

# MARINE ACADEMY PRIMARY NEWSLETTER

## April 2024



Tea  
Wragg  
Trust

Making  
Aspirations  
Possible

### '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,

April breezed by with twelve school days packed full of learning, activities, and fun, embodying the vibrant spirit of Marine Academy Primary. Despite the shortened month, we made every moment count, ensuring enriching experiences for all of our children.

We extend our heartfelt appreciation to our dedicated volunteers whose support enriches the academy experience for all. Special thanks to Mrs. King for her efforts in enhancing our outdoor spaces, nurturing biodiversity, and creating inviting environments for exploration. We also commend Mr. Pearson for his engaging football interventions, fostering skill development and creating meaningful connections among learners.

We would also like to take this opportunity to wish a huge congratulations to Mr Green and Miss Newell on their wedding during the Easter holidays. We are so glad that the sun was shining for them and wish them the very best for a long and happy future together as Mr and Mrs Green!

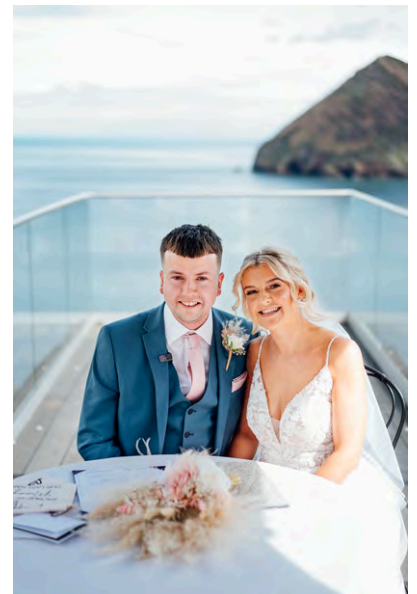
For detailed insights into what your children will be learning this term, please refer to the Curriculum Letters available on our website [here](#). We encourage you to stay informed and engaged as we embark on this exciting term of learning and growth.

Within this Newsletter, you'll find the confirmed dates for this year's Sports Day as well as a reminder of the dates for other events happening in the summer terms.

As we dive into what promises to be a bustling and enjoyable term, we extend our gratitude for your continued support and partnership. Together, we create a nurturing environment where every child can thrive.

Yours sincerely,

Mrs. Georgina Reid and Mrs. Nicola Keeler  
Co-Headteachers



## DATES FOR YOUR Diary

**Monday 6th May** - Bank Holiday: School Closed

**Friday 10th May** - 'Wear it Wild' muffi - children are invited to wear animal themed muffi (or any muffi) to school and bring in a donation as we are raising money for our animals.

**Monday 13th - Thursday 16th May** - End of Key Stage 2 Assessment Week (Year 6 SATs)

**Tuesday 14th April** - Marine Biologist Paul Naylor visits Reception

**Friday 17th May** - Year 6 trip to Mount Edgumbe

**Friday 17th May** - Last day of Extra-Curricular Clubs for Term 5

**Friday 24th May** - Last day of Term 5

**Monday 27th May** - Bank Holiday

**Tuesday 4th June** - First day of Term 6; Extra-Curricular Clubs begin again

**Wednesday 5th June** - Reception 'Meet the Teacher' events for new children starting September 2024

**Monday 10th June** - Pre-School and Reception Sports Day

**Tuesday 11th June** - Whole School 'Dream Big' day: children are invited to dress as a career or job that they'd like to do when they are older.

**Wednesday 12th June** - Years 5 and 6 Sports Day

**Monday 17th and Tuesday 18th June** - Stay and Play sessions for new Reception children

**Monday 17th June** - Years 1 and 2 Sports Day

**Thursday 20th June** - Reception trip to Dartmoor Zoo

**Monday 24th and Tuesday 25th June** - Stay and Play sessions for new Reception children

**Wednesday 26th June** - Year 3 and 4 Sports Day

**Wednesday 26th - Friday 28th June** - Forest and Beach Residential

**Friday 28th June** - Pre-School Graduation photos

**Monday 1st July** - Reception Assembly to parents and carers at 9:15am or 2:15pm

**Tuesday 2nd July** - Year 1 Assembly to parents and carers at 9:15am or 2:15pm

**Wednesday 3rd July** - Year 2 Assembly to parents and carers at 9:15am or 2:15pm

**Thursday 4th July** - Year 3 Assembly to parents and carers at 9:15am or 2:30pm

**Monday 8th July** - Year 4 Assembly to parents and carers at 9:15am or 2:30pm

**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

**Monday 8th July** - 38 Things deadline: booklets completed and handed in today at the latest please.

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

**Friday 12th July** - Last day of Extra-Curricular Clubs for Term 6

**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.

**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



# YEAR GROUP NEWS

## Summer term starts with super new stories

### Pre-School

Pre-School have been very busy learning about The Gingerbread Man story. We have really enjoyed using playdough to make Gingerbread people and we have also printed pictures using Gingerbread cutters. This term we have welcomed new children to Puffin and Penguin classes and these children have settled in really well. The older children have loved looking after the new children and showing them the rules and routines of the day.

