School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 15th January	• Qualitas Club after school – KS2 Fitness – *use ParentPay to book*
Tuesday 16th January	• Qualitas Club after school – KS1 Fitness - *use ParentPay to book*
Wednesday 17th January	• Bikeability – Level 2 for Year 6 – Group 1 • Qualitas Club after school – KS2 Dodgeball • PTFA meeting 7.30pm in school – All welcome
Thursday 18th January	• Bikeabilty – Level 2 for Year 6 – Group 1 • Little Smiles Parent and Toddler Group 9-10.30am • **Class 3 Swimming**
Friday 19th January	• Bikeability – Level 2 for Year 6 – Group 2 • **Year 3 Forest Schools - AM**
Monday 22nd January	• Qualitas Club after school - KS2 Fitness – *use ParentPay to book*
Tuesday 23rd January	• Qualitas Club after school - KS2 Fitness – *use ParentPay to book*
Wednesday 24th January	• Bikeability – Level 2 for Year 6 – Group 2 • Qualitas Club after school - KS2 Dodgeball
Thursday 25th January	• Little Smiles Parent and Toddler Group 9–10.30am • Class 3 swimming
Friday 26th January	• Year 3 Forest Schools - AM

Other news:

- **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.
- Fiona and Becky have places at Gymnastics on a Thursday 3.30pm - 4.15pm if anyone would like to attend. Sessions are to music, using pom poms, ribbons, hoops and appartus such as bars, benches, beams, spring board trampette and vault. It is £4.50 a session paid termly but you can just pay for one week to try it if you want. Any enquiries or to book a place, contact fionagymnastics@outlook.com
- Class Newsletters for this term will be on the school website today.
- Pupil reports will be sent home with your child today.

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	
Tuesday 6th February	After School Football – St Giles v South Darley
Friday 16th February	LAST DAY OF TERM
Monday 26th February	**INSET DAY – SCHOOL CLOSED**
Tuesday 27th February	SCHOOL REOPENS
Tuesday 5th March	After School Football – St Giles v Darley Churchtown
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
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


Join us to celebrate with a
MIGHTY BRUNCH
FOOD EXPLORERS
Thursday 18th January
Crispy bacon &
Derbyshire pork sausages
or
Vegan sausage
and mushrooms
served with tomatoes,
hash browns and
baked beans
Syrup sponge with
custard
DERBYSHIRE
County Council

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.

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you *do* want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

DEVICE BOX

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

The National College

National Online Safety

#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

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