

MARINE ACADEMY PRIMARY NEWSLETTER Term 1 2025-2026



'Where stars shine brighter'

...providing an outstanding education that ensures all pupils reach their greatest potential and live by life's highest values.

Dear Parents and Carers of Marine Academy Primary pupils,
Welcome to our first newsletter of the academic year!

We would like to take this opportunity to thank our families for their continued support and celebration of our very special community. Marine Academy Primary is an incredibly special place thanks to each and every one of our children, our dedicated #TeamMarine members, and, of course, you, our families and community!

This term, we have welcomed sixty new children into our Reception classes, as well as new students into other classrooms across the school. We've also welcomed new staff members to #TeamMarine, continuing to build on the transformational work already happening.

Later in the newsletter, you will find a poster reminding you of our Leadership and Support Teams, along with guidance on when you might want to speak with them. Please do take a moment to look and see who can support you. There are Leaders at the external doors every morning, and any one of them will be able to help direct you to the right person when needed.

We would like to thank everyone who attended our first Progress Meetings of the year. If you were unable to attend, please contact your child's teacher using the Year Group email to arrange a meeting as we really value this as an opportunity to update you on your child's learning.

We also had a wonderful end to the term celebrating Day of the Dead and recognising the wonderful diversity we have across our school community. It was a joyful occasion that reminded us of how lucky we are to belong to such a vibrant and inclusive school.

Finally, we are incredibly proud of our new Academy Parliament representatives, who were elected by their peers. They have already been working hard and look forward to bringing you lots of excitement for Children in Need next month. You'll be able to spot our Academy Parliament representatives proudly wearing their new blazers. They have been exceptional role models so far, and we look forward to their innovative thinking as they help drive the Academy to even greater heights.

Yours sincerely,

Mrs Georgina Reid and Miss Stacey Mitchell
Headteacher and Head of School



Term dates for the 2025-2026 academic year:

Term 1

First day of school: 2nd September 2025

Last day of school: 24th October 2025

Term 2

First day of school: 10th November 2025

Last day of school: 19th December 2025 (at 1:00pm)

Term 3

First day of school: 6th January 2026

Last day of school: 13th February 2026

Term 4

First day of school: 23rd February 2026

Last day of school: 2nd April 2026

Term 5

First day of school: 20th April 2026

Bank Holiday: 4th May 2026

Last day of school: 22nd May 2026

Term 6

First day of school: 2nd June 2026

Last day of school: 16th July 2026

Term dates for the 2026-2027 academic year:

Term 1

First day of school: 7th September 2026

Last day of school: 23rd October 2026

Term 2

First day of school: 9th November 2026

Last day of school: 18th December 2026 (at 1:00pm)

Term 3

First day of school: 5th January 2027

Last day of school: 12th February 2027

Term 4

First day of school: 22nd February 2027

Last day of school: 25th March 2027

Term 5

First day of school: 12th April 2027

Bank Holiday: 3rd May 2027

Last day of school: 28th May 2027

Term 6

First day of school: 8th June 2027

Last day of school: 22nd July 2027

DATES FOR YOUR *Diary*

Monday 10th November - First day of Term 2. Extra-Curricular Clubs start again.

Monday 10th to Friday 14th November - World Nursery Rhyme Week

Thursday 13th November - Michael Rosen Day

Friday 14th November - Children in Need: Children are invited to wear sports mufti for a £1 donation.

Monday 17th to Friday 21st November - Book Fair running in the Primary foyer.

Thursday 18th November - Class 1SA Share a Story Event 2pm - 3pm.

Thursday 20th November - Class 1HS Share a Story Event 2pm - 3pm.

Friday 28th November - Colour Raffle Mufti Day: more information will be shared soon.

Thursday 4th December - Years 3 to 6 to watch Rainbow Theatre's Sleeping Beauty pantomime (in school)

Friday 5th December - Extra-Curricular Clubs finish for Term 2 (they start again on Tuesday 6th January).

Monday 8th December - Festive Wreath Making session for parents and carers: more information will be sent out closer to the time.

Tuesday 9th December - Carol Concert for families of children in Classes 1SA, 2OW, 3OG, 4LI, 5VH, 6TS. Families can arrive from 9am for a 9:15am start.

Wednesday 10th December - Carol Concert for families of children in Classes 1HS, 2NH, 3AW, 4CW, 5CC, 6JP. Families can arrive from 9am for a 9:15am start.

Wednesday 10th December - Whole-school Christmas lunch.

Thursday 11th December - Pre-School Christmas Craft morning.

Thursday 11th December - Christmas Jumper Day: children are invited to wear their Christmas jumpers with their school uniform.

Friday 12th December - Turtle Class Christmas Craft morning.

Monday 15th December - Reception Nativity performance for RTG parents and carers 9:30 - 10:30am.

Tuesday 16th December - Reception Nativity performance for RGC parents and carers 9:30 - 10:30am.

Friday 19th December - Last day of Term 2: school closes for all children at 1pm.

DATES FOR YOUR *Diary*

Tuesday 6th January - First day of Term 3: Extra-Curricular Clubs start again.