The children have also loved learning in the Pre-School outdoor area and we even managed to play in the garden when we had a few sunny days! This term, we have sent the older children home with a book to read and it has been lovely to see them sharing their books so enthusiastically.



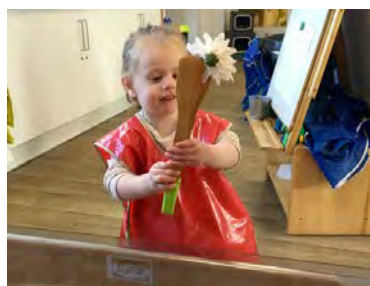
### Reception

Reception kicked off this term with an exhilarating visit from a diver who plunged us into the colourful depths of our first book, 'Bright Stanley'. Our young adventurers have been on a linguistic voyage, encountering a treasure trove of new words and conquering challenges as they journey through the story. The children have been painting pictures, creating junk models and practising their cutting skills to make an under the sea picture. In our Literacy sessions, the children have been learning all about the story. It has been wonderful to hear their thoughtful answers and use their prosody to read the story. In Maths, the children have been creating repeating patterns and even spotting mistakes in patterns! A heartfelt thank you to all the families who joined us for the Phonics in Action events! We hope you enjoyed seeing how amazingly well your child is doing with their reading and writing.



### Nursery

This month Turtle class have begun our topic 'Mary, Mary Quite Contrary' and we have been learning all of the Makaton to the rhyme, and the children have enjoyed learning about the garden and flowers. They have used collage materials to create their own flowers, used their fine motor skills to use tongs and catch the flowers that were floating in water, they have planted pretend flowers in pots and they have been printing with leaves. We have also been making the most of the sunshine in the garden and the children have used their gross motor skills to manoeuvre their way through the giant tunnel. They have also loved being creative on the new garden chalkboard. We are looking forward to the rest of our topic and enjoying the sunshine!





## Year 1

April has been an exciting month in Year 1. Our new History topic 'Significant Sports Stars' has been a hit, engulfing the children in the world of the Olympics. In Science, we have been excited to learn all about light and shadows. This was introduced by observing the various light sources in our classrooms.

In Maths, the children have impressed Miss Whitby with their 2s, 5s and 10s knowledge. It is fantastic! In English, Mr Andrews has been amazed with the innovative versions of the story 'Stuck' that the children have created. They are great reads!

Year 1 have been recapping all of their Phonics knowledge this month, right back to the first day of the academic year. Not only were the Year 1 adults impressed, but so were the parents and carers. The children were incredibly proud of themselves after our 'Phonics in Action' mornings and so were the Year 1 adults. The children continue to show their hard work every day. We are excited to see what is to come and we are looking forward to the summer months ahead!



## Year 3

The children in Year 3 ended Term 4 by writing high quality Geography essays, showing all of their excellent learning from their topic 'Villages, Towns and Cities'. This month, Year 3 enjoyed finishing their Whole-Class Reading book from last term, 'Pugs of the Frozen North', and this term, have dived into their new text, 'Operation Gadgetman'.

In Science, the children have been introduced to their new topic, 'Forces' and have explored different types of contact and non-contact forces. In addition, the children have been introduced to their new and exciting learning on Ancient Greeks for History. We absolutely loved the fantastic effort the children put into their Ancient Greek Home Learning over the Easter break! Well done! We are also really looking forward to having our Ancient Greek themed day later in the term, where children will be invited to dress up. A letter will be sent out with more information soon. Keep up the great work, Year 3!



## Year 2

In Year 2 this term, we are exploring World War Two and the children are really enjoying learning new facts about what happened in Britain and Plymouth during this time.

In English, the children have blown the Year 2 team away by their enjoyment and perseverance in learning a range of poems by James Carter. They were great at using their expression to perform the poems beautifully.

In Science, we are learning all about plants, how they grow and what they need to thrive. This month we were very lucky to invite Mrs King into school, alongside Ms Bell who taught the children all about gardening. The children had the opportunity to plant new trees on the school grounds, plant new flowers, pull up the weeds and even plant their own sunflowers!





## Year 4

Year 4 have had another productive month of learning, with more outstanding progress. In Maths, the children have gained a strong understanding of fractions and decimals and can now order tenths and hundredths. In English, they have written their own adventure stories based on their text, 'Arthur and the Golden Rope'. In Science, the children have learnt about how animals and plants adapt depending on their environments.

In History, the children's learning for the History topic, 'Vikings', has been broad. The children have learnt about Viking life, the Lindisfarne raid in 793CE and they have studied a timeline for the period, where they have made links to their previous 'Anglo-Saxons' and 'Roman Britain' topics.

