



The Avenue Infant School
FRIDAY UPDATE
 Friday 12th January 2024



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

Aisha (Beech class) - for sharing her knowledge of the Islamic faith.

Elliot W (Hazel class) - for working hard on his independent maths work.

Cristella (Maple class) - for enhancing her writing using adjectives and conjunctions this week.

Iyaaz (Cherry class) - for making the right choices, for being ready to learn and working hard on his descriptive writing.

Tomas (Willow class) - for always following the Golden rules and being an amazing role model.

Isla (Oak class) - for being a really kind friend and helping others when they are feeling worried.



Class Accolades

Hazel Class - Miss Morris is proud of your hard work understanding lines of symmetry.

Beech Class - Mrs McCullough and Mrs Mason are impressed with your very mature and responsible return to Year 2.

Maple Class - Mrs Bolter is proud of how hard you have tried to use 'indoor voices' this

Cherry Class - Miss Startin is proud of your hard work as a team and showing readiness for learning.

Each class was presented with their Class Accolade certificate and earned two class ticks. Well done everyone!



LETTERS / EMAILS HOME THIS WEEK:

LEARNING NEWSLETTERS

ENRICHMENT LETTER

RECEPTION SCREENING INFORMATION

WHAT'S ON NEXT WEEK (Spring 1 Week 3):

Monday 15th	- Rock Steady Club
Tuesday 16th	- Year 2 P.E.
Wednesday 17th	- Reception Health Screening
	- Play & Perform club 3.15 - 4.15pm
Thursday 18th	- Year 1 P.E.
	- Story Explorers club 3.15 - 4.00pm
Friday 19th	- Year 2 Family Reading - 8.50 - 9.10am
	- Reception P.E.

Values tokens
 total this week:
208



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

Top Tips for Managing Screen Time (see page 2)

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.

A larger version of these guides can be downloaded from our school Facebook page. <https://www.facebook.com/TheAvenueInfantSchool/>

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday