

# SMUPS News

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## Hello from the Head!

It has been a fantastic half term and everyone in school has earned a very well deserved break. Hopefully, the recent good weather will stay with us over half term and into June and July. It really has been lovely to see the progress of the children this half term both in their class based learning, but also in their social and emotional development.

**Holly and Beech** classes enjoyed their trip to Hakeford woods on Wednesday and behaved impeccably and really enjoyed all the activities. Well done to both classes. Our final visit to Hakeford is today as year 3 have their rearranged trip.

We are planning on having a **school sports day in July**, but are waiting for further guidance on the government's roadmap to decide on how we can best run this.

**Reception** have been finishing their work on "The Very Hungry Caterpillar" and had their ugly bug ball today. **Year 1** have been looking after the chicks this week and the order has gone in for the chicken coop and equipment for them to live in longer term and hopefully to be joined by some new chickens. In **year 2**, the children have been doing some work on the continents and using an atlas. **Year 3** have been writing some awesome letters to Dr K Fisher as if they were animals with certain issues to fix. They have also been doing some excellent printing work in their art sessions.

**Year 4** have been busy on the Viking topic and **years 5 and 6** had their trip and learning from their day out.

**Years 4 and 6** complete their set of swimming lessons today. **Years 3 and 5** will be going in the second week back after half term. I hope you have a lovely half term and get the chance to enjoy the forecast good weather.

**We look forward to seeing you back in school on Wednesday 9th June 2021.**

## Collective Worship

We have completed our theme of Justice this week. On Monday we looked at some artwork on the theme of justice and modern Britain.

## Things to Remember

- School starts back on **Wednesday 9th June 2021**. We look forward to seeing you then.
- The menu is different to the one advertised for the first week back. On **Wednesday 9th June**, it will be Pasta Bolognese or Halloumi with Farmhouse Vegetables. Thursday and Friday will be as advertised for Week 1.
- If the weather does improve and is sunny, please ensure your child has a sun hat and cream applied.
- **Year 3 and 5 start swimming** on **Tuesday 15th June** and will go each Tuesday and Friday afternoon for four weeks after this.



## Certificates and Awards

We had our certificate assembly of the school year today. Well done to our winners!

Acorns: Alfie L and Madeleine

Ash: Alex W and Maylah

Pine: Theo

Oak: Abi and Ella. W

Apple: Emma

Willow: Poppy and Jake

Beech: Faith and Billie-Jo

Holly: Rose and Charlie



## "Wordy Week"

What if...  
...the sea was made of  
custard?



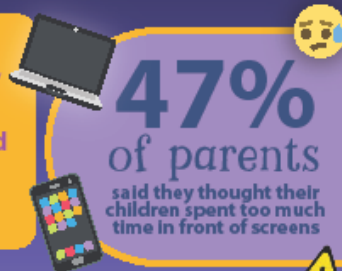
Did you know...  
...that custard was invented in  
the middle ages!

"In my opinion..."  
"I think.... because...."





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?



# 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.

## 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.

## 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 focused 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.

## 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.

## 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.

## 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.workon.org.uk>, <http://ukbusinessinsider.com> from app-developers-keep-us-addicted-to-our-smartphones, Journal of Youth Studies; <https://www.nerc.org.uk/technology-free-kids-toing-deep-955386>, University of Leeds; [https://medhealth.jhu.edu/article/7226/fac\\_of\\_sleep\\_damaging\\_for\\_children](https://medhealth.jhu.edu/article/7226/fac_of_sleep_damaging_for_children)