



Marine Academy Primary and Nursery Newsletter January 2021

'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 and Nursery pupils,

I wrote to you in the December Newsletter, with great hope that your children's education and time in school would not be impacted again by the ongoing global pandemic. Sadly, January has shown that this would not be the case. In the last eleven months, children have been able to attend school for only thirteen weeks and on Wednesday, the Prime Minister announced that it will not be possible to resume face-to-face learning in primary and secondary schools immediately after the February half term. He instead hopes (as do we!) that it will be safe to commence the reopening of schools from Monday 8th March. This is in response to the national public health data and pressure on NHS capacity. Marine Academy Primary and Nursery will be fully closed during the Half Term break and then hopefully after the start of Term 4, schools nationally, as well as Parents/Carers, will be given at least two weeks' notice to prepare for a return to face-to-face education. With all of this in mind, I have to give each and every Marine Academy Primary and Nursery Parent/Carer, child and staff member a huge standing ovation and round of applause for being so incredibly supportive, understanding and committed. A MASSIVE thank you from me goes out to all of you and a HUGE well done – you are surviving a pandemic! Whatever your personal circumstances, we think you are doing a great job! If your child has stayed up too late, played too much on the Xbox and not finished their learning... that's ok! We know our pupils are safe, loved and cared for and that is the most important thing at the moment. We also know that we have got high expectations here and we have set a lot of work each week. All we ask is that you do your best; please do not let school work put extra pressure on you as a family.

Take care, stay safe and remember we think you are all amazing!

Yours sincerely,

Mrs. Siobhan Meredith

FORTHCOMING EVENTS...

Term 3

Don't forget to keep joining the Virtual Catch Ups and Starfish of the Week Assemblies each week. The links and times are the same every time.



5th February: Wear Yellow for Children's Mental Health Week



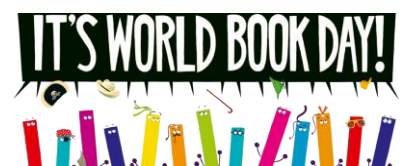
9th February: Safer Internet Day – please see Xpressions closer to the day for Teams links to assemblies from Mr Ferry

Last day of school: 12th February 2021

Term 4

First day of school: 22nd February 2021

 for more information about wider reopening of schools



4th March: World Book Day – more information to follow closer to the time; no costumes necessary, just pyjamas!

Last day of school: 1st April 2021

Term 5

First day of school: 19th April 2021

Bank Holiday: 3rd May 2021

Last day of school: 28th May 2021



New *this* Month

Year 2 – Happy New Year to you all, we hope it gets progressively brighter for you. Firstly, we'd like to thank you for your engagement and support with the Home Learning packs. It has been fantastic to see some of the pictures of learning at home. We are especially looking forward to seeing the final pieces of learning including the maths assessment and the children's own fairy tale. It has been good to speak to you on the phone, please remember to get in touch if you need any help via the Year 2 email account. The next topic is 'Let's Go To China' which has a Geography focus, where we will be comparing Plymouth to a Chinese city, Kunming. We hope the weather improves so we can set more learning tasks outside.

Year 1 – This month has been a little different for everyone, but the children have adapted brilliantly. The Year 1 team would firstly like to thank the adults at home for all the support you are giving the children during this time, we are super grateful. The children have continued to produce some awesome learning in all areas of the curriculum. In English, the children have enjoyed innovating the story of, 'It's My Birthday'. They chose their own animals and fruits to include in their story. Some children even made their own fruit salad. They looked delicious! In Maths, the children have started to focus on numbers greater than 20, from partitioning, to representing numbers to subtraction and addition up to and across 10. In Guided Reading, the children have studied texts set in the location of Africa, allowing them to make comparisons. We've studied character characteristics as well as identifying the true moral behind the story. In History, we are learning all about Ancient Egypt. The children have been really engaged, and have loved finding out about the tombs, hieroglyphics, and Egyptian Pharaohs. Well done Year 1, you are showing that a lockdown will not stop you learning. Work hard and stay safe!

Year 3 – Miss Newell and Ms Bell have been so impressed with everyone's hard work and dedication this term! We have received so many emails showing how well you are all completing your remote learning at home! We have given out a phenomenal amount of Dojo points over the last couple of weeks and that is because you are all doing amazingly well! Not only have children been completing their home learning packs, but children have been doing extra learning too! We've had children making wooden hamster houses, some practically re-creating the digestive system and lots of children have been out exploring on walks. The favourite part of our week has been seeing your smiley faces in the virtual catch ups! We love doing the quizzes with you all! This term, we are learning all about the Shang Dynasty and we have had some lovely home learning emailed in! We had some paintings of Emperors and even some models of them! Well done Year 3!

