School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 12th February	• Parents' Evening – Class 1: 3.30pm - 5.30pm • Parents' Evening - Class 3: 3.40pm – 6pm • Qualitas Club after school – KS2 Fitness – *use ParentPay to book*
Tuesday 13th February	• Parents' Evening – Class 2: 3.00 – 6.30 • Parents' Evening - Class 3: 3.40 – 6.30 • School football team training • Qualitas Club after school – KS1 Fitness - *use ParentPay to book*
Wednesday 14th February	• Parents' Evening – Class 4: 3.30 – 6pm • Qualitas Club after school – KS2 Dodgeball
Thursday 15th February	• Little Smiles Parent and Toddler Group 9-10.30am • Class 3 Swimming • Choir after school with Mr Titterton • Parents' Evening – Class 4: 3.30 – 5.30
Friday 16th February	• Year 3 Forest Schools • Last day of half term
HALF TERM BREAK	
Monday 26th February	• **INSET DAY SCHOOL CLOSED**
Tuesday 27th February	• BACK TO SCHOOL • School football team training
Wednesday 28th February	•
Thursday 29th February	• Little Smiles Parent and Toddler Group 9-10.30am • Class 3 swimming • Choir after school • PTFA school disco 3.30 – 5.30 - Tickets will be on sale from Wednesday 14th February from the school office. £5 each including entry, disco and food
Friday 1st March	•

Other news:

- **A reminder that Parents' Evening appointments are still open for booking online. Please contact the office if you need any assistance.**
- **School Car Park** – The car park gates are now closed between 8.30am and 9.00am and 3.00pm and 3.30pm following feedback from parents and to ensure the safety of all children. **PLEASE PASS THIS MESSAGE ONTO FAMILY AND FRIENDS WHO HELP WITH BRINGING YOUR CHILDREN TO SCHOOL**

- A reminder that the school car park and the entrance to it must not be used for dropping off or collecting children at the start and end of the school day unless previously arranged.
- **Monday 4th March – ADVANCE NOTICE - Due to mandatory staff training for all school staff from 4.00pm until 6.00pm AFTER SCHOOL CLUB will only be available until 4.00pm today. Please accept our apologies for any inconvenience**
- **The NSPCC Number Day last week raised a great £85; many thanks for your support.**

Please do not hesitate to contact us on 01629 56813 or by email enquiries@st-giles-matlock.derbyshire.sch.uk with any questions or queries.

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

FURTHER DATES FOR YOUR DIARY	
Monday 19th – Friday 23rd February	**Half Term**
Monday 26th February	**INSET DAY – SCHOOL CLOSED TO PUPILS**
Tuesday 27th February	SCHOOL REOPENS
Thursday 29th February	**PTFA SCHOOL DISCO 3.30PM – 5.30PM** **TICKETS WILL BE ON SALE FROM WEDNESDAY 14TH FEBRUARY FROM THE SCHOOL OFFICE**
Monday 4th March	**AFTER SCHOOL CLUB UNTIL 4.00PM ONLY** **Mandatory Staff Training**
Tuesday 5th March	After School Football – St Giles v Darley Churchtown
Thursday 7th March	WORLD BOOK DAY
Monday 11th March	STAY AND PLAY - CLASS 1 AND 2 - 2.45PM-3.15PM
Wednesday 13th March	BOOK LOOK - CLASS 3 AND 4 - 3.15PM-3.45PM
Thursday 28th March	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR EASTER
Monday 15th April	SCHOOL REOPENS FOR THE SUMMER TERM
Thursday 18th April	NO SWIMMING THIS WEEK
Thursday 25th April	SWIMMING FOR YEAR 5 AND 6
Monday 6th May	Bank Holiday
Monday 13th May	KS2 SATS – English Grammar and Spelling Papers 1 and 2
Tuesday 14th May	KS2 SATS – English Reading
Wednesday 15th May	KS2 SATS – Maths Paper 1 and 2
Thursday 16th May	KS2 SATS – Maths Paper 3
Friday 24th May	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 3rd June	SCHOOL REOPENS
Monday 17th June	**INSET DAY SCHOOL CLOSED**
Tuesday 23rd July	LAST DAY OF SCHOOL BEFORE SUMMER BREAK NO AFTER SCHOOL CLUB

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about
PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert



Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.

The National College

National Online Safety

#WakeUpWednesday

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