School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 6th January	• **BACK TO SCHOOL** • KS2 Qualitas after school – Badminton – Book and Pay on ParentPay
Tuesday 7th January	• KS1 Qualitas after school – Dance – Book and pay on ParentPay
Wednesday 8th January	• Qualitas KS2 after school - Benchball - Book and pay on ParentPay
Thursday 9th January	• Little Smiles Toddler Group 9.00am -10.30am • NO SWIMMING FOR CLASS 2
Friday 10th January	•
Monday 13th January	• Qualitas After School Club – KS2 Badminton - Book and pay on ParentPay
Tuesday 14th January	• Qualtias After School Club – KS1 Dance – Book and pay on ParentPay
Wednesday 15th January	• **Deadline for Applications for September 2025 Reception Starters** • Qualitas After School Club – KS2 Bench ball – Book and pay on ParentPay
Thursday 16th January	• Little Smiles Toddler Group 9.00am – 10.30am • SWIMMING FOR CLASS 2
Friday 17th January	

OTHER NEWS

- **Saturday 21st December** – Cake and Carols at St Giles Church 4.00pm. Some of our children are taking part in the service. Everyone is welcome.

- **ParentPay – Please ensure all accounts are up to date before our return to school in January. Help us by making regular payments to avoid balances increasing. Thank you for your 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.

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 20th January	Qualitas After School Club – KS2 Badminton
Tuesday 21st January	Qualitas After School Club – KS1 Dance
Wednesday 22nd January	Cross Country Event at Whitworth Park – further details to follow Qualitas After School Club – KS2 Benchball
Monday 27th January	Class 4 to Young Voices in Sheffield
Tuesday 28th January	Qualitas After School Club – KS1 Dance
Wednesday 29th January	Class 2 trip to the Space Centre, Leicester Qualitas After School Club – KS2 Benchball
Monday 3rd February	Qualitas After School Club – KS2 Badminton
Tuesday 4th February	Qualitas After School Club – KS1 Dance
Wednesday 5th February	Qualitas After School Club – KS2 Benchball
Monday 10th February	Qualitas After School Club – KS2 Badminton
Tuesday 11th February	Qualitas After School Club – KS1 Dance
Wednesday 12th February	Qualitas After School Club – KS2 Benchball
Thursday 13th February	**Last swimming lesson for Class 2** **Class 3 start swimming after half term**
Friday 14th February	**Break up for half term**
Monday 24th February	**INSET DAY – School closed to pupils**
Tuesday 25th February	Back to school
Wednesday 26th February	MAD Infant Sports Event – Fun Run at All Saints Juniors – rearranged from 16th October
Thursday 27th February	**First Swimming for Class 3**
Friday 4th April	Break up for Easter
Monday 21st April	**Easter Monday**
Tuesday 22nd April	Back to school
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 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
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 Last swimming 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**




PARISH CHURCH OF
MATLOCK
st giles
COME TO
Cake & Carols
SATURDAY 21ST DECEMBER
4PM-5.30PM
Sing along to beautiful Carols and popular Christmas hits
Complimentary refreshments and homemade cakes for all
KIND DONATIONS WELCOMED
Featuring
SAINT GILES
SCHOOL
Christmas Choir

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.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep appraised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/top-tips-for-safety-on-social-media

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