Year 5 – The children of Year 5, learning within school and at home, have been incredible! It has been brilliant to see them demonstrate such a high level of engagement and fantastic effort towards their learning. In addition, the virtual catch-ups have been a great opportunity to remain in touch by sharing several thought-provoking stories and competitive retrieval quizzes! The children have completed some challenging learning in Maths recently, where they have used formal multiplication and division methods and started their fractions unit. In English, the children have applied their knowledge of the Battle of Hastings from History to write and perform play scripts about its key events. This was preceded by studying the features of a play script and the dramatic events of Shakespeare's Romeo and Juliet. It has been lovely to hear how the children have enjoyed practising the skill of quilling to design a medieval scene in their Art learning and they have been learning about Jesus as a messiah in RE. We are very proud of how Year 5 are handling all that has been thrown at them by continuing to have smiles on their faces, whilst producing so many examples of outstanding learning!

Reception – Reception have really engaged with their new topic this term 'Shiver M'Timbers' by immersing themselves into all things Pirate related. Thank you for all your wonderful pirate projects, creations and learning you have sent in either via email or book bags. These have made a wonderful addition to our classroom displays. We can tell that a lot of fun and hard work has gone into all of the learning received. We have also been impressed with the children's knowledge and understanding of pirates and this has shone through during their role playing, wonderful writing and creative pirate maps! The children have enjoyed using their understanding of Phonics to read and write words. We hope that you are enjoying reading with your children at home as much as we are in school! We are looking forward to seeing more wonderful pirate learning in school and from those children at home. Thank you for your continued support.



Art – Mr. Clennel-White has been absolutely astounded at the consistently high standard of Art he has seen this term. Whether it has been done in class or created at home as part of the remote learning, every piece he has seen has shown huge improvements and use of skills, as well as great focus: bravo all! This piece was sent in by Matthew in Year 1; it shows stunning use of colours and design, combining to create his own version of Egyptian Jewellery. Nicely done!
Thank you to everyone who has sent in or brought in Art for Mr. Clennel-White to see, and if you haven't emailed in some artwork yet, what are you waiting for? Go for it!

Year 6 – First of all, Mr Wilson and Miss McNicholas would like to say how proud they are of Year 6. With the sudden changes that have happened it has been really positive seeing and hearing about the amazing learning that has been taking place, whether that be from the packs or children trying new activities. This term, Year 6 have begun their topic, 'Civil Rights'. We have found out that the focus is on inequality of black lives in America. It is a topic that has brought out brilliant and deep discussions. This has also related to our Guided Reading book, 'Journey to Jo'burg' where the children have been learning about Apartheid. Once again, Year 6, you are amazing, keep up the great learning!

Year 4 – Miss Gammage and Miss Jones would just like to thank you for all of the amazing emails that have been sent in and the amazing engagement with the learning! The children have adapted to the situation brilliantly and we are so proud! The children have started their new History topic of 'Anglo Saxons' and we have been really impressed that the children have been able to make comparisons between this era and the Roman era! In English, the children have been learning about traditional tales and have been focusing on multi-clause sentences and using inverted commas. In Guided Reading, we have been reading a Muslim version of Tom Gates books, which the children have been enjoying. It has been great to see that children have been using their RE knowledge to understand some of the vocabulary used in this text. We hope that you are all safe and well and look forward to welcoming you back as soon as can!

Pre-School – Mr Green and Miss Stephens are very proud of all the children completing amazing learning both at home and in school. This term our topic has been 'Yummy in my Tummy' and the children have loved trying different exotic fruit, creating their own fruit kebabs, and making marks with paint and vegetables. It is lovely looking through all the photos that are sent into our Pre-School email account (yearpreschool@marineacademy.org.uk), please do continue sending in photos of your child's learning and achievements or any questions and queries. Throughout this month the children have been taking part in Virtual Catch Ups and Starfish of the Week assemblies. It is a lovely time to see our friends, listen to a story and talk about what learning we have done in the week and celebrate our success.



Keep logging on and joining in with [Fitter Future](#) to help your class to be the Moving Mantarays of the Term! We cannot wait to see who the winner is!

