

The Weekly Bulletin

Inspire, Create, Discover, Together

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT
If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do. The main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL
When you're taking a screen break to do a different activity or chores, turn it into a game by setting yourself a timer. Can you complete your tasks before the alarm goes off?

GO DIGITAL DETOX
Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE
Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those gripes when you do want to go online.

AGREE TECH-FREE ZONES
Nominate some spots at home where devices aren't allowed. Anytime your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY
As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME
Stay aware of how long you've been on your device for... Controlling how much time you spend is potentially a useful area of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT
Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND
Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK
Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS
When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY
Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert
Helen, a dietitian and author of the only specialist paediatric mental health qualifications. They also provide training and support to schools, young people and their families – empowering educators and young people to manage their mental health better. For more information, visit www.nos.org.uk or contact us on 01203 625252.

DEVICE BOX
The National College
NOS National Online Safety
#WakeUpWednesday

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Spring Term Clubs

Information about our Spring Term clubs programme will be shared via ParentMail early next week. **The majority of school-led clubs will start week commencing 29th January and run for 6 weeks, either side of half term.** We will do our best to accommodate as many requests as possible, but please be aware that we aren't always able to allocate places to everyone who applies. We will try to ensure that children who aren't successful this time will be prioritised next term.

Sports Clubs - There are still places available at our after school clubs. Please contact the office.

Music Tuition - We have a small number of places left for our 1:1 music tuition lessons. Please speak to the office for further details.

January

3rd PD Day

4th Start of Spring Term

9th Open Event for prospective Reception parents



February

19th - 23rd Half Term

March

28th Last day of Spring Term

April

12th PD Day

15th PD Day

16th Start of Summer Term

PE Uniform Reminder

Indoor P.E

- Red plain T-shirt (with or without school logo)
- Black shorts (plain)
- White socks for games
- Appropriate training shoes/plimssoles
- (For games the children may also wear a black tracksuit)

Outdoor P.E.

- Black jogging bottoms (plain)
- Red plain sweatshirt or school fleece
- Black sports skins can be worn under indoor PE kit - **no football socks or strips**
- Trainers

Barrow CEVC Primary School



INSPIRE, CREATE AND DISCOVER TOGETHER



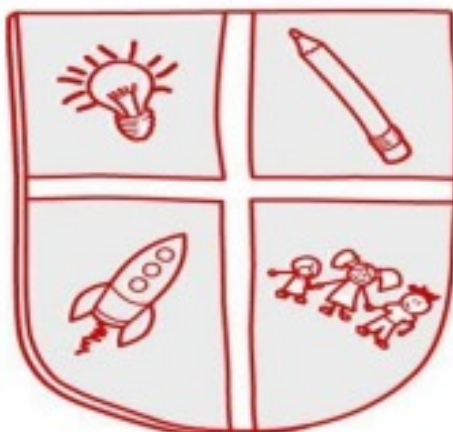
Open Event

Tuesday, 9th January 2024

If your child was born between 1st September 2019 and 31st August 2020 they will start school in September 2024. The deadline for applications is 15th January 2024. We understand how important choosing the right school is and so we would like to warmly invite you to visit our school and experience for yourself the quality of education we offer.

The school will be open to visitors from 3.30pm to 5pm.

Please contact the school office to register your interest in our open event for prospective Reception parents. We will be pleased to give you a tour and answer any questions you may have.



Barrow CEVC Primary School

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Telephone: 01284 810223 Fax: 01284 811977

Email: admin@barrow.suffolk.sch.uk

Web: www.barrowcevcprimaryschool.co.uk

Come and play BADMINTON
- good fun and great exercise



Every Friday - Juniors and Adults
- everyone made welcome
St. Phillips Newmarket A.B.C.

at Newmarket Leisure Centre, Exning Road, CB8 0EA

“Little Shots” Junior Badminton Club

Structured coaching / fun sessions for children aged from 6 to 18 years.
Coaches are qualified & DBS checked. Covid safety measures in place.

5.30p.m. – 6.30p.m. (ages 6 to 11) and 6.30p.m. – 7.30p.m. (ages 11 to 18)

Adult club 7.30p.m. – 9.30p.m.

For more details please contact John Harvey -
Email: jhjohnharvey@aol.com or Mobile: 07739 392312 .