

MARINE ACADEMY PRIMARY NEWSLETTER December 2023



‘Where stars shine brighter’

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

Dear Parent/Carers of Marine Academy Primary pupils,

As we begin the Christmas holidays, we want to take this opportunity to thank the Marine Academy Primary team, who have been brilliant in their steadfast commitment to ensuring an outstanding education for your children. We would also like to share a heartfelt thank you from us both for your unwavering support in our first months as Co-Headteachers. Collectively, #TeamMarine have achieved so much and ensured that every child's happiness, safety and learning has always been at the heart of what we do; this would not have been possible without your backing.

This term, has been particularly special for all of the incredible fundraising that has taken place. Children In Need saw our children raise over £6267.35! This is our largest amount raised through a single event in our history! We have also donated over 60 coats to the Winter Warm Project, which has been running across the city and were able to donate a record amount of donations to the Plymouth Soup Run through their reverse advent calendar. Our Friends and Teachers of Marine Academy Primary (FaTMAP) were also able to fund every classroom to have a state of the art visualiser, ensuring our Teachers are able to model and scaffold learning effectively.

The end of this term has brought some staffing changes for us. We bid farewell to Miss Ullah as she relocates to the North of England. We are incredibly thankful for all of the wonderful experiences and support Miss Ullah has brought to our children and wish her all the best in her future. Miss Newell will move to be an additional teacher in Year 2 to replace Miss Ullah, supporting with reading, phonics and whole class teaching when needed. Miss Gammage, will therefore increase her teaching time in 5NG.

Miss Mac, has also decided to leave us and we want to take this opportunity to thank her for all the hard work and support she has given to us all over the years, and wish her the best for the future.

We wish you and your families a very Merry Christmas and a Happy New Year and look forward to welcoming children back on Thursday 4th January 2024!

Yours Sincerely,

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



DATES FOR YOUR Diary

Thursday 4th January - First day of Term 3; Extra-Curricular Clubs begin again

Wednesday 10th January - Conversation Cafe: Sleep and bed wetting led by the School Nursing team

Thursday 1st February - Class 3CC Shang Dynasty Day

Friday 2nd February - Class 3CW Shang Dynasty Day

Friday 2nd February - Last day of Extra-Curricular Clubs for Term 3

Friday 2nd - Monday 5th February - Year 6 Paris Residential

Tuesday 6th February - Safer Internet Day

Wednesday 7th February - Conversation Cafe: Early Maths Skills

Friday 9th February - Last day of Term 3

Monday 19th February - First day of Term 4; Extra-Curricular Clubs begin again

Wednesday 21st February - Academy Parliament Trip to the Council Chambers

Wednesday 6th March - Conversation Cafe: Big Emotions and Feelings

Thursday 7th March - World Book Day

Friday 15th March - Comic Relief

Wednesday 20th March - Class 5JU to take part in a climate change workshop

Thursday 21st March - Class 5LG to take part in a climate change workshop

Friday 22nd March - Last day of Extra-Curricular Clubs for Term 4

Thursday 28th March - Last day of Term 4

Friday 29th March - Good Friday Bank Holiday

Sunday 31st March - Easter Sunday

Monday 1st April - Easter Monday Bank Holiday

Monday 15th April - First day of Term 5; Extra-Curricular Clubs begin again

Monday 29th April - Year 2 and 5 Fire Safety Talk

Monday 6th May - Bank Holiday: School Closed

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

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

Thursday 18th July - Last day of Term 6

YEAR GROUP NEWS

It's beginning to look a lot like Christmas!

Pre-School

The Pre-School children continue to blow us away with their amazing learning, we have enjoyed learning all about Cinderella as part of our traditional tales 'Who can help us?' topic. The children all received their own magic wands and had some great discussions around what their three wishes would be. We have enjoyed learning a new nursery rhyme every week as part of our new Phonics program; the children are getting great at identifying rhyming words and can count the number of syllables there are in words!

Thank you to all the parents/carers who attended our 'Christmas Crafts and Carols' morning, the children had an amazing time, and we were very proud of the amazing singing and signing they did with such a large audience. We hope you all enjoyed yourselves! We have enjoyed meeting our new friends who will be joining us in January, and we can't wait to see what amazing learning we are going to be doing after Christmas. We would like to wish all of our children, parents/carers and families a very Merry Christmas and a Happy New Year and we look forward to seeing you all in the New Year!