POLITE REMINDER: Throughout the half term break (week beginning 15th February) Marine Academy Primary and Nursery will be closed so voicemails and phones will not be picked up during this time. Emails sent to Marine Academy Primary and Nursery will also not be regularly monitored (unless COVID-19 related) but the team will endeavour to respond to you as soon as possible from 22nd February when they return to work.

I just wanted to send a really quick message to say how LOVELY we thought your school was today – your teachers are FANTASTIC and the students seemed so engaged and inquisitive! We can't wait to welcome all the rest of your classes again in 2021.

In December, the Year 3 Classes visited The Box, following on from their History learning about Pre-Historic Britain, and this was the wonderful feedback we received from a staff member there! Well done Year 3 and thank you for being the excellent role models that you are!

Skipping Challenge for the family with FREE SKIPPING ROPES!

The Devon Virtual Games has an exciting opportunity for all the family to get involved in a skipping challenge! Don't have a skipping rope? Don't worry, the Devon Virtual Games are offering you an incentive to join the challenge!

Click on the Survey Monkey link below to receive a maximum of two free skipping ropes per family delivered directly to your door:

<https://www.surveymonkey.co.uk/r/DVGSkippingRopes>

Apply for your skipping rope now because the first challenge opens on Monday 1st February.

You can join the conversations at <https://www.facebook.com/groups/devonschoolgames>



Healthy Eating

Recommend A Recipe!

Here is another teacher recommending a yummy, healthy recipe for you from the Change 4 Life website to try at home. 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

3 tips to banish boring sarnies



1. Grater than the average

Mix together some grated cheese, grated apple and sliced spring onion with reduced-fat mayonnaise for a fresh and zingy sandwich or pitta filling.



2. Tomato time

Try mixing 10 chopped cherry tomatoes with a sprinkle of pepper and dried herbs, pile onto a slice of toasted bread, top with some grated cheese and grill. It's basically a cheat pizza!



3. Tough to beet

Grate some carrot and pre-cooked beetroot, then mix with a teaspoon of vinegar for a super-fresh salad sandwich. This goes really well with any cooked leftover sliced meat, if you have some - or keep it veggie with some lower-fat soft cheese.



More ideas for lunchtime foods with a twist can be found by visiting:

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas/more-lunch-ideas#jp>

The jacket potato toppings sound delicious and easy!



BABYLAB
WITH
PLYMOUTH
UNIVERSITY

ONLINE STUDIES

Bored at home and want to try something new? Plymouth Babylab are running fun, free, ONLINE studies for children aged 0-3 years!

What you will need:

- ✓ laptop/computer
- ✓ Webcam
- ✓ Reliable internet connection
- ✓ Google Chrome.

Visit our website to sign up to the Babylab, and you will be emailed when your child is within the age range for a study. Or drop us an email to sign up directly or ask any questions!

Website: www.psy.Plymouth.ac.uk/babylab

Email: Plymouthbabylab@plymouth.ac.uk



Online Safety

Each month, we will continue to share with you some advice to further support your child to be safe online. If you have any questions or queries then please do contact a member of the Primary Admin Team or email primary@marineacademy.org.uk to arrange a time to virtually meet with Mr Ferry our Computing and Online Safety Leader. He will always be more than happy to help you out!



Keep your children safe online during lockdown and beyond.



With the new lockdown restrictions in place, it's likely that children (and adults!) will continue to spend more time online over the next few weeks. Whether it's for school work, connecting with friends or playing games, [Net Aware](#) has everything you need to know to help keep them safe.

Safer Internet Day 2021 will be on the 9th February 2021

Safer Internet Day 2021 will be celebrated in the UK with the theme: An internet we trust: exploring reliability in the online world.



This year in the UK, Safer Internet Day explores reliability online. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction?

Safer Internet Day will be celebrated globally with the slogan: Together for a better internet.

Key Links: [Educational Resources](#) | [Films](#) | [Get involved on Social Media](#) | [Register your Support](#) | [Take the Quiz](#)

Safer Internet Day Assemblies led by Mr Ferry

Mr Ferry is excited to lead two Virtual Assemblies on Safer Internet Day for everyone to join in with. These are on Tuesday 9th February at the below times:



Year Groups	Time	Link
Pre-School, Reception, Years 1 and 2	11:00-11:30am	Click here to join the meeting
Years 3, 4, 5 and 6	10:00-10:30am	Click here to join the meeting

The online world is a great source of information for young people and adults alike, and opportunities to research, learn new facts or skills, and even broaden viewpoints are extremely important to all internet users. The internet is also an important way for young people to build positive relationships - to play, interact and share their lives with their peers. Safer Internet Day gives young people the chance to build the skills they need to be able to make the best decisions as they navigate an online world where everything is not always as it seems.

