

AUSTIN FARM

Academy

Newsletter 17/03/2023

Dear parents/carers,

Yet another week has flown past and this week the children have enjoyed lots of science learning as part of the school's science week. Please see below for more information about what each class has learnt.

On Thursday our new HAB governors came to the school, they met with me and looked around the school. They were very impressed with the focus and obvious enjoyment for learning that our children have, as well as the excellent manners that our children always display. Next time, they would love to meet some of you to explain how this system of governance will work for us at Austin Farm.

Today we celebrated Red Nose Day in school, the children looked fantastic in their red clothes. Thank you for your kind donations, so far we have raised £54; there is still time for you to donate to this worthy cause via the special ParentPay page.

Please see the attached information regarding NSPCC online safety parent workshops; you have also been sent a separate email from Mr Thomas containing this information.

For the next two weeks we are encouraging you to walk, scoot or cycle to school, please see attached the poster for more details. During the last week of term there will be an obstacle course for the children to complete as well as a bike surgery to help with any bicycle maintenance issues that you may have.

I hope you have a lovely weekend,



Foundation: this week we have been learning about animals on land and how their habitats are at risk of being lost. We have learnt how important it is for all of us to protect animals and their habitats. We have also learnt how people can restore habitats. In our quest to teach everybody how important it is we have drawn and painted incredible pictures of elephants and tigers. In Maths, we are continuing to explore number bonds to 10 and in literacy we have found out about a very clever plan to trap four million wasps in The Giant Jam Sandwich!



Year 1: for science week, we have been completing activities each day to create an ocean setting. We began by researching creatures which we drew and wrote fact files for. We then carried out the same activity for other life in the ocean, such as seaweed, gastropods and mammals. We then used our oracy to discuss the threats that our marine life face. On Monday, we are going to present our learning in assembly.



Year 2: have been working hard for science week. They have been learning about where our food comes from and how it gets from farm to fork. We talked about food that is imported from different countries. Have a look at your food at home to find out where the food has come from.



Year 3/4: in history we have been learning about the Stone Age and how to tell if something is a primary and secondary source. In science we have been learning about water and how to conserve this precious resource.



Year 5: this week we have been writing up some lovely fairy tales based on Rumpelstiltskin. In maths we have been converting percentages, decimals and fractions. In science we have been discussing the impact of a healthy balanced diet and had great fun making healthy smoothies



Year 6: this week, we have been enjoying science week looking at renewable energy. We have made wind turbines as well as water wheels and enjoyed doing so. In English we are writing our dark fairy tales – some are darker than others! In maths, we have become very knowledgeable with algebra. This has been a difficult concept to grasp but the children have persevered and I am really proud of them!

Learners of the week, well done everyone !!

Foundation:

Year 1: J.Nuttal

Year 2: O.Taylor

Year 3:L.Gray

Year 4: J.Curran

Year 5: L.Borda

Year 6: F.Symons



A big well done to year 2 for getting a 97% attendance this week.

Bike & scooter skills at Austin Farm!

29TH MARCH 2023



Bring your bike or scooter to school and ride around an obstacle course!



What is a bike and scooter session?

We set up a mini obstacle course during the school day and children from each class are encouraged to cycle, wheel scoot and run around it!

Our role as Bike it plus officers for Sustrans (sustainable transport) is to get more children choosing to come to school by being active. Being active is good for the environment, it reduces congestion, increases air quality, it's good for our body and good for our mind, and of course it's good fun!!

What do parents need to do?

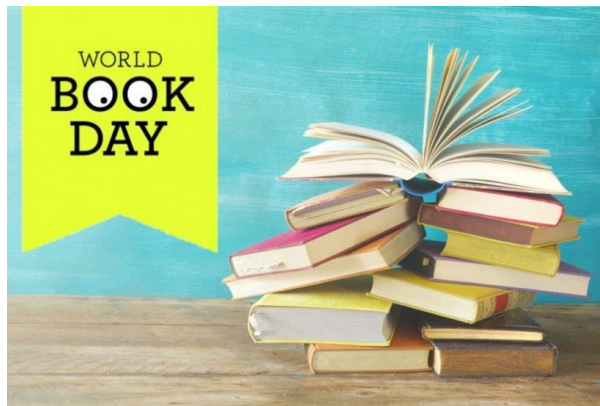
Please ride your bike or scooter to school and put your bike in the bike shelter. If your child doesn't have one or forgets, we encourage children to walk run dance and sing around the obstacle course! We may be able to bring some scooters too.

Remember!

Austin Farm has signed up to Sustrans Big Walk and Wheel, so the more you travel to school actively, the higher your chances are of winning one of the BMX Stunts show we have up for grabs!



Bike or scooter to school Wednesday 29/03/2023- Children **MUST** wear their helmets.



