

AUSTIN FARM

A c a d e m y

Newsletter 09/02/2024

Dear Parents/Carers,

As we come to the end to a busy half term, everyone has been feeling rotten with colds and bugs, I do hope you all manage to recover and are well for your half term week off. The children in school have been working hard, please see below for what they have been learning this week.

On Tuesday, we celebrated Pancake day a week early with a special pancake pudding. See photos below of them enjoying their 'flipping' tasty pancakes!

Today, we finished the half term with a Mufti Day to raise money for a local charity which always supports our school, and we managed to raise £91.15. Thank you for your generosity when times are hard.

Please remind your children not to run over the grass slope but stay on the path on the way into school, with the recent wet weather several children have slipped on the way into school and ended up covered in mud.

At the start and end of the day please be considerate of our school neighbours, someone with a number plate ending in YBP is parking across a driveway, the resident has called us to say she has reported this car to the council. Thank you.

Plymouth Argyle clubs next half term will be: KS1 on Monday 3.15 - 4.15 = Gymnastics & KS2 on Thursday 3.15 - 4.15 = Tag Rugby. Forms will come out during the first week back and start the second week. (26th Feb & 29th Feb). Please note, if you have any debts then please clear them before applying for a place at these clubs.

After half term there is an INSET day for the staff on Monday, we look forward to seeing the children on Tuesday 20th February.

I hope you all have a great half term break.







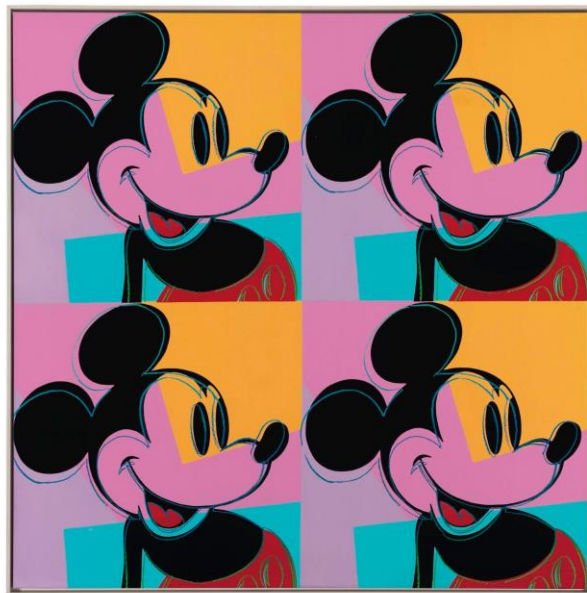
Foundation: in Foundation we have been enjoying listening to poetry and using percussion instruments to perform poems. In maths, we have enjoyed measuring lots of different objects around the classroom and making sure we are measuring them accurately with the same baseline.



Year 1: the children have enjoyed performing poetry this week in class. We have been working really hard to improve our expression, pace and volume whilst reading aloud to an audience. We have also been learning about the Persian New Year, Nowruz, which is celebrated on the first day of Spring.



Year 2: this week we have been learning all about pop art. We have learnt about Andy Warhol and how he used bright repeated colours to make portraits of famous people. We had a go at creating a Warhol inspired self portrait.



Year 3: in PE, we have been looking at how we use hand apparatus in gymnastics. We have used bean bags and balls to perform a series of moves and balances. So far, we have learned how to do a straddle, a sitting pike, and a kneeled balance. This week, we performed to one another which was usually out of our comfort zone, but we gave it a good try. We were very proud of ourselves!





Year 4/5: we have been working hard in all areas of our learning. We have been rounding up all of our learning in Opening Worlds. The children have been learning about Flotsam and exploring our new text in English. We have also been working hard on our times tables in class. Remind your child to log onto the game on Class Dojo!

12 X 12 Multiplication Table													
X	0	1	2	3	4	5	6	7	8	9	10	11	12
0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	0	1	2	3	4	5	6	7	8	9	10	11	12
2	0	2	4	6	8	10	12	14	16	18	20	22	24
3	0	3	6	9	12	15	18	21	24	27	30	33	36
4	0	4	8	12	16	20	24	28	32	36	40	44	48
5	0	5	10	15	20	25	30	35	40	45	50	55	60
6	0	6	12	18	24	30	36	42	48	54	60	66	72
7	0	7	14	21	28	35	42	49	56	63	70	77	84
8	0	8	16	24	32	40	48	56	64	72	80	88	96
9	0	9	18	27	36	45	54	63	72	81	90	99	108
10	0	10	20	30	40	50	60	70	80	90	100	110	120
11	0	11	22	33	44	55	66	77	88	99	110	121	132
12	0	12	24	36	48	60	72	84	96	108	120	132	144

Year 6: we have been improving our test techniques. We have all already seen in papers where we could have gained some extra marks and can already see an improvement in our scores; we are rightly so, very proud of this! In Geography, we have compared the cities, London and Cardiff. In History, we became historians and examined sources; paired with our brilliant knowledge, we could make really sensible assumptions about the Indus Valley peoples. In PE, we have showed off our dancing skills – please ask your child to show you!! The song is Wakka Wakka and it is SO IMPRESSIVE.

[Bing Videos](#)

The attendance award goes to yr 6 for getting 96% this week. Well done !

Learners of the week, well done everyone!!



Foundation: G.Hnedry

Year 1: N. Parker

Year 2: M.Jarousse

Year 3: C.Mann

Year 4: L.Cater

Year 5: O.Collins

Year 6: A.Moloney

Dates to remember!!!



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



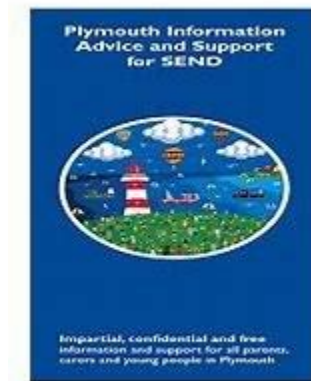
Letters went out Wednesday 13th December 2023. **ALL** children are opted in to this measuring programme, please only return the form if you wish to **OPT OUT** of this programme.

Menu Week 3

Week One					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Facciotta 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 Colcannon 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 Cookies	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 Omelette
Sides	Broccoli & Garlic Bread	Creamed Potatoes & Carrots	Roast Potato Broccoli & Carrots Gravy	Colcannon 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 Whizz & Wholemeal Pasta	Quorn and Leek Pastry Puff	Mediterranean Vegetable Bolognaise	Veggie Fingers
Sides	Potato Wedges Sweetcorn or Winter Colcannon	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				



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

Amputee | Grass Frame Users | Mental Health | Deafness | Dwarfism | ADHD
Down Syndrome | Autism | Learning disability | Cerebral Palsy

PEM FC
Free Coaching Sessions For Pan Disability Football

HAVE FUN **MAKE NEW FRIENDS** **PLAY FOOTBALL** **BE ACTIVE**

Date: Sunday 7th April & Sunday 14th April 1000 - 1200
Location: Dean Cross fields, Plymstock, PL9 7AZ
Public Transport: Bus Route 1A, 2, 5, 5A (Broadway)
Organisers: Lee Ellis, Chris Marsh, Kev Treeby, Luke Morington
Facilities: Toilets, bar, tea, coffee, snacks, limited parking

We are a newly established friendly football club looking for new players to join our pan-disability organisation (boys & girls) All abilities are welcome! No obligation to join permanently & it's completely free.
Email: Pemfootball@hotmail.com
Telephone: 07877236083 (text welcome)
Ages 5-11 / Ages 12-14 / Ages 15-18 / Ages 19+

Scan QR code to register or click [Plymouth FC](#)



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



Girls Turn Up & Play Free Sessions

Argyle Community Trust are holding free taster sessions, for the next 2 weeks ,for their Turn Up and Play sessions for Girls in school years Reception, Year 1, 2 and 3.

 **Sat 3rd Feb & 10th Feb**

 **Harpers Football Centre**

 **10am - 11am**

Scan Here to Book



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.

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

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.

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

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					

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 30 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 28 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 NPDs.

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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									----------	----	----	----	----	----	----		Feb 2025								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																					----------	----	----	----	----	----	----		Mar 2025								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 2025								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													
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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 \(plymouthias.org.uk\)](https://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 card without permission that this should act as an early warning sign for parents to ensure that there are some 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.gamerskillsuk.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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