

17th June 2022

MOORSIDE PRIMARY SCHOOL AND NURSERY NEWSLETTER



Dear Parents and friends,



What a warm end to the week! Let's hope that the lovely weather is here to stay over the weekend...! The children have enjoyed lots of outdoor learning fun in the sun with bug hunts in the Early Years, building caves to help a little bear to sleep in Year 1, learning about food chains at Forest School in Years 3 and 4, and classifying animals in the outdoors in Year 6!

Reading Cafe

We are looking forward to inviting parents into school on Tuesday for our Reading Cafe! This time it is for all year groups on the same afternoon.... We hope to see as many of you there as possible! This will take place in the hall.

Attendance

We have unfortunately had a very contagious sickness bug going around school over the past week. Our attendance has of course been lower for this reason at 87.76%. We hope that everyone feels better very soon. Please remember that we request that children do not attend school for 48 hours after their last bout of sickness to try and prevent the 'sharing' of germs. Many thanks. Well done to Year 6 with 96.17% attendance - they have obviously managed to dodge germs for now!!

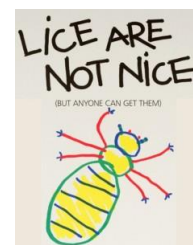
Date Changes

Due to the many commitments and transition activities for the Year 6 children, we have delayed our Oliver performances to give them enough time to rehearse! Please see changes at the end of this letter. Children in Years 3, 4 and 5 will be joining in with them for some of the songs and scenes....

Also, previously arranged sporting competitions with local schools for this term have been postponed until the Autumn term. This decision is unfortunately beyond our control.

Headlice

We continue to battle with headlice, particularly in Key Stage 2.... PLEASE check your child's hair regularly and ensure that you treat any cases. Many thanks.



School Gates

Our school gates are closed between 9.00am and 3.00pm. When leaving the school site during these times, please make sure you close the school gates properly behind you. Thank you.

Refugee Week



It is refugee week next week, with the theme of 'healing'. The children will be taking time to think about how to help people to feel safe and welcome at Moorside, and reflect on anything that we can do even better as a team! They will take part in some related learning activities throughout the week, and will also bring home a sunflower seed to nurture, as this the National flower of Ukraine. We hope that you will send photos of your sunflowers in due course, to add to our whole school display. We are proud to be a School of Sanctuary!

Internet Safety

www.nationalonlinesafety.com have shared some updated Top Tips for parents. I will share these through our newsletters.... This week's is 'Screen Addiction'.

Top tips (as on the poster) are:

- Encourage alternative activities
- Lead by example
- Remove devices from bedrooms
- Limit screen time
- Mobile free mealtimes



Gardening Photos

As requested last week, thank you for sending in your children's gardening photos. Please keep sending them into the Admin e-mail address.



Buddies Club

We are so pleased that our Buddies Breakfast and After School Club is getting very busy. Some sessions each week are now full so please do not turn up without booking a place in advance. If you have booked a session and your child is unable to attend, please don't forget to let us know as missed sessions may be charged for. Weekly booking forms can be found on our website at: <https://www.moorsideschools.org.uk/after-school-clubs/>.

Please note: please do not book a place via email over the weekend for a Monday morning as mail boxes may not be checked and Club Registers are kept at school.

We hope that you all have a relaxing weekend ahead, and that those who have been poorly this week will be able to be back with us very soon. We also hope that all our Moorside dads have a lovely Father's Day on Sunday.

Best wishes,
Mrs Rowett
Headteacher

Diary Dates:

Tuesday 21 st June 2022	Reading Cafe
Tuesday 28 th June 2022	September 2022 New Reception Starters Parents Meeting (4.30pm)
Wednesday 29 th June 2022	EYFS Trip to Thorp Perrow
Friday 1 st July 2022	September 2022 New Nursery Starters Parents Meeting (9.30am)
Tuesday 12 th July 2022	Y5 Trip to Beamish
Wednesday 13 th July 2022	Y6 Leaver's Trip to London
Thursday 18 th July 2022	1.30pm – Oliver Production in the hall
Friday 20 th July 2022	9.30am – Oliver Production in the hall 6.00pm – Oliver Production in the hall
Tuesday 29 th July 2022	Sports Day (more details to follow)



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.

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.

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.

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

STATISTICS



<https://www.independent.co.uk/Children-and-Parents/Media-Use-and-Attitudes-Report-2017> [http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones](https://www.ofcom.gov.uk/http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones)
Journal of Youth Studies <https://www.tandfonline.com/doi/full/10.1080/10697662.2018.1480000>
University of Leeds <https://medialife.leeds.ac.uk/news/article/1706/leeds-ill-digital-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