A big thank you to everybody who donated on World Book Day, we raised £68.00. This money will be donated to the Roald Dahl Marvellous Children's Charity. Please read more about the fantastic work they provide.

[Home | Roald Dahl's Marvellous Children's Charity \(roalddahlcharity.org\)](http://roalddahlcharity.org)

Breakfast club: can parents and carers please supervise their children coming into breakfast club. There are some children who are leaving the school premises and playing fighting on the drive. Furthermore, breakfast club begins at 7:45 a.m. Children cannot enter breakfast club earlier and

they are not supervised before this time. Please be aware that the school is not responsible if your child leaves the school grounds or is injured before entering breakfast club.



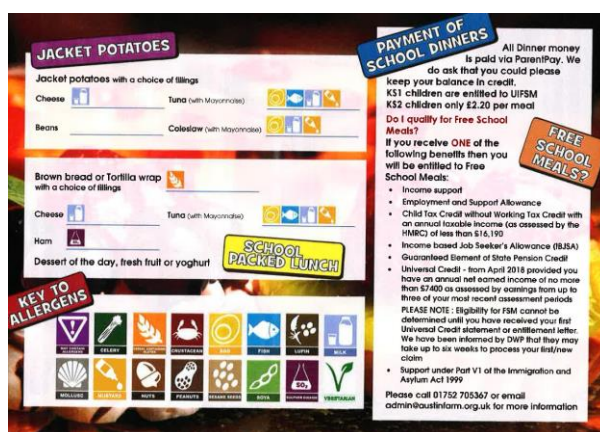
A big thank you for your donations we have raised £54.50 so far. there is still time to donate via ParentPay.



Join us with wishing the best of luck to our amazing netball team who will be competing in the Devon finals next week. We are very proud of you!!!

Unfortunately, parents cannot watch these finals, please note this is not a decision we have made. We join you in the disappointment, however Mrs Bojang will endeavour to update the Facebook page throughout the day.

Dinner Menu w/b 20/03/2023 - Week 2 menu



Easter Fit & Fed - Wednesday 12th 2023 April & Thursday 13th April 2023.



Please use this link to book if you are eligible for FSM.

[Book PL - Austin Farm Easter Fit & Fed - Wednesday 12th April from Argyle Community Trust \(officialsoccerschools.co.uk\)](https://officialsoccerschools.co.uk)

Please use this link to book if you are **NOT** eligible for FSM

[Book Argyle Community Trust Football Courses & Soccer School Sessions \(officialsoccerschools.co.uk\)](https://officialsoccerschools.co.uk)

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel the need. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, facts and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles, it's quite easy to send messages, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family, caring organisations to help carry them, and how their healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here.

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about 'bouncing back' either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times. It's how we respond and deal with these situations which is important. Digital resilience is about teaching children that being on apps and being online, even when we're exposed to something negative or upsetting, building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult, a teacher or family member for some advice.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can't look at it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away to plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of the steps you can take if a person's being unkind online.

Meet Our Expert
 Claire Argue is a qualified counsellor with the South-Principles Centre of Health, working primarily with children and young people on online safety, managing and promoting mental health, and the impact of social media on mental health. She is also a qualified teacher and has experience of providing resources and activities to all ages.

NOS National Online Safety
 #WakeUpWednesday

Twitter: @nationalonlinesafety | Facebook: /NationalOnlineSafety | Instagram: @nationalonlinesafety | TikTok: @national_online_safety

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FREE NSPCC Online Safety Workshops for Parents & Carers



The NSPCC is running a series of free **Online Safety Workshops for Parents & Carers**.

Core Content - The workshops are 1 hour and will help parents and carers to find out about:

- What children and young people are doing online
- Parental concerns
- What the risks are for young people in terms of what they see, do, and who they meet online
- How to manage these risks as a parent/carer
- Sources of help and support

Each workshop will also focus on a combination of the following topics:

- Gaming
- Social Media

- Online Bullying
- Parental controls
- Mental health and well being
- Modelling good behaviour
- Online challenges, hoaxes and scams
- Persuasive design and screen time vs screen use

We would encourage that a lead professional from your setting is present on the training, so that you are aware of any concerns and can follow up appropriately. You will also benefit from hearing the same key messages as your parent/carer community. However, this isn't mandatory.

For more information and to request joining details please email parentworkshops@nspcc.org.uk

Date	Time	Content
22 March	6-7pm	Core + Social Media + Mental Wellbeing + Online Bullying
28 March	6-7pm	Core + Gaming + Social Media + Online Friendships
5 April	4-5pm	Core + Gaming + Social Media + Bullying + Parental Controls
11 April	7-8pm	Core + Online bullying, social media +modelling good behaviour
19 April	6-7pm	Core + Social Media + Parental Controls
25 April	4-5pm	Core + gaming, parental controls & bullying







