

Broadhempston Primary School

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NEWSLETTER Thursday 8th February 2024

Dear Parents / Carers,

I can hardly believe we are winging our way towards half term already! Spring is definitely around the corner, so let's hope the weather soon changes. Please read on for the latest news.

BROADHEMPSTON LEARNERS

Birch Class have had an eventful week with lots of learning fun. Everyone enjoyed the charity fair, and I am sure they came home some preloved toys. In maths we have been working on solving addition problems using the numicon to help and Reception have become totally engrossed in learning about space and the solar system. Well done everyone for all your hard work and enthusiasm!



Sycamore class have been learning about equivalent lengths in Maths this week. We have been measuring objects in our classroom using: millimetres, centimetres, and metres. Year 4 have been learning about kilometres too and have been applying their knowledge to solve real life problems, such as the total number of laps ran in kilometres and metres.

In Computing, we have been using our coding skills to make animated characters move, make sounds and change their appearance. Everyone has enjoyed using the laptops to create their own characters, demonstrating their knowledge of computer processes to make their "sprites" come to life.

In Science, we have analysed the relationship between the number of hours we spend exercising a week and our fitness levels. We carried out an experiment to see how many lunging squats we could do in one minute and then compared the data with the number of hours we spend exercising. We then presented our data using a scatter diagram, which showed a positive relationship between the two factors.

Oak & Sycamore Class

Wow - what an amazing Monday afternoon! The children organised and ran their own charity fair raising money for Action Against Hunger. We had treasure maps, a cake stall, games with prizes, guess the name of the teddy and books and toys to buy, all organised by the children. They raised a whopping total of £232.75! Thank you for all your generous donations and well



Over the last week, **Oak Class** have taken part in a Bags of Kindness project in conjunction with the British Red Cross. The children were set a challenge to fill bags with small items that would bring joy to members of their local community. To begin with, they watched some videos about how different departments in the British Red Cross operate to gain an understanding of what it takes to do projects like this on a much larger scale. After writing to Mrs Ryder to ask for the funding for the project, the children set about designing their bags, making coasters with Miss Steer and adding inspirational and uplifting words to a wood slice decoration. They then added a bookmark, some tea, coffee and biscuits along with a personal handwritten letter. The bags will be making their way around the village in the next few weeks, and we hope that the local community enjoy receiving them as much as we enjoyed making them.



SAFER INTERNET DAY ~ a national campaign, which along with many schools we join. The aim is to ensure we have a variety of activities to equip children with the skills they need to have a safe and positive time online. With this in mind Miss Barlow ran a workshop for parents with the latest information from Internet Matters who have a wonderful set of resources on their website specifically for parents. The resources are a 4-episode series covering good habits, being mindful, device safety and digital chats. You can find all the resources here: <https://www.internetmatters.org/advice/0-5/online-safety-video-guides-early-years/#good-habits-start-early>

SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 97%)	
Whole school	97.6%
Birch Class	96.8%
Sycamore Class	97.9%
Oak Class	97.4%

If you are concerned about a child's wellbeing, please contact the school or in non-school hours contact MASH on 0345 155 1071. Our designated safeguarding lead is Mrs. Ryder and the deputy safeguarding officers are Miss Barlow & Mrs Carwithen.

This free online safety guide provides some insight on persuasive design ~ highlighting its potential effect on behaviour and providing some tips to minimise its impact.

<https://nationalcollege.com/guides/persuasive-design-2>

ATTENDANCE: Persistent Absenteeism (PA):

A pupil becomes a 'persistent absentee' when their absence falls below 90% (19 days or 38 sessions missed) across the school year for whatever reason. Absence at this level clearly means that children are missing many lessons and would therefore be monitored thoroughly, and we need parents fullest support and co-operation to tackle this.

So what is the impact of missing school? All lessons we plan and teach in school are part of a sequence of lessons. By the nature of our curriculum week 1 ensures knowledge and skills are taught and these will be built on in week 2 and enable the next steps. Staff will, of course, always try to 'gap fill' for children who miss key components of learning, but it is not the same as children being in class and it is not possible to teach the current plans for the week as well as everything that has been missed. PA becomes part of our national data, and we are held to account for this data and the impact it has, so please bear this in mind when receiving attendance letters or emails.

PARENT CONSULTATION MEETINGS

Parent consultations will be coming up after the half term holiday~ 27th & 29th February. You can book your appointment via eSchools from 12th Feb. These sent out your log in details before the last parents evening, so you should have these already. Any problems then let us know after half term.

Could I just remind you that fitting everyone in is always quite a challenge and those of you with early appointments usually do quite well. It tends to be those of you with the later slots that can suffer from the dreaded "long wait syndrome". Please help us to maintain our 10-minute schedules and if 10 minutes isn't going to be long enough, we can easily arrange to meet you again at a later date. Thank you (on behalf of the teachers and people with the late appointments!!!)

COMING UP- DATES FOR YOUR DIARY

9 th February	Oak Class Forest School Break up for half term. Back to school Monday 19 th Feb
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What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

Persuasive design refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION
In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel restless or irritable if they don't have access to their device or their favourite app. For example, it can also often leave users feeling 'hooked' on - if they spend most of their time on social media - they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS
Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influences (such as unrealistic body images) can create sensations of unease, uncertainty and FOMO (Fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING
Social media can draw any of us - regardless of age - into a continuous pattern of refreshing our screens, following posts and links down rabbit holes or reading countless comments made by others. This endless scrolling can eat up time which could have been spent on more productive activities. It could also lead to anger users into areas of the online world which aren't age appropriate.

ESTABLISH LIMITS
Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends - or perhaps low days they can go on to specific apps, games or websites. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS
Acknowledging any addiction is key in overcoming it - and compulsive scrolling is no different: if anything mentioned in this guide sounds familiar, it could help to have an honest open chat with your child about how much time they spend online. Set them to think about how often they scroll through social media mindlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS
Block them - this means that the screen by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device, switching them off - or even leaving just particularly irksome apps - can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST
Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity - or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert
Read our advice on how to help your child get the most out of their screen time, and our health information (PDF). As well as delivering world-class training for young people, parents and teachers, the chief subject matter expert on behalf of the Department of Education.

Sensory Overload
Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a calming, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS
Video games sometimes display offers for downloadable content or real money. While these 'microtransactions' seemingly promise to improve a player's in-game experience, over the time they are money sinks. Young people in particular, seduced by the chance of enhancing their games, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES
Hours spent sitting and scrolling means far less time moving around and getting exercise, hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone or screen can lead to eye fatigue and discomfort, especially if viewing in the dark. Extended phone use before bed can disrupt the sleep cycle, affecting mood and energy levels over the following days.

Advice for Parents & Carers

The National College | **NOS National Online Safety** | #WakeUpWednesday

@nationalonlinesafety | /NationalOnlineSafety | @nationalonlinesafety | @national_online_safety

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27th & 29th February	Parent consultations – booking info can be found on the school app
21st February	Birch Reception class assembly for parents 3pm village hall
28th February	Birch Y1&2 class assembly for parents 3pm village hall
5th March	Sycamore Mosque educational visit
13th March	Oak Class educational visit: Occombe Farm
14th March	Jewish speaker visiting Birch and Oak classes
13th March	Sycamore class assembly for parents 3pm village hall
20th March	Oak class assembly for parents 3pm village hall
25th March	Y5/6 Hockey tournament
28th March	Break up – 3.30pm finish

That's all the news for now. Have a super half term break!

Jill Ryder.