



# FRIDAY UPDATE

Friday 19th 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:

**Zoran** (Beech class) - for super effort and concentration.

**Abdul** (Hazel class) - for being a computing expert on Purplemash in lessons.

**Aadesh** (Maple class) - for trying to focus and showing excellent understanding in Maths.

**Noah** (Cherry class) - for making the right choices, showing kindness and trying hard with his work.

**Maya** (Willow class) - for an amazing story map and retelling of the Owl Babies story.

**Anastasia** (Oak class) - for her hard work and concentration in phonics.



## Class Accolades

**Hazel Class** - Miss Morris has been impressed with your expertise in the moon landing in History.

**Maple Class** - Mrs Bolter was impressed with your excellent knowledge retrieval in Science.

**Cherry Class** - Miss Startin is proud of how you worked as a team in P.E. to show your skills.

**Willow Class** - Miss Cooper is impressed with your super retelling of the Owl Babies story.

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



LETTERS / EMAILS HOME  
THIS WEEK:

Year 1 Learning  
Newsletter

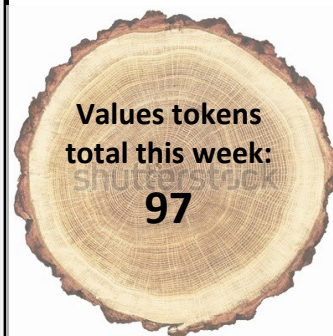
Phonics email

## WHAT'S ON NEXT WEEK (Spring 1 Week 4):

- |                |  |
|----------------|--|
| Monday 22nd    | - Rock Steady Club                             |
| Tuesday 23rd   | - Year 2 P.E.                                  |
|                | - <b>Team to KS1 Gymnastics competition</b>    |
| Wednesday 24th | - Play & Perform club 3.15 - 4.15pm            |
| Thursday 25th  | - Year 1 P.E.                                  |
|                | - Story Explorers club 3.15 - 4.15pm           |
| Friday 26th    | - <b>Year 1 Family Reading - 8.50 - 9.10am</b> |
|                | - Reception P.E.                               |

Values tokens  
total this week:

97



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

### Smartphone Safety Tips



According to Ofcom, 69% of under-18s use a smartphone as their main method of going online. Additionally, 49% of children use them for online gaming – putting smartphones only just behind consoles (59%) as the device of choice for playing games on. Most people won't require such statistical evidence, however, to acknowledge the huge importance of phones to young people.

Given that Santa's recent visit is likely to have bestowed smartphones on an even greater number of young people, it's a particularly opportune moment to ensure that children are able to use their handsets responsibly – and, above all, safely. From passcodes to parental controls, and from screen time to scams, this guide has the essential advice.



# SMARTPHONE SAFETY TIPS

## for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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