



## St Bartholomew's CE Primary School



### News in school 26.4.24

Good afternoon,

Since September, I have been working closely with the county to try everything possible to reduce the financial deficit that the school is in. Due to low government funding, our school has very limited funding for next year. Therefore, I am being directed by county to reduce to three classes from September 2024. The class structure will become:

Reception and Year 1 – Nightingale Class

Year 2, 3 and 4 – Darwin Class

Year 5/6 – Franklin Class

Please see the ParentMail letter that was sent out to Reception - Year 5 yesterday. I would like to assure you that the quality of your child's education will not be affected in anyway and we will continue to be dedicated to supporting the children in being all that they can be.

#### Careers Fair

We would like to hold a careers afternoon in school for all of our children to raise further aspirations and create inspirations for their futures. If you feel that you could come in, talk about your job and the journey that you took to get to where you are, we would love you to be part of it! Maybe someone in your family might like to talk about their job too! Please email the office with a brief description of your job if you are interested. We look forward to hearing from you 😊

#### Swimming

Unfortunately, we have had a problem with the pool heating system this week, but we are pleased to say that it has now been fixed and swimming will start week commencing 29<sup>th</sup> April. Please see the PE timetable below.

#### Attendance

The winner of our Term 4 Attendance £10 All4One voucher is JJ (Apple Class). A huge well done to JJ. Remember, you have to be in it to win it, so let's try and get 100% of our children in school every day.



Your child will be bringing home their Termly Attendance Summary letter today. This letter informs you of their termly and year to date attendance percentage, as well as the number of lates and unauthorised lates received termly and year to date.



### Breakfast and After School Club

The number of children attending Breakfast Club and After School Club has increased and therefore both clubs will now be situated in the hall. Please drop off and collect from the brown door. You may need to use the doorbell to attract the attention of the staff, however please be patient and they will be with you as soon as they can.

### Whooping Cough

The UK Health Security Agency have published new data that shows there has been a continued increase in pertussis (whooping cough). Whooping cough is caused by infection with pertussis bacteria. The symptoms include:

- a cough lasting several weeks following initial cold-like symptoms
- prolonged outbursts of coughing
- post-coughing retching or vomiting
- a 'whoop' sound on breathing in
- rib pain

Untreated pertussis is no longer infectious after 21 days but with appropriate antibiotic treatment this reduces to 48 hours. Please see the link <https://www.nhs.uk/conditions/whooping-cough/> for more information about pertussis.

Take care,  
Miss Ingle

## Easter Egg Hunt

On the last day of term 4 the children took part in an Easter Egg Hunt organised by the PTFA. Each child decorated an egg which was hidden in the hall for them to find. On finding their egg, they were given a chocolate egg which was kindly donated by the Church and the PTFA. Thank you to the PTFA and the Church for organising and funding this event. Here are a selection of the decorated eggs.



## School worship

Loving Father, thank you for all who are part of our school. Please grant them your encouragement, wisdom, and peace. Strengthen teachers with heavy workloads. May they be firm, yet patient, expecting excellence but forgiving mistakes. May they support their students, playing to strengths, helping with struggles, and motivating them to do their best.

**Amen**

## Bible verse of the week

**Proverbs 3:5-6**

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

## Celebrated this week in Collective Worship

w/e 19.4.2024	Fantastic award	Excellence award
Apple Class	Tyler	Jaxson
Palm Class	Harvey	Megan
Oak Class	Julia	Aryla
Willow Class	Crystal	Molly S
w/e 26.4.2024	Fantastic award	Excellence award
Apple Class	Woody	Sienna
Palm Class	Rhys	Dauids
Oak Class	Lewis	Aubree
Willow Class	Leah Ba	Gracie I

## Attendance winner of the week

Willow Class were the attendance winners of the week last week and won a trip to the park with Gerald this week. Palm Class are the attendance winners of the week this week and have won a trip to the park with Gerald during playtime one day next week.

## Church News

St Bartholomew's Church will be open for the Flower Festival from Wednesday 1<sup>st</sup> May to Monday 6<sup>th</sup> May 10am to 4.30pm daily. Refreshments throughout, plus stalls selling books, plants and bric-a-brac. If you are able to offer any help, including on refreshments, it would be very much appreciated, even for an hour or so. Please contact Wendy Houghton, 07946 052418. Thank you.

**Flower Festival Praise Service:** 3rd May (7pm).

**St Bartholomew's Flower Festival:** 1-6th May.

**Thirsty on a Thursday:** The Church is open every Thursday between 9.30—11am for you to drop in any time for tea/coffee and a chat.

## Dates for Your Diary

Date	Time	Event
15 & 16 <sup>th</sup> May		Year 5 – L1 & 2 Bikeability
24 <sup>th</sup> May		End of Term 5
21 <sup>st</sup> June		Order deadline for uniform orders for Sept '24
1-3 <sup>rd</sup> July		Year 6 Residential - Castleton
16 <sup>th</sup> July	9-4.30pm	Whole School Trip

Please be aware that Lincolnshire County Council have amended the term dates for 2024-25. Tuesday 22<sup>nd</sup> April 2025 is now an Inset Day and Monday 2<sup>nd</sup> June 2025 is now a normal school day. Please see our school website for all term dates.

