist

All year round, Year 6 pupils across the country are thinking about the big move to their next school. On this booklist, we have picked a selection of recommended books for children in Year 6 preparing for the transition to secondary school, high school or college. The books cover topics of transition, friendship groups, adjusting to change and dealing with the big emotions associated with settling into a new school. Special thanks to @TheBookWhisper2 for helping us to collate this Y6-7 transition booklist.



GEAR UP! FOR A FITTER FUTURE

What is it?

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

When and where is it?

Every Friday from behind the hall.

Why?

Supports families' physical and mental health.





Steps to starting school

Build your child's confidence so that they start school confident, curious and ready to learn

Access more great advice, tips and downloadable resources at **pacey.org.uk/schoolready**



I like

interacting

with other

children

I enjoy

learning

about and

exploring

new things

I like to read

stories and

look at

picture books

professional association for childcare and early years

More top tips:

I can follow

instructions and

understand the

need to follow

rules

I can use a

knife and fork and open my

lunch on my

own

I can button &

unbutton my

shirt, use a zip

and put on my

own shoes &

socks

I enjoy making

marks and

have practised

holding a

pencil

l am able to

ask for help

if I don't

feel well

- ★ Get your child ready for their new routine by switching their meal times to match those of the school day
- Encourage your child to explore new environments and interact with new people
- Talk to your child about what they are most looking forward to at school
- ★ Let your child practise putting their new school uniform on and taking it off
- ★ And remember, every child is different and starts school with different abilities

I know when to wash my hands and can wipe my nose

I can go to the toilet, wipe myself properly and flush unaided



I am happy to be away from my parents or main carer



INVITE YOU TO OUR

ommuni

at The Barn Barne Barton

Fun Day

WEDNESDAY 31ST JULY, 11-3PM

FREE ENTRY & ACTIVITIES INCLUDING BOUNCY CASTLE, FOOTBALL, PIZZA MAKING, BABY AREA, ARTS & CRAFTS AND MUCH MORE

ALSO REFRESHMENTS, COMMUNITY GROUPS AND INFORMATION STALLS



BARNARDO'S

OPEN TO THE LOCAL COMMUNITY OF ALL AGES

*ALL SUBJECT TO CHANGE AND AVAILABILITY.

BARNE BARTON FUN DAY Tamar View Community Complex is a registered charity. Charity NO: 108251

SATURDAY 17TH AUGUST

Opposite Tamar Galley PL51DJ

11-4PM

Diverse Events





info@diverse-events.com

Tiny Tots Football

The Barn Family Hub 30th July, 6th, 13th, 20th and 27th August 0011 10.30 - 11.30am PLEASE CONTACT ONE OF OUR HUBS TO BOOK A PLACE



Tiny Tots football sessions are like a mini football camp for 2-5 year-olds, diving into their very first taste of structured coaching. It's all about sharpening those active listening skills, mastering balance, and finetuning coordination.



PLAY AND BEYOND! summer fun day sessions

Join us for our 'Play and Beyond!' fun day sessions this summer holidays! There will be a range of fun activities to explore with your family and friends. Our fun days have a communication and language focus to support your child's development. Have a look at the venues and dates below: **IEVERYONE** WELCOME!) We can't wait to see you!

ACTIVITIES **30TH JULY- DEVONPORT PARK 10AM-2PM** 31ST JULY- KIT HILL PARK 11AM-3PM 13TH AUGUST- HAREWOOD HOUSE CRICKET PITCH 10AM-2PM 29TH AUGUST- FREEDOM FIELDS 10AM-2PM



STORY SESSIONS!

. BOUNCY

. FUN

CASTLE!



supporting parents and children to learn together

0-5 YEARS

Watch these little champs grow in a safe and playful space throughout the sessions!

