NEWS

Issue 22- October 26

Welcome

Dear Parents, Carers, and Pupils,

October really felt like there was a turn in the weather as we left summer behind.

It has been a great first week back for the second half of the autumn term. I hope you all had a lovely half-term break and managed to spend some quality time together. The children have really enjoyed using our new library and taking out new books, please read with them and encourage them to read at home.

Over the next few weeks we are proud to be supporting the Royal Legion's Poppy Appeal and Children in Need. Item's for both amazing causing will be solid over the coming weeks.

On the right, are several key dates for the Month of November with the key dates for this current half term being displayed on the entrance doors and online.

If you are going to a bonfire or firework display this weekend, have fun and please take care. We have delivered a safety talk to our children about the dangers of fireworks and how to keep safe.

Parents evening bookings are open, please book your slot through the Arbor app.

Please take the time to read the full newsletter on our website
Thank you
Mr Newsham

DIARY DATES

WC 9th November: Child in Need items for sale in school.

Friday 13th November: Year 5/6 football match at Socecrdome

Wednesday 11th November: 6L rememberance assembly 10:45am. Parents/carers welcome.

WC 16th November: Anti bullying week

Monday 16th November: Fire service visiting Year 6

Wednesday 18th & Thursday 19th November: Parents evening. Please book your slot through the Arbor app.

Monday 23rd November: British Areospace workshops for 6L & 3L

SCHOOL'S OUT HOLIDAY SQUAD

CHILDCARE EXCELLENCE
PROMOTING ACTIVE AND HEALTHY LIVING

Collection from Meadowhead Junior School



AFTER SCHOOL CLUB

At Meadowhead Infants

Monday - Friday 3pm - 6pm

5 STAR REVIEWS
#GetActiveGoodHabits

Light hot and cold tea provided

Ofsted REGISTERED

Text/Call: 07783165251

Email: schoolsoutholidaysquad@gmail.com

School's Out Holiday Squad | Schoolsoutholidaysquad | @Schoolsoutsquad



Fireworks and Sparklers

Always

- Buy fireworks that are CE marked and from registered sellers only.
- Carefully read and understand the instructions on each firework or sparkler before use.
- Store your fireworks safely.
- Wear gloves when holding sparklers.
- Stand well back and keep pets and children away.

Never

- Return to a lit firework, even if it doesn't ignite immediately.
- Light more than one firework at a time.
- Throw fireworks.
- Put fireworks in your pocket.

In an emergency, always dial 999

A recap in photos!

High aspirations, Bright futures

World War workshops, behavio
treats and much more!













It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

National Online Safety®

Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

STATISTICS

52% of children aged **3-4** go online for nearly **9hrs** a week

82% of children aged **5-7** go online for nearly **9.5hrs** a week

93% of children aged **8-11** go online for nearly **13.5hrs** a week

99% of children aged **12-15** go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES
https://www.independent.co.uk, Children and Parents: Media Use and Attitudes Report 2018, https://www.who.com, https://uk.insure4students.com/news/new-app-developers-keep-us-addicted-to-our-smartphones, Journal of Youth Studies
https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9011986, University of Leeds, https://mediahealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children

Uniform

I would like to thank you all for sending your children into school wearing the correct uniform. Children look smart, wearing the correct items and are ready to learn. Maintaining the high uniform standards is an important aspect of school life, and is crucial in creating a positive and conducive learning environment for all our students. Your assistance in upholding these standards is greatly appreciated.

If any families require support in purchasing school uniform items, please do not hesitate to reach out to the school office. We are here to assist and ensure that every child has access to the necessary uniform pieces.

Thank you for your ongoing cooperation and support in this matter. Together, we can continue to uphold the values and standards that make Meadowhead Junior School a place where every child can thrive and succeed.

Should you have any questions or concerns regarding the school uniform policy, please feel free to contact the school office.

Children should wear black shoes or trainers for school.



Updates- Attendance

Firstly, I would like to express my gratitude to the vast majority of parents who consistently prioritise their child's education by ensuring their regular attendance at Meadowhead Junior School. Your commitment to their education is commendable, and I would like to thank you for your continued support in this matter. By attending school as much as possible, you are playing a vital role in your child's academic progress and overall development. **School opens at 8:40!**

I would like to remind all parents that holiday leave requests must be submitted in advance of the leave date. Please be aware that if the number of unauthorised absences exceeds the specified limit, penalty notices will be issued following the absence. It is crucial that we work together to prioritise your child's education and minimise any disruptions to their learning journey.

Once again, I would like to express my gratitude to those parents who consistently prioritise their child's education and support our efforts to maintain a positive and productive learning environment. By working together, we can ensure that every child at Meadowhead Junior School receives the education they deserve.



Its good to be on time!
School opens at 8:40

Did you know? Late marks will be given and poor punctuality could generate a penalty notice?

Meadowhead
JUNIOR SCHOOL
MJS

Dogs and Parking

A gentle reminder that sadly we cannot allow any dogs (regardless of size or age) on the school premises. This is both on the playground and around the school building.



PARKING

We would like to extend our gratitude to all those who consistently follow our unofficial one-way system during school drop-off and pick-up times. By adhering to this system, we help maintain a safe, calm, and orderly process for everyone.

Key Reminders:

- Please use Angelsey Street to enter, following the directional arrows as shown on the diagram.
- Livesey Branch Road serves as the primary approach route.
- Exiting should occur via Shorrock Lane to avoid congestion.
- Remember, the section marked with the red symbol is a no entry point, and we ask that everyone respect this.

Thank you again for your cooperation and understanding. Your efforts help create a smoother, safer experience for all involved.