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	Aidan (5AD) 367,668
2	Ava (6AW) 184,912
3	Freya R (5AD) 161,576
4	Jacob (5AD) 145,516
5	Jay (5LI) 136,209
6	Bobby (3EB) 136,126
7	Toby (6DM) 100,978
8	Lucy (5AD) 89,135
9	Reid (5AD) 87,144
10	Jasmine (5AD) 85,193

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

5,337 books and
25,609,844 words!



SHOUT OUTS!

A big pat on the back for these superstars who have all been reading and quizzing lots on Bug Club and Accelerated Reader! Super effort!

Matti and Aneesa in Reception, Isabella D and Joseph in Year 1, Lily-Mai (2TA), Brooke (2CW), Bobby (3EB), Poppy (3JN), Alfie (4AJ), Logan (4LG), Freya R (5AD), Paula (5LI), Lily-Mae (6DM) and Ava (6AW)! Well done everyone!

Huge congratulations to our two newest members of the Millionaires' Club, Reid and Aidan in 5AD - they have both read over a millionaire words! Fantastic!

A massive well done to our newest Year 1 children to join Accelerated Reader, Bobby, Sophia V and Harry! Amazing!



What if my child doesn't like reading?



If your child is a reluctant reader, try some of these tips from the Book Trust - the UK's largest children's reading charity, dedicated to getting children reading.

We know that not all children read for pleasure - they might find it difficult or think that it's boring. On this page, we share some top tips to help young people enjoy reading more, along with book recommendations and features from authors who were also reluctant readers growing up...

Research has shown that reading for pleasure can make a huge difference to children - not only academically (even in subjects like maths) but also socially and emotionally.

But what if your child doesn't enjoy reading? Whether they find it difficult or think it's boring, it's not always something young people are keen to do. But here are some things that could help:



- **Talk about books.** Talking to children about books and stories can help them to realise how exciting they are. Show an interest in what they've read, ask questions about it, and swap opinions.
- **Make it fun!** There are so many fun things you can do with books beyond reading them. Maybe you could ask your children to draw their favourite character or act out what they've read for you. Or perhaps you could try recreating some classic book covers and taking photos!
- **Try funny books.** Everyone likes a good giggle! (If your child is brave, scary stories or gory horror might be worth a go too.)
- **Don't worry about what your children are reading.** Whether it's a short story, poetry, a graphic novel, non-fiction, joke books, a comic or even the back of a cereal packet, it doesn't matter what your child is reading - as long as they're enjoying it! Anything could kick-start a love of books. (And don't panic if they read the same book over and over again, either.)
- **Give them the chance to choose.** It's a great idea to give children the chance to choose what they read. When they open again, you could take them to a bookshop and let them pick out something as a treat, or make regular library visits to help them figure out what they enjoy.
- **Enjoy books out loud!** Why not read part of a book to your child, then leave it with them to explore further on their own? Children might enjoy listening to audiobooks, too – the combination of hearing the story out loud and holding the physical book could be a big help. Why not try listening to a story the next time you're in the car together?
- **Find books related to their interests.** If your child is a gamer, why not try 'choose-your-own-adventure' books, Minecraft guides or stories about virtual reality? If they like sport, you could try one of Kwame Alexander's verse novels or a biography of their favourite football player. If a book is about something they already love, it could be a brilliant way to get them hooked. Or perhaps their favourite film is based on a book - you could enjoy the story together and talk about how the movie and the original story are different.
- **Try series fiction.** If your child loves the first Harry Potter book, there are six more stories for them to dive into! There are some wonderful series out there that have converted reluctant readers into bookworms - you could try the Tom Gates books by Liz Pichon or the Diary of a Wimpy Kid series. And when they've read them all, check out our What to Read After section for top tips about other titles they might enjoy!

Check out some more top tips from Waterstones Children's Laureate and How to Train Your Dragon author Cressida Cowell: https://www.youtube.com/watch?v=Pf-u-nGozME&feature=emb_logo





38 Things



Don't forget that during this lockdown period there are more '38 Things' children can complete; here are just a few examples. There is a game for each year group - perfect for a rainy afternoon - and a book for each child to enjoy. Remember to bring in any completed 'things' to be signed off next time your child attends school. If your child is not currently attending school, please feel free to send in photos to their year group email address. We absolutely love hearing all about them because the children are so proud to show us what they have completed.

