

# MARINE ACADEMY PRIMARY NEWSLETTER



## March 2024



### '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,

March has certainly proven to be a busy month for us at Marine Academy Primary! This month, we have celebrated one of our favourite days in the school calendar, World Book Day! We were all able to celebrate our love for reading, with staff transforming their classrooms in to different themes across the school. Seeing the children's pure delight as they travelled between worlds was simply magical.

We have also taken part in World Poetry Day, the #LetGirlsPlay football campaign and Comic Relief raising £1091.66 for charity- thank you for all of your support and contributions. Towards the end of the month we then participated in the Big Walk and Wheel fortnight and have really enjoyed seeing children being safe on their scooters and bikes when actively travelling to school.

Classes in Key Stages One and Two took part in some really worthwhile Geography fieldwork, some children from Global Citizens club travelled to London and the Houses of Parliament, we had trips to our local woods, visitors to share their Judaism and Islamic faith, a trip to Buckfast Abbey, children taking their LAMDA exams, a visit to the Schools Library Service HQ and we have had several trips to Theatre Royal, including watching The Wizard of Oz and Three Little Pigs.

Our Friends and Teachers of Marine Academy Primary (FaTMAP) also organised some exciting discos for the final week of term, which saw children playing lots of games and dancing the afternoon away!

We believe in two values at Marine Academy Primary:

1. Work Hard
2. Be Kind

These two values together ensure that 'amazing things will happen'. We can wholeheartedly say that this month, amazing things really have happened. Have a wonderful Easter break and we look forward to welcoming children back to the Academy on Monday 15th April.

Yours sincerely,

Mrs. Georgina Reid and Mrs. Nicola Keeler



**WORK HARD, BE KIND  
& AMAZING THINGS  
WILL HAPPEN.**



## DATES FOR YOUR Diary

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

**Tuesday 16th April** - Year 6 visit to Naval Heritage Centre

**Monday 22nd April** - Class RHR Phonics in Action event for parents and carers

**Tuesday 23rd April** - Class RTG Phonics in Action event for parents and carers

**Wednesday 24th April** - Class 1CW Phonics in Action event for parents and carers

**Thursday 25th April** - Class 1SA Phonics in Action event for parents and carers

**Sunday 28th April** - School's Challenge on Plymouth Hoe for Britain's Ocean City Running Festival

**Monday 29th April** - Year 2 and 5 Fire Safety Talk, and Reception Classes trip to the National Marine Aquarium

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

**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 Edgcumbe

**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

**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. More information will be sent out soon.

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

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

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

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

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

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

**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

Term dates for the 2024-2025 academic year can be found on our website here:

<https://www.marineacademy.org.uk/primary/term-dates>



# YEAR GROUP ASSEMBLIES

To celebrate the children's learning and achievements this year, we are inviting parents and carers to come to their child's Year Group Assembly.

Each year group will perform their assembly twice, in the hope that as many families as possible can join us. Each assembly will take place in the Primary hall.

**Reception** - Monday 1st July at 9:15am or 2:15pm

**Year 1** - Tuesday 2nd July at 9:15am or 2:15pm

**Year 2** - Wednesday 3rd July at 9:15am or 2:15pm

**Year 3** - Thursday 4th July at 9:15am or 2:30pm

**Year 4** - Monday 8th July at 9:15am or 2:30pm

**Year 5** - Tuesday 9th July at 9:15am or 2:30pm

**Year 6** - Wednesday 10th July at 9:15am or 2:30pm

We are excited to introduce a football boot bank in school to provide children with the opportunity to borrow a pair of football boots to wear onto the 3G pitch during playtimes, PE lessons and extra-curricular clubs, in order to preserve the condition of the facility.

So far, we have 32 pairs of football boots, kindly donated by members of Marine Academy Plymouth Football Club, ranging from child's size 10 - 4 adult size. We are hopeful that we can add more boots to our collection through families making donations if they have outgrown or have any unwanted football boots at home.

If children have their own football boots that they would like to wear onto the 3G pitch, we encourage children to bring them into school too.

If you would like to make a donation of a pair of football boots in good condition, please bring them to school in a bag so we can add them to our football boot bank. Thank you!