Reception

The Reception children have had a brilliant second term and all of the adults are absolutely blown away with the brilliant progress they have made in all areas of their learning. The children have continued with their fantastic Phonics learning and are now reading a range of tricky words (words that can't be sounded out) and we have even been reading sentences. We are so proud of all of them! During Maths, the children have focused on a range of skills including tagging an object with a number, sharing and comparing data and even discussing Math problems!



This term, we have completed a range of learning during Independent Learning Time including, writing letters to Santa, creating our own story maps and even playing tricky word snap. We hope that you all have a brilliant Christmas and a lovely New Year. We look forward to seeing all of you on Thursday 4th January.

Nursery

This month, Turtle Class have continued our topic 'I Can Sing a Rainbow'. We have taken part in colour hunts outside, we have mixed colours with paint and water then printed them on to paper, we have painted with a variety of colours on to cling film and we have been learning the song 'I Can Sing a Rainbow' whilst practising the Makaton for all of the colours in the song.

We have also got into the Christmas spirit by learning lots of Christmas songs and having our Christmas Craft afternoon. It was so lovely to see so many of you there and to see you enjoying a variety of Christmas craft with your children. We hope that you all enjoyed it as much as we did!

Turtle Class would like to wish you all a very Merry Christmas and a Happy New Year!



Year 1

Year 1 have had a fantastic December, starting with an amazing walk to St Budeaux Library to consolidate our Geography topic, 'Location, Location, Location'. The children in Year 1 represented the academy fantastically while walking through our local area, with children discussing what they know about where we live and the places around our school! This also helped the children to produce unbelievable Geography 'essays', showing everything they have learned this term. Christmas then began when we celebrated Christmas Jumper Day, and during the same week, we collected lots of wonderful resources for the Plymouth Soup Run and their reverse advent calendar.

We have also enjoyed a festive Christmas Lunch as a year group and performed our Christmas Carol Concert to all of our families. The adults in Year 1 are very proud of how well the children did, using their amazing singing voices and super Makaton. The children have produced some great learning this term and we cannot wait to see lots more next term. Have a fantastic Christmas!



Year 3

It's been another busy month for Year 3, full of lots of great learning! We have come to the end of our Geography topic, Mountains, Volcanoes and Earthquakes, and the children have written some amazing essays to demonstrate their understanding. Their Chemistry learning on the topic of rocks continued in Science, and complemented their Geography learning perfectly. We're looking forward to moving on to our next Science topic of 'Light' next term, and also to our Shang Dynasty topic in History.

We continued our learning in our 'Valuing Difference' topic in SMSC lessons and the children had some brilliant, thoughtful discussions about respecting each other's similarities and differences.

We have enjoyed practising the songs for the Christmas Carol Concert throughout the term and the Year 3 team are so proud of how well the children performed! Thank you so much to everyone who was able to attend. We look forward to welcoming the children back on Thursday 4th January!



Year 2

This term, the Year 2 children have been exploring their Geography topic of 'What a Wonderful World'. The children have just finished writing their 'essays', in the style of an information booklet, where they have been able to write all about the United Kingdom, the 7 continents, 5 oceans, as well as examining different climate zones in different continents. We have been so impressed by the knowledge the children have retained - they have made us so incredibly proud.

In English, the children have been exploring the non-chronological book 'Could a Penguin Ride a Bike?' as inspiration for their own non-fiction text about penguins. In Maths, the children have continued to demonstrate their resilience and perseverance, as they used the formal column method to add and subtract two 2-digit numbers.

In Science, the children have been looking at 'Mini Worlds' where they have been observing animal environments closely. This has included identifying and classifying living organisms or objects that have never been alive. We really enjoyed exploring micro-habitats around the school grounds.

In Design Technology, the children have been designing and creating moveable Christmas cards. They all look fabulous and all the children were really excited to take these home on the last day of term, ready for Christmas.

Thank you so much for your continued support throughout this term. We can't wait to see you all in the New Year!