Reception	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Dance to your favourite song	Make a junk model	Walk alongside a river	Make a walkie talkie out of string and tin cans	Pick up a bag of litter from your local area	Listen to a piece of classical music	Have a day without technology
Play snakes and ladders.	Play snap	Play a hand clapping game	Play a game of Ludo	Play a game of Connect Four	Play Monopoly	Play a game of Charades
Go wandering in your welly boots	Make some biscuits	Bake a cake	Eat something you've not tried before	Make a dessert	Peel a vegetable	Make a cup of tea
Read the Gruffalo by Julia Donaldson	Read 'Where The Wild Things Are' by Maurice Sendak	Read 'The Owl Who was Afraid of the Dark' by Jill Tomlinson	Read 'Stig of the Dump' by Clive King	Read 'James and the Giant Peach' by Roald Dahl	Read 'Harry Potter and the Philosopher's Stone' by J.K. Rowling	Read 'Goodnight Mr Tom' by Michelle Magorian



ROYAL NAVAL ASSOCIATION

Covid-19: Keeping you connected

During this incredibly difficult year, the RNA are operating a phone helpline to any veterans, still serving and associates of the Royal Navy throughout the Covid-19 crisis. This line is for advice on getting local support, connecting you with your local branch or just for a general chat with a friendly ally. RNA Helpline: 07542 680082. For further information click on the following link: <https://royal-naval-association.co.uk/news/covid-19-keeping-you-connected/>



Children's Mental Health Week 2021 - Express Yourself

The first week of February is this year's Children's Mental Health Week. This year more than ever it is so important to recognise the impact of the pandemic on children's mental health as well as our own. Place2Be launched the first ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. Now in its seventh year, they hope to encourage more people than ever to get involved and spread the word.

From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is Express Yourself.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.

In order to show our support for Children's Mental Health week, we are asking all children (and adults) whether they are in school or at home, to wear yellow on Friday 5th February. This can be a single item or they could be dressed from top to toe in yellow. Please send your photographs into your child's year group email.

In addition to wearing yellow, in true Marine Academy Primary style, we would like to award prizes for the most creative way that children can express themselves with an 'Express Yourself' competition. This could be in any way you choose e.g. a dance, song, poem, sculpture or any other way you can think of. Please email their entries by 3:15 on Friday 5th February. Mrs. Meredith and Mrs. Jones will announce the winners on Wednesday 10th February.

In addition, Oak National Academy has teamed up with Place2Be and BAFTA Kids to create a free assembly for Children's Mental Health Week 2021, celebrating this year's theme of "Express Yourself". On 9:00am on Monday 1st February, you can join Blue Peter's Lindsey Russell and CBBC presenter Rhys Stephenson alongside some other special well-known faces for a free and exciting assembly available to all children, schools and families.

They're bringing the nation's children together (virtually!) with a positive message about the power of creative self-expression. You can attend the assembly by clicking this [link](#).

On Friday 5th February, when everyone at school and home is wearing yellow, we will have our usual Starfish of the Week Assemblies but due to it being Children's Mental Health Week, these will have an addition! They will include Ms Mac who will be teaching the children (and Parents/Carers) some yoga moves! We hope you can all join us!

You're Invited



the
university
school

The Marine Academy Primary Team are so excited to invite the children learning at home to have a weekly Virtual Catch Up with their teachers and friends in school!

The Virtual Catch Ups are on the below dates/times and can be accessed by clicking on the link:

Year Group	Day and Time	Link
Pre-School	Thursdays – 9:30-10:00am	Click here to join the meeting
Reception	Wednesdays – 9:00-9:30am	Click here to join the meeting
Year 1	Wednesdays – 1:15-1:45pm	Click here to join the meeting
Year 2	Wednesdays – 11:00-11:30am	Click here to join the meeting
Year 3	Wednesdays – 10:00-10:30am	Click here to join the meeting
Year 4	Wednesdays – 2:00-2:30pm	Click here to join the meeting
Year 5	Tuesdays – 1:45-2:15pm	Click here to join the meeting
Year 6	Thursdays – 10:30-11:00am	Click here to join the meeting

In addition to this, Mrs Meredith is delighted to invite you to the Starfish of the Week Assembly each week, where Starfish will be awarded to learners in school and at home!

