

AUSTIN FARM

Academy

Newsletter 19/01/2024

Dear Parents/Carers,

This week has been a cold & icy one and I loved seeing the variety of warm hats, gloves and scarves the children have worn to keep them toasty at play and lunchtimes! Despite the chilly weather outside, the children have been working hard in the warm classrooms. Please see below for what they have been learning in class this week.

On Tuesday, Mrs Bojang took a group of year 6 pupils to a netball competition. The purpose of this event was to build netball skills, team skills and increase confidence. The children began their day excited but

also a bit nervous; their skills and especially their confidence grew hugely throughout the day. As always, we felt very proud of ourselves and thoroughly enjoyed the morning of netball. Please see the photos below of them in action!

Thursday was census day! Norse put on a special Space lunch which the children thoroughly enjoyed! See below for pictures of them devouring their moon crater pizzas!

I hope you have a lovely weekend, unfortunately it looks like the weather isn't going to be great, so wrap up in warm, waterproof coats if you are venturing outside!

Mrs Baptiste









Space Explorer Dinner, Thursday 8th January 2024.







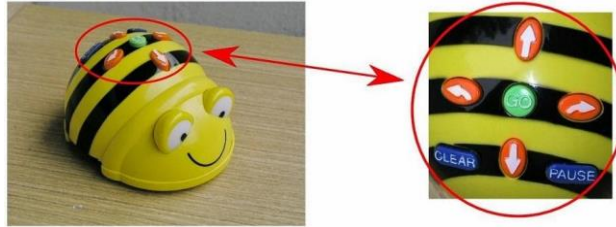








Foundation: This week we have been finding fewer and more than in maths. The children have been using pictures, counters and cubes to find how many more and how many fewer. We have also been programming our Beebot robots to move forwards and backwards and made predictions on where we think they will finish a sequence.



Year 1: In English this week, we have written a class set of instructions about how to wash a chimpanzee using a variety of verbs and adjectives to make our story fun and exciting. The children have worked incredibly hard with their handwriting! We have also learnt about the Chinese New Year and found out about the origin story of the big race.

<https://youtu.be/jGEMKmWuTrc>



Year 2: we have been learning all about the physical features of Hawaii and how they are the same and different from the physical features found in the United Kingdom. We learnt that Hawaii is a series of islands build on volcanos. Some are still active!



Year 3: we've had a very busy week in Year 3. We have been practising our writing using ideas from our class English book – A River. We have been making our writing interesting by using prepositional phrases and subordinating conjunctions. We cannot wait to start writing using our own ideas. In art, we have started looking at Mexican pottery and compared this to Ted Harrison's colourful artwork. We compared the two and discussed similarities and differences.



Year 4/5: we have been learning about the birth of Ganesha in RE and the children were completely captivated by the story about the Hindu god! During our computing lesson, we have continued to build our knowledge of Crumble software by using motors to get things moving! What a super week we have had year 4/5!



Year 6: this week we have been learning about decimals in Maths – the children have been showing lots of resilience. In English, we have now decided upon who we are going to write our influential biographies about and have begun researching and writing multi-clause sentences. In our Opening Worlds lessons, we have had an art focus; we have drawn artefacts from The Indus Valley and also drew our own interpretation of the Hindu God Ganesha in RE.



The attendance award goes to year 1 for getting 98.8% this week. Well done !

Learners of the week, well done everyone!!



Foundation: E-L.Ninnim

Year 1: C.Smith

Year 2: A. Warner

Year 3: S.McCoulough

Year 4: T. Reagan

Year 5: T.Lopes

Year 6: I.Parrish

Dates to remember!!!



09.02.24 - Mufti Day for Catholic Children's society - money donations please.

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.

07.03.24 - World book day - dress as a book character and bring in your favourite book to read with friends.

15.03.24 - Comic Relief - Red Nose Day - Wear as much red as you can!

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.

Menu Week 3

Week One					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Faccacia Margherita	Chicken Katsu Curry & Rice	Roast Gammon Steak & Pineapple	Meatballs in a Ragù sauce	Fish Fingers
Option 2 (v)	Veggie Bean Wrap	Cheese & Potato Pie	Vegetarian Plait	Veggie Balls in a Ragù Sauce	Veggie Nuggets
Sides	Herby Oiled 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
Jackpot 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; 18/03/24				

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
Jackpot 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; 18/12/23; 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 Bolognese	Junibo Fish Finger
Option 2 (v)	Vegetable Fajita	Cheese Wheels & Wholemeal Pasta	Quorn and Leek Pastry Puff	Mediterranean Vegetable Bolognese	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
Jackpot 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:	15/11/23; 04/12/23; 01/01/24; 22/01/24; 19/02/24; 11/03/24				

1 - Please note, when we return on Wednesday 3rd January 2024, we will be offering Beef Bolognese and we will offer the Pork on Thursday 4th January 2024.



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



We are delighted to have 20% off all February Roadshows for an extremely limited time and can use code **EARLYBIRDFEB**

<https://officialsoccerschools.co.uk/argyle/courses/plymouth-holiday.html>

5 day pass for all roadshows only £80 (save £30) and even more saving with the discount code - direct link below (only limited spaces). [Book P3- PAFC Roadshow Week Pass - February Half Term from Argyle Community Trust \(officialsoccerschools.co.uk\)](#)

Monday 12th February

Home Park / HarpersFootball SpecialICCGirls OnlyICCFootball RoadshowManadonPDC/COE Training day

Tuesday 13th February

Manadon Strikers and GoalkeepersWemburyFootball RoadshowLipson Multi Sports

Wednesday 14th February

ManadonFootball RoadshowManadon Girls OnlyManadonMulti SportsWembury

Plymstock SchoolGymnastics Day

Futsal Roadshow

Thursday 15th February

ICCStrikers and GoalkeepersICCGirls Only

Lipson Vale PrimaryMulti Sports

Friday 16th February

Home Park/HarpersFootball SpecialHome Park / HarpersGirls Football Special

Charlie HardcastleArgyle Community TrustPlymouth and South Devon Sports Participation LeadPlymouth and South Devon Centre of Excellence Manage

Social Media



We are increasingly having to deal with issues at school that are actually from inappropriate or unkind use of social media. Please check your child's mobile phone daily to monitor the messages they are sending and receiving, particularly the language they are using. This is a parent's responsibility rather than a school one, we can educate them but not monitor their devices. The legal age for having all social media apps e.g. Wink, Snap Chat, Facebook, Instagram, etc. is 13 years old - no child in our school should be using them.

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://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
						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					

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Nov 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		

Dec 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

Jan 2024						
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				

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Feb 2024						
M	T	W	T	F	S	S
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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		

Mar 2024						
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

Apr 2024						
M	T	W	T	F	S	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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May 2024						
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	

Jun 2024						
M	T	W	T	F	S	S
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

Jul 2024						
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				

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
			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 2024						
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 2024						
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			

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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!

NHS 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)

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:

- 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 glazed, look in, experience loss of weight and stop taking care in their appearance. The same can be said of those who are starting to develop a gaming 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:

- 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.gamfam.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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