

AUSTIN FARM

A c a d e m y

Newsletter 05/01/2024

Dear Parents/Carers,

Happy New Year! I hope you all had a fantastic time eating too much food and spending time with your loved ones.

It has been great to see everyone's smiling faces as the children come into school ready to learn and see their friends again.

Despite it being a short week, the children have got straight back into the swing of things and have been working hard: Year 6 had an interesting lesson learning about Hindu traditions, Year 1 started learning

about the Great Fire of London in History, Year 3 began learning about settlements in Geography, Year 2 started a new RE unit about Humanism and Year 4/5 have written letters trying to persuade me to change or even abolish the school uniform! I will consider my response carefully once I have read all of the letters.

I hope you enjoy a respite from the rain this weekend and manage to get out in the fresh air if you can.

Mrs Baptiste

Dates to remember!!!



04.01.24 - New sporting afterschool club links will be sent via email to parents/carers @ 6pm.

08.01.24 - New sporting afterschool clubs start this week.

08.01.24 - Yr 2 Road safety consent form deadline (children cannot participate unless we have these consent forms returned), multiple reminders have sent.

15.01.24 - Primary school admissions closes.

18.01.24 - Space Explorer menu, see poster below.

26.02.24 - Yr 6 and Foundation height and weight measurement. ALL children are opted in, please return the form to opt out of this.

16.04.24 - Primary school offer from admissions

23.04.23 - Deadline to accept Primary school offers.

Foundation/ Yr 6 - Height and Weight



Letters went out Wednesday 13th December 2023. **ALL** children are opted in to this measuring programme, please only return the form if you wish to **OPT OUT** of this programme. This will be taking place Monday 26th February 2024.



Menu Week 1

Week One					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Facciatto Margherita	Chicken Katsu Curry & Rice	Roast Gammon Steak & Pineapple	Meatballs in a Ragu sauce	Fish Fingers
Option 2 (v)	Veggie Bean Wrap	Cheese & Potato Pie	Vegetarian Plait	Veggie Balls in a Ragu Sauce	Veggie Nuggets
Sides	Herby Glazed Potato Coleslaw or Sweetcorn	Peas Baked Beans	Roast Potato Broccoli & Carrots Gravy	Spaghetti Green beans & Crusty bread	Chips or Wholemeal Pasta Peas or Baked Beans
And for pudding	Pancakes with Banana & Honey	Chocolate Surprise Brownie	Oat and Sultana Cookie	Apple Crumble & Custard	Pip Organic Lollies
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	30/10/23; 20/11/23; 11/12/23; 08/01/24; 29/01/24; 26/02/24; 16/03/24				

Week Two					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese	Butchers Sausages & Gravy	Roast Chicken with Sage and Onion Stuffing	Beef Lasagne	Filet of Fish
Option 2 (v)	Tomato & Basil Pasta Bake	Vegetarian Sausages & Gravy	Yorkshire Pudding Stuffed with Quorn Pieces	Vegetarian Lasagne	Cheese Omelet
Sides	Broccoli & Garlic Bread	Creamed Potatoes & Carrots	Roast Potato Broccoli & Carrots Gravy	Coleslaw or Green Beans & Crusty bread	Chips or Wholemeal Pasta Peas or Baked Beans
And for pudding	Crispy Chocolate Cornflake Cake	Peach Sponge & Custard	Arctic roll	Shortbread Biscuit & Fresh Fruit salad	Pip Organic Lollies
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	06/11/23; 27/11/23; 18/12/2023; 15/01/24; 05/02/24; 04/03/24; 25/03/24				

Week Three					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza Pocket	Fish Pie	Roast Pork & Apple Sauce	Beef Bolognaise	Jumbo Fish Finger
Option 2 (v)	Vegetable Fajita	Cheese Whewk & Wholemeal Pasta	Quorn and Leek Pasty/Puff	Mediterranean Vegetable Bolognaise	Veggie Fingers
Sides	Potato Wedges Sweetcorn or Winter Coleslaw	Peas Baked Beans	Roast Potato Broccoli & Carrots Gravy	Penne Pasta Green Beans & Crusty bread	Chips or Wholemeal Pasta Peas or Baked Beans
And for pudding	Strawberry Mousse	Sticky Toffee Cake & Sauce	Fruit Jelly	Chocolate Crunch & Chocolate Sauce	Pip Organic Lollies
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	11/11/23; 04/12/23; 01/01/24; 22/01/24; 19/02/24; 11/03/24				

Term time holidays- - Is it worth it ?



Mulitple families have now been issued fines from Plymouth County Council due to taking their child/ren out of school during term time. Please follow the link below to understand the charges and potential legal action that these holidays can result in.