Tuesday 6th - Friday 23rd January - Year 5 swimming at the Life Centre.

Tuesday 27th January - Year 3 Shang Dynasty Day

Friday 6th February - Samuel Pepys visits Year 2

Friday 6th - Monday 9th February - Year 5 & 6 residential to Paris

Friday 13th February - Last day of Term 3: Extra-Curricular Clubs end.

Monday 23rd February - First day Term 4: Extra-Curricular Clubs start again.

Monday 2nd March - Reception trip to the National Marine Aquarium.

Monday 2nd - Friday 6th March - Book Fair running in the foyer.

Thursday 5th March - World Book Day

Friday 13th March - Reception's Special Ladies events: RGC 9-11am and RTG 1-3pm.

Friday 20th March - Lots of Socks Day for World Down Syndrome Day: Children are invited to wear odd, colourful or lots of socks to school.

Friday 27th March - Extra-Curricular Clubs end

Tuesday 31st March - Turtle Class Easter Craft morning

Thursday 2nd April - Last day of Term 4

Monday 20th April - First day of Term 5: Extra-Curricular Clubs start

Tuesday 21st April - Reception Trip to Stover Park

Monday 4th May - Bank Holiday: School Closed

Monday 11th - Thursday 14th May - End of KS2 Assessment Week

Friday 22nd May - End of Term 5: Extra-Curricular Clubs end

Tuesday 2nd June - Start of Term 6: Extra-Curricular Clubs start again

Thursday 18th June - Reception trip to Dartmoor Zoo

Friday 19th June - Reception Special Gentlemen Events: RGC 9-11am and RTG 1-3pm.

Wednesday 24th - Friday 26th June - Year 5 & 6 Residential to Forest and Beach

Friday 3rd July - Extra-Curricular Clubs end

Friday 3rd July - Summer Fair

Thursday 16th July - Last day of Term 6

YEAR GROUP NEWS

Building Knowledge and Community as the New Academic Year Takes Off

Reception

This term RGC and RTG have been very busy settling into school, learning the new MAP rules and routines. The children have taken part in daily Phonics sessions and have had great fun learning in both classrooms and the outside area.

The children have enjoyed undertaking different independent challenges each week and they have loved wearing their puddle suits and wellies, where they have explored the sand pit, water and construction area and more importantly the mud kitchen!

Both classes have fully embraced learning about our key texts such as 'The Colour Monster Goes To School', 'Not Your Typical Dragon' and lastly 'The Smartest Giant in Town'. We even had our first trip to St Budeaux Library where we were able to bring a library book back to school. We can't wait to see what is in store next term!



Pre-School

It has been a wonderful start to the year as we welcomed our new Pre-Schoolers and saw familiar faces return with big smiles. Our focus this term has been on settling in, building friendships and exploring emotions through our topic, 'How Do I Feel?' The children have especially enjoyed story time, Maths activities and Phonics sessions. It's been a joy to watch them become more confident each day, developing independence, self-confidence and forming special friendships along the way.

We hope you are enjoying following your child's journey on Tapestry. Please feel free to add any learning or special moments from home—we love seeing what they're up to outside the classroom! Thank you for your continued support during this important transition. We're excited for the term ahead, full of curiosity, discovery and lots of happy moments.



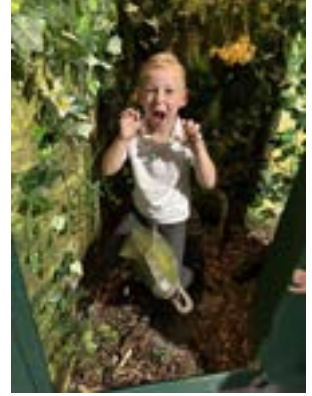
Nursery

This term has been a wonderful start to the new year. We have welcomed lots of new friends to Turtle Class and it has been lovely seeing them settle in and grow in confidence. The children have enjoyed exploring a world of colour through the topic rhyme, 'I Can Sing a Rainbow' and the topic book, 'WOW! Said the Owl'. They have created their own white fluffy clouds, created owls with brushes, been on a colour hunt, made red butterflies, collaged orange flowers, mixed their own colours with powder paint, explored the colours of the night sky and then created beautiful pictures. We are looking forward to lots more exciting learning next term!



Year 1

The children have had a fantastic start to Year 1. They have enjoyed their topic on Dinosaurs where they had the chance to become palaeontologists and look for fossils. The children also enjoyed the trip to Torquay Dinosaur Park. In English, the children have completed their first writes based on the books 'The Day Louis got Eaten' and 'How to Wash a Woolly Mammoth' where they showed excellent ideas for their stories. The children have also focused on Part-Whole Models and Number Sentences in Maths. The children have loved using the Maths resource boxes to help solve the answers. The Year 1 team wish the children a wonderful half term break and look forward to starting our next topic, 'Location, Location, Location'.



Year 2

What a fantastic start to Year 2! In English, we explored the texts, 'How to Hide a Lion in School' and 'My Day at the Zoo', and used them to inspire our writing. In Maths, we focused on place value and have begun learning about addition and subtraction.