In Computing, the children have been investigating repetition in games and have programmed their own games. Well done to all Year 4 children for their resilience and creativity in another busy month!



## Year 5

Year 5 have made an excellent start to the Summer Term. They have started their new topic, 'Plymouth, A City of Voyage and Discovery', by learning about Plymouth's geographical location in the world, recognising the development of Plymouth from small settlement to city and its importance as a centre for trade in Tudor times. In English, the children have enjoyed learning about the different women in Science and their different job roles.

In Computing, Year 5 have revisited previous learning on 'selection' and identified how 'conditions' are used to control the flow of actions in a program. They have also been introduced to the blocks for using conditions in programs using the Scratch programming environment. In Maths, the children have used their fractions knowledge to convert between fractions, decimals and percentages. Well done year 5!



## Year 6

This month, Year 6 have had a tremendous start to Term 5. In Maths, the children have mastered how to calculate angles in various 2-D shapes. In English, they have been focusing on the features of a newspaper article, ready to write their own, focusing on a key event within the Harry Potter series.

In Science, they have been understanding how heat affects the properties of an object. In Art, the children have started to plan their memory boxes ready to finalise in the final week of term.

In History, we have unpicked the reasons that led to the start of World War II, and debated whether it was appropriate to not include Germany in the discussions for the Treaty of Versailles. We have really enjoyed seeing your cooking entries this past week for home learning and love the resilience they are continuing to show towards their upcoming SATs assessments.





# In Other

# NEWS

We are incredibly excited to have 60 families and children joining Marine Academy Primary in September 2024! Together, we'll create memories that last a lifetime. Here's to new beginnings and amazing adventures ahead!



A huge thank you to everyone who was able to attend our 'Phonics in Action: Live Events' in Reception and Year 1! We hope you all enjoyed it as much as we did.

We look forward to inviting parents and carers in again for some reading themed fun with Years 2 to 6...watch this space!



Our KS2 classes recently enjoyed an inspiring assembly about careers in the NHS. Our special guest shared some fascinating facts about the NHS as the largest employer in the UK and 5th largest in the world with 1.7 million employees! The children were buzzing with excitement, talking about family and friends who work in the NHS, and sharing their own experiences about when they have used its services.



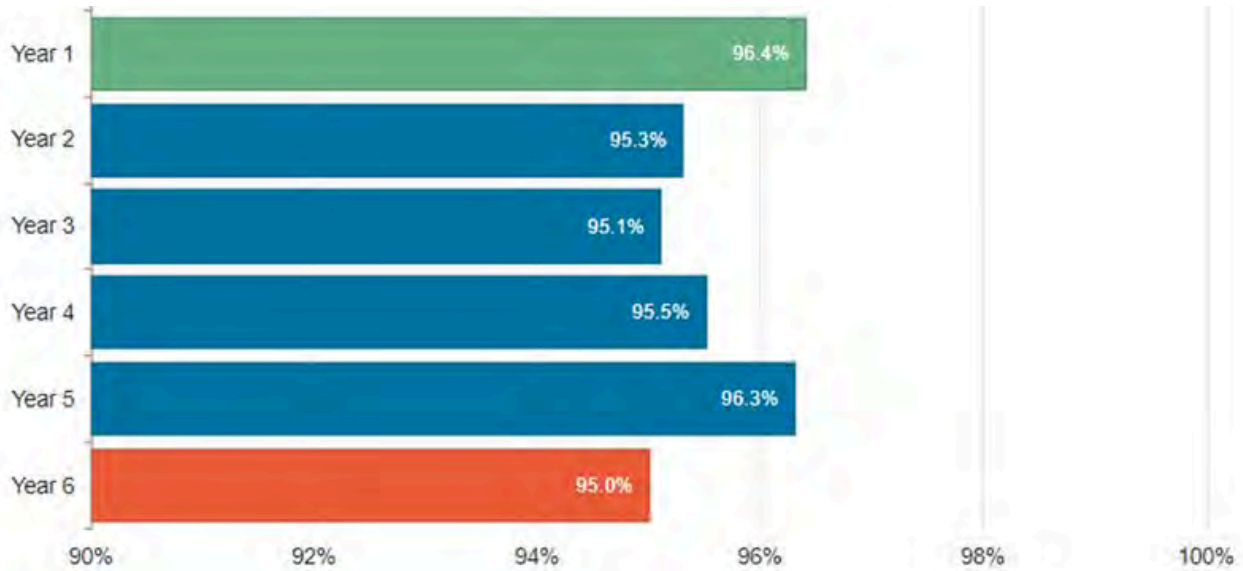


# ATTENDANCE

Attendance Matters



Well done to Year 1 for having the highest attendance last term!



## Reading for Pleasure at home



We would like to know all about how you and your child read for pleasure at home and would appreciate it if as many of our parents and carers as possible could complete this short survey, to help us to know how we could better support with this:

<https://forms.office.com/e/CiUnMK6qRm>

Thank you very much!