Year Group	Date and Time	Link
Pre-School and Reception	Fridays – 9:00-9:30am	Click here to join the meeting
Year 1 and 2	Fridays – 9:30-10:00am	Click here to join the meeting
Year 3 and 4	Fridays – 2:00-2:30pm	Click here to join the meeting
Year 5 and 6	Fridays – 11:30am-12:00pm	Click here to join the meeting

The times of the assemblies and Virtual Catch Ups are the same each week and you can use the exact same link every time.

Keeping children safe during lockdown and beyond



Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done.

If your child has a serious accident don't delay seeking help.

With the pressures on the NHS, many parents are worried about a trip to A&E with their child. The fact that our homes are accident hotspots for younger children is a scary prospect at the best of times. And sadly less traffic doesn't mean we can completely switch off about road safety. The Child Accident Prevention Trust are reaching out to families feeling the pressure in lockdown to highlight easy wins that can keep children safe.

Out of harm's way

Whether you have shufflers, crawlers, toddlers or pre-schoolers, if you do a quick room-by-room check for these things, then you're doing a great job of keeping your child out of harm's way:



Hot drinks to hair straighteners – doctors are already seeing an increase in burns during lockdown. A small child's skin burns really easily as it's so thin and delicate.

Decide now where the safe spot in the kitchen and living room is for hot drinks – well out of reach of little hands. Do the same in the bedroom for hair straighteners and curling wands – even when they are cooling down, somewhere high up is best.



- *Hot drinks – stay hot enough to scald a small child even after 15 minutes. 8 to 18 month-olds are most vulnerable as they love to grab.*
- Look for safe zones in your house where you know your child can't reach your hot drink
- Try to get into the habit of putting your child down before you pick up your drink.
- *Hair straighteners – can get as hot as your iron and can still burn 15 minutes after they are switched off.*
- Keep straighteners and wands out of reach when you're using them
- Put them in a heat-proof pouch or on a high shelf to cool.

Out and about

As we all try to keep our distance but still try to burn off children's excess energy, it's crucial to stay mindful of road safety.

Cars may take advantage of empty roads to speed up. So remember to check for traffic before you and your family step out into the road.

And if you're driving, remember there may be people stepping off pavements, younger cyclists avoiding walkers or simply people paying less attention because there's less traffic on the roads. So keep an eye on your speed while you're making that essential trip.



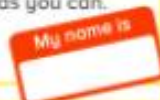
Non-screen activities to support writing

Pobble

25 ideas!

These 25 fun reading and writing ideas will help you with your literacy wherever you are learning!

1 How many words can you write down that start with the same letter as your name? Make a list of as many as you can.



2 Alphabet bodies! Stretch your body into different letters of the alphabet. Can you work with members of your family or even some of your toys to make a word?

3 Use this sentence opener to start writing a short story:

"I'd waited such a long time for this moment..."

4 Write a letter to your teacher or somebody who helps you at school. How can you make them smile?



5 Letter hunt. Ask a family member to shout out a letter then run and find something beginning with that letter as quick as you can!



6 Alternative ending. Choose your favourite book. Can you rewrite the ending so that something different happens?



7 If you found a magic door, where would it take you? Write down where you are and what you see when you go through the door.



8 How many words can you think of that have only three letters? Write a list of as many as you can.



9 Think about a current story in the news and become a reporter. Can you write a newspaper article explaining what happened, when, where and how?

10 Synonym search! How many words can you write down that have a similar meaning to the word 'said'?

said

11 Use your senses to write about your favourite place. What can you see, hear, smell, taste and feel?



12 Think of a fun word. Can you find other words that rhyme with it? Make up a short poem using those words.



13 What is the longest word you can think of? Write it down. How many smaller words can you make from your long word?



14 What's your favourite colour? Think of ten words that spring to mind when you think of it. Can you turn them into a colour poem?

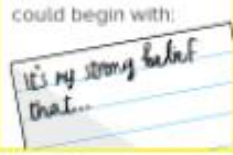
15 Think of a well known story and act it out. Can others guess which book it is?



16 Redesign and draw the front cover of your favourite book.



17 Write a speech about why people should read more often. You could begin with:



18 Make a fact file about your favorite sports, music or tv star.



19 Retell your favourite story in comic book style.



20 What do you love about your school? Design a poster to show everyone how good it is!



21 Who am I? Think of your favourite book character and write a short description of them. Read it out to someone to see if they can guess who it is.

