

# AUSTIN FARM

## Academy

### Newsletter 01/02/2024

Dear Parents/Carers,

Today is the first day of Spring, Happy St David's Day to our Welsh friends! We have had a mixed week of weather and we try to get the children outside as much as possible, please remember to send them in with waterproof coats, the weather often changes several times throughout the day!

Year 4 have enjoyed a full week of swimming and have been bursting with pride about their progress and achievements; we are all very proud of them too. Next week is their last week of swimming lessons, please remember their swimming kit every day.

Year 2 continued their road safety sessions and managed to avoid the rainy weather at the end of the week; they have one session left next week and are road safety experts now!

Today, the children who achieved their Accelerated Reader targets last half term had a special mufti day, congratulations to our keen readers, please encourage your child to read at home and quiz in school; let's see how many will achieve their target this half term. Remember you can be informed of your child's success if you sign up for parent emails using the link your class teacher sent on Dojo last half term. Please ask if you need help to do this, we are happy to assist.

PTA News!! Last term unfortunately we couldn't have a Christmas Fayre due to no parent volunteers for the PTA when the old team left. After this, we did have some parents say they would be keen to form a new PTA - now is your chance! Please come to meet us in the hall at 2.30pm on Wednesday 14th March, so we can explain some plans and what we will be working towards with our fundraising efforts.

Next week: World book day on Thursday 7th March, your child can come to school dressed as a book character, or wear uniform and bring a clue as to who their favourite book character is. Please remind them to bring their favourite book to share with another child. All children will bring a token home for either £1 off a book or for a free World Book Day £1 book.

Parents evenings: Tuesday 19th and Wednesday 20th March. Your child should have brought home a letter today for you to make a parent's evening appointment. Please return it to your child's class teacher, appointments are allocated on a first come basis. It is important for you to show your child that we are a team in their education and they love seeing your proud faces when they show you their work.

I hope you have a lovely weekend, despite the yellow weather warning!





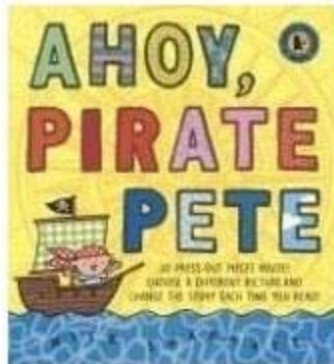




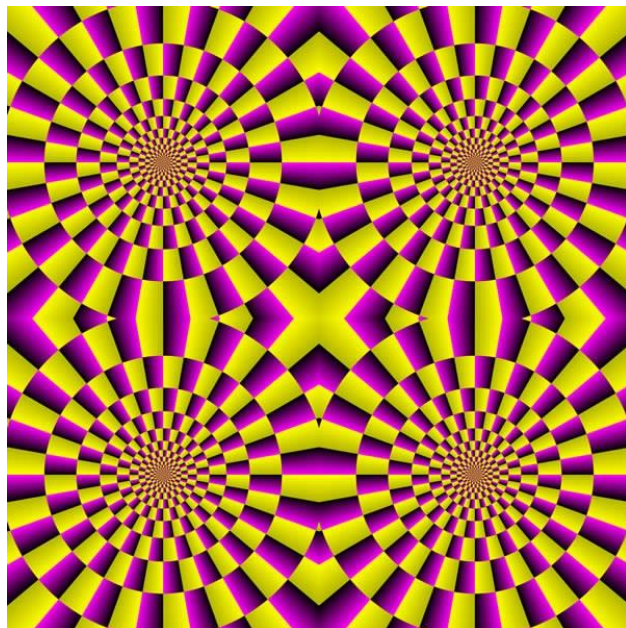




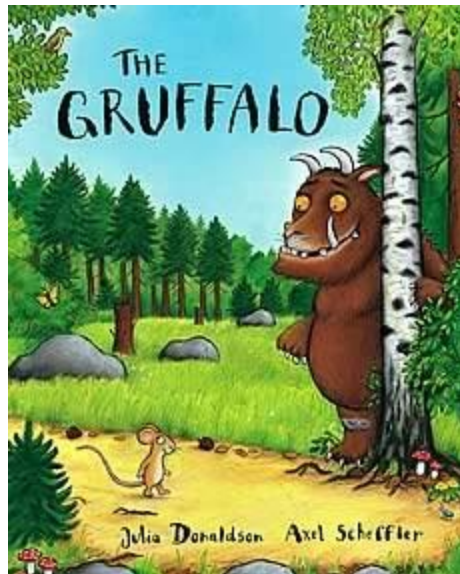
**Foundation: this week the foundation children have enjoyed creating their own version of the poem 'Pirate Pete'. They named their poem 'Pirate Panda'. They all contributed to the shared write enthusiastically and finished the week by drawing and labelling their very own Pirate Panda!**



**Year 1:** this week the year 1 children had fun extending their learning in Art. They have been focusing on the work of Bridget Riley and exploring her 'Optical Art' style. The children had the opportunity to create their own piece of art in the style using chalks.