In Whole Class Reading, we enjoyed the Izzy Gizmo books by Pip Jones – lively stories about perseverance and creativity. In Science, our topic 'Healthy Me' helped us learn how to look after our bodies and minds. In RE, we asked 'Who is Muslim and how do they live?', exploring the 99 names of Allah and the Shahadah.

In History, we studied 'Vile Victorians' and compared their lives to ours today. PE focused on coordination, agility and teamwork. In Art, we created Victorian clay houses for our exhibition, and in Computing, we explored technology around us and how to stay safe online. Finally, we ended the busy term with our Progress meetings – thank you for all of your support!



Year 3

We are incredibly proud of all the children in Year 3 and how well they have settled into their first term. They have worked hard to understand and follow the academy rules, showing great enthusiasm and determination in their learning. This term, the children have particularly enjoyed studying Prehistoric Britain in History, which was brought to life during their visit to Kents Cavern. They represented Marine Academy Primary beautifully throughout the trip and had a wonderful, hands-on day exploring life in the past. Across the Curriculum, Year 3 have demonstrated fantastic effort and perseverance, especially in English and Maths. Their progress can be clearly seen in their final pieces of writing and end-of-unit assessments. We are so proud of their achievements – keep up the great work, Year 3! We can't wait to see what Term 2 brings.



Year 4

This term, Year 4 have really immersed themselves in their learning! In English, the children explored the text 'What a Waste', an information book about environmental issues. While investigating the text, they practised using subordinating conjunctions and adverbials before planning and writing their own information texts.

In Maths, the children strengthened their place value skills by sorting numbers in ascending and descending order and rounding to the nearest 1,000. They then moved on to their new topic of Addition and Subtraction, developing confidence with column methods, including exchanging across two columns. In History, Year 4 completed their topic on Roman Britain, discovering how the Romans conquered Britain and the lasting influences they brought that we still see today.

In Science, the focus was Sound. The children learnt about amplitude, decibels and why it's important to protect our ears from loud noises. They explored how scientists design objects for specific acoustic effects and finished their learning by creating their own string telephones to demonstrate how sound travels!

Well done Year 4, for your commitment and resilience across all your learning this term!



Year 5

Year 5 have had an exceptional start to Term 1, and we couldn't be prouder of their achievements. In Maths, they have shown great determination in mastering Place Value, preparing them well for the Four Operations. In English, the children explored both fiction and non-fiction texts, then created their own imaginative versions.

Our History learning has been a highlight, with pupils showing impressive knowledge of the Benin Kingdom and its links to slavery and abolition. In Science, they investigated states of matter and how mixtures can be separated. 5CC loved the Tribal Songs workshop, which 5VH can't wait to join next term. Fantastic work, Year 5!



Year 6

Term 1 has been a fabulous start to the academic year for Year 6, as they concluded their first topic of learning. Towards the end of the term, both classes visited the Tamar Visitor Centre, where they learnt about the work of Isambard Kingdom Brunel, who designed the Royal Albert Bridge that is still used today, enriching their current topic knowledge. The children displayed their excellent knowledge of their History topic, 'The Industrial Revolution', by producing informative and high-quality essays.

In Maths, the children have focused on the four operations and worked hard at some SATs style questions. In English, the children have produced incredible animal stories in the style of Ted Hughes' 'How the Whale Became and Other Stories'. The Year 6 team are incredibly proud of their learning so far and are looking forward to another great term!



In Other

News

Thanks to Jaxon's creativity and Babcock's hard work, our school rabbits now have a fantastic new space to hop, play and explore!

This was made possible after Jaxon won the Growth Alliance Plymouth Drawing Competition and part of his amazing prize was 100 hours labour from Babcock.



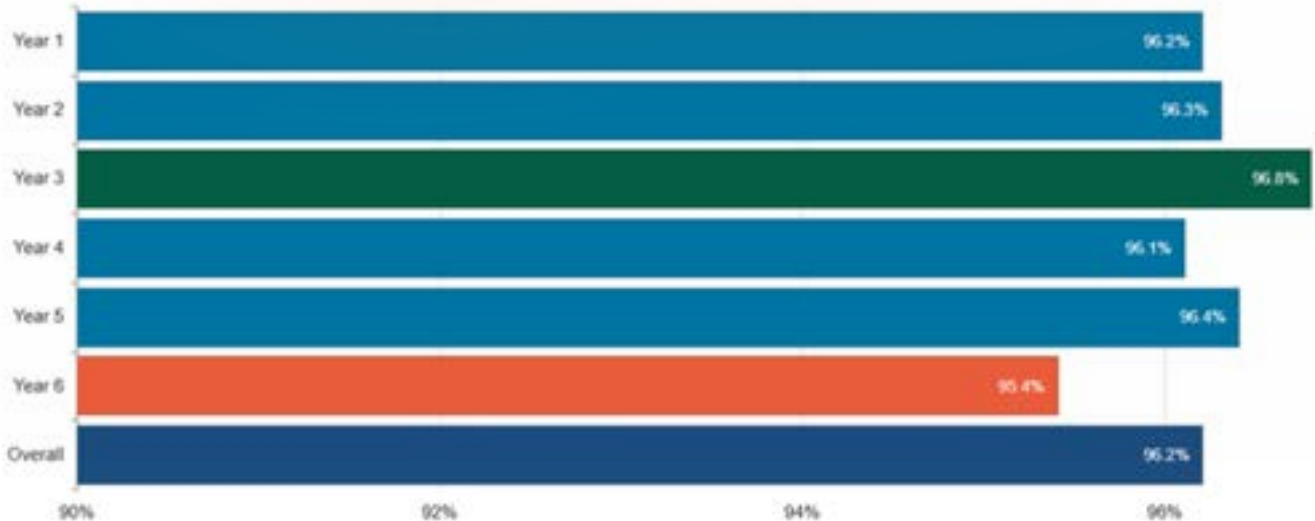
The cast for Snow White and the Seven Dwarfs were lucky enough to experience center stage at Theatre Royal Plymouth this term! This was such an inspirational opportunity for children, showing them the reality of performing on a big stage as well as exploring the careers that exist back stage of a production. Thank you Theatre Royal Plymouth for such an exciting opportunity and for inspiring the next generation of performers!