# DREAM BIG Day

TUESDAY  
11TH JUNE  
2024



## CAN YOU HELP US?



On Tuesday 11th June 2024, it is our whole-school 'Dream Big' Day (formerly known as Aspirations Day). The day is all about raising our children's aspirations for their futures and learning about a wide variety of jobs. We're looking for a variety of visitors to talk to the children about their careers and occupations.

Last year, we had several parents/carers, family and community members come in to talk about their jobs and we would love to have the same again! If you or anyone you know are able to help, please could you scan the QR code above or follow the link

<https://forms.office.com/e/9BcHVA12XZ> to complete a form and we will get back to you with more details soon. Thank you!





# 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](mailto:primary@marineacademy.org.uk) FAO: Mr Druce.

## WIZZ - MAKE NEW FRIENDS APP



Wizz is a social networking platform and is rated for 'Teens' on the Google Play store and as 12+ on the App store. It is free to download but does have in-app purchases ranging from £0.89 to £44.99. Users swipe through the app to find people who are currently online and who they would like to chat with. Users will be chatting with strangers, which can present risks. Internet Matters have produced advice around chatting with strangers [here](#)

## Is YouTube safe?



The NSPCC have produced this [article](#) discussing the risks associated with using YouTube and the safety settings and features that are available depending on how old your child is and what they do on YouTube.

## Support for children with Speech, Language and Communication Needs



Parent Zone understand that talking about life online with a young person who has speech, language and communication needs (SLCN) makes it difficult, so they have created a selection of visual and spoken resources to help you. You can find out more here: <https://parentzone.org.uk/TalkTech>



### Keeping children safe online

Learn more about children's online safety. Advice and support to help you learn about staying safe online as a family.



## NSPCC

The NSPCC has some really great guides and tips on how to keep children safe online. Information on parental controls and explores different Social Media.

The link below takes you to the NSPCC website.  
[Keeping Children Safe Online](#)



# What Parents & Educators Can Learn from the OFCOM MEDIA REPORT 2024

Each year, Ofcom - the UK's regulatory body for communications - produces an overview of children and parents' media experiences over the course of the previous year. At the time of writing, the latest of these reports, 'Children and parents: media use and attitudes 2024' has just been published, and we've plucked out some of its most thought-provoking findings regarding online safety.

## ONLINE LIVES

**99%**  
of 8-17s  
had regular  
access to the  
internet

**65%**  
of 13-17s  
prefer short videos  
to films and TV

**34%**  
experienced  
harassment or  
bullying online

**11-18s**  
felt more confident  
communicating online (71%)  
than in person (53%)

**87%**  
of 8-17s  
felt pressure to be  
popular on social media

## SCREEN TIME

By children's age group, the percentage of parents who felt less able to manage their child's screentime were ...



## POPULAR PLATFORMS

Most used by children ...

Under-12s

Over-12s

YouTube  
**89%**

YouTube  
**88%**

WhatsApp  
**37%**

WhatsApp  
**82%**

TikTok  
**35%**

TikTok  
**78%**

Snapchat  
**27%**

Snapchat  
**73%**

Instagram  
**22%**

Instagram  
**69%**

## ONLINE GAMING

**68%** of children played video games online

Who did these children most commonly play with?

**74%**  
played with  
someone they know

**32%**  
played with  
strangers

## ONLINE SAFETY IN SCHOOLS

**93%** 8-17s had at least one lesson about online safety

**93%** of children are aware of at least one thing they can do to stay safe online

**91%** children found these lessons useful

**78%** of 8-17s were aware of age restrictions for apps

**40%** admitted to faking their age to bypass these limits

## PARENTAL CONCERNS

The things that most commonly worry parents and carers about their child being online include ...

**77%** seeing age-inappropriate content

**70%** being harassed or bullied

**68%** seeing pro-self-harm content

**62%** having their data gathered by companies

**59%** being influenced by extreme views

**55%** having their reputation damaged

**51%** being pressured to spend money

## DEVICES MOST USED TO GO ONLINE

| Age Group | Device      | Percentage |
|-----------|-------------|------------|
| 3-4s      | use tablets | <b>67%</b> |
| 5-7s      | use tablets | <b>77%</b> |
| 8-10s     | use tablets | <b>73%</b> |
| 11-15s    | use phones  | <b>95%</b> |
| 15-17s    | use phones  | <b>97%</b> |

#WakeUpWednesday

The National College



# Grand Theft Auto

An Online Safety Shareable by INEQE Safeguarding Group

While most games focus on beating the 'baddies', this action-adventure game is all about acting out a life of crime yourself. But while playing high-speed chases and heists in a virtual city obviously has a lot less consequences than doing the same offline, many safeguarding experts question if it's truly 'risk free' for young players.

## What is GTA?

Within the current series of games, users play characters completing criminal missions across cities, from stealing cars to drug smuggling. Players can also choose from a range of side quests or just explore without a set purpose.

