

NEWSLETTER

ISSUE DATE
17th January 2024

Dear parents & carers,
Our new lunchtime arrangements are now up and running after a week of training the children into the new system. They have been amazing and are now loving being able to sit with friends regardless of what type of lunch they have.

We have a group of volunteer Lunchtime Leaders who are busy training in supporting their friends at lunchtime. These children have been super amazing and we are very proud of them all.

Vicki Masters Head Teacher

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DATES FOR YOUR DIARY

Friday	19th January	Daventry Youth Hub assembly Y5 and Y6
Thursday	25th January	Y5-Y6 Athletics
Mon-Fri	5th-9th February	Mental Health Week
Monday	5th-7th February	Y2&Y3 Beaumanor Residential
Friday	16th February	TERM ENDS
Monday	26th February	SCHOOL OPENS FOR PUPILS



Please Remember

Wednesdays; Y5 Upper String Project
 Wednesdays: SWIMMING
 Wednesdays: Y4 Junk Orchestra
 project
 Thursdays ; Y3 Strings Project

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 nationalonline-safety.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!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even if it's not the best day, what would do the most thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're talking a screen break to do a different hobby 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 to do life stuff, like at the dining 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 on a particular app or service 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 major distractions like message alerts and push notifications can cut down on 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 grab a phone, fix 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.

Meet Our Expert

Melita Ahmed designs and delivers the UK's only specialist programme, mental health qualifications. Her own personal history and support in information organisations and local authorities – representing school leaders and staff – has led to her knowledge and skills to ensure every child has the best outcomes when the mental health of pupils and personnel is protected.



DEVICE BOX

The National College



National Online Safety
#WakeUpWednesday

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[@nationalonline-safety](https://instagram.com/nationalonline-safety)

[@national_online_safety](https://pinterest.com/national_online_safety)

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Put down your phone

Don't miss out on chances to talk with me.

Looking at your phone all the time makes me think you don't want to chat. When we're out and about talk to me about what we can see. I learn new words when we play together so put down your phone and play, talk, sing and share books with me.



@Babble&Banter

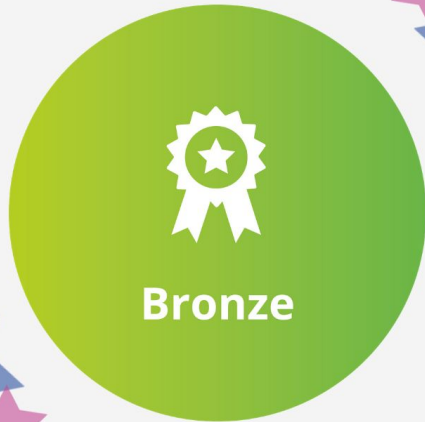
Developed with the support of the Ayrshire and Galloway Language and Literacy Team (NHS Ayrshire & Arran Speech and Language Therapy in partnership with East Ayrshire Council)



Ayrshire Health & Social Care

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We've achieved



EQUALITIES AWARD
BY **EQUALTEACH**

The Equalities Award provides support and guidance for schools to effectively promote equality, diversity and inclusion and allows schools to showcase their commitment to equality.

The Equalities Award audit has been designed by a team of equality and education experts to allow schools to fulfil their statutory duties to:

- Eliminate discrimination, advance equality of opportunity, and foster good relations (Equality Act 2010)
- Promote community cohesion (Education and Inspections Act 2006)
- Prevent people from being drawn into terrorism (Counter Terrorism and Security Act 2015)
- Safeguard children and promote spiritual moral, social and cultural development (Education Act 2002)

Reading Matters



Thank you to those of you who attended our reading open morning. Creating a love of reading in children is potentially one of the most powerful ways of impacting on academic standards in school.

There can be few better ways to improve pupils chances in school, or beyond in the wider world, than to enable them to become truly independent readers.

Reading is all about acquiring meaning; for enjoyment, information and understanding. Over the next few weeks we will be sharing tips to encourage your child to read at home.

What if your children don't enjoy reading

Step 1. Talk about books. Talking to children about books and stories can help them to realise how exciting they are. Show an interest in what they've read, ask questions about it, and swap opinions.



Step 2. Make it fun! There are so many fun things you can do with books beyond reading them. Maybe you could ask your children to draw their favourite character or act out what they've read for you. Or perhaps you could try recreating some classic book

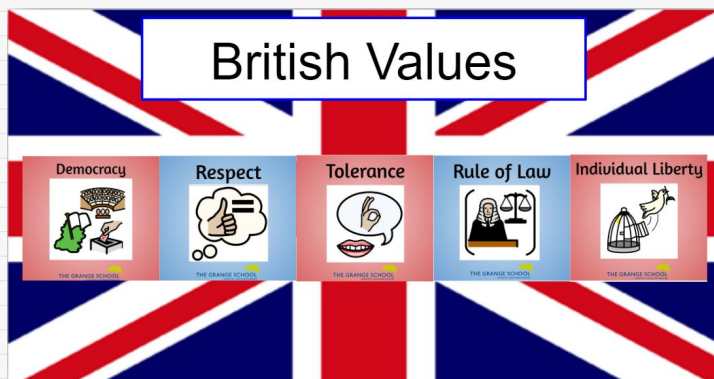


Step 3. Try funny books. Everyone likes a good giggle! (If your child is brave, scary stories or gory horror might be worth a go too.)

Step 4. Don't worry about what your children are reading. Whether it's a short story, poetry, a graphic novel, non-fiction, joke books, a comic or even the back of a cereal packet, it doesn't matter what your child is reading - as long as they're enjoying it! Anything could kickstart a love of books. (And don't panic if they read the same book over and over again, either.)



British Values



THE GRANGE SCHOOL VALUES

Confidence



Courage



Tenacity



Empathy



Integrity

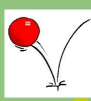


Resilience



This week's Values Superheroes are:

Resilience



THE GRANGE SCHOOL

Bobby Wills

Integrity



THE GRANGE SCHOOL

Anisha Patel

Tenacity



THE GRANGE SCHOOL

Maha Malik
Cody Bromwell

Courage



THE GRANGE SCHOOL

Maha Malik
Ivy-Mae Taylor
Nicholas Gincota
Anisha Patel

Confidence



THE GRANGE SCHOOL

Ivy-Mae Taylor
Gavriel Atanasov
Ecaterina Popa
Keziah Hakeem

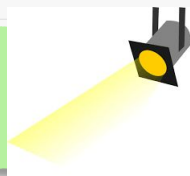
Empathy



THE GRANGE SCHOOL

Isla Rigby
Madalina Molosnic
Jessica Fenn

A Spotlight on Special Needs



Brunhild, our Place2Be Mental Health Practitioner will be offering parent workshops during 'Children's mental health week'. Further details to follow

Dear Parents and Carers,

Place2Be, our in-school mental health support service, has a variety of resources to help you support your child's wellbeing.

Their Parenting Smart website offers free practical advice on a range of topics including bullying, the transition to secondary/high school, meltdowns, and sleep difficulties. Visit parentingsmart.org.uk to read more.

Place2Be's Parenting Smart - Online Course is a free, 4-week course designed to support parents and carers of primary-age children in their parenting journey.

Visit place2be.org.uk/family to learn more about these free resources from Place2Be.

coffee, cake & community

A meet up for parents and carers

date & time:

Friday 19th January
10:00 am - 12:00 pm

location:

Daventry Hill School
Ashby Road, Daventry
NN11 0QE