Our school saw success at this year's Ted Wragg Trust Awards ceremony. Ava in Year 6 was awarded Student of the Year, Ms Bell was awarded the Inspirational Leader award and Pat Patel, our Chair of Governors, was awarded the Unsung Hero award. All three of them embody everything the Trust stands for - ambition, selflessness and collaboration. Huge congratulations to them all, we are so proud of them!



Attendance



Well done Year 3 for having the highest attendance this term!

Please remember to contact the Primary each day that your child is absent.



We are so excited that the school is one of 42 schools taking part in next Summer's St Luke's Guiding Lights arts trail. If you would like to keep up to date with all the latest news regarding this project, please sign up to receive a copy of their monthly newsletter here: <https://stlukesguidinglights.com/news/>



ONLINE SAFETY

Welcome to the first online safety bulletin of this academic year. It aims to spotlight online platforms and content to be cautious about, as well as suggest guidance to support your child to feel safe and secure online.

If you have any further questions or concerns about e-safety, please contact our Computing leader, Mr Druce, by emailing: primary@marineacademy.org.uk FAO: Mr Druce.



ARTIFICIAL INTELLIGENCE



What is AI?

AI is when a computer/machine can learn and perform tasks like a human.

Its popularity continues to grow and examples include:

- Search engines such as Google now include an AI generated overview in their results.
 - Virtual assistants like Alexa, Meta AI and Siri.
- Chatbots such as Chat GPT and My AI from Snapchat.

Opportunities

- Homework – children can use AI to support and assist their learning.
- Advice – AI can be used to provide information and suggestions on a variety of topics.

Risks and concerns

- Misinformation – AI can sometimes provide incorrect or misleading information.
 - Privacy issues – read any privacy policies before using.
- Chat apps - a simple search of "AI Chat" within the App store highlights the number of apps already available that are not suitable for children as many are rated as 17+.
- Image manipulation – there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- Deepfakes – there are also AI tools that create realistic, fake videos that can be used to spread misinformation or cause harm.

How can I protect my child?

To help keep your child safe online, it is important to:

- Check age ratings of any apps or websites that your child accesses.
- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
 - Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.



TEST YOUR KNOWLEDGE: ONLINE SCAMS



Childnet have created a quiz for 9- 13 year-olds that includes a range of potential online scams, as well as tips to help your child protect themselves online.

[Access the quiz here:](https://www.childnet.com/blog/test-your-knowledge-about-online-scams-with-our-quiz-for-9-13-year-olds/)

<https://www.childnet.com/blog/test-your-knowledge-about-online-scams-with-our-quiz-for-9-13-year-olds/>



ROBLOX: GROW A GARDEN



Roblox is a platform consisting of a collection of games.

Grow a Garden is one of the latest games available on Roblox and is extremely popular. The game is labelled as 'minimal' for content maturity, which Roblox define as "may contain occasional mild violence, light unrealistic blood, and/or occasional mild fear."

Roblox believe that the game play is suitable for everyone.

However, as the game is on Roblox, it is important to be aware of the following:

- **Chat:** strangers can interact with your child.
- **In-game purchases:** this game does include in-game purchases.
- **Screentime:** set limits for how long your child is playing.

A lot of the content on Roblox is user generated, which may mean not all games are suitable for your child to view/play. If your child is playing Roblox, it is important to monitor what they are accessing, ensure they know how to use reporting tools and set up parental controls.

[Link to further information:](https://en.help.roblox.com/hc/enus/articles/30428310121620-ParentalControls-Overview)

<https://en.help.roblox.com/hc/enus/articles/30428310121620-ParentalControls-Overview>

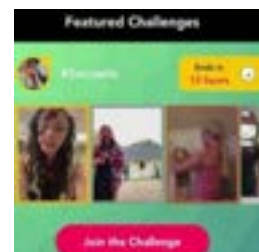


Coverstar

Coverstar say they are 'the safe TikTok alternative.' They state, 'there is no specific age limitation...however, if you are under the age of 13, you must obtain parental consent.' Users can post, comment and livestream.