**DONATE  
YOUR OLD  
FOOTBALL  
BOOTS!**





# 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 this link

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



# Early Years: Needs your help!

We are looking to enhance our outdoor areas and would appreciate any donations of the following items:

- pots and pans
- metal utensils and wooden spoons
- pallets
- road signs/cones
- clean pieces of guttering





# YEAR GROUP NEWS

## Fieldwork, fundraising and fantastic Phonics!

### Pre-School

March has been a busy and an exciting month for the Pre-School children, filled with lots of fun activities. Firstly, the children have loved their topic 'What Can I Build?' where the children have been busy constructing and building rockets, houses and even making some shoes. Secondly, the children loved taking part in World Book Day, Red Nose Day and being on their scooters and their bikes for the Big Walk and Wheel programme.

In P.E, the children have been practising their balancing skills and in Phonics we are continuing to listen to the first sound in words. The children are looking forward to their new topic after the Easter break, 'What Can I Cook?' where the children will be becoming little chefs and bakers.

Pre-School children and staff cannot wait for the new children joining Penguin and Puffin Classes. We hope you have a wonderful break and we look forward to seeing you again in April.



### Reception

Reception have had a fantastic term full of exciting learning opportunities. The children have learnt about a range of texts including The Very Hungry Caterpillar, Tad and most recently Pip and Egg. The children have been so enthusiastic with all their learning this term but in particular they have been so enthused at watching our caterpillars change into butterflies. They have also been very excited to see their seeds grow!

During Phonics, we have continued our brilliant learning by reading long words such as fantastic and lightning! During Maths, we have been learning all about 2D and 3D shapes, learning about their various faces and the differences between 2D and 3D. We are so excited for next term and to start learning all about 'Marine Life.' What a super term!



### Nursery

This term, Turtle class have been continuing with our topic 'Row, Row, Row Your Boat'. We have been exploring the boats in gloop, we have been on a crocodile hunt, we have created our own polar bears and we have brushed the crocodiles teeth to make them nice and shiny. The children have become really confident in learning the rhyme and they can use the Makaton well. We enjoyed exploring some Easter activities, such as, exploring the Easter sensory tray, making Easter cards and having egg hunts in the sand tray.

It has also been lovely to welcome some new friends on their Stay and Play sessions and we look forward to you starting with us in April! We hope that everyone has a fantastic Easter holidays.





**Year 1**

The children in Year 1 have had a busy month. They enjoyed taking part in World Book Day at the start of the month, collaborating with their friends from Reception and Year 2. The children undertook tasks relating to lots of different books and were able to talk about them in detail.

The children also enjoyed a variety of trips in March. During the first week, the children rode on the Ocean City Tour bus and took in the sights of Plymouth, identifying key landmarks as part of their Geography topic, 'To Plymouth and Beyond!' At the end of the month, the children visited Buckfast Abbey as part of their Religious Studies learning. At the Abbey, the children took part in an Easter workshop, where they made their own stained glass crosses. The children also had the opportunity to explore the Abbey and its grounds.

In school, the children completed lots of amazing learning. They undertook an invertebrate hunt in Science, learnt about Jesus and the 12 disciples in RE and built 3D houses in DT. We hope the children have a great Easter break. We look forward to seeing them in Term 5 for another term of learning.



**Year 3**

This month, the children in Year 3 have engaged brilliantly with their Geography topic "Villages, Towns and Cities". Earlier this month, the children conducted field work at St Budeaux Square and Calstock village to compare the two settlements. The children also travelled on an open-top bus to explore the different parts of Plymouth.

In Maths, the children have shown fantastic learning to compare different lengths and measurements. The children have solved real-life problems involving converting millimetres to centimetres, and centimetres to metres. More recently, the children have thought about fractions by finding equivalent fractions of one half and one quarter.

In Year 3, everyone had lots of fun taking part in World Book Day and Red Nose Day. We loved seeing everyone's costumes and the children helped to raise a fantastic sum of money for charity.



