



Thursday 22nd February 2024

LETTER FROM THE HEADTEACHER

Dear Parents and Carers,

Welcome back to the start of term 4. I hope you all had an enjoyable half term break. The last week of term 3 was a busy one, with the KS1 and KS2 discos, and 'wear what makes you happy day'.



BORE PLACE RESIDENTIAL

Some of our year 4 students are currently on a residential trip at Bore Place for the week. I look forward to sharing some photos in next week's newsletter of their time away.

WORLD BOOK DAY

We are really looking forward to world book day! Children can come to school dressed as their favourite book character. There will be a parade and prize for the best / most original costume. The children are welcome to bring in their favourite books from home to read and share with their class throughout the day.

RED NOSE DAY

Red Nose Day is on the 15th March. Children can buy a red nose at school, starting on Monday 26th February. Each nose costs £2.00. Mrs Atkinson will be selling the noses between 8:30am and 8:40am each morning, in the hall. Your child should come into class as usual and tell their teacher that they'd like to go to the hall to buy a red nose. There are 3 different nose characters and each nose is boxed, so children can't see or choose the character they are going to get. There is a 1 in 166 chance of getting a super rare 'gold nose'. Good luck!

Yours Sincerely,

Mrs A Wilson
Headteacher



MUSICAL THEATRE CHOIR CLUB

Miss Bishop and Miss Young are on the hunt to find students interested in performing arts to take part in Alice – The Musical. Their musical theatre club runs every Wednesday 3.15pm – 5.00pm and costs £2.00 per week, which must be paid upfront each term. If your child is interested in signing up, please pop into the office to register their interest.

A poster for the 'Alice The Musical' Musical Theatre Club. The background is a blue and black checkered pattern that spirals into a dark tunnel. Alice, a blonde girl in a blue dress, is falling down the tunnel. A brown rabbit is sitting on the checkered floor. Several playing cards (Ace of Hearts, Ace of Clubs, Ace of Spades, etc.) are floating in the air. A round clock in the top right corner shows the time as approximately 1:50. In the bottom right corner, there is a small illustration of a bottle labeled 'Drink Me' and a pink, striped cat.

Musical Theatre Club

Alice The Musical

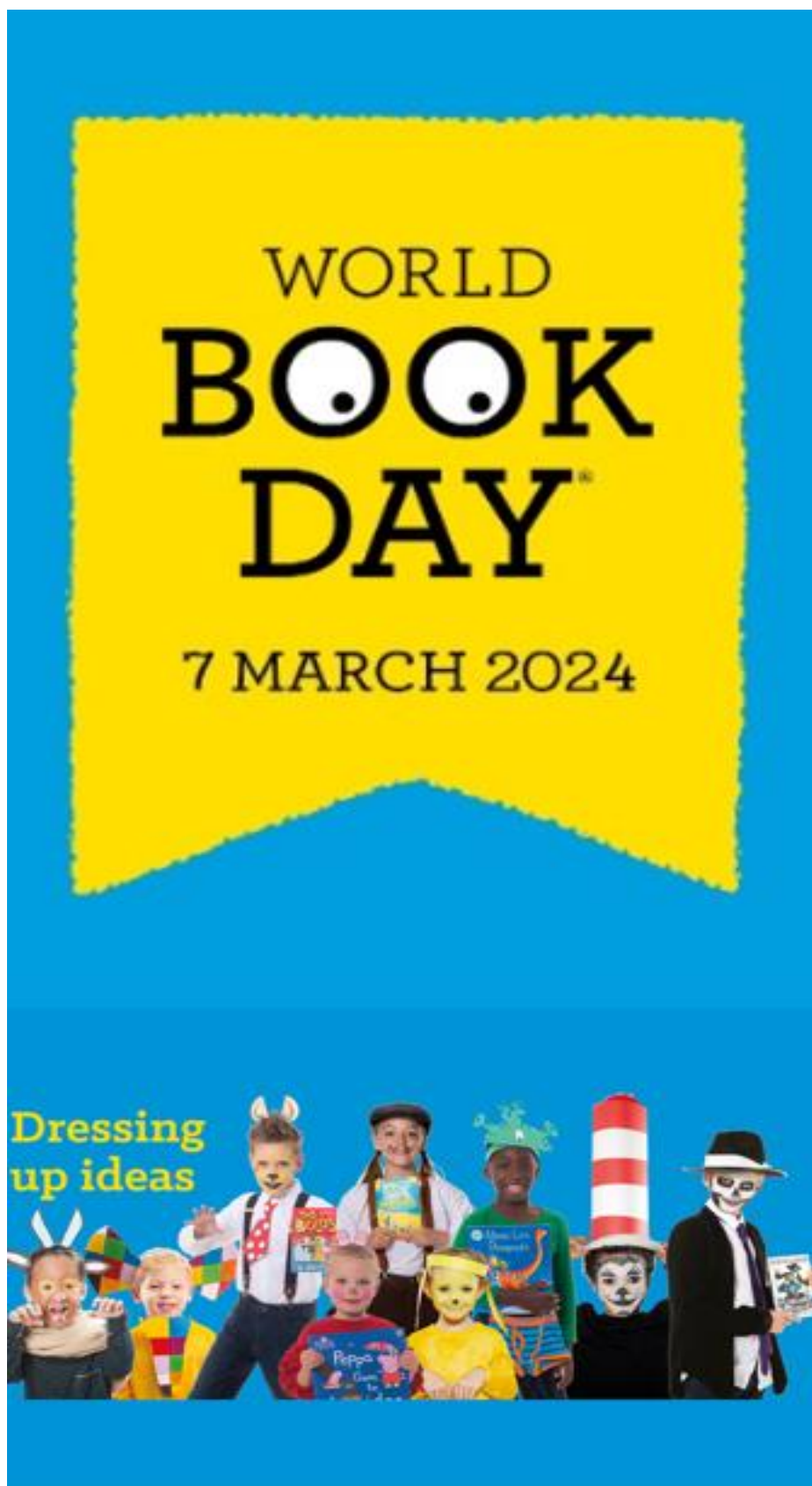
Casting and rehearsals start in term 4!

Wednesday's at 3:15 till 5:00pm

Same cost as a regular club



LET'S TEAM



ONLINE GUIDANCE

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

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 find 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 any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless 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 carefree, 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 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. 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.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-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.

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.

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

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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#WakeUpWednesday

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