Year 4

Year 4 have had another great month of super focus resulting in excellent learning! In Maths, the children have moved onto their Multiplication and Division unit, where they have so far concentrated on their 3, 6 and 9 times tables.

In English, the children completed their learning based on the text 'A Walk In London', by writing their own information text entitled 'A Walk in Plymouth', highlighting Plymouth landmarks such as the Hoe and the Barbican.

Our Geography unit, 'Human Migration' was completed with the children writing fantastic, factful essays. They analysed the data they gathered on their trip, surveying members of the public about migration, and used this to compose their essays.

In their Science topic, 'Ecosystems', the children learnt about categorising animals and plants as producers and consumers and were able to construct their own food chains and webs.

We had a lovely end to the month with our Christmas celebrations. The children created their own Christmas tree decorations, learnt Christmas carols which they sang beautifully at our Carol Concert and enjoyed Christmas lunch and a party to celebrate the season.

We have fitted so much into December and hope the children have a well-deserved rest over the Christmas holidays and we look forward to more excellent focus and constructive learning in January!



Year 5

Year 5 have had another busy term! In English, they have been working very hard to produce their own diary entry, based on the book, 'My Secret War Diary'. They have been writing in the first person as though they have been evacuated from the World War!

In Geography, our topic 'Informal Settlements' came to an end and the children produced some fantastic essays, demonstrating their understanding. In DT, the children designed and made their own transportable water filters, which complemented our Geography learning perfectly.

In Whole Class Reading, we finished 'Children of the Benin Kingdom' and were very impressed with how much the children could recall from their History learning in Term 1.

We were so proud of how well the children performed at the Carol Concerts and thank everyone that was able to come along and watch! We hope you all have a lovely time over the festive break and look forward to seeing the children again on Thursday 4th January!



Year 6

What a tremendous term Year 6 have had! In Maths, all children across the year have developed within their Fractions topic; now able to add, subtract, multiply and divide fractions. In English, the children have finished a thought-provoking informative piece of writing, thinking about saving the environment.

In Science, the children have understood how to measure multiple energy sources. In Geography, the children have written excellent essays, answering if fieldwork is essential for Geographers. In DT, the children worked on their design and construction skills, enabling them to, as a class, create a Truss Bridge, which then led them to evaluate and resolve any issues that arose.

In Music, the children have looked at the glockenspiel and how music makes them feel. In Whole Class Reading, we have been reading Street Child, which complemented last term's Industrial Revolution History topic, a story which covered a young boy, who later met the founder of the Barnardo's foundation.

It has been wonderful seeing the children's excitement build during the run up to Christmas and we are excited to see them back in the new year, prepared for their next steps in Year 6. From all of the Year 6 team, we wish you all a wonderful Christmas and a Happy New Year!



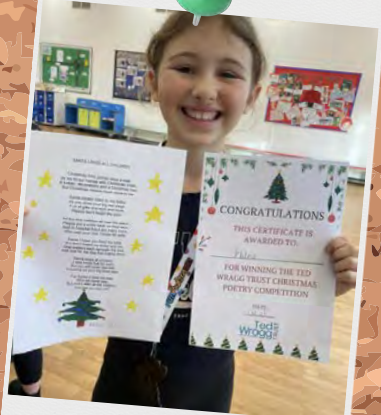
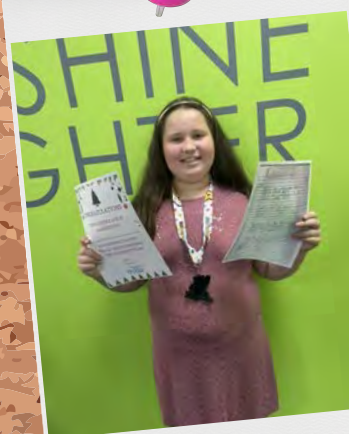
In Other

NEWS

What fantastic Christmas Carol Concerts we had! We were incredibly proud, during both our Carol Concerts, of the children's singing and their use of Makaton during the songs, which was no easy feat with the Twelve Days of Christmas! A very big well done and thank you also goes to all the children who read poems and stories. It was really lovely to see children, staff and parents/carers all with smiles on their faces and having fun!