Barnardo's Plymouth Family Hubs

Citywide Summer Holidays Timetable 2024

Monday

Latch on Rees - 1 - 2.30pm

6

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Chatterbox

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

BCreative

29th July, 10-2pm The Barn Family Hub Creative activities, followed by lunch and some physical fun! PLEASE BOOK

> Pop Up Play Village Highview Primary

5th August, 1-2.30PM PLEASE BOOK

Saltram Picnic and Fun Day

Saltram 12th August, 10.30-12.30pm Bring a packed lunch! PLEASE BOOK

SUMMER

Creative 19th August, 10-2pm Highview Primary Creative activities, followed by Junch and some physical fun! PLEASE BOOK

Chatterbox

with baby weigh Rees 1-2.30pm

Tuesday

Latch on Plymstock 10-11.30am (Runs alongside Chatterbox) High View - 10.00 - 11.30 (Term time ONLY)

Chatterbox

with baby weigh Plymstock - 10 - 11.30am

Free Soft Play and Café Central Methodist Church, City Centre, Fortnightly 1.45 - 3pm from 30th August

Tiny Tots Football

2-5yrs

The Barn Family Hub 30th July, 6th, 13th, 20th and 27th August 10.30 - 11.30am PLEASE BOOK

Play and Beyond Devonport Soapbox Theatre, 10-2PM 30th July

FourGreens Fun Day 11-2pm

30th July - Beach Theme 6th August - Hereos/Heroins 13th August - Sports Day 20th August - Pizza and Film 27th August - Camp Out PLEASE BOOK

Play and Beyond Harewood Cricket Pitch 13th August, 10-2PM

Child Development Drop In Session Central Methodist Hall -13th August and Highview Primary - 20th August, 1.30-3PM

Wednesday

Latch on Nomony - 1 - 2.30pm 6

Café Connect The Barn 10-2pm

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

Graffiti Workshop Rees Family and Wellbeing Hub, 2.30-3.30PM 21st August 7-10 years

> To book activities please contact any of our Family Hubs listed on the back of this timetable.

Creative 7th August, 10-2pm Rees Family and Wellbeing Hub Creative activities, followed by lunch and some physical fun! PLEASE BOOK

Chatterbox

with baby weigh St Francis (from 5th June) 1 - 2.30pm Compton Church 1 - 2.30pm

Thursday

8

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

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

Pop Up Play Village 31st July, 10-11.30AM Mainstone PLEASE BOOK

> Baby & Toddler Mainstone 9.30-11am

Southway Family and Wellbeing Hub Launch Southway Community Hub Hendwell Close 22nd August, 11-1pm

Dad's and Dinkies 1.30-3pm YMCA PLEASE BOOK ON YMCA'S WEBSITE

> Pop Up Play Village 22nd August, 9.30-11AM Onward House PLEASE BOOK

Play and Beyond Freedom Fields, 10-2PM 29th August

Graffiti Workshop The Barn Family Hub, 2-3.30PM 15th August 11-14 years

Friday

Latch On Fourwoods - 10-11.30am

Chatterbox

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

> Pop Up Play Village 16th August, 10-11.30 The Barn PLEASE BOOK

BCreative 16th August, 10-2pm Mainstone Creative activities, followed by lunch and some physical fun! PLEASE BOOK

End of Summer Disco 23rd August, 2-3.30PM Tothill PLEASE BOOK



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

Please note all outdoor activities are weather permitting.



YOUTH AGE 11 - 18 EVENTS 202

UG 9	YOUTH MEET AND GAMES © CENTRAL PARK 12-4PM	500
UG 13	TRAIL WALK FROM FOURGREENS FAMILY HUB 2-4PM	@The PL Fridays 3.30 - 5.15pm
UG 14	ARTS, CRAFTS AND PAMPER SESSION @ REES FAMILY HUB 2-4PM	Charge devices - Fo Drink - Cook - Game place
UG 20	SELF CARE AND PAMPER SESSION © THE BARN FAMILY HUB 2-4PM	

TO BOOK OR FOR MORE INFORMATION CONTACT CARIN ON 07775 545929 OR JESS ON 07522619076 **60**



For more info please contact Jess on 07522619076 or The Barn on 01752 362320

AGES 11-18

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STH FAMIL

@The Barn, Kit Hill Cresent, PLymouth, PL5 1EJ

BARNARDO'S

Changing childhe Changing lives.