**Year 2**

What a brilliant month Year 2 have had! The children have really enjoyed exploring 'Rainforests' in their Geography topic this term. They have learnt some great vocabulary, that includes 'fauna', 'flora', 'humid' and 'global warming', which they have used independently in their end of unit essay. The children had a brilliant time exploring their local temperate rainforest on our trip to Kings Tamerton Woods too, where they explored a variety of fauna (animals) and flora (plants) on their trail. In English, we have explored the text, 'I don't like snakes' where the children have learnt a variety of facts about snakes. Using the skills, they have learnt in their English lessons, they were able to create their own information texts about spiders. In RE, the children have had two different guest speakers to speak about their religion of Islam and Judaism. The children were very respectful and learnt lots about their religions





**Year 4**

March has been another busy and productive month for Year 4! In Maths, the children have completed their fractions unit. In addition, we have continued to practise their times tables every day and we have seen super improvements in their recall. In English, the children enjoyed researching an endangered rainforest animal and subsequently created some excellent final writes which included a diary, status report and email imagining themselves to have been on an expedition.

Science this month, has led to some exciting experiments using electrical circuits. A particular favourite was the testing of conductors and insulators using different materials.

In DT, the children created some innovative torch housing, focusing on a particular purpose for a specific audience. They showed great resilience not to give up when things went wrong but to adapt and problem solve.

The highlight of this month was our Geography trip to Burrator where the children tested how the depth of the water affected the speed of the river. They also drew and labelled the river to highlight the erosion and deposition they saw. This led to the children producing some excellent essays on how rivers shape landforms and their importance to people.



**Year 5**

Year 5 have enjoyed a range of great experiences during March. A highlight has been their swimming lessons; it has been absolutely wonderful to see their skills progression and resilience. The children also had an enjoyable visit to Bellever Forest to complete some Geography fieldwork and expand their knowledge on the Temperate Deciduous Forest biome.

In English, we have studied the story 'The Ice Bear', where they have produced some innovative stories surrounding another animal from the Arctic. In Maths, they have been making excellent progress through their fractions topic, where they have been finding equivalent fractions, converting between improper and mixed formats, as well as adding and subtracting them. In Science, the children have enjoyed learning all about the different planets and the features they have! This was accompanied by some amazing home-learning, where the children have brought in their own facts and amazed the adults! Well done year 5!



**Year 6**

Year 6 have had a brilliant March, allowing them to be inspired on World Book Day, practise poetry on World Poetry Day, and help fundraise for Red Nose Day! In Maths, they have finished their topic of converting between Fractions, Decimals and Percentages.

In English, they have written a beautiful piece of writing, including suspense and tension. In Science, they have understood the impact of global warming and whose responsibility it is to make a change. In DT, they have understood the role of a fashion designer, creating their very own waistcoat, which we are hoping can be displayed in their end-of-year assembly. In Geography, they have researched the importance of understanding a country's population. Even after all of this, the children continued to show excellent resilience and determination during their mock SATS papers this week, and we couldn't be prouder! Very well done, Year 6!





# In Other

# NEWS

This term we had lots of children entering the Ted Wragg Trust Writing Competition. We are very excited to announce that we had a winning entry. Well done Effie!



Our Reception and Pre-School children had an informative and interesting assembly this month all about how to look after their teeth and to ensure they have great oral health. The children were shocked to find that you shouldn't wet your toothbrush before you start brushing! They listened so well and the children love being a part of the Big Brush Club!



A huge thank you to Mr Ali and Yaseen, who spent an afternoon this month discussing their Islamic faith. They shared their beliefs, views and daily practices. The children also enjoyed looking at a Qur'an, a prayer mat and decorative objects, and showed wonderful respect to learning about the religion.



A huge well done to Lexi, Raiden and Robbie who have all completed their Introductory Stage 1 LAMDA (London Academy of Music and Dramatic Art) exams this month!

They had to recite a poem from memory and answer some questions about a toy of their choice. The children looked so smart, showed lots of confidence and used brilliant expression when reciting! We are so proud of them!



On International Women's Day this month, girls from across the Academy took part in [#LetGirlsPlay](#), the biggest ever football session! Our 198 girls contributed to the total of 475,000 girls who took part in this nationwide! We were very proud to have been a part of this event, encouraging girls to have a go and try football.