Whilst Coverstar does not include private messaging, users can still interact via public comments. Coverstar does use moderation tools to scan all user-generated content. You should also be aware that Coverstar does allow in-app purchases from £0.99 - £59.99.

If your child is using this app, ensure they know how to use the reporting tools. Bark provide a full review of Coverstar here, but they rate it as suitable for 10+:
<https://www.bark.us/appreviews/apps/coverstar-app-review>





Aggies Community Waves Plymouth

New Shores

Monthly on a Friday
1900 - 2100

Crownhill RN Centre, PL6 5BX

Booking essential:
www.aggies.org.uk/new-shores

Suggested donation £3



Join us for fun and friendly social events for personnel and their families from around the world

For more information contact:
Mark.Jones@aggies.org.uk





www.facebook.com/AggiesCWPL

5th September 2025: All Things British
 3rd October 2025: Learn the Lingo
 7th November 2025: Meet the Locals
 5th December 2025: Christmas Season



FAMILY & PEOPLE
SUPPORT

Crownhill Junior Group

**Every Wednesday (Term Time)
1730 to 1900hrs for 6 to 12 year olds**

- Meet Other Service children
- Play Games and Sports
- Snacks, Craft and Have Fun!

£1.50 donation



Kids Nurturing Anchors

Free support for Royal Navy & Royal Marines
Families (serving and veteran)

In partnership with the RNRMC.



We proudly support serving and veteran families within the Royal Navy and Royal Marines community who are raising neurodivergent children, through free workshops, resources, and a welcoming community.

Find Out More



<https://www.kids.org.uk/services/navy-hub/>



nurturing.anchors@kids.org.uk



+44 (0) 7701314245





Platform Garden Men's Group

St Budeaux Railway Station
St Budeaux Square side



Join us on the 1st and 3rd Monday of each month, 10am to 2pm, **to reclaim forgotten land and build a new productive garden!**

Meet new people, grow your own food, and improve your well-being with exercise in nature and the fresh air. Refreshments and tools provided. No special skills needed.

If you are interested, or would like more information, get in touch with Steve on **07946 566018** or by email **steve@thepioneersproject.co.uk**

Or check out **www.thepioneersproject.co.uk**

Supported by





Get 8 items
for just £2

Free Fruit
and Veg



**COMMUNITY
LARDER**

Thursdays,
10am-12pm

LiveWest
A home for everyone

36 Furze Park,
Barne Barton

Sainsbury's

For more info contact: info@thepioneersproject.co.uk



Welcoming Community Cinema



£1
Donation

Enjoy classic films in a warm space,
Soup included!

Every other Thursday, 10am,
Starting 11th November.

St Budeaux Library
Victoria Road, PL5 1RQ

For more information contact

07779019241 or info@thepioneersproject.co.uk.

FREE
PLEASE **BOOK**
BY CALLING A
FAMILY HUB

**PLYMOUTH
FAMILY HUBS**

READY, STEADY, CHAT!

**8 SESSIONS DESIGNED TO SUPPORT
YOUR CHILD'S SPEECH AND
LANGUAGE DEVELOPMENT!
18 MONTHS-4 YEARS**



THURSDAYS @ Southway Community Centre 130-230
or,

FRIDAYS @ Nomony Family Hub 10-11am
running from 2nd October - 28th November 2025
(No session in half term)

Activities include:

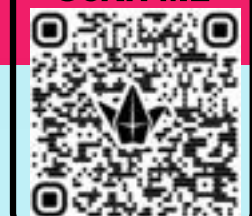
- ✓ Arts and crafts
- ✓ Games and activities
- ✓ Talk time and ideas for home
- ✓ Singing
- ✓ Storytelling



Plymouth Family Hubs working in partnership with...



SCAN ME





Autumn Timetable

9th September - 23rd December 2025

FREE activities for all the family

Our Family Hubs & Other Venues

Fourwoods Family Hub, 415 Crownhill Rd, West Park, Plymouth, PL5 2LN, 01752 366795, plymouthccwest@barnardos.org.uk
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4pm

The Barn Family Hub, Kit Hill Cres, Barne Barton, Plymouth, PL5 1EJ, 01752 362320
Opening times: Mon-Thurs 8.30 - 4.30 & Fri 8.30 - 4

Whitleigh Family Hub, Four Greens Community Hub, 15 Whitleigh Green, Plymouth PL5 4DD, 01752 875933,
plymouthccnorth@barnardos.org.uk
Opening times: Monday-Thurs 8.30-4.30 & Fri 8.30-4

Rees Well-Being & Family Hub, Mudge Way, Plympton, Plymouth PL7 2PS, 01752 340550, RCWBH@Barnardos.org.uk
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4

Nomony Family Hub, 27 St John's Rd, Cattedown, Plymouth, PL4 0PA, 01752 261844, plymouthcceast@barnardos.org.uk
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4