## ! Potential Risks

### GRAPHIC GAMEPLAY

GTA is known for its violent themes, sexual content, adult language and references to drugs and alcohol. And, of course, there is also the game's main storyline, criminality.

### MISOGYNY AND SEXISM

The creators of Grand Theft Auto have previously come under criticism for the game's depiction of women, including how they're dressed and giving health 'boosts' to players who sleep with female characters and murder them to receive their money back.

### SCREENTIME

Games like Grand Theft Auto can be immersive, and users may find it difficult to limit their screentime, particularly if they are free playing/exploring, rather than following storyline tasks and completing missions.

### IN-GAME PURCHASES

Although players earn 'cash' through completing tasks in the game, virtual cash cards can also be purchased online for real money. This option may be tempting for young people so they can quickly buy their character in-game purchases, like vehicles and property.

## Hype around GTA

Before the release of a new Grand Theft Auto game, there is usually much excitement and online speculation. This type of hype and anticipation can catch the attention of young people and make them eager to play both the new version and existing versions so it's important to be aware of previous and new content within the game.

## TOP TIPS!

### TALK ABOUT PEER PRESSURE

Half the appeal of playing GTA may be because their friends are! Talk to the young person in your care about what peer pressure is and what to do if they're being pressured or bullied.

### TRUSTED ADULTS

Make sure they know who their trusted adults are so they know who to turn to if something is worrying or upsetting them.

### DISCUSS AGE RATINGS

Have a conversation about what age ratings are and why they matter. Talk about how some content may be harmful to underage players. But remember, this isn't a lecture, it's a discussion!

### FIND FUN GAMES

Research alternative, age-appropriate games together. Find out what type of game appeals to them and go from there!

18

## Already played it?

If you find out the young person in your care has already played GTA or similar, it's important you stay calm. Getting angry or very upset brings the risk they won't come talk to you about their online experiences in the future. Instead, ask them what they thought of the game and if anything upset or shocked them. Give them plenty of space and time to talk!



# 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](mailto:primary@marineacademy.org.uk).



## Easy Macaroni and Cheese

### Ingredients:

- 250ml milk
- 100g dried pasta
- 225g of cheddar cheese, grated
- salt and pepper to taste

### Equipment:

- saucepan
- hob or stovetop
- wooden spoon

### Method:

1

Add milk and pasta to a saucepan and bring to a simmer on a medium heat.

2

Cook for around 20 minutes, stirring often. The milk should simmer, but not boil.

3

Once the pasta is cooked, remove from the heat and stir in the cheese until it's fully melted. (Note, if you like the sauce a little runnier or creamier, you can stir in a dash more milk until you're happy with the consistency.)

4

Add salt and pepper to taste, then serve.

### Additions to try:

There are some fun additions you could add in to make this simple macaroni and cheese even tastier! We recommend:

- bacon strips, fried or grilled then added with the cheese
- diced onions, fried and added to the milk
- chopped or crushed garlic, added to the milk
- sliced mushrooms, fried or grilled then added with the cheese

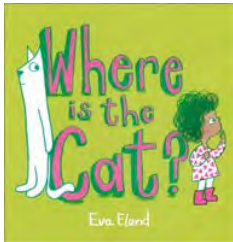


**Recommended  
Reads from...**



**LoveReading**  
4 KIDS BUY BOOKS CHANGE LIVES

We love hearing about books that you love to read at home! Please share with us any of your recommended children's books, or let us know if you read any of the books shown here, by emailing [primary@marineacademy.org.uk](mailto:primary@marineacademy.org.uk) or messaging us through our Facebook page.



3+ readers 5+ readers

## Where Is the Cat?

By [Eva Eland](#) (author), [Eva Eland](#) (illustrator)

"Bold, bright, unmissable and lots of fun!"



7+ readers

## A Hugh Dunit Mystery: Taking Shelter

By [Guy Bass](#) (author), [Lee Cosgrove](#) (illustrator)

Part of the [Hugh Dunit](#) series

"A wonderfully silly crime caper packed to the brim with jokes and wordplay"



9+ readers 11+ readers

## Black Hole Cinema Club

By [Christopher Edge](#) (author)

"Hold on to your popcorn in this mind-expanding new adventure from one of our most original writers."



5+ readers 7+ readers

## Agent Harrier: This Book Will Self-Destruct

By [Ben Sanders](#) (author), [Ben Sanders](#) (illustrator)

Part of the [Agent Harrier](#) series

"Fast, funny and stylishly produced, this graphic novel is perfect for newly confident readers."

If you purchase books through the Love Reading 4 Kids website [www.lovereadings4kids.co.uk](http://www.lovereadings4kids.co.uk), you can nominate our school to receive 25% of the price to spend on books.

# Books for Topics PSHE & Emotional Literacy Topic Booklists

The Books for Topics website [www.booksfortopics.com](http://www.booksfortopics.com) is a great resource for recommended reads.

