

FRIDAY UPDATE

Friday 3rd October 2025



Its been another super week at school and the children are continuing to thrive and love their learning. We have been speaking to the children about being responsible, one of our Avenue values, in terms of their behaviour and looking after their property. We are already accumulating quite a lot of lost property. It would really help the children to take responsibility for their property if all their belongings are clearly labelled. Please help your child by ensuring this is the case, so they can, in turn identify their items in school. If something has been lost, please ask to look in lost property. Have a wonderful weekend everyone.

In celebration assembly today we said well done to the following children, who received **Special Awards** and special gold Headteacher's Award sticker:

Nusaybah (Beech class) - for settling into Beech Class so well, always having an idea or answer to share and producing some super writing.

Ehteshan (Hazel class) - for confident and articulate answers during lessons and class discussions.

Josianne (Maple class) - for developing excellent strong shapes on the apparatus in P.E.

Hanna (Cherry class) - for always trying her best in every single lesson, taking responsibility for her learning and all with a smile on her face.



Class Accolades

Cherry Class - For writing fantastic fairytale journey stories in English this week.

Maple Class - For creating excellent shapes in P.E. and taking turns on the equipment—fantastic teamwork!

Each class received two class ticks. Well done everyone!



LETTERS / EMAILS HOME THIS WEEK:

Year 1 Learning Newsletter

WHAT'S ON NEXT WEEK (Autumn 1 Week 6):

- Monday 6th October - Rock Steady Lessons
- Tuesday 7th - **Reception Curriculum Information evening 6.30pm School hall**
- Wednesday 8th - Year 2 P.E.
- Thursday 9th - Year 1 P.E.
- Friday 10th - **Year 1 Family Reading 8.50 - 9.10am**
- Reception P.E. (please wear normal uniform top and leggings/joggers with trainers)



Top Tips for MANAGING SCREEN TIME

According to the latest stats, people aged between 5 and 17 spend four hours an digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so here are five simple tips to help you and your child get the most out of their screen time.

- GET OUT AND ABOUT**: If the weather's decent, encourage your child to spend time outdoors. It's a great way to get some fresh air and exercise, and it's also a good way to get away from screens.
- TRY A TIMED TRIAL**: When you're looking to reduce screen time, try a timed trial. Set a timer for 15 minutes and see how long you can go without checking your phone or tablet.
- GO DIGITAL DETOX**: Challenge yourself and your child to go digital detox. This means no screens for a set period of time. It's a great way to get away from screens and enjoy the real world.
- LEAD BY EXAMPLE**: Let your family see you using your phone responsibly. You can't expect your child to do it if you're constantly checking your phone.
- AGREE TECH-FREE ZONES**: Create tech-free zones in your home. For example, the dining table or the bedroom. This helps to create a clear boundary between work and leisure.
- HOLD A SCREEN TIME ANNUITY**: At a family screen time annuity, you can discuss your screen time habits and agree on a plan for the future. It's a great way to get everyone on the same page.
- BE MINDFUL OF TIME**: Many people are busy trying to fit everything in, so it's easy to lose track of time. Try to be mindful of how long you spend on your phone or tablet.
- PARK PHONES OVERNIGHT**: Encourage your child to leave their phone in a designated place overnight. This helps to reduce the temptation to check it first thing in the morning.
- SWITCH ON DND**: Research shows that Do Not Disturb (DND) can help reduce screen time. Encourage your child to turn on DND when they're studying or working.
- TAKE A FAMILY TECH BREAK**: Set aside time for a family tech break. This is a great way to spend time together without screens.
- SOCIALISE WITHOUT SCREENS**: Encourage your child to spend time with friends and family without screens. This helps to build relationships and enjoy the real world.
- WIND DOWN PROPERLY**: Encourage your child to wind down properly before bed. This means no screens for at least an hour before bedtime.

Meet Our Expert: **THE NATIONAL COLLEGE** National Online Safety #WakeUpToScreenTime

As part of our commitment to safeguarding, it is important that we ensure that parents/carers are as informed as possible about online safety and well-being.

Top tips for managing screen time

From using them for communication, work, shopping and entertainment, devices such as smartphones, laptops and the rest are now deeply ingrained into modern society. Small wonder, then, that young people – who've grown up surrounded by such gadgets – can sometimes struggle to put them down, switch them off or keep themselves occupied without them.

While limiting our screen time may require a great deal of restraint, the effort can be rewarded with significant benefits to our physical and mental health. This guide has simple tips for helping to manage the amount of screen time in your household – encouraging the whole family to spend more quality time together and live in the moment.

The guide on this subject can be downloaded from our school Facebook page. <https://www.facebook.com/TheAvenueInfantSchool/> and from the school website.