**Congratulations!**

**THANK YOU TO EVERYONE WHO ATTENDED OUR SCHOLASTIC BOOK FAIR.**

Together we have raised...**£488.60**... for our school to spend on **FREE BOOKS**

**SCHOLASTIC**

We want to say an enormous THANK YOU to everyone who came to our Book Fair at the start of the month and made a purchase. It was lovely to see so many children getting excited about all the fantastic books on offer. Together, we have raised an incredible **£488.60** to spend on new books for the school!



- As we move into the warmer months soon (wishful thinking perhaps), please remember that gingham summer dressers are to be those described as navy (not blue).
- Pinafores, trousers, shorts and skirts need to be charcoal/dark grey please and not black/light grey.
- Sandals are not appropriate for school and children are to continue to wear their black school shoes with white, grey or black socks or grey/navy tights.
- Children will need to wear a round neck Academy logoed jumper or cardigan.
- Children are able to wear a logoed or non-logoed white polo shirt, which must be tucked into their trousers/skirts please.
- For PE, children need to wear their house colour polo and black shorts/leggings/tracksuit bottoms.
- Jewellery including bracelets and necklaces are not to be worn please and earrings must be studs rather than hoops.
- Children can wear hair accessories, such as bows, however please ensure that they are in the Academy colours (black, shades of blue or white).
- Marine Academy Primary Pre-School children are to wear their Pre-School polos and jumpers please but can choose any trousers/leggings/shorts/skirts and shoes to wear.





# LATENESS IN SCHOOL



Every minute in school is very important; at Marine Academy Primary School learning starts during Early Morning Learning at 8:30am!

Children arriving late in school are often anxious about what they have missed and this may lead to them not wanting to come to school. The school day starts at 8.55am. We need your child to be in class by then; arriving after this will result in a late mark. Children arriving after 9:30am will receive a U mark; this means that the morning will be unauthorised.



**If getting your child to school on time is a struggle, please tell us, we are here to listen and help!**

## How can you help?

- Make sure your child gets a good night's sleep
- Help your child with homework and reading so they aren't worried about being 'in trouble' at school
- Make sure that uniform and school bags are ready the night before and encourage your child to take responsibility for this as they get older
- Set off in plenty of time to get to school in time
- Breakfast is important either at home or at Breakfast Club
- Let the school know if your child is worried about anything that might stop them wanting to come to school
- Be positive about school even if your own experience wasn't great and where possible, get involved with school activities and events. We have a really great PTA (FaTMAP) who would welcome more parents and carers joining!



# 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).

## Hot Cross Buns



### Ingredients

500g strong, white bread flour  
50g caster sugar  
50g butter, cubed  
200g dried mixed fruit  
7g sachet of easy-blend, dried yeast  
200ml milk  
2 eggs  
2 heaped tsp mixed spice  
 $\frac{1}{2}$  tsp salt

### To decorate

3 tbsp plain flour  
2 tbsp water  
Honey or golden syrup

### Equipment

Oven  
2 mixing bowls  
Measuring jug  
Fork or whisk for beating  
Blunt knife  
Baking sheet  
Cling film  
Piping bag  
Pastry brush

### Method

1. Mix the bread flour, salt, mixed spice and sugar.
2. Rub in the butter using your fingertips and stir in the dried fruit.
3. Sprinkle the yeast over the mix and stir.
4. Carefully, warm the milk and beat this with the eggs. Then, add the dry ingredients.
5. Mix the ingredients until they form a moist dough and leave for 5 minutes.
6. Remove the dough from the bowl and cut it into 8 equal pieces.
7. Shape each piece into a bun and place on a floured surface. Then, place them on a baking sheet. Cover them loosely with cling film and leave in a warm place until they have grown about 50% bigger (anywhere between 45 minutes and 1  $\frac{1}{2}$  hours).
8. When they have risen, mix the flour with the water until it forms a paste. This will be make the cross decoration on top.
9. Put the paste into a piping bag. Pipe crosses on top of each bun.
10. Bake for 12–15 minutes until golden. Brush the honey or golden syrup over the top.
11. Enjoy warm or toasted with butter!

Makes approx. 8 hot cross buns.





# ONLINE SAFETY

This month, we are providing further resources to support your child's online experience and informing you about the precautions to take when supervising online activity.