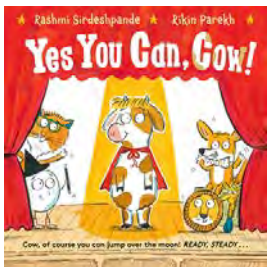
## Books about trying new challenges



### Fly, Tiger, Fly!

Rikin Parekh  
Picturebook

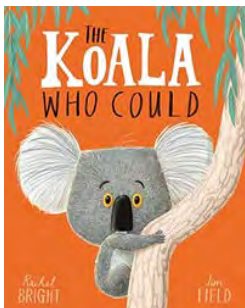
Riku's family have all achieved something special - and Riku wants to be special too. His dream? To be the world's first ever flying tiger! Only Riku's friend Jim has doubts . . . Tigers don't have wings. (And Jim should know - he's a parrot!) But Riku is one determined little tiger. With help from Jim and some feathered friends, will Riku make it off the ground and into the air? This hilariously funny book from Rikin Parekh celebrates dreams, determination and the power of friendship. It's a must-read for any little person with BIG ambition!



### Yes You Can, Cow!

Rashmi Sirdeshpande & Rikin Parekh  
Picturebook

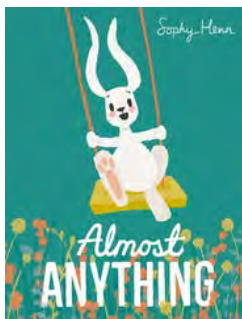
Yes, you can, Cow! We believe in you! READY . . . STEADY . . . GO . . . It's the Nursery Rhyme's big performance, but Cow is having second thoughts. She's too scared to jump! What if she crashes? Will everyone laugh? The curtain's almost up and the audience are waiting. Can Cow overcome her fear of failure and become the star of the show? A gorgeous, heartwarming story about believing in yourself and doing your best based on the ever-popular nursery rhyme 'Hey Diddle Diddle'.



### The Koala Who Could

Rachel Bright & Jim Field  
Picturebook

A funny rhyming story about dealing with change and overcoming worries, from the bestselling creators of The Lion Inside. In a wonderful place, at the breaking of dawn, where the breezes were soft and the sunshine was warm, a place where the creatures ran wild and played free . . . A Koala called Kevin clung to a tree. Meet Kevin. A koala who likes to keep things the same. Exactly the same. But sometimes change comes along whether we like it or not. . . And, as Kevin discovers, if you step outside your comfort zone and try new things, you might just surprise yourself!

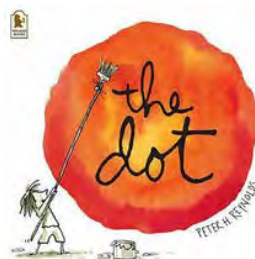


### Almost Anything

Sophy Henn  
Picturebook

This is a truly charming picture book with an empowering message about the power of self-belief, perfect for EYF5 and KS1. At the beginning of the story, George the rabbit sits on a tree stump watching his woodland friends busy doing all sorts of clever and fun activities like painting, roller-skating, knitting and dancing. Believing that he can't do anything like that, George leaves himself with no option but to sit and watch. That is, until a wise old bear observes George's no-can-do attitude and decides to help him to cultivate some important self-belief.

This is an endearing picture book that encourages young readers to have the confidence to try new things using the 'magic' of a positive attitude from within themselves.



### The Dot

Peter H. Reynolds  
Picturebook

The story of a little girl whose art teacher helps her to develop a 'can do' attitude. Vashti is sure that she can't draw, but when the teacher puts Vashti's simple dot picture on display, Vashti begins to think of what else she might be able to draw too if she is only willing to give it a try.





**Plymouth Children's Book Group**

Federation of Children's Book Groups fcbg.org.uk

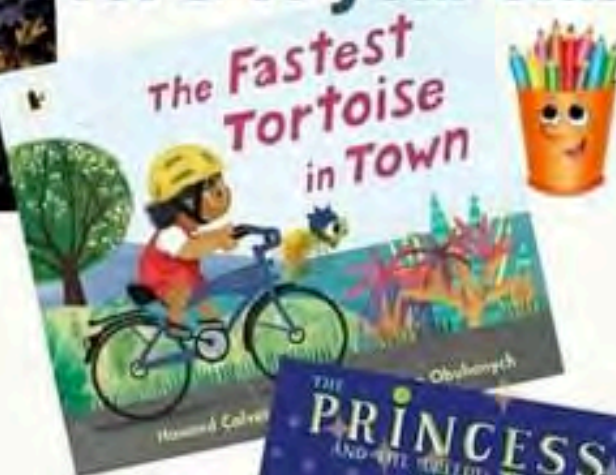


# Children's Book Award Best Picture Books!



## Bedtime Stories & Activities

for 3-10 year olds



### Mon 13th May

### 5.00 - 6.00 pm

Keyham Green Places

Renown Street, Plymouth PL2 2DT

Accompanied children only

Yummy hot chocolate & snacks



Vote for your favourite!



