

Meadowhead Community Junior School Newsletter



Spring Term: Newsletter 10

France

As I am typing this, our Year 5 children are currently on their way back from France! It sounds as though they have had the most wonderful trip with visits to a goat farm, Le Touquet, Disneyland, the WWI battlefields and a local chocolate factory, not to mention all the games and activities they have taken part in back at the chateau. I am sure this is a trip the children will never forget and I would like to thank Mr Whalley, Mr Crowther, Ms Horman, Mrs Ramsbottom and Mr Alli for making it happen!

Online Safety

Unfortunately, I am again having to contact parents regarding children's behaviour online. We have had lots of very inappropriate behaviour online from some of our year six children this week, which has led to fallings out in the classroom, on the playground and after school. Please can I again ask parents and carers to carefully monitor their children's online activity – particularly on Snapchat – as sorting these problems out in school wastes valuable learning time, not only for the children involved, but also for those who aren't – this is unfair, particularly in the run-up to the SATs. If any parents or carers would like any support in monitoring/safeguarding their child's online activity, please speak to Ms Blackledge who is our Designated Online Safeguarding Lead in school. Many thanks for your continued support.

Parents' Evening

Just a quick reminder that Parents' Evening will take place on Wednesday, 27th March. If you do not have an appointment or cannot make the afternoon of the 27th, please contact your child's class teacher to book an alternative appointment.

Anglesey Street

Please could I again urge those dropping children off/picking children up not to park on Anglesey St. We had a near miss with a child this week which could have been incredibly serious. If those dropping off or picking up children could park on Shorrocks Lane on King's Road, it would make the area outside of school much safer for all children. I would very much appreciate everyone's support in making school a safer place for children.

Easter Holidays

Can I remind all parents and carers that school closes for the Easter holidays at 3:20pm on Thursday, 28th March. We re-open on Monday, 15th April at the usual time. Many thanks.

Ms R Blackledge (Acting Headteacher)

Class Attendance for this week

Congratulations this week to class 5A!

Green: 97%+

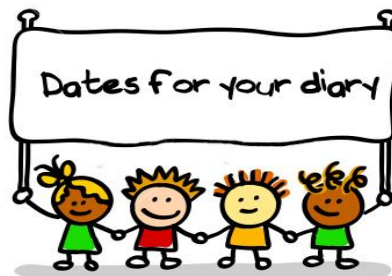
Amber: 95 – 97%

Red: Below 95%

3M	3FP	4B	4CW	5A	5C	6L	6LV
87.4%	86%	89.6%	76.0%	98.1%	95.7%	90%	96.2%

Our whole school, class and individual attendance target is 95%

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



Wednesday, 27th March – Parents' Evening

Thursday, 28th March – break up for the Easter holidays

Monday, 15th April – school reopens for the Summer Term

Monday 13th – Thursday 16th May – Year 6 SATs assessments

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 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.