We were blown away by the generosity of all you who were able to donate to the Plymouth Soup Run Reverse Advent Calendar campaign. The amount of donations we received was incredible. Hilary, from the Plymouth Soup Run, was overjoyed by all we have done to support this local and very important charity. A huge thank you to you all, you truly are making the world a better place!



This year we took part in the first Ted Wragg Trust Poetry Competition. There were entries from every one of our family of schools and the entries were judged by our Executive Team. We are excited to say that we had not one, but two category winners! We may be biased but we think Khloe's and Jessica's entries were truly exceptional and beautifully written!

We are so proud of all our Reception children who performed two wonderful productions of 'Baarmy Bethlehem' in front of all their families. The children demonstrated amazing perseverance, focus and resilience to sing, dance, sign and even talk in front of an audience. We can't believe how confident they have become in just two terms. Well done Reception! We hope you all enjoyed it.



Marine Academy Primary children were in full voice last week when they sang with other schools at the annual Plymouth Argyle Carol Concert. Sparkly and keen, our children could be heard loud and clear across the city as they confidently sang to a packed out stadium. So many people came along to support the cause, it was amazing and with our Super Singing Stars shining brightly the whole time, it was a night to remember. Well done to everyone who took part!

At the end of term, children began enjoying using the new 3G pitch at breaktimes! After many months of fundraising, the brand new all-weather football pitch is open thanks to the Ted Wragg Trust, Plymouth City Council and the Football Foundation. The state of the art pitch will have an official opening in the Spring but it's now open for kick off. It will enable both of the Marine Academy schools, MAP Football Club and MAP Community Sports to provide opportunities for our children and the St Budeaux community to participate in physical

activity outside all year round. A huge thank you to Councillor Pat Patel and MP Johnny Mercer for their ongoing support and for enabling us to continue to strengthen our communities. Read the full story here:
<https://www.tedwraggtrust.co.uk/news-2022/2022/01/marine-academy-primary-new-3g-pitch-open-for-kick-off/>
[fbclid=IwAR2qrt_kFT-55j8zDKEfmC5LGoj3BsIVSVEAgoAPrhlaj7hsrVns](https://www.facebook.com/marineacademyprimary/posts/55j8zDKEfmC5LGoj3BsIVSVEAgoAPrhlaj7hsrVns)



Recommend a Recipe

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



Gingerbread Biscuits



Ingredients

350g plain flour
100g butter
5 and a half teaspoons of ground ginger
1 and a half teaspoons of ground cinnamon
1 teaspoon of bicarbonate of soda
175g of light brown soft sugar
4 tablespoons of golden syrup
1 medium egg
Your choice of icing, sweets, nuts and raisins for decoration

Equipment

Mixing Bowl
Oven
Baking tray
Wooden spoon
Rolling pin
Biscuit cutters

Method

1. Turn the oven on at 180°C.
2. Put the flour, butter, ginger, cinnamon and bicarbonate of soda in the mixing bowl.
3. Mix the ingredients together with your hands until you have a crumbly mixture.
4. Add the sugar, syrup and egg to the mixture. Use the spoon at first to mix the ingredients as it will be sticky. The dough mix should be firm once combined.
5. Roll out the mixture with the rolling pin to about 5 millimetres thick. To stop the mixture from sticking, make sure you put lots of flour on the work surface and on the rolling pin.
6. Use biscuit cutters to cut out shapes. You could use a gingerbread man cutter and then decorate the biscuits.
7. Place each biscuit on the baking tray and bake in the oven for about 12 minutes.

Top tip: If you like your gingerbread chewy in the middle, cook the biscuits for 10 minutes. If you like them crunchy, cook the biscuits for 15 minutes.

8. Decorate your biscuits with icing, sweets, nuts and raisins.

What will you do this school holiday?

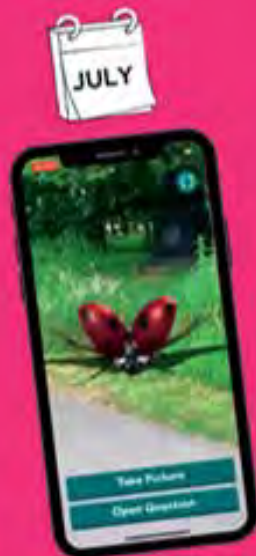
DO YOU LOVE EXPLORING?