[School attendance and absence | PLYMOUTH.GOV.UK](https://www.plymouth.gov.uk/school-attendance-and-absence)

Attendance.

Every moment in school counts, and days missed add up quickly. The higher a child's attendance, the more they are likely to learn, and the better they are likely to perform in exams and formal assessments. We are implementing new procedures to help parents get their children to school.

Do you know your child's attendance ?

95% Attendance - 2 whole weeks of school missed.

90% Attendance - 4 whole weeks of school missed.

85% Attendance - 6 whole weeks of school missed.

80% Attendance - 8 whole weeks of school missed.

75% Attendance - 9 plus whole weeks of school missed.

5 minutes late, does it really matter ?



Lateness = Lost Learning

(Figures below are calculated over a school year)

- **5 Minutes late each day - 3 days lost**
- **10 Minutes late each day - 6.5 days lost**
- **15 Minutes late each day - 10 days lost**

- 20 Minutes late each day - 13 days lost
- 30 Minutes late each day - 19 days lost

Term dates

WeST Term Dates

| 2023 to 2024

Aug 2023						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sep 2023						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Oct 2023						
M	T	W	T	F	S	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Nov 2023							Dec 2023							Jan 2024							
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6	7	8	9	10	11	12								8	9	10	11	12	13	14	
13	14	15	16	17	18	19								15	16	17	18	19	20	21	
20	21	22	23	24	25	26								22	23	24	25	26	27	28	
27	28	29	30											29	30	31					
Feb 2024							Mar 2024							Apr 2024							
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19	20	21	22	23	24	25								22	23	24	25	26	27	28	
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May 2024							Jun 2024							Jul 2024							
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6	7	8	9	10	11	12	10	11	12	13	14	15	16	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	17	18	19	20	21	22	23	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	24	25	26	27	28	29	30	22	23	24	25	26	27	28	
27	28	29	30	31										29	30	31					

Important dates

To shade (or clear) cells in the month tables, select the cells to shade and then, on the Table Tools Design tab, choose Cell Shading.
To view this calendar with all formatting and layout, on the View tab, choose Reading View.

Autumn Term Dates Monday 4 September to Friday 20 October then Monday 30 October to Tuesday 19 December

Term 1 33 days Term 2 36 days School NPD Monday 4 WeST NPD Tuesday 5 September WeST NPD Monday 30 October

Spring Term Dates Wednesday 3 January to Friday 9 February then Monday 19 February to Thursday 28 March

Term 3 28 days Term 4 28 days WeST NPD Monday 19 February

Summer Term Dates Monday 15 April to Friday 24 May then Monday 3 June to Tuesday 23 July

Term 5 29 days Term 6 35 days School NPD Monday 22/23 July

Three Trust NPD's and three school NPD's. 189 teaching days in total.

Peach – holiday periods, Purple weekends, Green Trust NPD's, Blue School NPD's.

Aug 2024							
M	T	W	T	F	S	S	
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12	13	14	15	16	17	18	
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Sep 2024						
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23	24	25	26	27	28	29
30						

Oct 2024						
M	T	W	T	F	S	S
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Key: Peach - holiday periods; light green - weekends; blue - Trust NPDs; yellow - School NPDs

Important dates

Autumn Term Dates: Monday 2 September to Friday 25 October, then Monday 4 November to Friday 20 December

Term 1 40 days (inc. School NPD Mon 2 Sept and WeST NPD Tues 3 Sept)

Term 2 35 days

Spring Term Dates: Monday 6 January to Friday 14 February, then Monday 24 February to Friday 4 April

Term 3 30 days (inc. School NPD Monday 6 January)

Term 4 30 days

Summer Term Dates: Tuesday 21 April to Friday 23 May, then Monday 2 June to Tuesday 22 July (Note: NPDs on Mo 21 and Tu 22 Jul '25 are disaggregated for staff twilight training throughout the year. The last day of the academic year for students and staff is Friday 18 July 2025)

Term 5 23 days

Term 6 37 days

Children's NHS Dentist

Children's Appointments!



SpaDental South-West

SpaDental Plymouth and SpaDental Saltash
invite children under 12 years of age
for NHS appointments

Book an appointment today!





To book an appointment, or for more information, please scan the QR code or visit the link:
<https://www.spadental.co.uk/for-patients/spadental-south-west-children/>
to complete the "contact us" form.

SpaDental Plymouth: 2 Hyde Park Rd, Mutley, PL3 4RJ
SpaDental Saltash: 77 Fore St, Saltash, PL12 6AF

Help your child keep healthy teeth for life.



