

STOKE HILL JUNIOR

SUMMER TERM, ISSUE 9

June 2023

DATES

Parent Pop In
7th June

Year 5 Bikeability
w/b 12th June

3T Class Assembly
16th June

Class Photos
21st June

3C Class
Assembly
23rd June

Summer Concert
27th June

Book Fair
28th June

3P Class
Assembly
30th June

Summer Fair
30th June TBC

School reports
sent home
7th July

Sports Day
18th July

Last day of term
20th July

Dear Parents and Carers

A warm welcome to the final half term of the school year. I can't believe I am writing that, it feels like the year has literally flown by. It may be the last few weeks, but there are many, many things to look forward to.

Over the coming weeks you will find out which teacher your child will have next year. Transition can be a challenge for some children and we will ensure that everyone of them will succeed in this. You may be contacted by your child's teacher, Vicky Absalom (SENCO) or Jo McCarthy (Family Support Worker) to discuss individual plans.

You will also receive your child's end of year report, which is an important opportunity for us to share their successes and give some advice to make a flying start next year.

Alongside these will be our usual Sports Day, assemblies and productions, music concerts, school trips and much, much more.

Just over a year ago we appointed teaching assistant Uliana Zhyryk, who had worked in education in the Ukraine for many years, yet had been forced to leave because of the war. Uliana has mainly worked with our older children in year 5 and 6. Uliana has informed us that she will be returning to her home country in the next week or so. She has been an outstanding member of staff in what must have been a huge change in her life. We all wish her a safe trip back to Ukraine and hope she can take things learnt about the English education system with her.



Jamie Sullivan
Head of School

School Champions

The following children received school awards in reading, writing or maths during the last month:

Reading: Sara (6MK), Jamie (6M), Sophia (4B)

Writing: Sophia (3C), Millie (3C), Demi (3T)

Maths: James (4G), Erin (5B), Oz (5B)



School Gates

I'm sure you'll agree that we have fantastic grounds both at the front and back of the school. As part of our safeguarding procedures we lock all gates at 8.40am each morning to allow children to safely access all parts of the school grounds. We are starting to notice more children arriving after 8.40am, this means they are marked as late, but also means that the gate is having to be opened unnecessarily and is then being left open by the children or parents as they leave. Please allow yourselves plenty of time each morning to arrive on the site between 8.30 and 8.40am, to avoid being late and compromising one of our important safeguarding measures that we implement.

Sports Day

A reminder that Sports Day this year is on **TUESDAY 18TH JULY**.

9.15-Year 5

11.15-Year 6

10.15-Year 4

1.30-Year 3



Children compete in as many races as they want and represent a family team across the school. Please could your child wear the following colour top on the day.

Grecians (Red) 6M, 5J, 4B, 3C

Harriers (Blue) 6AE, 5P, 4G, 3T

Chiefs (Black) 6MK, 5B, 4W, 3P

Computing Day

Our children loved taking part in our recent day dedicated to the curriculum subject of computing.



Creative Writing Club

A club that has been running this has term has been creative writing with Miss Welsh. Thirteen Year 5 children have been working hard each week to plan, write and edit pieces of writing which are soon to be entered for judging in the Young Writer's Annual Showcase 2023. Each child had the choice of which style and genre they wished to write in and there have been some wonderful entries so far!

Well done to Antonin, Ben, Dylan, Ella, Erin, Freya, Holly, Jessica, Lila, Lilah, Luna, Safia and Zamzam for all of your incredibly hard work.

Good luck to all of our budding authors.

School Office Notice

The menu has changed for this half term very slightly and this has already been sent out to you via email. We would like to ask parents to continue choosing their child's food choices in advance as this helps with speed and efficiency in the mornings. If you are not signed up to School Gateway then please do so. We would also like to encourage you to download the app, if you haven't done so already, as this is the most efficient and cost effective way for the school to keep in contact with you.



My School Wellbeing Survey

A few weeks ago you should have received notification that the school has signed up to My School Wellbeing. We are always reflecting on what's going well at the school and what we can do better. So we ask our staff regularly about the school and now we'd love to hear your views. We intend to ask you 4 questions each month. This will take you around 2 minutes to do and you have the option to add comments if you wish. It's simple, follow the link below and you're away. Each school has a different link, so if you have children at both schools, please complete the separate surveys. You'll also receive the link via the schoolgateway app.

The link goes live from June 5th.