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.

## EARLY YEARS ONLINE SAFETY

Online Safety advice for Early Years Internet Matters have teamed up with EE to create 'Online Safety Starts Early.' This is a 4-episode series, for those parents with children in Early Years. Episode one highlights how to create positive habits from the beginning and then provides links to additional resources. <https://www.internetmatters.org/advice/0-5/online-safety-video-guides-early-years/>



## Mobile Phone Ownership

**Is my child ready for a smartphone?**

Does your child need a mobile phone? If you are thinking about giving your child their own phone, then you might find this article from Family Lives useful as it discusses things you need to consider:

<https://www.familylives.org.uk/advice/primary/health-and-development/does-your-child-need-a-mobile-phone>

## Jeffy YouTube Series



YouTube Content Warning The INEQE Safeguarding Group have published a report warning about the YouTube cartoon series called Jeffy. Due to the content being animated, viewers may believe that it is suitable for children to watch when in fact the content is inappropriate. You can find out more here: <https://ineqe.com/2023/11/09/safeguarding-update-youtube-cartoon-jeffy/>



## FIVE NIGHTS AT FREDDY'S

Please see the guide on the next page about Five Nights at Freddy's, which we are aware has been played by some children in school. The content has some horror themes and disturbing/violent content so we would like to discourage the children from interacting with the games.



# What Parents & Carers Need to Know about

# FIVE NIGHTS AT FREDDY'S



## WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

## FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

## STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

## IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

## AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

## PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

## Advice for Parents & Carers

### USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

### TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

### LIMIT SPENDING

Unlike many popular titles, Five Night's at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

### SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Night's at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

### TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

## Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

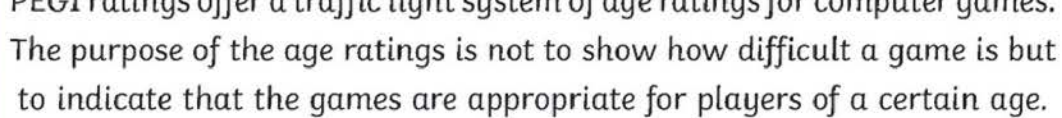


National Online Safety®

#WakeUpWednesday



# Understanding PEGI Age Ratings



PEGI ratings offer a traffic light system of age ratings for computer games. The purpose of the age ratings is not to show how difficult a game is but to indicate that the games are appropriate for players of a certain age.

The age ratings for green PEGI 3 and PEGI 7 games are advisory. The age ratings for the orange PEGI 12 and PEGI 16, as well as the red PEGI 18, are legally enforceable. This means that shops cannot sell or hire games with an orange or red rating to people who are not the right age. Online and downloaded games are not technically included but many major providers voluntarily add the limits to their games.

**3**

**PEGI 3**

Suitable for all age groups. These games should not include any sounds or pictures which will frighten young children. There should be no bad language. Mild forms of violence can only be used in a comical or childlike setting.

**7**

**PEGI 7**

Games may contain scenes or sounds that could frighten young children. They can also contain mild forms of violence but this must not look realistic and must not be too detailed.

**12**

**PEGI 12**

Games may show violence in a slightly more graphic way towards fantasy characters. Violence towards human-like characters is still unrealistic. There may be gambling and suggestive activities or language included. Bad language must be mild.

**16**

**PEGI 16**

Games can feature more realistic violence. Games may include tobacco, alcohol or illegal drugs and stronger bad language.

**18**

**PEGI 18**

This is an adult classification. These games can show all of the content from the PEGI 16 rating but also contain realistic and extreme violence, as well as other events that are only suitable for adults.



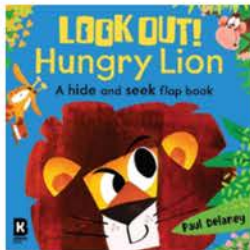
Recommended  
Reads from...



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.