Southway Family Hub, Youth and Community Centre, Hendwell Close, Plymouth, PL6 6TB
01752 875933, plymouthcceast@barnardos.org.uk

Efford Family Hub, High View Primary School, Efford, PL3 6JQ, plymouthcccentral@barnardos.org.uk

Tothill Community Centre, 119 Knighton Road PL4 9DA

Onward House, 55 Greenbank Road, PL4 8PE

Mainstone, Mainstone Social Club, Pattinson Drive, Plymouth, PL6 8RU

St Francis Assisi, Honicknowle, 57 Little Dock Lane, Plymouth, Devon PL52LP

Plymstock, Elburton Methodist Church, Springfield Road, Elburton, PL9 8PR

Sweetpeas Children's centre, Compton Church Hall, 2 Revel Road, Compton, PL3 5LF, 07808 200207,
plymouthcccentral@barnardos.org.uk

Church of the Holy Spirit, Cliffaforde Rd, Southway PL6 6EJ, Jump Plymouth
Christian Mill Business Park, Plymouth, PL6 5DS

Elm Community Centre, Leypark Walk, Plymouth, PL6 8UE

Families can also get support and access activities and services from our Satellite sites:

YMCA: Kitto Centre, Honicknowle Ln, Plymouth PL5 3NG, 01752 201918

Elm Community Centre & Wellbeing Hub: Flat 51 Leypark Dr, Leypark Walk, Estover,
Plymouth PL6 8UE, 01752 763199

Barnardo's Plymouth Family Hubs

Autumn Timetable 9th September to 23rd December 2025

Monday

Latch on
Rees1-2.30pm

We offer support for women who are pregnant and wanting to breastfeed as well as offering help and advice for women who are currently breastfeeding and want to learn more about its benefits.

Tuesday

Latch on
Highview 10-11.30am
Elburton 10.-11.30am

Chatterbox
Elburton Methodist Church
10-11.30am

An exciting stay and play for 0-5 year olds with themed sessions with our team. Health visitors are also available for advice and/or to have your baby weighed.

Wednesday

Latch on
Nomony 1-2.30pm
St Francis of Assisi 1-2.30pm

Chatterbox
St Francis of Assisi 1-2.30pm
Compton Church 1-2.30pm

Thursday

Latch on
Elm 1 - 230pm

Chatterbox
Highview 9.30-11am
The Barn 10-11.30am

Friday

Latch On
Fourwoods 10-11:30am

Chatterbox
Tothill Community Centre
10 - 11.30am
Whiteleigh Family Hub
10- 11.30am

Mini Moments
(previously named Bump, Baby and Me)

8 different themes on a rolling programme to join in and explore with your babies.
Themes including, Lets gets creative, Lets get messy, Lets Learn, Lets make music and more.

No need to book, just come along!
Highview, 9-10.30am

Mini Moments
(previously named Bump, Baby and Me)

8 different themes on a rolling programme to join in and explore with your babies.
Themes including, Lets gets creative, Lets get messy, Lets Learn, Lets make music and more.

No need to book, just come along!
FourWoods Family Hub, 10-11.30am

Twins Group

A stay & play for all families with twins 0-5.

2nd & 4th Wednesday of each month
Rees Family & Wellbeing Hub
10-11.30am

Multicultural Group

A stay & play group for all families who have English as an additional language. HV team are there weekly and provide a weigh in clinic. 0-5 yrs.

Onward House
9.30 - 11am

Please book a space

Ready, Steady, Chat!
(8 Week Course)

Designed to support your child's speech and language development.
18 months - 4 years
Arts and crafts, singing, games and activities, storytelling, talk time and ideas for home
Nomony Family Hub, 10-11am
(running from 2nd October - 28th November 25, no session in half term)

Little Explorers

Step By Step

Specialised groups to help with children who may have signs of developmental delay and/or SEN. Come along to one of our groups to gain advice and support for you and your child.

No need to book, just come along!
The Barn Family Hub, 10-11.15am

Step By Step

Specialised groups to help with children who may have signs of developmental delay and/or SEN. Come along to one of our groups to gain advice and support for you and your child.

No need to book, just come along!
Nomony Family Hub, 10-11.15am

Café Connect

Join us for a midweek Starbucks coffee and help us tackle food waste by taking away food from M&S, Lidl and Tesco.

The Barn Family Hub
10am - 2pm

Little Explorers Playgroup

A stay & play for children 0-5 with various themed activities.

Elm Church
10-11.30am

(Term time only)

For dads and male carers (dads, granddads, uncles) - partners welcome!

Discover a world of joy and learning at our playgroup sessions - where every day is a new adventure for your little one!

Jump, Christian Mill Business Park
1.30-2.30pm

Perinatal Mental Health Support Group

Run by Barnardo's and the Perinatal Mental Health Peer Support Team from Livewell Southwest.

We offer a safe, nurturing and supportive space for mums with babies from birth up until the age of 18 months, who are in need of emotional and mental well-being support in the postnatal period. We also offer antenatal peer support from second pregnancy onwards.