Then download the Love Exploring App for fun games and activities to enjoy in the park.

SOMETHING NEW EVERY SCHOOL HOLIDAY



Dinosaur Safari



Mega Mini Beasts



Tree Fairies



Butterflies & Moths



Halloween Dancers

Scan this QR Code



or search for
Love Exploring
in your App Store



Guided Trail Routes

As well as the games, there are guided trails that tell you about the things you see or give you things to do along the way, like this Mindfulness Trail at Central Park.





Wedofootball

Christmas Holiday Coaching Club

Stoke Damerel Community College

10am till 3pm

Friday 22nd December

Wednesday 27th December

Thursday 28th December

Friday 29th December

Tuesday 2nd January 2024

For Boys and Girls aged 5 to 14 of all abilities @ SDCC

£10 per day (numbers are limited and early drop off from 9.15am no additional cost)

Maximum fun, with no pressure and a safe learning environment with Qualified Coaches.

Working with Plymouth City Council, we can also offer FREE spaces for children who receive free school meals or who may be eligible for free spaces. Just send us an email and we will send you info. Can all players please bring a packed lunch and drink, football boots and trainers. If you require any further information, contact: Joe Geraghty on 07795804127 or email wedofootball1@gmail.com.





ONLINE SAFETY

This month, we are providing further advice and strategies to support your child with making responsible choices online and putting in place parental controls to help them.

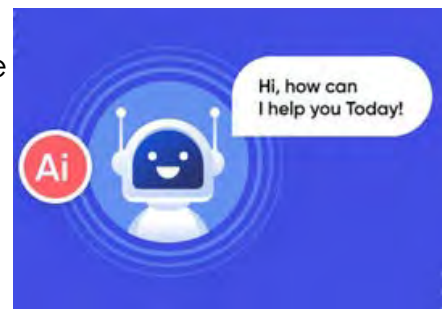
If you have any further questions or concerns about e-safety, please contact our Computing leader, Mr Druce, by emailing: primary@marineacademy.org.uk FAO: Mr Druce.



Minecraft remains ever popular and with Christmas ahead of us, maybe your child will be receiving this game as one of their presents. Minecraft Legends is rated as PEGI 7 meaning it is suitable for those over 7 years of age. The App store rate Minecraft as 9+. You should be aware that there is a multiplayer option so players can chat to each other, and in-app purchases are available. Parental controls are available, either within Minecraft or on the console itself e.g. Nintendo Switch or PlayStation. Find out more here: <https://www.minecraft.net/enus/article/parental-controls>

ARTIFICIAL INTELLIGENCE

It can be difficult to keep up to date with new technologies and to know if there are any related risks that we need to be aware of when using new technologies. AI is being talked about a lot, so it is worthwhile learning more about it now to help support/answer questions if our children show an interest. Twinkl provide a brilliant overview of AI here: <https://www.twinkl.co.uk/blog/parents-guide-top-tips-for-navigatinggenerative-ai-safely-with-kids>



Teaching Children About Money



Lloyds bank have published information and resources to help us help our children develop good financial habits. The information is split into age groups so you can find support tailored to your child's age. You can find out more here: <https://www.lloydsbank.com/help-guidance/family-finances/teaching-children-about-money.html>

Group Chats

Group chats can be excellent places for children to socialise when they are used respectfully and responsibly. However, we have been made aware of some instances of unkind communication, which has resulted in children experiencing worries that have affected their wellbeing and learning in school. Please take the time to read and discuss the poster on the following page which summarises some helpful tips.

What Parents & Carers Need to Know about GROUP CHATS

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Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