Baby and Toddler

## Look Out! Hungry Lion

By Paul Delaney (author), Paul Delaney (illustrator)

Part of the *Look Out! Hungry Animals* series

"Lift the flap fun and surprises and a tour through the foodchain"

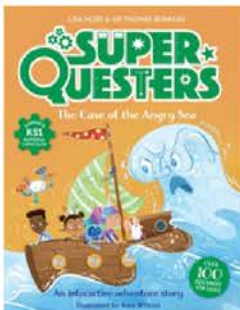


3+ readers 5+ readers

## I Love Books

By Mariajo Ilustrajo (author), Mariajo Ilustrajo (illustrator)

"A love story to books and reading, celebrating the untold adventures to be enjoyed between the pages of a good book."



5+ readers 7+ readers

## SuperQuesters: The Case of the Angry Sea

By Dr Thomas Bernard & Lisa Moss (author), Amy Willecox (illustrator)

Part of the *SuperQuesters* series

"The latest book in the inventive series that develops young readers' STEM skills and knowledge."



9+ readers

## The Impossible Secret of Lillian Velvet

By Jaclyn Moriarty (author), Karl James Mountford (illustrator)

Part of the *A Bronte Mettlestone Adventure* series

"400+ pages of unputdownable magical adventure"

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.

## Children's Books About Bereavement, Grief & Loss

Books can help children to empathise with others, explore big emotions and gently open conversations about difficult experiences including the death of a parent, relative, teacher or friend. The stories on this list have been specially selected by the experts at BooksForTopics to cover the topics of grief and loss as well as stories about finding ways to remember beloved friends or relatives after they die. These topics are not always easy to discuss with children, but the stories selected on this list are included because they can provide a suitable stimulus for exploring experiences of bereavement, grief and loss.



### Grandad's Island

Benji Davies

Picturebook

A beautiful story about the loss of a beloved grandparent. When Syd and his Grandad go into the attic, they find themselves on a sailing ship travelling to a jungle-covered island. They have fun exploring the wonderful island and befriend its animals. Syd knows it will soon be time for him to go home, but Grandad decides to stay. Saying goodbye is hard as Syd returns home by himself, but he knows that Grandad will be happy staying in this beautiful place.



### The Memory Tree

Britta Teckentrup

Picturebook

A quietly moving picture book offering a gentle and comforting story of bereavement. After fox dies, his friends come together to remember him and share the good times they had with him. While they are reminiscing, a little plant begins to grow in the spot he died. Over time, it grows into the tallest tree in the forest and one that provides shelter to all the animals.

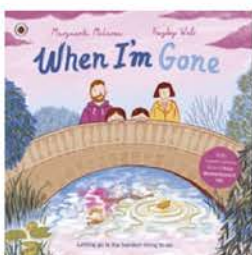


### Rabbityness

Jo Empson

Picturebook

A vibrantly illustrated picture book about a rabbit with big personality. The other rabbits love his un-rabbit ways, especially how he fills the woods with colour and music. When rabbit suddenly disappears, the world seems a very sad and different place to his friends. Before long, the other rabbits discover that their friend has left them the materials to make art and music for themselves, and they can use it to celebrate his memory.



### When I'm Gone: A Picture Book About Grief

Marguerite McLaren & Hayley Wells

Picturebook

Written sensitively and illustrated beautifully, this book gently takes the reader (a child of any age) by the hand and helps them understand that when someone leaves us, that person didn't choose to do so and a part of them will always live on in the memories and love that they shared. The book gently encourages readers that it is okay to feel different emotions and for those emotions to be displayed in different ways. Written with the support of Child Bereavement UK, with useful tips at the back of the book for supporting a child (or grown-up) going through the bereavement process. Death is often difficult for us to talk about, but this book will hopefully pave the way for those necessary conversations to happen.





# ChatHealth

## NEW Health Visiting and School Nursing TEXT SERVICE

**PARENTS. CARERS. YOUNG PEOPLE.**

If you'd like some health advice or support, but are a bit worried about seeing or talking to a professional, our new ChatHealth is perfect for you!

Simply text one of the numbers below and one of our team will text you back



**0-5 years  
Parents Service  
07480 635188**



**5-19 years  
Parents Service  
07480 635189**



**11-19 years  
Young People's Service  
07480 635198**

**Livewell**  
Southwest

# Need to talk?



**urgent mental health support  
for all ages living in Plymouth**

**First Response 0800 923 9323**

**Livewell**  
Southwest





HM Government

# If you're experiencing domestic abuse, help is available.

Are you feeling unsafe or isolated at home?