Draw or write for the author & illustrator!



**Book your FREE place  
by Friday 10th May**

[plymouthchildrensbookgroup@hotmail.com](mailto:plymouthchildrensbookgroup@hotmail.com)

**See you there!**







Aged 40-74?  
Find out about our  
**FREE NHS Health Check**

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.



[www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck)

**NHS HEALTH CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

Produced by  
Public Health England



# MALE MENTAL HEALTH

This is a live online workshop made up of one session, lasting up to two hours.

This course will cover:

- Stress
- Anxiety
- Mental health
- Grounding techniques and more...



To book use:

Link

<https://virtualfamilyspace.barnardos.org.uk>

Or QR Code



Wednesday

15 May

1pm

**BARNARDOS**  
FAMILY SPACE



**Are you a parent or soon  
to be one & under 25?**

**If YES, come and join us:**

**Tuesday 1.45pm-3pm**

**23rd April, 7th May, 21st May**

Plymouth Methodist Central Hall

(PMCH church in the city)

Eastlake Street PL1 1BA

**Tell us what it's really  
like to be a young parent  
and what you'd like.  
Become part of growing  
a new Young Parents  
Group for you  
and others**

**WELCOME  
VOUCHER**

**FREE SOFT PLAY  
(IF THE KIDS ARE  
WITH YOU)**

**For further info call, text, WhatsApp  
Jess or Sal**

**07522 619076 or 07738 119697**

**BARNARD'S**





# Latch On



We offer supportive sessions for women who are pregnant and wanting to breastfeed as well as offering help and advice for women who are currently breastfeeding and want to learn more about its benefits.

A nursing bra fitting service is also available.

## Monday

Rees 1 - 2.30pm

## Tuesday

High View 10.00 - 11.30am  
(Term Time ONLY)

## Wednesday

Nomony - 1-2.30pm

## Thursday

Plymbridge 1 - 2.30pm  
(Term Time ONLY)

## Friday

Fourwoods 10 - 11:30am

No need to book, just come along!



Understanding  
your child

## Solihull Approach

We look at a range of strategies to enhance parent/ child relationships, designed to encourage a reflective style of parenting that leads to more sensitive and effective parenting. Parents are also helped to understand how they can influence their relationship with their child through play.

We focus on the parent/child relationship and aim to support parents in building positive and responsive relationships with their children. Sessions include...

- How do you know what you and your child are feeling?
  - Tuning in to your child's developmental needs
    - Having fun together
    - Self-regulation.
    - Sleep and anger.
  - Different styles of parenting.
- How to recover when things go wrong.

©The  
**Incredible  
Years®** 

This programme is supported by over 30 years of research to help support parents to improve their child's behaviour. Our Incredible Years parenting programmes focuses on strengthening parent and child interactions, nurturing relationships, promoting positive discipline and helping families promote social, emotional and language development in children.

Please contact our Family Hub to register



# CHATTERBOX

Stay and play for 0 -5 year olds with themed sessions with our team. Health visitors are also available for advice and/or to have your baby weighed. No need to book!

## Monday

Southway Church of the Holy Spirit - 10 -11.30am  
Rees 1- 2.30pm

## Tuesday

Plymstock - 10 - 11.30am

## Wednesday

Honicknowle 1-2.30pm  
Compton - 1-2.30pm

## Thursday

High View 9.30-11am  
The Barn 10 - 11.30am

## Friday

Tothill Community Centre 10-11.30am  
Fourgreens, Whiteleigh 10-11.30am



**BARNARD'S**

Changing childhoods.  
Changing lives.

## LOOKING FOR EXTRA HELP?

**Our team works across the city to support families with children under 5 years old with their individual needs. We can offer support in many areas including:**

**Families who have experienced domestic abuse  
Debt/ Benefit Advice**

**Parenting tips/advice/strategies, support on managing children's behaviour, routines and boundaries**

**Families experiencing social isolation  
Healthy lifestyles advice**

**SEN (Special Educational Needs) support  
Please phone our children centres or speak to our staff in our groups if you would like to discuss a potential referral**



## Our Centres & Other Venues

### The Barn Family Hub,

Kit Hill Cres, Barne Barton, Plymouth, PL5 1EJ  
01752 362320

#### Opening times:

Mon-Thurs 8.30 - 4.30 & Fri 8.30 - 4

[plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

### Nomony Family Hub,

27 St John's Rd, Cattedown, Plymouth,  
PL4 0PA

01752 261844

Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4

[plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)

### Rees Well-Being & Family Hub,

Mudge Way, Plympton, Plymouth PL7 2PS  
01752 340550

Opening times: Mon-Thurs 8.30-4.30

& Fri 8.30-4

[plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)