[Plymouth Information Advice and Support for SEND. - Supplying you with information, advice and support \(plymouthias.org.uk\)](http://plymouthias.org.uk)

ARGYLE COMMUNITY TRUST

SATURDAY TURN UP & PLAY

£5.50 PER SESSION EVERY SATURDAY



Manadon Sports Hub
9am - 10am



Harpers Football Centre
10am - 11am



Mini Kickers
(Ages 18 Months - 4 Years)



Turn Up and Play
(Ages 5-13)



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[https://officialsoccerschools.co.uk/
argyle/courses.html](https://officialsoccerschools.co.uk/argyle/courses.html)



VISITS FROM
MINI
PILGRIM
PETE

Safeguarding posters

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

"The industry, as far as we can see as families, are grooming the next generation with a whole set of online games and these are aimed at 7, 8, 9 year olds - that's the next generation who are going to be their income generators" - Li Ritchie, Gambling With Lives

The digital world that we live in can be a minefield for families and parents/carers. The way in which children 'game' now is completely different to how modern day parents and carers would have experienced. The 'monetization' of gaming is at the forefront of research and there are increasing concerns surrounding online gaming and the subsequent links this has with underage gambling.

From ONLINE GAMING to ONLINE GAMBLING

Recognising the Signs

10 Signs for Parents to Look For:

Disordered gambling is sometimes referred to as the 'silent killer'. Unlike drug or alcohol addictions the signs are sometimes harder to spot and if not dealt with at an early age can have a devastating effect on both the gambler and their families later on in life.

- 1. EXCESSIVE USE OF DEVICES**
This can lead to increased isolated behaviour and lying about the amount of time spent online.
- 2. SPENDING MONEY ONLINE WITHOUT PERMISSION**
If a child is willing to spend money online regularly on a parent's credit without permission that this should act as an early warning sign for parents to ensure that there are more barriers and parental controls in place.
- 3. CHANGES IN BEHAVIOUR**
Children may become moody, aggressive or argumentative particularly during or shortly after periods of online gaming.
- 4. A CHANGE IN ATTITUDE TO SCHOOL**
Children may display an obvious change in attitude to learning and a more negative view of school.
- 5. DISENGAGED WITH FAMILY LIFE**
Children start to prefer spending time alone online rather than engage in normal family activities.
- 6. COMPULSIVE EATING**
This includes both eating the wrong types of food excessively and not eating healthily.
- 7. IMPATIENT**
Not prepared to wait for anything (increased in excessive online game play and in app purchases) and nothing is ever good enough.
- 8. 'THE LOOK'**
Compulsive gamblers are often said to look 'zoned out', have a 'grumpy' look or experience a loss of weight and they become pale in complexion. The same can be said of those who are starting to develop a gambling addiction.
- 9. OBSESSIVE BEHAVIOUR**
Children who demonstrate obsessive behaviour in everyday life are often reported to be at risk of developing an online gaming disorder.
- 10. DISHONESTY**
This could include starting to tell lies and in the more extreme cases even stealing things.

10 Top Tips for Parents:

If you think that your child may be at risk of developing a gaming addiction then there are a series of measures that you can put in place. This is by no means an exhaustive list but just some strategies that could ensure a potential situation does not escalate.

- 1. BE AWARE**
Do not fall into the trap that it's just what children do - as parents/carers/families be on the same page and do not be allowed to be played off against one another.
- 2. VISIT THE GP**
Although both gaming/gambling addictions are now recognised as a mental disorder, some doctors may not be experts in these areas - families can still refer to their GP and Gaming and Gambling Clinic.
- 3. DO YOUR RESEARCH**
See what help and support is available. Visit www.gamblinghelpline.co.uk and become an expert.
- 4. SPEAK TO THE SCHOOL**
Have an open and honest conversation. Schools are investing heavily in mental health and can arrange or direct you to the most appropriate support services.
- 5. TAKE AN ACTIVE INTEREST**
This applies to school work and in creating a learning environment at home. Find activities and hobbies that create a life away from the screen and be part of it.
- 6. BECOME THE EXPERT**
Research the game your child is playing - does the game have loot boxes?
- 7. PUT BARRIERS IN PLACE**
Set up parental controls for all devices (including phones) and set up screen time. Visit the 'Partnership with Parents' section at www.gamfam.co.uk for further details.
- 8. FINANCIAL CONTROLS**
Turn off in-app purchases. Do not link your debit/credit card to your child's device and use a prepaid card instead. For example World, Go Henry, Ninko or speak to your bank for advice.
- 9. DISCUSS LOOT BOXES AND SKIN BETTING**
Have a conversation about loot boxes and skin betting. Many games can still be played and completed without using loot boxes on the console version but be mindful of the mobile versions.
- 10. DO NOT LEND MONEY FOR GAMBLING**
Or if you think it will be used for online gaming, without your permission.

The above guidance has been produced by

National Online Safety **GamFam**

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety

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