Are you frightened of your partner or a family member?

Does someone in your life control what you do or who you see?

**ASK FOR ANI**



AND



**SAFE SPACES**  
UK SAYS NO MORE

## What is Ask for ANI?

Ask for ANI (Action Needed Immediately) is a codeword scheme that provides a safe, discreet and confidential way for victims of domestic abuse to access help from their local pharmacy or jobcentre.

## What are Safe Spaces?

Ask for ANI is delivered in partnership with Safe Spaces, a safe and confidential room where victims can take some time to reflect, access information on specialist support services, or call friends or family.

## To get help, follow these three simple steps:



### Step 1:

Use our postcode checker on [gov.uk/ask-for-ani](https://gov.uk/ask-for-ani) to find your nearest participating pharmacy or jobcentre.

### Step 2:

Go to the location, approach a member of staff and ask for ANI or ask to use a Safe Space (“**Please can I speak to ANI?**” or “**Can I use a Safe Space please?**”).

### Step 3:

You will be taken to a private space where a trained member of staff will provide support and you can decide what to do next.

**FOR FURTHER INFORMATION AND TO SEARCH FOR YOUR NEAREST PROVIDER, VISIT:**  
**[GOV.UK/ASK-FOR-ANI](https://gov.uk/ask-for-ani)**





# Perinatal Peer Support Group

For mums with babies from birth to 18 months.

- ✓ Small, informal & friendly groups run by trained peer support workers with lived experience of mental health challenges and the journey through motherhood
- ✓ Space for you to feed and change baby
- ✓ Plenty of tea, coffee & biscuits

Mondays, 10am - 11:30am  
Nomony Children's Centre  
Cattedown

Wednesdays, 10am - 12pm  
Four Greens Wellbeing Hub  
Whiteleigh

Fridays, 10 - 11:30am  
The Barn Children's Centre  
St Budeaux

Fridays, 1 - 2:30pm  
The Rees Centre  
Plympton



**Email [livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net) for more information and to book your free place.**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Latch on  Rees - 1 - 2.30pm</p> <p><b>Chatterbox</b> Southway 10-11.30am Rees 1-2.30pm Health Visitors are available for advice and baby weighing. Stay and play for 0-5 years with themed activities</p> <p><b>SEN Step by Step</b> The Barn 10-11.15am</p> <p><b>PEEP Taster session</b> 8th April Rees Time 10-11</p> <p><b>No Groups are running on Bank Holiday Monday</b></p>	<p>Latch on  Highview - 10-11.30am</p> <p><b>Easter Fun Day</b> The Barn 9th April 10-11.30pm  See posters  for more information</p> <p><b>PEEP Taster session</b> 2nd April Barn Time 10-11</p> <p><b>Chatterbox</b> Plymstock - 10 - 11.30am Health Visitors are available for advice and baby weighing. Stay and play for 0-5 years with themed activities</p> <p><b>Family Hub Drop In</b> 9TH April 1.45 - 3pm Central Methodist Church, City Centre</p>	<p>Latch on  Nomony - 1 - 2.30pm</p> <p><b>Café Connect</b> The Barn - 10 - 2pm</p> <p><b>Easter Fun Day</b> Rees 3rd April  10-11.30am Highview 10th April 1:30-3pm See posters  for more information</p> <p><b>Twins Group</b> Rees 10-11.30am</p> <p><b>Chatterbox</b> Honicknowle 1 - 2.30pm Compton Church 1 - 2.30pm Health Visitors are available for advice and baby weighing. Stay and play for 0-5 years with themed activities</p>	<p>Latch on  Plymbridge - 1 - 2.30pm</p> <p><b>Easter Fun Day</b> Mainstone 4th April 9:30-11am  See posters  for more information</p> <p><b>Chatterbox</b> Highview 9.30-11am The Barn 10-11.30am Health Visitors are available for advice and baby weighing. Stay and play for 0-5 years with themed activities</p> <p><b>Baby &amp; Toddler Group</b> Mainstone 11th April 9.30-11am</p> <p><b>Multicultural Group</b> Onward House 9.30 - 11am</p> <p><b>SEN Step by Step</b> Whitleigh 10-11.15am</p>	<p>Latch On  Fourwoods - 10-11:30am</p> <p><b>Chatterbox</b> Tothill Community Centre 10 - 11.30am</p> <p>Whitleigh Hub 10- 11.30am</p> <p>Health Visitors are available for advice and baby weighing. Stay and play for 0-5 years with themed activities</p> <p> Please Book our <b>Easter Fun Days</b> by Calling our Family Hubs </p> <p><b>BARNARDO'S</b> Changing childhoods. Changing lives.</p>