22 Write a review about your favourite book. Encourage as many people as possible to read it.



23 Make a model of your favourite book character. Use anything you can find around the house.



24 Interview someone about their favourite book. What questions will you ask them?

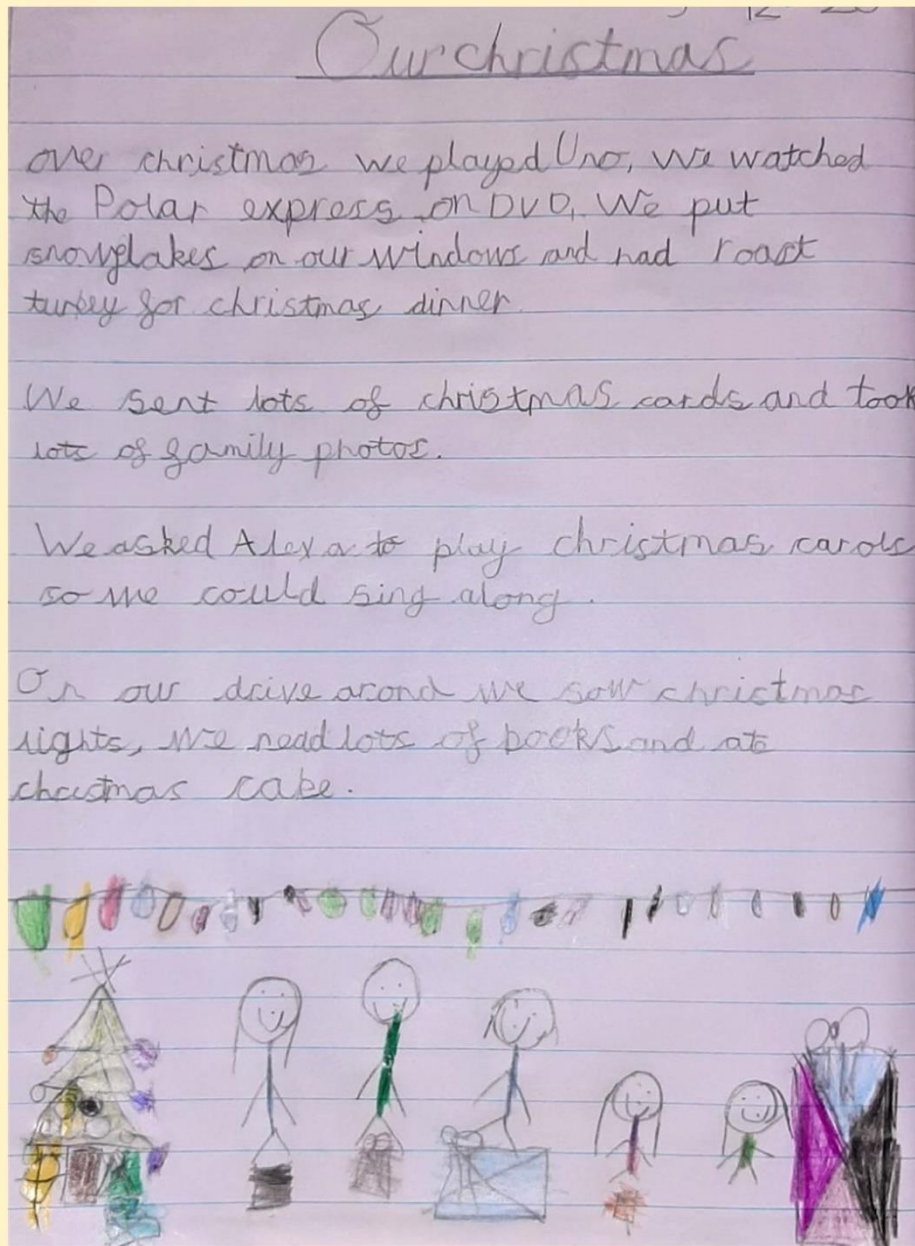


25 Pick six random words and make them into a story. For example: cheese, pencil, acrobat, kangaroo, branch and ice. What is the silliest story you can write?

Delighting Writing!

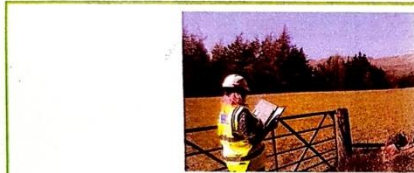
This month, we have some amazing pieces from some of our Year 1 children.

