









<u>School Newsletter – Friday 24th January</u>

Playground update

The maintenance on our trim trail has been completed this week and new rubber matting installed. The children will be able to use the trim trail at playtimes and lunchtimes again.

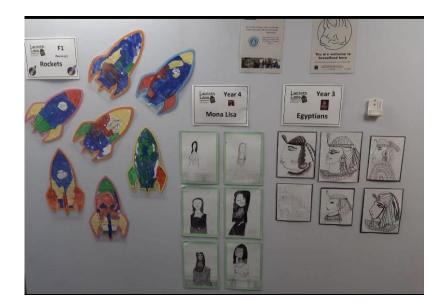
A polite reminder that children are not allowed to play on this equipment before or after school.

Items from home

We ask that children do not bring items from home into school, especially if they are special to them. This includes toys, fidgets, keyrings and football cards. We have lots of activities for children to do during playtime and lunchtime. For some pupils with additional needs, there may be specific arrangements in place which are agreed between home and school.

Please remember to include your child's name on all uniform and things like water bottles.

Art on display!



A big thank you to East Leake Doctor's Surgery for supporting our school and displaying fantastic artwork produced by our pupils.

Here's the latest pieces on display, with everything from space rockets to the Mona Lisa!

Please remember these rules when on school grounds:



No dogs are allowed on the school site.



No smoking or vaping on the school site.



Please dismount bicycles and scooters when on the school site.



Please park safely around our school site and be considerate of our local community.

Weekly attendance

Our whole school attendance was 95.5% Well done to Bley & Roulstone houses, who were joint 'Attendance Champions' this week for the house with the highest attendance this week.

We really appreciate everyone's support with our new attendance procedures – thank you.

School admissions

Did you know that children don't automatically transfer from their nursery to school? Did you miss the deadline for first admission to school for a reception place for your child? We still have spaces available for September '25 – apply online for Lantern Lane here.

Spring dates

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Monday 27 th January	Y5 'Young Voices' @ Sheffield Arena
Wednesday 29 th January	Y3 Mrs Adjebeng Class Assembly
Thursday 30 th January	Reception & Y6 Height & Weight Checks
w/b 3 rd February	Children's Mental Health week
Monday 3 rd February	Y5 First Aid workshops
Friday 7 th February	'Express yourself' day – wear what you like day Cake sale and art exhibition after school in hall.
Friday 7 th February	School Council – Pupil Parliament
Tuesday 11 th February	Safer Internet Day
Wednesday 12 th February	Y5 Mr. Knight Class Assembly
Friday 14 th February	Last day of Spring 1
Pupils return to school on Monday 24 th February	
Monday 24 th February	Y5 Ice Skating starts
Tuesday 25 th & Wednesday 26 th February	Parents & Carers Evening
Thursday 6 th March	World Book Day
w/b 9 th March	National Science Week
Wednesday 2 nd April 2pm & 6pm	Y3 Musical – 'Splash!'
Wednesday 12 th – Friday 14 th March	Y4 Castleton Residential
Wednesday 19 th March	Y2 Miss Sabin Class Assembly
Friday 4 th April	Y3 Ancient Egyptian Day
Friday 4 th April	Last day of Spring term
Pupils return to school on Tuesday 22 nd April 2025	

See next page for this week's online safety update...

At The National College, our WakeUp conversations with children about o able to have informed and age-appropriate ides now address wider topics and themes libeing, and alimate change. Formerly delivered by National Online Safety, these gu ther guider, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

WHAT ARE

THE RISKS?

21 00

NOT DEVELOPED BY EXPERTS

REDUCED INTERACTION WITH OTHERS

DATA AND PRIVACY CONCERNS

ADDITIONAL COSTS

DEPENDENCY ON THE APP

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Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness octivities with lamily and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

main we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positiv image and a healthy relationship with food, empowering them to make into decisions about their diet and lifestyle.

Meet Our Expert

Dr Claire Sutherland is an online salety consulta There are a solution to an intervention of the solution of the researcher who has developed and implemented anti-builying and cyber sofety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

rce: See full reference list on guide page at. https://nationalcollege.com/guidee/wellbeing-fitness

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

REVIEW THE APP FIRST

DEPS NEXT

ire allowing someone under 18 to install a fitness and wellbeing app, a ng, read its reviews and screit through its data palicy, to ensure its sui nger users. You could albo try it yourself, to see if its appropriate for th ilcular needs and decide if you're comfortable with them using it. Ensu

USE PARENTAL CONTROLS

screen time limits, disabiling or capping in app p aspects or leatures which aren't age appropriate, can help to ensure a child is getting a solu any controls of the upp of a to use cleare of a bind's occurring the specific settings vary between platforms but – most commonly – these will relate to acreen - time limits, disabiling or copping in -app purchases, and managing s aspects or features which aren't age appropriate. By utilising these controls, oging socia ontrols, you