**Our Centres & Other Venues**

**The Barn Family Hub,**  
Kit Hill Cres, Barne Barton, Plymouth, PL5 1E,  
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  
[plymouthccest@barnardos.org.uk](mailto:plymouthccest@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  
[plymouthccest@barnardos.org.uk](mailto:plymouthccest@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



**Citywide Easter Half Term Timetable**  
2nd April - 12th April 2024





# UNDERSTANDING PREGNANCY, LABOUR, BIRTH AND YOUR BABY (ANTENATAL)

This is a live online course via Zoom.

- Weekly workshops up to two hours
- Five week course

This course will cover:



- Your pregnancy journey and feelings
- Brain development and your baby in the womb
- Labour and birth
- Feeding
- Partner's role
- After your baby is born

To book use:

Link

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

Or QR Code



Starts Thursday

25 April

9.30-11.30am

**BARNARDOS**  
FAMILY SPACE

RICE CRISPY  
CAKE  
MAKING

# EASTER FUN DAYS

EASTER  
EGG  
HUNT

EASTER  
CARD  
MAKING

WHITLEIGH FAMILY HUB-  
FOURGREENS TUESDAY 2ND APRIL  
10:00-11:30

REES WELLBEING AND FAMILY HUB-  
WEDNESDAY 3RD APRIL  
10:00- 11:30AM

MAINSTONE SOCIAL CLUB  
THURSDAY 4TH APRIL 9:30-11:00AM

THE BARN FAMILY HUB  
TUESDAY 9TH APRIL 10:00-11:30AM

HIGH VIEW CHILDREN'S CENTRE  
WEDNESDAY 10TH APRIL  
1:30-3:00PM

WORD  
SEARCHES

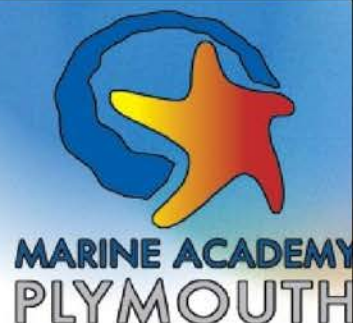
Join us for a very special Easter Family  
Event! For children aged 0-11years

**BOOKING IS ESSENTIAL**

**PLEASE BOOK THROUGH YOUR LOCAL FAMILY HUB**  
THE BARN 01752 362320 NOMONY 01752 261844  
REES 01752 340550 FOURWOODS 01752 366795



# **FOOTBALL AT MARINE ACADEMY PLYMOUTH**



## **COMMUNITY PROGRAMME**

<b>SESSION</b>	<b>SCHOOL YEAR</b>	<b>DAY / TIME</b>	<b>FACILITY</b>
Mini Kickers	Reception Year 1	Friday 4.30-5.30pm Friday 5.30-6.30pm	Sports Hall Sports Hall
Total Football	Year 2	Monday 5-6pm	Sports Hall
Hot shots	Year 3/4	Monday 6-7pm	Sports Hall
Monday Night Football	Year 5/6	Monday 5-6pm	3G (Moulded Boots)
Girls Wildcats	Year 3/4/5/6	Friday 6-7pm	3G (Moulded Boots)
Squad Girls	Year 7/8	Friday 6-7pm	3G (Moulded Boots)

**DBS & Qualified FA Coaches**  
**Pathways into Marine Academy Plymouth FC**  
**Only £3 per session**  
**Places need to be booked**  
**Everyone welcome**

For further information email:  
[darren.stewart@marineacademy.org.uk](mailto:darren.stewart@marineacademy.org.uk)  
 Tel: 01752 213951