

Dear Parents and Carers,

## School Unplugged

This week we have challenged ourselves as a school to have a whole week 'unplugged'. This means that teachers have been teaching without using their screens and the technology in our rooms. Even though the development of technology can help us in all areas of our learning, we wanted to do our part in reducing the amount of time our children are looking at a screen—this even includes Friday's celebration assembly! It has been lovely to see all the activities around school and how creative our teachers children have been.

Here is what the children thought:

Year 6 said: 'We have more discussions and less screen time, but it means we see less pictures.'

Year 1 said: 'Miss Pear drew more and we enjoyed the flashcards in fluency. I like writing more in retrieval.'

Year 5 said: 'It's really good because you need to save electricity as it is really important. If we save more electricity, we can use it when we need it.'

## School Council SPARK Team

This week, six of our school councillors went to visit the University of Northampton to form our SPARK Team. The SPARK Award is all about children learning about social impact, building resilience and problem solving. They started planning and preparing for a project that will enhance our school community and help their peers. Their next step is to create a presentation with their ideas to Ms Williams, and begin planning their next moves to bring their ideas into reality!

We are so proud of how they represented the school, and thank you Mrs Walker for escorting our children.



## Curriculum

**Year 4** — Year 4 had the chance to take part in a class debate this week around deforestation. The children had to take on different roles and argue their point to the rest of the class. All the children got very passionate and involved in the debate which was lovely to see. They then got to choose what they thought was the most important point in the argument and write more about it in their books.

**Year 3** — On Monday, Year 3 explored skeletons and made a new skeleton friend, which they found very exciting! They worked together to label its different parts and then explored why we have skeletons. By experimenting with a dictionary and a magazine, Year 3 learned that our spines are very important because they support us, and we would fall over without them!

# Online Home Learning!

## Spelling Shed



1<sup>st</sup>:  
Sycamore



Jayden – Year 5



Bogdan – Year 6

2<sup>nd</sup>: Rowan



Rory – Year 2

1<sup>st</sup>: Sycamore



2<sup>nd</sup>: Maple



Harley (6) –  
Super Star  
Collector



Maxim (5) –  
Most coins

1<sup>st</sup>: Maple



2<sup>nd</sup>:  
Sycamore



Ella (4) – Most  
minutes

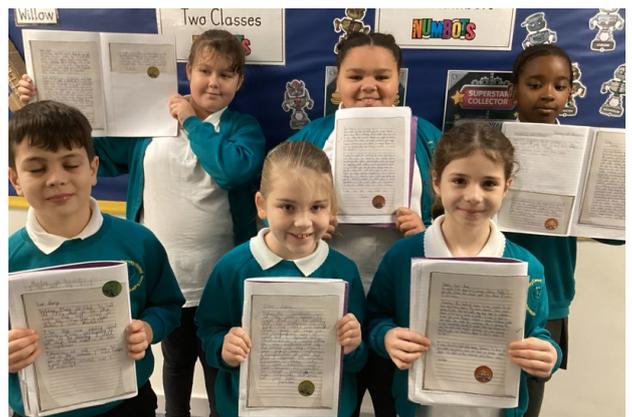


Bogdan (6) –  
Most coins



Kuba (3) –  
Most correct  
answers

Year 4 have been writing letters as the main character of their story. The book is called 'Crenshaw', and it is about a boy called Jackson as his family goes through a hard time. The letters were beautifully written, full of emotion, and it was lovely to see their handwriting improving too!



As part of her Science learning in class, Chiedza has made this fantastic farm. Their topic 'From Farm to Fork' has inspired her to show all the different animals that we would find on a farm.



## Dates for your Diary

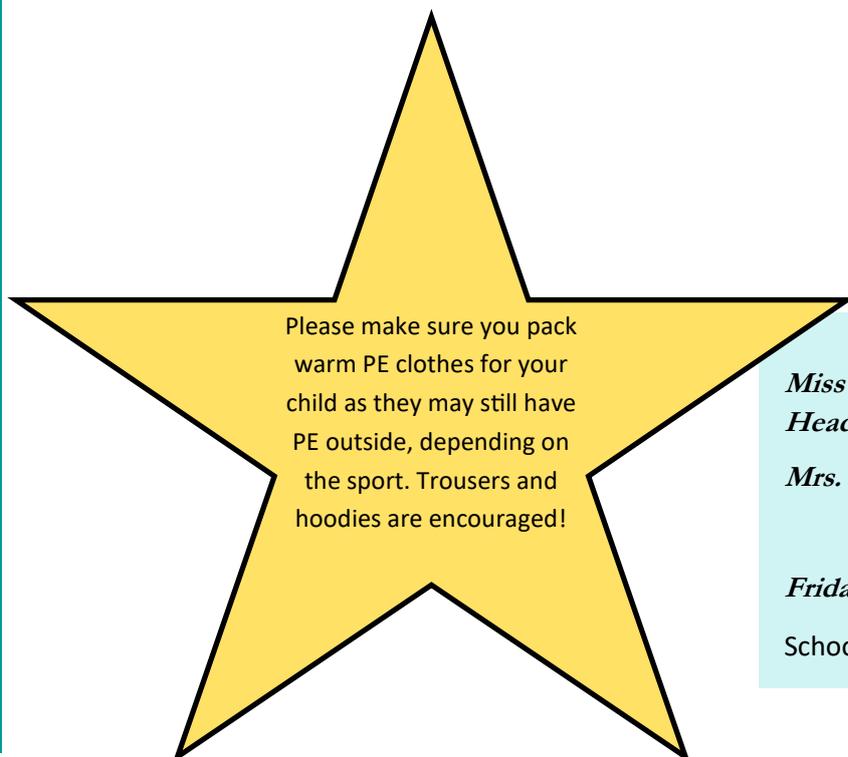
Date	Year Group	Event
3rd December	All	Visitor from the Church to do assembly
4th December	EYFS	Visit from an Optician
4th December	Yr 5-6	RFPS Vs BPS Football match

### Messages from Mrs Llewelyn (our Family Support Worker and DSL)



**Bright Sky App** Bright Sky is a safe, easy-to-use app and **website** that provides practical support and information about domestic abuse. It is designed for anyone experiencing domestic abuse, or anyone who is worried about a friend, family member, or colleague.

Thanks, Sam



*Miss Walker-Collins —Acting Deputy Headteacher*

*Mrs. Williams—Executive Headteacher*

*Friday 29th November 2024*

School Contact details: Tel – 01604 4011820

# 10 Top Tips for Parents and Educators

## CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

### 1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

### 2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

### 3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

### 4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

### 5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

### 6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

### 7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

### 8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

### 9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

### 10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

## Meet Our Expert

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



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