

NEWSLETTER Thursday 8th February 2024

Dear Parents / Carers,

I can hardly believe we are winging our way towards half term already! Spring is definitely around the corner, so let's hope the weather soon changes. Please read on for the latest news.

LANDSCOPE LEARNERS

Class one took us on a wonderful journey around our solar system as they shared their learning in their space themed class assembly. They re-enacted zooming to the moon; sang about 5 little men in a flying saucer; powered rockets and shared some amazing planet facts. It was out of this world!



This half term, **Class 2** have been learning all about multi-skills in PE. This week, we were focusing on dribbling the ball - looking at height, position of our hands and feet whilst looking at where we are moving. We then had to try and use our skills we had learnt to throw the ball into the net behind a goalkeeper.



In PSHE this week **Class 3** undertook some great problem solving. Working in small groups they had to figure out the steps they needed to take to achieve the challenge of designing the funniest potato person! They did really well to think about how to work best in a team and play to each other's strengths.





Class 4 have been looking at databases in Computing this term, helping them understand how data is organised, stored, and accessed. It also allows them to recognize the importance of data accuracy and management. This week we used data from the Titanic to create charts, allowing us to visually compare data. We also used real life database Expedia to look at flights for our dream holidays! We had to use filters to sort the flights by longest, earliest arrival and how many stop overs there were. The data bases sparked the children's curiosity about how costs changed from site to site – something our parents know all about!



ETHOS, VISION & VALUES

Class Four have been busy making 'Bags of Kindness' which our Ethos Group delivered to the residents of Ashburton House when they visited last week.

SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 96.8%)	
Whole school	91.3%
Class 1	86.4%
Class 2	93.8%
Class 3	87.5%
Class 4	95.3%
Well done to Class 4!	

This free online safety guide provides some insight on persuasive design ~ highlighting it's potential effect on behaviour and provides some tips to minimise it's impact.

<https://nationalcollege.com/guides/persuasive-design-2>

If you are concerned about a child's wellbeing, please, contact the school or in non-school hours contact MASH on 0345 155 1071.

Our designated safeguarding officer is Mrs. Ryder and the deputy safeguarding officer is Mr. Ansermoz

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

Persuasive design refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

- POTENTIAL ADDICTION**
In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as if they spend most of their time on social media – they may start to feel it difficult to talk to other people in real life.
- MENTAL HEALTH CONCERNS**
Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.
- PROLONGED SCROLLING**
Social media can draw you in – into a continuous pattern of refreshing our screen, following posts and links, rabbit holes or reading countless comments made by others. This endless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.
- SENSORY OVERLOAD**
Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a calming, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.
- COSTLY ADDITIONS**
Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these purchases are tempting, promising to improve a player's gaming experience, most of the time they're bought impulsively. Young people in particular, excited by the chance of a valuable reward, could spend quite a sizeable sum very quickly indeed.
- PHYSICAL CONSEQUENCES**
Hours spent sitting and scrolling means far less time moving around. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

- ESTABLISH LIMITS**
Talk to your child about setting some time limits: on how long they can use their phone, tablet or console in the evenings or at weekends, – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.
- ENCOURAGE MINDFULNESS**
Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online, get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.
- NIX NOTIFICATIONS**
Stop knee-jerk responses to the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these pop-up gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.
- MAKE A CHECKLIST**
Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert
Hannah Andrews has more than 10 years' experience in the field of nationalities, self and health education (SHE). As a writer, delivering workshops and training for parents, carers and schools, she has been a subject matter expert on SEd for the Department of Education.

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SAFER INTERNET DAY ~ a national campaign, which along with many schools we join. The aim is to ensure we have a variety of activities to equip children with the skills they need to have a safe and positive time online. With this in mind Mr A ran a workshop for parents with the latest information from Internet Matters who have a wonderful set of resources on their website specifically for parents. The resources are a 4-episode series covering good habits, being mindful, device safety and digital chats. You can find all the resources here:

www.internetmatters.org/advice/0-5/online-safety-video-guides-early-years/#good-habits-start-early

ATTENDANCE: Persistent Absenteeism (PA):

A pupil becomes a 'persistent absentee' when their absence falls below 90% (19 days or 38 sessions missed) across the school year for whatever reason. Absence at this level clearly means that children are missing many lessons and would therefore be monitored thoroughly, and we need parents fullest support and co-operation to tackle this.

So what is the impact of missing school? All lessons we plan and teach in school are part of a sequence of lessons. By the nature of our curriculum, week 1 ensures knowledge and skills are taught and these will be built on in week 2 and enable the next steps. Staff will, of course, always try to 'gap fill' for children who miss key components of learning, but it is not the same as children being in class and it is not possible to teach the current plans for the week as well as everything that has been missed.

PA becomes part of our national data, and we are held to account for this data and the impact it has, so please bear this in mind when receiving attendance letters or emails.

PARENT CONSULTATION MEETINGS

Parent consultations will be coming up after the half term holiday~ 27th & 29th February. You can book your appointment via eSchools. Any problems then let us know after half term.

Could I just remind you that fitting everyone in is always quite a challenge and those of you with early appointments usually do quite well. It tends to be those of you with the later slots that can suffer from the dreaded "long wait syndrome". Please help us to maintain our 10-minute schedules and if 10 minutes isn't going to be long enough, we can easily arrange to meet you again at a later date. Thank you (on behalf of the teachers and people with the late appointments!!!)

FOLS – a message from Michelle

Wow! What a fantastic turn out we had for the movie night, it was so lovely to hear all the children giggling with their friends, they all sat beautifully and were a delight to have! As an added bonus we raised £300 for FOLS.

Do sign up for the 100 club if you can, it's such an easy way to make money for FOLS plus being in with the chance to win yourself. It is only £4 per month, with £2 going to FOLS and £2 going into the monthly prize fund. Well done to Ann Down who was our January winner. Contact Danielle Merchant - dscamp@hotmail.co.uk to get your number.

26th March - FOLS will be running a FREE Easter trail during the school day. Each child will receive a chocolate lolly at the end, please let us know of any allergies or if you would prefer your child not to receive one.

17th May - BAGS 2 SCHOOL ~ We all have clothing in our wardrobes that we haven't worn in ages, but when it comes to a clear out what do you do to make sure the environment comes off best? Bag2School has the answer – Collect all your unwanted clothing and drop off at school first thing on Friday 17th May. The more the bags weigh the more they will pay. ((No bedding, blankets, towels or toilet seats this time please as they are not accepted and school has to pay to have these items taken away!!)

A big thank you for all your continued support, we hope you have a lovely half term break.

Many thanks, Michelle

COMING UP- DATES FOR YOUR DIARY

9 th February	Break up for half term. Back to school Monday 19 th Feb
27 th & 29 th February	Parent consultations – booking via eSchools
23 rd February	Class 3 Forest school day
1 st March	Class 2 class assembly for parents 3pm school hall
5 th March	Class 3 Mosque educational visit
8 th March	Mothering Friday
8 th March	Class 4 Forest school day
11 th March	Jewish speaker visiting Class 2 & Class 4
12 th March	Class 3 class assembly for parents 3pm school hall
13 th March	Class 4 educational visit: Occombe Farm
19 th March	Class 4 class assembly for parents 3pm school hall
22 nd March	Class 2 Forest School day
25 th March	Y5/6 Hockey tournament
26 th March	Easter in a day & Easter collective with Rev Gina
28 th March	Break up – 3.30pm finish

That's all the news for now. Have a super half term break.

Jill Ryder.