



The Weekly Bulletin

Inspire, Create, Discover, Together

Severe Weather Closures

Please find below a reminder about how and where you can find information should the school need to be closed due to severe weather, or any other kind of emergency. We will always endeavour to keep the school open, however, on occasion it may well be that severe weather means that it's unsafe for children and staff to get into school or be on the school site. With this in mind, if you think the school may be at risk of closure due to adverse weather conditions, then please follow the guidance below:

- Check Suffolk County Council's website
<http://schoolclosures.suffolk.gov.uk/schoolsrolite.php?qttype=primary>
- Listen to local radio (SGR 97.1 or 96.4 fm, Radio Suffolk 95.5, 95.9, 103.9 or 104.6fm). There will be timed updates at 10 minutes past and 20 minutes to each hour.
- Check the school website – address above
- Check for ParentMail messages by text and/or email

If the school remains open:

- Please walk to school if it is safe and practical to do so
- If you have to drive, please drive safely and park away from the school to avoid congestion

If the school is closed:

- Learning for the day will be set by class teachers on our remote learning platform, Google Classroom. Please check your account for messages and updates following any closure notification.
- Keep checking the school website and Google Classroom for regular updates
- Stay safe

We do appreciate that school closures, for whatever reason, are very difficult for working parents. We would suggest that you have contingency plans already in place if you are likely to be affected by such a circumstance. This could be by arranging to group children together with willing friends, neighbours or family locally.

We very much hope that the daily running of the school will be unaffected by such circumstances over the coming weeks.

Spring Term Clubs

Information about our Spring Term clubs programme will be shared via ParentMail next week. **The majority of school-led clubs will start week commencing 27th 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, particularly Netball on Wednesdays. Please contact the school office.

Whole School Notices

Village Parking - Please note that there is no parking for school pick up and drop offs at The 3 Horseshoes pub for the next 3 weeks from today.

Uniform & Appearance Reminders - coming back to school from the holidays, please could we politely remind everyone of our uniform expectations relating to appearance:

- *No jewellery other than stud or small sleeper earrings (under half-inch) may be worn in school.*
- *No nail polish, false nails or make-up may be worn.*
- *Hairstyles should be appropriate for school – no extreme dying of hair, shaved or partially shaved heads or patterns*
- *Longer hair should be tied up in practical subjects and for PE*
- *Hair bows, clips and headbands should be small and school colours only. No large bows.*

Midday Supervisor Vacancy - we currently have a vacancy for our lunchtime staff team. Please contact the school office for further details and an application form.

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!

BUY MILK

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 a chore, turn it into a game by setting yourself a timer. Can you complete your task 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 grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere 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 in potentially stressful areas 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

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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