



The Weekly Bulletin

Inspire, Create, Discover, Together

Welcome Back!

Happy New Year and welcome back to the new term. We hope you all enjoyed a restful and enjoyable holiday.

We are pleased to welcome **Miss Ireland**, who has recently joined our team and will be working in Year 2 over the Spring and Summer Terms. We are confident she will be a valuable addition to the school and we are sure you will join us in making her feel very welcome.

We would also like to let you know that **Miss Baker** will be leaving us temporarily to begin her maternity leave on Friday, 23rd January. We would like to take this opportunity to thank her for her hard work and dedication and we wish her all the very best during this exciting time.

As always, we look forward to working closely with you throughout the term to support the children in their learning and development.

Whole School Notices

Smart Watches in School

We would like to remind parents and carers about our expectations regarding smart watches worn in school. For safeguarding reasons, any watch worn by a pupil must not be able to access the internet, make calls, send messages, or take photographs or videos. Devices with these capabilities are not permitted during the school day.

If a child wears a smart watch that has such functions, it must be disabled before coming to school or the device should not be worn at all. This helps us ensure the safety, privacy, and wellbeing of all pupils. We appreciate your support in helping us maintain a safe and focused learning environment for everyone.

Autumn Term Interim Reports

Please look out for your child's Autumn Term Interim report being sent home today. This short summary gives details of their attainment across the curriculum so far this academic year.

Severe Weather Closures

Please note the information shared via email earlier this week.

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 26th 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 on Mr Daniel's after school sports clubs. These are indoors this half term. Please contact the school office for further details.

Uniform Reminders

As we welcome the children back to school after the holidays, we would like to take this opportunity to gently remind everyone of the importance of maintaining a smart, appropriate, and consistent school uniform. A high standard of appearance helps promote a positive learning environment and reflects pride in our school community.

Please note the following expectations regarding uniform and appearance:

- Jewellery should be limited to **stud or small sleeper earrings only (under half an inch)**. No other jewellery may be worn. **Make-up, nail polish and false nails** are not permitted.
- Hairstyles should be **appropriate for school**, with no extreme hair colouring, shaved or partially shaved styles, or patterns. **Longer hair must be tied back** during practical subjects and PE for safety reasons. Hair accessories such as bows, clips, and headbands should be **small and in school colours only**. Large bows are not permitted.
- **PE kit**, including visible skins and PE trainers, should **only be worn on designated PE days**.

We appreciate your continued support in helping our pupils meet these expectations and in reinforcing the importance of presenting themselves smartly and appropriately for school. Thank you for your cooperation.

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

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