ATTENDANCE

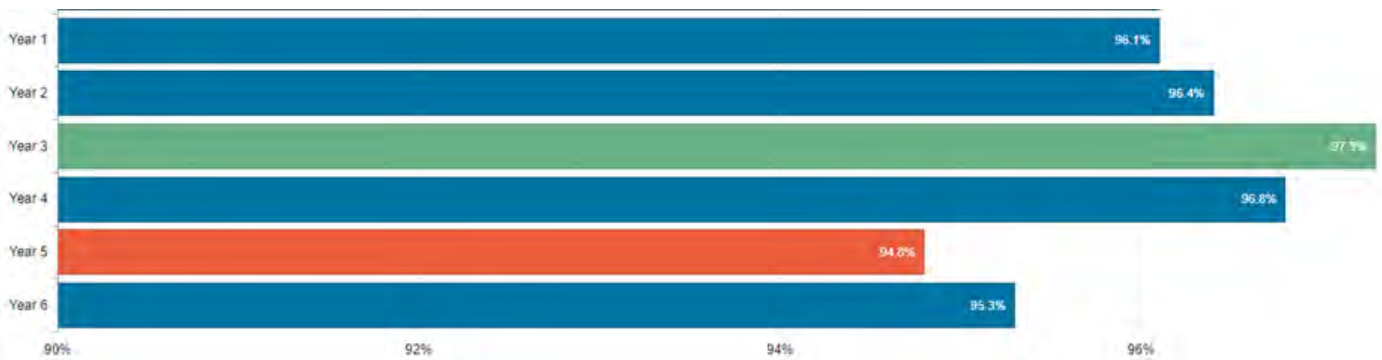
Attendance Matters



As a Trust, we have the highest aspirations for our attendance.

At Marine Academy Primary, we are incredibly proud that our attendance is the best in the Trust at the moment!

Here is our attendance for this term – well done to Year 3 for having the highest attendance this term at 97.3%!



Please don't forget to contact admin if your child is unwell each morning of their absence.

Please don't forget to let admin know the reason for your child's absence e.g. cough, cold, sore throat.



We are an Asthma Friendly School!

We are only one of three schools in the South West to get the status, awarded by NHS Devon.

We have worked with Child and Young Person Asthma Practitioners to make sure children with asthma, suspected asthma and viral wheeze have the best support at the Academy.

We are incredibly proud of this!

More Support Available For Plymouth Families



Uniform Store Plymouth

A pop-up shop (run through summer school holidays) and an on-going 'Click and Collect' service to support families kit out children with free school uniforms.

www.uniformstoreplymouth.co.uk

Suited to Help

Supporting unemployed men with donated clothing suitable for a job interview. We aim to reduce the barriers to employment, financial impact and promote self-confidence.

E: suitedtohelp@gmail.com

Plymouth Football Boot Bank

Plymouth Football Boot Bank offers used football boots, goalie gloves, shin pads, etc in good condition to parents of young players who may be having financial difficulties.

E: plymouthfootballbootbank@yahoo.com

Children's Storehouse

We offer donated children & baby clothes, toys, shoes, equipment and hygiene items

E: storehouse@plymouthvineyard.org.uk

Baby Basics - Baby Bank

Our baby basics include items such as nappies, wipes, nappy cream, weaning products, formula milk, muslins, cot sheets, teething aids and blankets.

E: babybasicswhiteleigh@salvationarmy.org.uk

Bramble's Pet Food Bank

A Pet Food Bank in Plymouth to help people who have furry loved ones and are struggling to feed them in these challenging times.

[Facebook.com/PetFoodBankPlymouth](https://www.facebook.com/PetFoodBankPlymouth)

Healthy Start Vouchers

www.healthystart.nhs.uk

Now winter is here and the weather is colder, there are many ways you can keep warm and make the most of your energy usage. Here are some top tips from the [Energy Saving Trust](http://EnergySavingTrust.org.uk)

Top 10 Tips for Saving Energy this Winter

1. Install low energy light bulbs

2. Always turn taps off



3. Switch off lights when leaving the room



4. Close and tuck in curtains to keep in the heat

5. Take showers, not baths

6. Keep showers to 4 minutes



7. Wash laundry at 30 degrees



8. Unplug appliances when not in use

9. Draught proof gaps

10. Don't overfill the kettle



Are you parenting a teenager and finding it tricky? You're not the only one!

TAKE3 is the course for you! [Click here](#) to register now for our January course.



Take 3 Parenting Programme

- Session 1 : Introductions
- Session 2 : What is adolescence?
- Session 3 : Encouraging young people
- Session 4 : The power of listening
- Session 5 : Misbehaviour and listening
- Session 6 : The 4 styles of parenting
- Session 7 : I-statements and boundaries
- Session 8 : Negotiating Boundaries and Consequences
- Session 9 : When adults disagree

Take 3 is a course for parents who find it difficult to manage their children's behaviour.