Do I need to book?
This group is by Invite Only. Please contact Nomony Family Hub for more information.
Nomony Family Hub, 10-11.30am

Soft Play

Family hub staff and other professionals available for support and advice if needed. Soft play suitable for 7 and under.

Central Methodist Church
1.15 - 2.30pm

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8 different themes on a rolling programme to join in and explore with your babies.

Themes including, Lets gets creative, Lets get messy, Lets Learn, Lets make music and more.

No need to book, just come along!
Nomony Family Hub, 1-2.30pm

Step By Step

Specialised groups to help with children who may have signs of developmental delay and/or SEN. Come along to one of our groups to gain advice and support for you and your child.

No need to book, just come along!
Whiteleigh Family Hub, 10-11.15am



Step By Step

Specialised groups to help with children who may have signs of developmental delay and/or SEN. Come along to one of our groups to gain advice and support for you and your child.

No need to book, just come along!
Highview, 1.45-2.45pm

Please book a space

Ready, Steady, Chat!
(8 Week Course)

Designed to support your child's speech and language development.
Arts and crafts, singing, games and activities, storytelling, talk time and ideas for home
18 months - 4 years
Southway Community Centre, 1.30-2.30pm
(running from 2nd October-28 November 25, no session in half term)

'Jump' with Dad

A free soft play session for dad's and male carers.

The 1st Tuesday of every month
(Starting 9th Sept)

Jump, Christian Mill
Business Park, Plymouth
PL6 5DS



Dads N Dinkies Soft Play

FREE soft play sessions at YMCA for all male carers and their children 0-7 years

YMCA, 1.30-3pm

BOOKABLE ON THE YMCA WEBSITE



Mini Moments
(previously named Bump, Baby and Me)

8 different themes on a rolling programme to join in and explore with your babies.
Themes including, Lets gets creative, Lets get messy, Lets Learn, Lets make music and more.

No need to book, just come along!
Elm Centre (alongside Latch On), 1-2.30pm



To view our online Padlet with more information about any of our services, please scan the QR code below...



Autumn



OUR PARENTING COURSES



SOLIHULL

The Solihull Approach to parenting looks at a range of strategies to enhance parent/child relationships, designed to encourage a reflective style of parenting that leads to more sensitive and effective parenting. You are also helped to understand how you can influence your relationship with your child through play.

We focus on the parent/child relationship and aim to support you in building positive and responsive relationships with your children. Our sessions include...

- How do you know what you and your child are feeling?
- Tuning in to your child's developmental needs.
- Having fun together- The importance of play.
 - Self-regulation.
 - Sleep and anger.
- Different styles of parenting.
- How to recover when things go wrong.

We run 5 different Solihull Approach courses:

- Solihull- Understanding your child (6m-18 years)
- Solihull- Understanding your baby (0-6 months)
- Solihull - Understanding your child with additional needs
- Solihull SEND (10 weeks, 2 hour sessions)
- Solihull Antenatal (5 weeks)



INCREDIBLE YEARS



This programme is supported by over 30 years of research to help support parents to improve their child's behaviour.

Our Incredible Years parenting programmes focus on strengthening parent and child interactions, nurturing relationships, promoting positive discipline and helping families promote social, emotional and language development in children.

We run 3 different Incredible Years courses:

- Incredible Years basic 1-3 years (12 weeks, 2 hour sessions)
- Incredible Years basic 3-6 years (12 weeks, 2 hour sessions)
- Incredible Years ASC (Autistic Spectrum Condition. (12 weeks, 2 hour sessions)



CIRCLE OF SECURITY

(8 weeks, 2 hour sessions)
4 months - 5 years



The Circle of Security parenting sessions are reflective with discussions around appreciating & improving attachment, strengthening relationships and improving the lives of children through connection. It's a therapeutic and relaxed program, beneficial to all caregivers and parents.

Facilitators work with parents and care-givers to help them to:

Understand their child's emotional world by learning to read emotional needs.

Support their child's ability to successfully manage emotions.

Enhance the development of their child's self esteem.
Honour the innate wisdom and desire for their child to be secure.



TIMID TO TIGER

(11/12 weeks, 2 hour sessions)
8-11 years

Timid to Tiger is an entirely parenting-based approach to managing anxiety in children. It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent.

The group aims to explore the role of anxiety within a family and how it develops.

The Timid to Tiger course explores:

Securing parent-child bonds through non-directive play.
Understanding your child's anxiety and managing behaviours related to this.

Using praise to build children's confidence and using rewards to help your child's motivation.
Managing worry & really difficult behaviour.



KINTSUGI HOPE

(12/13 weeks, 2 hour sessions)



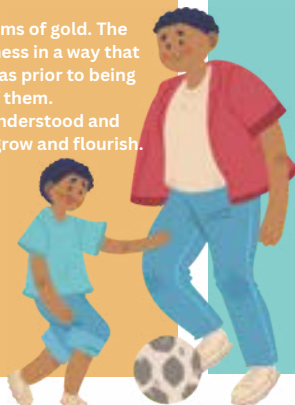
Kintsugi Hope is a charity based in the UK striving to make a difference to people's mental wellbeing.