Charge devices - Food - Music -

Drink - Cook - Games - Meeting

CONNECTINE OUT





A 4-week Online Parenting Support Programme

DICE provides families with information, advice and support to help them provide a safe and protective environment for their child or young person.

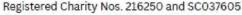
Supports families to understand the risks young people face in modern society.

4 week online free universal support for parents/carers of pre-teens and teens who are worried about parenting in the modern world, with the risks and challenges this presents.

The programme is running on a regular basis throughout the year. Please ensure you contact Exceed to request a referral form and a space or you can use the QR Code below which will take you to our referral via google forms. exceed@barnardos.org.uk









Believe in

children

Barnardo's **Exceed Service** DICE **Upcoming Dates**

Believe in children III Barnardo's

JULY

Wednesday 3rd July - 10am to 12pm Wednesday 10th July - 10am to 12pm Wednesday 17th July - 10am to 12pm Wednesday 24th July - 10am to 12pm Thursday 4th July - 5pm to 7pm Thursday 11th July - 5pm to 7pm Thursday 18th July - 5pm to 7pm Thursday 25th July - 5pm to 7pm

AUGUST

Wednesday 7th August - 10am to 12pm Wednesday 14th August - 10am to 12pm Wednesday 21st August - 10am to 12pm Wednesday 28th August - 10am to 12pm Thursday 8th August - 5pm to 7pm Thursday 15th August - 5pm to 7pm Thursday 22nd August - 5pm to 7pm Thursday 29th August - 5pm to 7pm

September

Monday 2nd September - 10am to 12pm Monday 9th September - 10am to 12pm Monday 16th September - 10am to 12pm Monday 23rd September - 10am to 12pm

Please contact our email below to recieve a referral form to get signed up or scan our OR Code.







Registered Charity Nos. 216250 and SC037605







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
monday	09.00am to 21.00pm	Check out A.O.D's Facebook page for more info Academy of Dance – AOD Plymouth Arts Craft & Laughter (Lower Ground Floor) Check out Art Craft & Laughter's Website and Facebook page for more info: https://www.artcraftandoiogles.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
	09:30am to 12:30pm	St Budeaux and Barne Barton Wellbeing Hub
	oo avan to te avan	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:
	and the second second	https://www.artoraftandologies.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/
	13:45pm to 15:45pm	Tel: 01752 227447 Elder tree and Plymouth Argyle Xtra time (activities for the over 55's)
		https://argylecommunitytrust.co.uk/what-we-do/health/extra-time-hub/ Tet: 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.artcraftandpioples.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
	12pm to 14:00pm	List Budeaux and Barne Barton Wellbeing Hub
	repin 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
	09.00am to 21.00pm	Check out A.O.D's Facebook page for more info Academy of Dance - AOD Plymouth
	05.00am to 21.00pm	Arts Craft & Laughter (Lower Ground Floor) Check out Art Craft & Laughter's Website and Facebook page for more info:
		https://www.artcraftandojogies.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: <u>lacities@foct.co.uk</u> 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.artcraftandpioples.co.uk/
		Art Craft & Laughter / Art Craft & Giggles CIC

SNORKEL SAFARIS

with the

ocean conservation trust

<u>July</u> 8th, 15th, 22nd and 29th 5pm-7pm Sessions will be split between Tinside and Mount Batten beaches

Come along for a free 4 session long snorkel course, developing confidence in the water and discovering local wildlife! Just Bring a towel and swimwear - we'll provide the rest!

Sign up here!



ocean conservation trust





To book your place visit our website and click on the poster or scan the QR code above For any questions, please email us (bookings cannot be done via email). Web: www.plymouthsciencecic.co.uk Tel: 07738 243324 (only during camp dates)

* Eligibility for free places is for children who receive Free School Meals. This DOES NOT include children in Foundation/Key Stage 1 who receive Universal Free School Meals. If you are unsure of your status, enquire with your school office. Eligibility will be checked by Plymouth City Council, and full payment will need to be made for sessions if your child is ineligible for Free School Meals. Terms and Condition apply.