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Points to Remember No. 4 29.9.23



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DATES

October

Tues 5th—Y4, Y5 and Y6 Swimming

Wed 18th—Parent Evening for ALL pupils

Thurs 19th—Parent Evening for ALL pupils

Fri 20th—Halloween Disco (FoWs)

Fri 27th—Inset Day - School closed to Pupils

Tue 31st—Deadline for Secondary School Applications

Half-term holidays Mon 30th—Friday 3rd Nov

November

Mon 6th—School opens for Autumn 2

Fri 24th—FOWS Break The Dress Day (suggested 50p per breach)

December

Thurs 14th—2pm & 6pm, Whole School Christmas Production

Mon 18th—3.15-5pm FOWS Christmas Movie Night

Thurs 21st—Christmas Dinner

Friday 22nd—Inset Day - School closed to Pupils

Christmas Holiday Monday 25th—Friday 5th January

January

Mon 8th—School opens for the Spring Term

Bags2School

Each year we have the opportunity to raise money through the donation of adults' and children's clothes, shoes, hats, belts, handbags and soft toys.

Please place any items in a black plastic bag. Don't forget to ask grandparents, friends and neighbours to have a sort out as well!

[CLICK THE BLUE BAG TO FIND OUT MORE >>>>](#)



Bags2School WILL COLLECT the following Items for RE-USE:

- Men's, Ladies and Children's clothing
 - Paired shoes (tied together or elastic band around)
 - Bags, Satchels, Rucksacks & Handbags
 - Hats
 - Scarves and ties
 - Jewellery
 - Underwear / Lingerie
 - Socks
 - Belts
 - Soft toys
- Household linen including Curtains, Towels, Bedding (bed sheets, pillow cases and duvet covers)

Bags2School WILL NOT COLLECT:

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs and mats (including bath, shower and toilet mats)
- Soiled, painted, ripped or wet clothing
- School uniforms with and without logo
- Corporate clothing and workwear
- Textile off cuts, yarns or threaded material

Please leave your bags outside the school playground fence by 9.00am on 7th November 2023

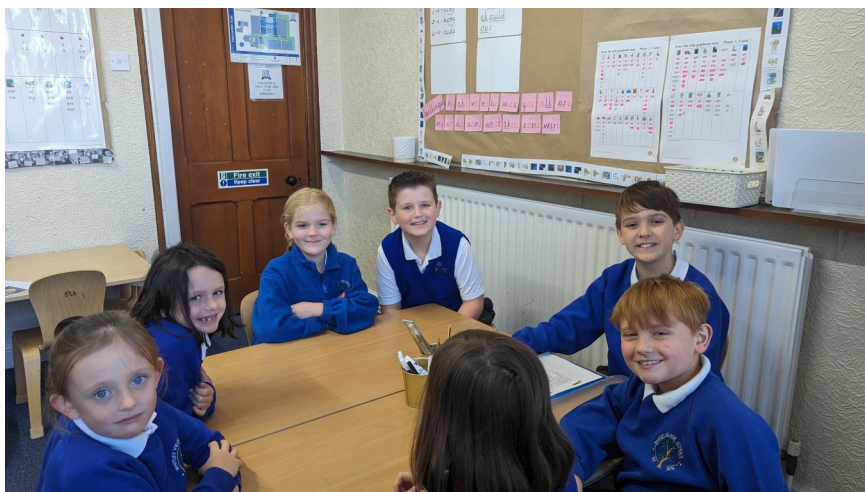
Mathletics

We understand that certain parents are encountering problems with the Mathletics platform. For technical support, please reach out to Mathletics through their online portal. Additionally, ensure your device meets the system requirements, which can be found in the link below.

<https://support.3plearning.com/tech/mathletics/>

School Parliament Meets

The inaugural meeting of our 2023—2024 school parliament has set an exciting precedent. Eager and full of enthusiasm, our parliamentarians have taken the initiative to draft meeting agendas and diligently record minutes. Their commitment to meeting every half term reflects their dedication to having a meaningful impact on our school community. With their innovative ideas already on the table, we anticipate a bright future for our school parliament, one that will undoubtedly raise its profile and leave a lasting impression. #Citizenship



Geography Fieldwork Afternoon

Rose Class recently embarked on an enriching journey of geographical exploration through fieldwork, a pivotal component of their local area study. Engaging in hands-on activities, these young geographers keenly observed the intricate tapestry of physical and human features that define their surroundings. Armed with maps and an inquisitive spirit, they delved into mapwork exercises, deciphering how their local area is skilfully documented by cartographers, unravelling the secret language of symbols that tell the story of the land.

Fieldwork holds a special place in our Geography curriculum, as it not only reinforces classroom learning but also instils a profound passion for the subject. Numerous studies have consistently highlighted its role in nurturing a love for geography and fostering greater pupil interest and engagement. Through these fieldwork experiences, Rose Class not only broadened their horizons about their local environment but also ignited a lifelong curiosity for the world around them, promising a brighter future filled with geographical adventures and discoveries





It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

52% of children aged 3-4 go online for nearly **9hrs** a week

82% of children aged 5-7 go online for nearly **9.5hrs** a week

93% of children aged 8-11 go online for nearly **13.5hrs** a week

99% of children aged 12-15 go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018