The course supports parents of young people whose challenging behavior is causing problems for parents/family and/or in the community.

The skills and strategies from the course will benefit *any* parent!

Take 3 contains loads of information about real life issues faced by parents who have children who behave in challenging ways and suggests ways to help manage these behaviours.



Let's Talk About ...

Therapeutic Parenting creates a highly nurturing and structured relationship between parent and their children using firm but fair boundaries and routines.

These programmes are full of support and advice for families using a therapeutic approach of set topics.

The programmes last for 6 weeks.

Sessions will include:

- Being a therapeutic parent
- Emotions
- Play
- Managing Tricky Behaviours
- Teenagers
- Sleep
- Parental Self Care



*make a self-referral for
any of the programmes
Mentioned please use the QR code.*

Family Group Programme Offer 2024

Take 3

Take 3 is a course for parents who find it difficult to manage their children's (10+) behaviour.

The 10 week course supports parents of young people whose challenging behavior is causing problems for parents/family and/or in the community. The skills and strategies from the course will benefit *any* parent!



WITHIN My REACH

Within My Reach is an 6 week programme for adults (with or without partners) to explore healthy relationships and to explore how to manage relationships where conflict occurs.

Topics include:

- Healthy / unhealthy relationships
- Exploring conflict
- Conflict resolution
- Personality types in relationships
- Managing expectations

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Parenting Programmes

We deliver a variety of Parenting Programmes and are accepting requests for Incredible Years, Circle of Security and Strengthening Families Plymouth courses. Apply at: www.plymouthias.org.uk/parenting-programmes

If you have a parenting programme query, please call us on 01752 258933 or 0800 953 1131 and select option 2.

Office Hours

Monday—Friday: 9:30am to 4pm

Office Helpline

Monday-Thursday: 9am-5pm, Friday: 9am-4:30pm

Visit our website at: www.plymouthias.org.uk

Email us at: pias@plymouth.gov.uk

Follow us on Facebook and stay up to date with the latest news and information: www.facebook.com/plymouthias/

Helpline at Contact

Contact is a national charity for families with disabled children. They have a free helpline for parents and carers where you can get information and advice about special educational need and disabilities (SEND). Contact also produce a range of publications and other resources about SEND.

Helpline: 0808 808 3555 – Monday-Friday, 9:30am-5pm.
Press 1 to speak to an education adviser, press 2 for all other helpline enquiries.

Email: helpline@contact.org.uk

Website: <https://www.contact.org.uk/>



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Workshops

PIAS are running some free workshops for parent/carers at Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park Road, Plymouth PL2 2PQ.

How to Understand and Support my Child's Communication **Thursday's 18 January & 7 March 2024, 9:30am-11:30am**

If you have a child whose communication is delayed, they aren't communicating what they need/want or they have special educational needs and you need some strategies to help increase communication, then this workshop is a great start for you.

You will attend a group workshop that will cover:

- Why communication is so important
- The ways we communicate, Vocal, PECS, Sign, ACC
- The 'How to' use communication methods.

To book, visit: [Supporting my Child's Communication Workshop](#)



How to Use Visual Resources to Support my Child's Communication **Thursday's 25 January & 14 March 2024, 9:30am-11:30am**

If you have a child who finds it difficult to communicate and may benefit from using visual aids, then this workshop would be a great start.

The workshop will cover:

- Using pictures or objects to support your child's communication
- Help you to put pictures in place to ensure your child can communicate their needs
- Teaching your child how to use the visuals from school.

To book, visit: [Visuals to Support my Child's Communication Workshop](#)

How to have Successful Meetings

Monday's 29 & Wednesday 31 January 2024, 9:30am-11:30am

Monday 19 & Wednesday 21 February 2024, 9:30am-11:30am

Are you the parent/carer of a child/young person with SEND?

Would you like to feel more confident when attending meetings?

This workshop will give you information, strategies and tips on:

- Making the most of meetings
- How to feel more confident
- Feeling empowered to share yours and your child's points of view.

To book, visit: [How to have Successful Meetings Workshop](#)



Solihull Approach Online Course

Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?

FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your Baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

Understand Your Baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

Understanding Your Child (0-19 years)

Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Your Teenagers' Brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

Understanding Your Child with Additional Needs

An online course for parents, relatives and friends of a child who may have a physical or learning disability or who may have autistic traits.

Understanding Your Child
0-19 yrs

Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?
FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your Baby
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Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals

solihull_approach@heartofengland.nhs.uk
(+44) 0121 296 4448
www.solihullapproachparenting.com www.inourplace.co.uk

Access Code: TAMAR

Go to <https://inourplace.co.uk/>

Apply the 'access code' for FREE access!

Fill in some details to create an account.

To return to the course(s) go to <https://inourplace.co.uk/> and sign in.

Website: <https://solihullapproachparenting.com/>

Email: solihull.approach@heartofengland.nhs.uk

Telephone: 0121 296 4448, Mon-Fri: 9am-5pm

Plymouth Libraries

Find out [what's on](#) at your local library.
Call 01752 305900 or email library@plymouth.gov.uk
Follow the [Plymouth Library Facebook](#)



Sign up for a free Library Card

You can join the library [online](#).

The library will then be in touch via email to confirm a few details and then email you your library card number.

If you join the library online, you'll need to visit a library to pick up your card.



With your Library Card Number and PIN you can:

- [Reserve and renew items online](#)
- [Download eBooks and eAudiobooks](#)
- [Download Kids eBooks and eAudiobooks](#)
- [Download free digital magazines and comics](#)
- Use the computers and Wi-Fi in libraries for free
- Use [online resources](#) including dictionaries, encyclopaedias, streaming music, newspapers, homework help and more.

The Box

The Box is Plymouth's heritage centre incorporating a museum, gallery and archive. It also features a café, shop and bar along with an "archive in the sky" with research and learning facilities and a major new public square for gigs, performance, theatre and events.

The Box promises an incredible experience and boasts six outstanding national collections, over two million artefacts, archives, film, photographs, figureheads, the Mayflower and a mammoth!

Visit [The Box website](#)

The Box have a number of exhibitions and events running throughout the year including family workshops.

Find out what's on at: [The Box Events](#)

For more information and to keep up-to-date see The Box website:
<https://www.theboxplymouth.com/>



Exploring the Outdoors

Love Exploring

Have you ever visited a place and wished there was more to do? Love exploring includes free games, trails and detailed maps to help you discover more about a place and have fun. Explore together with the free Love Exploring app which includes the Dinosaur Safari trail at Central Park.

Find out more about the [Love Exploring App](#)



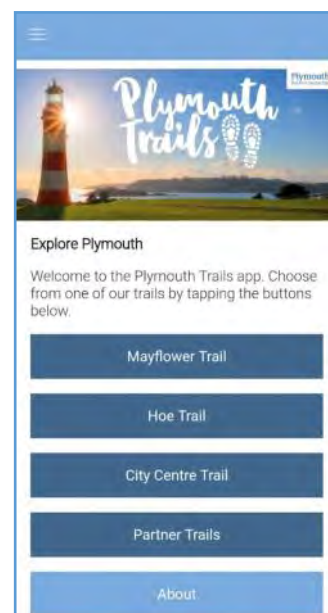
Plymouth Trails App

Download the FREE interactive Plymouth trails app and explore the city's fascinating past. The Plymouth trails app features self-guided walking trails throughout Plymouth and gives visitors and locals alike the chance to explore the city through new eyes and discover more about its complex history.

The app includes three new tailored trails: **Mayflower Trail**, **City Centre Trail** and **Plymouth Hoe Trail**. It also hosts free partner trails including the **American Trail** and the **Sutton Harbour Heritage Trail**. Other trails will be added in the future.

The app is available to download on Android or iOS. The app and core trails are available in English, French, Spanish and German.

[Find out more](#)



iNaturalist App

Are you looking for a way to get outside and learn more about wildlife? Become an iNaturalist by downloading the app to a mobile device or using the [iNaturalist website](#).

Sign up to the [National Parks UK Look Wild](#) project and upload photos of plants, insects or animals that you find interesting. You don't even need to know what they are, as the iNaturalist community will help you identify. Your contributions will also help scientists understand wildlife on local and national levels.

iNaturalistUK