School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 3rd February	• **Children's Mental Health Week 3rd – 9th February** • KS2 Qualitas After School Club – Badminton - Book and pay on ParentPay
Tuesday 4th February	• KS1 Qualtias After School Club – Dance – Book and pay on ParentPay
Wednesday 5th February	• KS2 Qualitas After School Club – Benchball – Book and pay on ParentPay
Thursday 6th February	• Little Smiles Toddler Group 9.00am – 10.30am • SWIMMING FOR CLASS 2
Friday 7th February	• NSPCC Number Day Non Uniform wear a number
Monday 10th February	• **Parents Evening – Classes 2, 3 and 4** • KS2 Qualitas After School Club – Badminton - Book and pay on ParentPay
Tuesday 11th February	• **Parents Evening – Classes 2 and 4** • KS1 Qualtias After School Club – Dance – Book and pay on ParentPay
Wednesday 12th February	• **Parents Evening – Classes 1 and 3 plus Nursery** • KS2 Qualitas After School Club – Benchball – Book and pay on ParentPay
Thursday 13th February	• **Parents Evening – Class 1 and Nursery** • Little Smiles Toddler Group 9.00am – 10.30am • **LAST SWIMMING FOR CLASS 2 – Class 3 will start swimming after half term**
Friday 14th February	• **PTFA VALENTINES DISCO – Tickets are available now on Parent Pay.** **Nursery 3.00pm – 3.30pm – Parents must stay** **Whole School 3.30pm – 5.00pm – Children to be collected from 4.30pm**

OTHER NEWS

- **Children's Mental Health Week – 3rd–9th February –** Children will be taking part in activities related to this.

- **Parents' Evenings** Monday 10th February for Class 2, 3 and 4 - 3.30pm – 5.50pm
  Tuesday 11th February for Class 2 and 4 - 3.30pm – 5.50pm
  Wednesday 12th February for Class 1 and 3 – 3.30pm – 5.50pm
  Thursday 13th February for Class 1 and Nursery – 3.30pm – 4.30pm

  Appointments can now be booked through School Cloud.

- **ParentPay – Please ensure you check your Parent Pay account on a regular basis. Accounts should be kept up to date to prevent balances increasing. Thank you for your continued support with this.**

- **Walesby Forest Residential – The next payment for the Year 5 and 6 residential is due on 31st January.** Thank you if you have already paid. Please contact the school office if you have any questions at all.
- **Class 4 – Young Voices – Monday 27th January. Payment can be made up to the end of January.**

- **Class 2 – Space Centre – Wednesday 29th January. Payment can be made up to the end of January**.

Please do not hesitate to contact us on 01629 56813 or by email with any questions or queries.

Friday updates can be found in the Newsletters section of our school website.

FURTHER DATES FOR YOUR DIARY	
Monday 24th February	**INSET DAY – School closed to pupils**
Tuesday 25th February	**Back to school** **World Book Day Costume Swap – full details can be found on the PTFA Newsletter**
Wednesday 26th February	MAD Infant Sports Event – Fun Run at All Saints Juniors (rearranged from 16th October) Consent to be given on ParentPay. Children in Class 2 will need their PE kits and a drink
Thursday 27th February	**First Swimming lesson for Class 3**
Thursday 6th March	WORLD BOOK DAY
Friday 7th March	PTFA Book and Cake Sale
Friday 21st March	Non Uniform Day in exchange for bringing in a chocolate donation for the Tombola stall on 31st March
Monday 31st March	Easter Bonnet/Egg Parade 3.00pm – further details to be shared nearer the time
Friday 4th April	**Break up for Easter**
Monday 21st April	**Easter Monday**
Tuesday 22nd April	**Back to school – Start of the Summer Term**
Wednesday 30th April	Class 2 Multi Skills Festival at All Saints Juniors This Girl Can – Whitworth Park 930 – 11.30
Monday 5th May	**MAY DAY BANK HOLIDAY**
Monday 12th May	KS2 SATS – English Grammar Punctuation and Spelling
Tuesday 13th May	KS2 SATS – English Reading Paper
Wednesday 14th May	KS2 SATS – Maths Papers 1 and 2
Thursday 15th May	KS2 SATS – Maths Paper 3
Friday 16th May	Year 6 Celebration at Whitworth Park
Friday 23rd May	Break up for half term
Monday 2nd June	**INSET DAY – School closed to pupils**

Tuesday 3rd June	**Back to school**
Wednesday 18th June	Class 2 Dance and Gymnastics Festival at All Saints Juniors
Thursday 26th June	Year 6 Primary Athletics at Moorways, Derby
Tuesday 1st July	Highfields Transition Day for Y6 pupils
Wednesday 2nd July	**Walesby Forest Residential – Class 4**
Thursday 3rd July	**Walesby Forest Residential – Class 4** FINAL SWIMMING LESSON FOR CLASS 3
Friday 4th July	**Walesby Forest Residential – Class 4**
Wednesday 9th July	Class 2 Sports Day at All Saints Juniors
Thursday 10th July	NO SWIMMING FOR CLASS 3
Thursday 17th July	NO SWIMMING FOR CLASS 3
Thursday 24th July	**Last day of the school year** **NO AFTER SCHOOLCLUB**
Friday 25th July	First Day of the summer holidays



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there *have* been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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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