**Year 2:** this week year 2 have been learning all about Julia Donaldson and using their research to make a biography about her. We learnt that she has written over 180 books and when she was little she wanted to marry a cat.



**Year 3:** this week, Year 3 started a new PE unit on dance. Miss Bradley introduced the word 'unison' and how it meant we were all doing something together all at the same time. With that in mind, we moved around to counts of 8 and learned a small motif linked to what we are learning in our history topic (gods and goddesses). We're looking forward to spending more time improving our dance and will show you all when we have finished.



**Year 4/5:** the year 4s have been working hard on their swimming again and are already making massive improvements! In PSHE the children have been talking about the effects of smoking and alcohol on the body.



1 - hea

**Year 6:** this week we have been learning about Cyrus and how he became the King of the Persian Empire. We learned of his cunning plan and are looking forward to learning the rest of this story in the coming weeks. In English, we have been learning about the past participle forms of verbs and then using these in the passive voice. This sounds confusing but the children have shown real resilience in



understanding this; making it in to a competitive game of connect 4 helped too! In Science, we have been investigating what happens to the brightness of the bulb when we add more batteries.

[Cyrus the Great | Biography & Facts | Britannica](#)



**Learners of the week, well done everyone!!**



**Foundation: R.Abbassi**

**Year 1: D.Rice**

**Year 2: H.Rice**

**Year 3: S.Howells**

**Year 4: F. Stevenson-Peet**

**Year 5: X.Ninnim**

**Year 6: K.Millar**

The attendance award goes to yr 3 for getting 99% this week. Well done !



Dates to remember!!!



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!

19.03.24 - All years parents evening.

20.03.24 - All years parents evening.

28.3.24 - Last day of the Spring term.

16.04.24 - Primary school offer from admissions

23.04.23 - Deadline to accept Primary school offers.

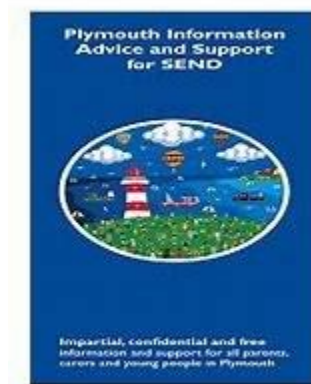
26.06.24 - Sports days (weather dependent)

## Menu Week 2

Week One					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Focaccia 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 Pici	Veggie Bolls in a Ragù Sauce	Veggie Nuggets
Sides	Herby Oiled 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; 18/03/24				

Week Two					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese	Butcher's 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	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 Bolognese	Junbo Fish Finger
Option 2 (v)	Vegetable Fajita	Cheese Wheels & Wholemeal Pasta	Quorn and Leek Pasty Puff	Mediterranean Vegetable Bolognese	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				





2 - [Plymouth Information Advice and Support for SEND. - Supplying you with information, advice and support](#)  
[plymouthias.org.uk](http://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 7<sup>th</sup> April & Sunday 14<sup>th</sup> 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 Moxington

**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:** [Pierfootball@hotmail.com](mailto:Pierfootball@hotmail.com)

**Telephone:** 07877236083 (see website)

Ages 5-11 / Ages 12-14 / Ages 15-18 / Ages 19+



Scan QR code to register or click [www.pierfootball.co.uk](http://www.pierfootball.co.uk)

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](#)



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
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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			

Nov 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	

Dec 2024						
M	T	W	T	F	S	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Jan 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		

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				

May 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	

Jun 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						

Jul 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			

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.

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[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](http://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 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 self refer to NIOS Gaming and Gambling Clinic.
- 3. DO YOUR RESEARCH**  
See what help and support is available. Visit [www.gamfam.co.uk](http://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](http://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](http://www.nationalonlinesafety.com) Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety

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