Over the Christmas holidays, Year 1 were asked to appreciate quality time with their families and then tell us all about it. Hadley wrote this fantastic piece about all the lovely things she did with her family over the festive period. Wonderful!



By Hadley, IMM

Before Christmas, Year 1 were learning about the topic 'Location, Location, Location' in their Geography lessons. At the end of term, they wrote 'essays' where they answered questions about what they had learned. Here is a fab example from Rosie!



What is geography fieldwork?

It is when you
work out side.
you might get
things.



Why are maps important?

Maps help you find
places. They have
pictures that
show. *churches
and signs and
cars and roads

By Rosie, ISA

Here's another super example of a Year 1 Geography essay explaining what fieldwork is, why maps are important and what a compass is. Well done Ella!



Geography fieldwork
is collecting

information out side.



maps are important
because it helps
you find your

location.



A compass, not

only showing east &

west it helps us

to get back to our location!

By Ella, IMM



HOW TO KEEP YOUR CHILD'S TEETH HEALTHY

Love their smile



Kids love sweet things so getting them to eat less sugar is tricky. Plus, with sugar hidden in so many everyday foods and drinks, it can be hard to know what's healthy and what's not. However, it's important we do our best because sugar isn't just bad for kids' teeth. In the long term, it can also lead to more serious issues like obesity, heart disease and type 2 diabetes. But there are lots of easy and simple ways you can help reduce the amount of sugar your kids are eating.

How much Sugar is too much?

It can be difficult to know how much sugar we should have each day. Below are the national guidelines for recommended sugar intake for children:

4- 6 years old Maximum recommended added sugar intake per day: 19 grams.

This is equal to **4 teaspoons of sugar**

7-10 years old Maximum recommended added sugar intake per day: 24 grams

This is equal to **5 teaspoons of sugar**

11+ years old Maximum recommended added sugar intake per day: 30 grams

This is equal to **6 teaspoons of sugar**



A can of fizzy drink has 7 teaspoons of sugar



A sweet muffin has 5 teaspoons of sugar



A bowl of ice cream has 8 teaspoons of sugar

All these snacks contain more than the maximum daily amount recommended for an 8 year old



This certificate is awarded to

Marine Academy Primary

in recognition of becoming a

Renaissance Partner School

Joined 2021

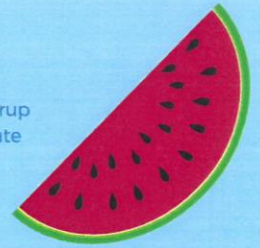
How can we reduce the amount of sugar we eat?

The main thing you need to avoid is added sugar. This is extra sugar that manufacturers add to sweeten food.

Watch out for words manufacturers put on labels that actually mean added sugar:



Cane sugar
Honey
Brown sugar
High fructose corn syrup
Fruit juice concentrate
Corn syrup
Fructose
Sucrose
Glucose
Crystalline sucrose
Nectars



Try to go for products with 'no added sugar' written on the labels. You will see it listed on lots of everyday items including cereal boxes and squashes and fruit juices.

What sugar swaps can we make to eat and drink less sugar a day?

Here are some simple swaps to help your kids eat less sugar. These may seem like big changes to make all in one go so you can always try introducing the swaps gradually to ease your family into a healthier diet.

SUGARY DRINKS



These make up a quarter of children's added sugar intake and should be the first thing to go from your child's daily diet. Swap fizzy juice, squashes, cordials and energy drinks for water, lower-fat milk, diet, sugar free or no added sugar drinks. You could try adding your kids' favourite fruit to water to make their very own flavoured water.

BREAKFAST

Swap sugary cereals for plain porridge (or porridge with fruit), plain wholewheat biscuits or plain shredded wholegrain.



PUDDINGS

Sugary puds are tasty but so are low-fat, low-sugar yoghurts, fresh or tinned fruits (in juice, not syrup), fruit salads and sugar-free jellies.

SNACKS

Swap sweets, biscuits, chocolates, cakes, muffins and pastries for fresh or tinned fruit (in juice not syrup), plain unsalted nuts, plain rice cakes or toast with low-fat spread.



We are so pleased to announce that we have been awarded the status of being a Renaissance Partner School! This is a great opportunity to contribute to research and development at Renaissance Learning both in the United Kingdom and beyond. Mrs Meredith was recently invited to join their Advisory Group so we will have lots of exciting opportunities to trial some of their new products before any other school!