



Sambourne CE
Primary School

Learn to Love - Love to Learn

Sambourne CE Primary School

Newsletter 7th May 2021



@sambourneschool

Hello everyone,

I hope you enjoyed the three day weekend.

We've packed five days of learning activities into four and I think everyone is ready for another restful weekend.

Have a look at the Celebration Assembly PowerPoint on our website to see what the children have been up to.

Regards,

Mr Michael Allen

Headteacher

Attendance

Whole school attendance for week beginning 3rd May was **97.77%**

This week's 'Heroes' are **Blackbird Class** with **99.55%** attendance!



House day - Friday 14th May

Marie Curie House won our House Competition for the Spring terms. We've arranged a reward day for the children in Curie House on Friday 14th May. On that day children can wear yellow clothing on their top half. It might be a yellow t-shirt or jumper or just some yellow ribbons in their hair. Caroline, from Christ Church, is coming over to do some art and craft activities with the children. It will be a lovely day to reward Curie House.

Collective Worship

This week in our Collective Worship, we have been celebrating the value of Friendship. Robin Class shared their thoughts and prayers on Friendship.

Dear God,

Thank you for our friends,

To play with,

To help us,

To talk to,








To teach us

And to share fun and happiness with.

Amen

Spelling Shed

Well done to all our Spelling Shed Stars!

1.		Chloe H	6,259,624	43,428,738
2.		Sophia P	1,496,632	25,128,230
3.		Edward A	1,489,960	185,765,160
4.		Ethan P	1,381,992	50,966,330
5.		Harry S	1,254,900	37,372,142
6.		Kriti S	943,377	120,540,605
7.		Lexi C	726,880	178,964,000

Walking Home

If you would like your child to walk home on their own please could you inform the school office before they do. We then know that we can let your child go without us worrying. Thank you.

Internet Safety

Attached to this newsletter is a poster about Screen Addiction. It's an interesting read and offers some good tips to help us all reduce the time we spend 'on screen'.

PTFA

Mr Allen and some parents met this morning to talk through how the PTFA can help improve the environment of the school grounds. We walked around looking at where there could be seating, play equipment, wildlife and sensory areas. The parents who met this morning were very enthusiastic and would like others to join them. Mr Allen is looking into the forming a committee to share ideas and information to do this and to ensure that all GDPR legislation is met. Watch this space next week!

The Science Section

You have five fantastic senses! Your senses of taste, touch, smell, hearing and sight help you to explore and learn about the world around you and hopefully help you have fun too. It's important to look after them as you need to use these for the rest of your life.

Maybe you could design a poster to show how you look after your senses or to show the fun things your senses have helped you to learn and do. Here are some ideas below to get you started:

Taste – We know that chewing a pencil top is not good for us because it does not taste good

We enjoy eating chocolate!

Touch – We are careful when picking blackberries as thorns are sharp

We enjoy the lovely feeling of stroking our pets' soft fur.

Smell – We know that our bodies are telling us to stay away from harmful things as they may have a bad smell

We build up an appetite when we smell dinner cooking.

Hearing – We know that loud noises may harm our ears because it can hurt

We listen to the rhythm of the music to improve our dancing.

Sight – We visit the optician who checks our sight and might be amazed as opticians can also check our general health just by looking into our eyes!

We read jokes, play sport and watch movies.

Financial Support

We have been given a sum of money from Wiltshire Council to use to support any family who may be struggling financially. There are so many people who have been affected by Covid-19; many have lost jobs or have had a reduction in working hours. If you are facing harder time financially, we may be able to help in a small way. So, if you need financial support, please give the school a call or email. All calls and emails will be treated as confidential.

Self-testing for COVID-19 - primary school testing

Please see the letter on the front page of the school website that provides an update on the latest government information on wider testing of households with pupils at school.

Breakfast Club

The opening times for the Breakfast Club are:

Monday – 7.50am

Tuesday - 7.50am

Wednesday – 7.35am

Thursday – 7.35am

Friday – 7.35am

The cost per morning is £4.00. Please book in advance and pay via ParentPay.

Mrs Ringwood will be supervising the club.

Mobile Phones in school

Children are not allowed mobile phones in school. If your child needs to have a mobile phone because they are walking home on their own, then they should be switched off and handed in at the school office at the start of the day or given to Mrs Ringwood on arrival at Breakfast Club.

Dates for your diary

2020-2021	
Friday, 14 th May	House Day - Marie Curie
Friday, 28 th May	Last day of term 5
Monday, 7 th June	First day of term 6



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**

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

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.

IT CAN CAUSE SLEEP DEPRIVATION

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.

CONFIDENCE, SUPPORT & ACCEPTANCE

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.

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.

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.



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.

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.

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.

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.

ENCOURAGE ALTERNATIVE 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.

STATISTICS

53% of children aged **3-4**
go online for nearly **8hrs** a week

79% of children aged **5-7**
go online for nearly **9hrs** a week

94% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **21hrs** a week

<https://www.independent.co.uk/Children-and-Parents-Media-Use-and-Attitudes-Report-2017-https://www.ofcom.org.uk/http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>
Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>
University of Leeds: <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>



**National
Online
Safety**

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