### Sweetpeas Children's centre

Compton Church Hall, 2 Revel Road, Compton  
PL3 5LF

07808 200207

[plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

### Tothill Community Centre

119 Knighton Road PL4 9DA

### Onward House

55 Greenbank Road, PL4 8PE

### Mainstone

Mainstone Social Club, Pattinson Drive, Plymouth  
PL6 8RU

### Church of the Holy Spirit

Clifford Rd, Southway PL6 6EJ

### Fourwoods Family Hub,

415 Crownhill Rd, West Park, Plymouth,  
PL5 2LN

01752 366795

#### Opening times:

Mon-Thurs 8.30-4.30 & Fri 8.30-4pm

[plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

### High View Children's Centre,

High View Primary School, Efford, PL3 6JQ

[plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

### Whitleigh Family Hub

Four Greens Community Hub, 15 Whitleigh Green,  
Plymouth PL5 4DD

01752 875933

Opening times: Monday-Thurs 8.30-4.30 & Fri

8.30-4

[plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)

### Plymbridge Children's centre

C/O Plymbridge Nursery, Miller Way, Plymouth  
PL6 8UN

01752 875933

[plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)

### Plymstock, St Marys Church Hall, Church Rd

PL9 9BP

### Honicknowle Youth Centre, Honicknowle

Green, PL5 3PX

### Southway Youth & Community Centre

Hendwell Centre, Hendwell Close, Plymouth

PL6 6TB



Barnardo's Children's Centres (Barnardosplymouth)



Summer Term 2024 Timetable  
15th April to 27th July 2024

**BARNARDO'S**



| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <p>Latch on <br/>Rees - 1 - 2.30pm</p>                | <p>Latch on <br/>High View - 10.00 - 11.30<br/>(Term time ONLY)</p> | <p>Latch on <br/>Nomony - 1 - 2.30pm</p> | <p>Latch On <br/>Plymbridge - 1 - 2.30pm<br/>(Term Time ONLY)</p> | <p>Latch On <br/>Fourwoods - 10-11.30am</p> |
| <p><b>Step by Step</b><br/>The Barn<br/>10 - 11.15am</p>   | <p><b>Chatterbox</b><br/>with baby weigh<br/>Plymstock - 10 - 11.30am</p>  | <p><b>Café Connect</b><br/>The Barn 10-2pm</p>  | <p><b>Multicultural Group</b><br/>for 0-5 years old<br/>Onward House<br/>9.30 - 11am</p>   | <p><b>Chatterbox</b><br/>with baby weigh<br/>Tothill Community<br/>Centre<br/>10 - 11.30am</p>                                 |
| <p><b>NEW</b><br/><b>Perinatal Mental<br/>Health Support<br/>Group</b><br/>Nomony 10-11.30am</p>                                       | <p><b>Step by Step</b><br/>Nomony<br/>10 - 11.15am</p>   | <p><b>Twins Group</b><br/>2nd &amp; 4th Wednesday<br/>every month<br/>Rees, 10-11.30am</p>                                  | <p><b>Step by Step</b><br/>Whitleigh<br/>10 - 11.15am</p>  | <p><b>Chatterbox</b><br/>with baby weigh<br/>Fourgreens<br/>Whitleigh 10-11.30am</p>   |
| <p><b>Chatterbox</b><br/>with baby weigh<br/>Southway<br/>Church of the Holy<br/>Spirit, Clittaford Rd,<br/>PL6 6EJ<br/>10-11.30am</p> | <p><b>Baby &amp; Me</b><br/>Fourwoods 10-11am</p>  | <p><b>Step by Step</b><br/>High View<br/>1.45-2.45pm</p>  | <p><b>Baby &amp; Toddler</b><br/>Mainstone<br/>9.30-11am</p>   | <p><b>Chatterbox</b><br/>with baby weigh<br/>The Barn 10-11.30am<br/>High View - 9.30 - 11am</p>                               |
| <p><b>Chatterbox</b><br/>with baby weigh<br/>Rees 1-2.30pm</p>   | <p>Family Hub Drop In<br/>Central Methodist<br/>Church, City Centre,<br/>Fortnightly 1.45 - 3pm<br/>from 9th April</p>                               | <p><b>Chatterbox</b><br/>with baby weigh<br/>Honicknowle<br/>1 - 2.30pm<br/>Compton Church<br/>1 - 2.30pm</p>               | <p><b>Chatterbox</b><br/>with baby weigh<br/>The Barn 10-11.30am<br/>High View - 9.30 - 11am</p>   | <p><b>Service Family Group</b><br/>Plymstock - St Marys<br/>Church Hall<br/>1 - 2.30pm - Term time only</p>                    |
|  |  |   | <p><b>Baby &amp; Me</b><br/>Plymbridge - 1.30 - 2.30pm</p>   | <p><b>Summer<br/>Term<br/>Timetable<br/>15th April -<br/>27th July</b></p>   |