"Kintsugi" is a Japanese technique for repairing pottery with seams of gold. The word means 'golden joinery' in Japanese. This repairs the brokenness in a way that makes the object more beautiful, and even more unique than it was prior to being broken. Instead of hiding the scars it makes a feature of them.

We want to see a world where mental and emotional health is understood and accepted, with safe and supportive communities for everyone to grow and flourish.

Issues covered include;

- Disappointment,
- Loss,
- Anxiety,
- Anger
- Perfectionism,
- Shame,
- Resilience.



**FOR A REFERRAL FORM
PLEASE CONTACT:
plymouthchildrenscentres
@barnardos.org.uk**

**Email justina.hingston@barnardos.org.uk
if you require further information about
our courses or to discuss or follow up
your parenting course referrals.**

OUR DOMESTIC ABUSE SERVICES



THE RECOVERY TOOLKIT

DAP (DOMESTIC ABUSE PATHWAY)

Our pathway consists of 3 courses, Stronger Us, Recovery Toolkit and You and Me, Mum, which aim to enable women to make sense of their relationships.

Each session will last approximately 2 hours with crèche facilities available for under 5's

The pathway is designed to:

- Promote the understanding of Power and Control
- Understand how your thoughts affect the way you feel
- Increase your self esteem
- Find ways to protect ourselves and the ones we love
- Build on our relationship with our children through effective communication
- Focus on our hopes, our dreams, our plans.

'Stronger us' is a 6 week course for women that will explain violent and abusive behaviour, relating this to real life situations. 'Stronger us', is designed to support us to gain self esteem and the confidence to help us live a safe and happier life.

The Recovery Toolkit is a 12 week course for women, which aims to provide us with all the knowledge we need to recover from the affects of living with domestic abuse.

You and Me Mum is a 10 week course for mothers which supports us to understand how Domestic Abuse affects us and how it affects our children.



THE DAY PROGRAMME

Domestic abuse & exploitation: bringing young people out of the dark & into the light of DAY



DAY is a unique multimedia programme that uses short films, advertisements and chart music to raise awareness and provide education about domestic abuse and exploitation in a relevant and exciting way. It is a 10-week course that has been designed to use with young people over the age of 14, although can be adapted for use with young people over 11 years.

It challenges detrimental mind-sets about abuse and exploitation, explores how beliefs inform behaviour, and looks at the role of the media in reinforcing unhealthy beliefs.

We are able to deliver this course in schools, to whole classes, small groups or on a one to one basis. It can be delivered to single sex groups or to mixed groups of young people.



DART™ (DOMESTIC ABUSE RECOVERING TOGETHER)

Domestic abuse can have a huge impact on children. Their responses to witnessing such abuse can be very different, and some are affected more than others. These effects may be short or long-term and can impact on many aspects of your family's life.

Often domestic abuse is not discussed between family members, which can have an impact on how parent/carers and children relate to each other.

Through DART™ children and mothers can talk to each other about domestic abuse, learn to communicate and rebuild their relationship.

Over ten weeks, mothers and children aged 7-14 meet for a weekly two-hour group session.

Children and mothers work together for an hour at the start of the group, and then take part in activities in separate groups. At the end of each session, they join together again.

Women learn more about how domestic abuse happens, how it affects children and explore experiences and strategies that can be used as a parent.

Children take part in activities that help them build their own understanding of domestic abuse and how they're feeling.



DO YOU FEEL WHAT I FEEL? (MONKEY BOB)

The 'Do You Feel What I Feel?' Programme, is a vital resource for children impacted by trauma or domestic abuse.

Using the friendly character Monkey Bob, the programme engages children in play therapy to help them understand and express their emotions, fostering emotional awareness and healing.

This programme is suitable for various settings, and is specifically designed for children aged 3-7. Practitioners can utilise the programme to fit with the child's needs and development.



<https://youtu.be/q67Cet8uVNI>



RTK (RECOVERY TOOLKIT FOR CHILDREN)

Recovery toolkit for children aged 11-18 who have witnessed or experienced domestic abuse.

The 8 week programme requires children to attend a 2 hour session once a week.

The course aims to help children and young people come to terms with their experiences and to develop positive lifestyle and coping strategies.

The Recovery Toolkit has the following objectives:

- To positively change an abused individual's thinking, how you perceive yourself (self-esteem and self-image) addressing Automatic Negative thinking.
- To encourage the development of strategies to help you cope with difficult emotions. Developing assertive behaviour and minimising aggressive behaviour.
- To recognise the effects of abuse on children, encouraging you to develop positive skills.
- To positively change how you interact with others, building positive relationships with peers and family members.
- To set individual goals and action planning



Scan for more information



Scan for Referral form

PLEASE NOTE: Courses are face to face and during the day
Creche spaces are available but limited spaces

BUGGY WALK

**EVERY FRIDAY
12.30PM**

Meeting Point:
FRONT ENTRANCE
FOULSTON PARK
Madden Road
Devonport
PL1 4NE

FREE



Includes free hot drink and soft play session for children
For more information contact the Livewell Wellbeing Team on 01752 437177



ARGYLE
COMMUNITY
TRUST