<https://app.myschoolwellbeing.com/survey/begin/245/parent>

Community News:

Parking

Once again I must ask our parents to park more considerately around the school in the mornings and at pick up times each day. We are no exception to most schools, where there isn't enough space to park all of the cars and I know we all want to keep our children safe and make it easy for those on foot to make their way home too. We do this by parking legally and also being mindful of our neighbours and not blocking their driveways at these times in the day. Thank you for your support in this matter.

Ed's Charity Cycle

One of our year 4 children is taking part in a 22 mile cycle to raise money for Hector's House, who he does volunteer work for. It's his own idea and he has already raised £1000. We are so proud when we hear stories of our children giving something and wanting to raise much needed funds for different charities. If you would like to read more about the challenge and make a donation then follow the link below. Well done Ed!



https://www.gofundme.com/f/eds-22-mile-cycling-fundraiser?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer

Balancing screen time

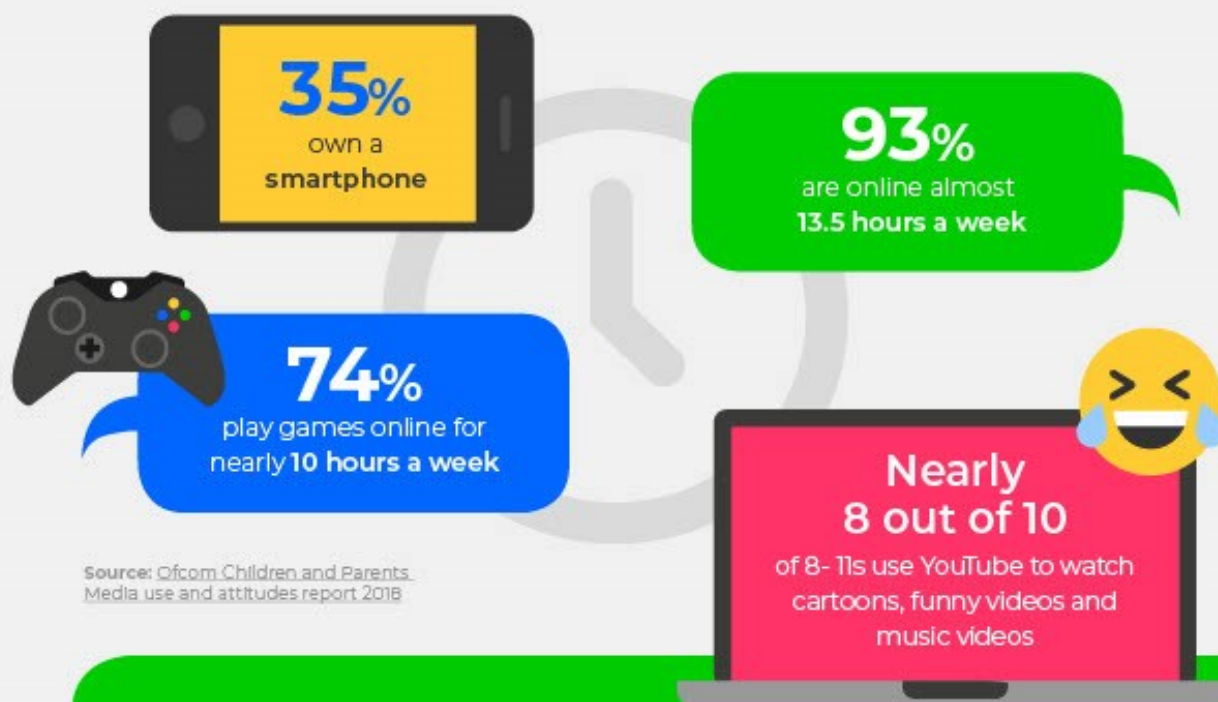
internet
matters.org

Top tips to support children aged 7-11 (Key stage 2)

Typically at this age children will start to be more active online so it's important to equip them with the tools to strike a healthy balance between the time they spend on and offline, especially as they start to get their own devices.



How are children using screens?



Source: Ofcom Children and Parents
Media use and attitudes report 2018

What parents tell us

Screens are good for creativity

Nearly 7 out of 10 parents believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

Screens' impact on physical wellbeing

Nearly half of parents in the UK are worried their children are spending too much time online – with the majority believing it is causing their kids to lead a sedentary lifestyle lacking in physical exercise.

Source: Internet Matters Look both ways report

What are the benefits and challenges of screen use?



Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development
Source: [Internet Matters Look both ways report](#).
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **Screens can provide much needed down-time** at the end of the school day.



Screen time challenges

- **Peer pressure from friends to stay online** and the way certain platforms are developed to keep users engaged can make it harder for children to switch off.
- As children get more active online there is an **increased risk that they might stumble across inappropriate content** that can have a negative impact on their digital wellbeing.
- Long periods of passive screen time (i.e. bingeing on box sets) **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.



5 top tips to balance screen time

1 Create screen time rules together

To help them stick to digital boundaries **get them involved in the process of setting simple rules** on how they should use screens in and out of the home.

Giving them reasons why it's important to prioritise sleep, homework and family time can help them make smarter choices about when and how they should switch off screens.

Make sure to model the behaviour that you'd like to see in them – children tend to do what you do, not necessarily what you say.

2 Take an active role in their digital life

Get engaged and stay engaged in their digital life as they grow. The more you get involved and understand the things your children do online, the easier it is to gain their respect and influence what they do in their digital world.

Making screens part of family time, like a movie or an online games night is one way to make it more inclusive and engaging.

Also, encouraging them to have a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime is important.

3 Equip them with know-how to manage risks online

As children become more active online, **have regular conversations with them about ways to deal with a range of risks** that they may be exposed to such as seeing inappropriate content or being cyberbullied.

Make sure they know when and where to seek help if they need it and what tools they can use to deal with it.

4

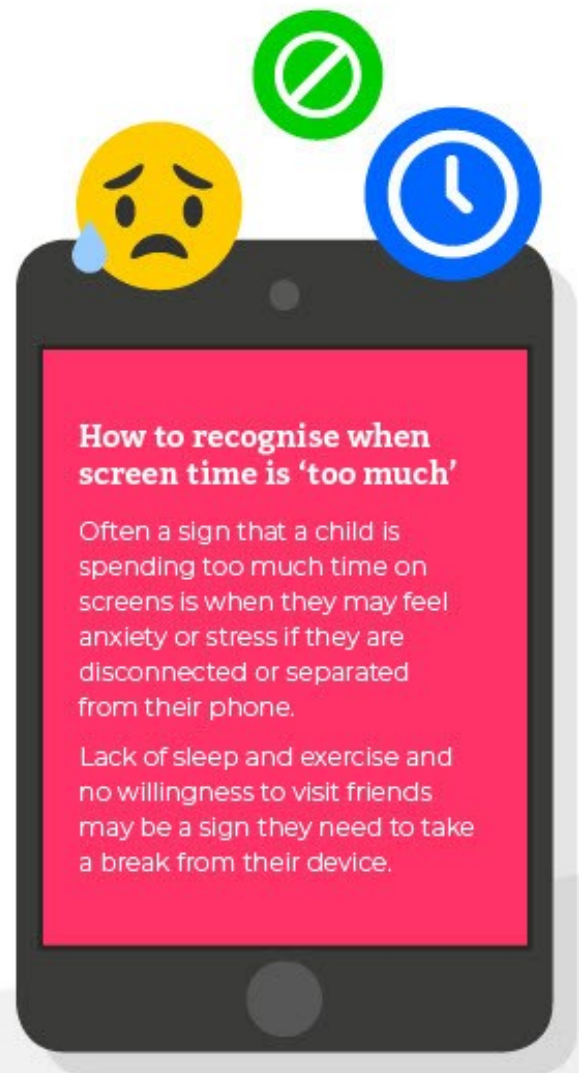
Use tools to manage their screen time & access to media

Whatever device your child uses, be sure to **make use of free and premium tools available** to manage their access to age-appropriate content and review the time they spend on specific online activities.

5

Encourage them to be selective about what they do online

Help them avoid mindless scrolling and be more critical about the media they watch and the platforms they use. Encourage them to explore apps and websites that will compliment what they enjoy in the real world and develop their key skills.



How to recognise when screen time is 'too much'

Often a sign that a child is spending too much time on screens is when they may feel anxiety or stress if they are disconnected or separated from their phone.

Lack of sleep and exercise and no willingness to visit friends may be a sign they need to take a break from their device.

The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e watching YouTube) and interactive screen time (i.e. creating content or playing games online).

There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

One size does not fit all when it comes to screen time – it's more about getting it right for your families needs.



Visit [Internetmatters.org/screentime](https://www.internetmatters.org/screentime) for more advice

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