

## **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

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

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

# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

## WHAT ARE THE RISKS?

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

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 15-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family 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

While 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 positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety 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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>