All calendar dates/events can be found on our school website by clicking on the 'calendar' tab. If you wish to add an event to your own calendar, you can do so by clicking on the link and pressing the 'add to calendar' button.

## Any Other Information/Reminders

### PE Timetable Term 5:

	Outdoor PE	Swimming
Apple	Wednesday	Monday
Palm	Tuesday	Friday
Oak	Monday	Thursday
Willow	Friday	Tuesday

## Attendance

All schools are expected to keep their attendance over 96%. This term we have dropped to 95.2% I know that this term brings chilly weather and wet mornings, which in turn means more colds and coughs are about, however, if your child has a cold, they should still be in school please. If you need any help with attendance, please come and speak to us as we will help in any way that we can. Dr Chris Whitty released this statement via the DfE: *"It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above."*

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

## Book Wish List

We are constantly trying to update our school Library so the child have the opportunity to read new and exciting books. With this in mind, Mrs S has sourced a 'Book Wish List'. It has been created by our local book shop 'Bookmark' in Spalding. They have been extremely kind and made an area on their website where you can click on a book and purchase it online and have also offered us a discount. We felt it was not only important to purchase new books for our children but also support a local small business. When a few books have been purchased they will then contact Mrs S to go and collect them. If you feel like you would like to purchase a book for our Library, or know someone that would like to, then please follow this link:



<https://uk.bookshop.org/lists/st-bartholomew-s-ce-primary-school-wishlist?>

## Working Party

Due to the current economic climate, we are looking for ways to cut down on costs over the year. We currently spend a reasonable amount of money each month for the upkeep of the school playing fields and hedges. We are looking to source our own ride on lawn mower for our wonderful caretaker to use for the grassed areas. In addition, we wondered if anyone would be prepared to join a working party 3 times a year to cut the hedges. If you think that you could help with this, please email the office and let them know. Every little helps! Thank you!

## School Mobile Phone

We now have a school mobile for afterschool care. The number is: **07396725986** It will be turned off during the school day. It will only be available for parents who have children attending afterschool care during afterschool care hours. **PLEASE CONTACT THE SCHOOL OFFICE FIRST IN ALL CIRCUMSTANCES.**

## After School Kids Club

Please be aware that if parents/carers/guardians are more than 10 minutes late collecting from after school clubs at 4pm there will be a charge of a full hour, per child, childcare cost.

## Pencil Cases

Please remember to ask your child regularly if they require anything replenishing.

## Severe Weather/Snow Closure

In the event of severe weather, we will always strive to ensure that the school remains open, but in the event that extreme weather conditions necessitate the closure of the school we will advise you of this in a number of ways. We will notify parents via email via Parentmail, update the school website and advise Lincs FM and BBC Lincolnshire radio stations so listen out to their broadcasts or log onto their websites. We will also post a message on the school's Facebook and 'X' pages.

## School Opening

Our school office is open from 8.30am to 3.15pm, Monday to Friday. If you wish to contact the school out of these hours, please call 01775 640357 and leave a message on our answerphone or alternatively email [enquiries@stbartholomews.lincs.sch.uk](mailto:enquiries@stbartholomews.lincs.sch.uk).

**PTFA Easy Fundraising** is a great source of funds for the school which could raise £££s for the PTFA. A range of retailers, holiday companies, Ebay, Tesco and many more donate a percentage of money spent when parents / carers / guardians spend money. It costs the consumer absolutely nothing at all. Parents/carers/guardians need to click on the easy fundraising link:

<https://www.easyfundraising.org.uk/panel/>

- Register an email and password
- Nominate your cause
- Download a reminder tool to browser so when purchases are made through a partner a reminder is sent.

Make the purchase and a percentage goes to St Barts!

£36.98 raised in the last 30 Days!



**ELITE SPORTS ACADEMY PRESENTS**

# MATCH NIGHTS

**ALL ABILITIES WELCOME!**

**ARRIVE & PLAY! - MINI MATCHES! - BE YOUR FAVOURITE PLAYER!**

**RETURNING 25TH APRIL**  
**THURSDAY EVENINGS**  
(DURING TERM TIME ONLY)

**5 TILL 6 PM**

**CHILDREN NEED:**

- + APPROPRIATE FOOTWEAR
- + SHINPADS
- + A DRINK

**FOR KS1 AND KS2**

**PINCHBECK EAST PRIMARY, PE11 3RA**  
(ENTER VIA KNIGHT STREET)

**SESSION IS ON GRASS**

**FOR INFO, CONTACT: INFO@ELITESPORTSACADEMY.CO.UK**

**£4.50 PER SESSION**

## What Parents & Educators Need to Know about

# TOWNSHIP



(on the App Store; 'Everyone' on Google Play)

### WHAT ARE THE RISKS?

Despite launching in 2011, Township remains popular with children and adults alike. A city-building game with farming elements, it tasks players with developing their settlement and unlocking new features along the way. Aimed at the more casual gamer, it's mostly child friendly – but there are still some related risks to be mindful of.

### MISLEADING PUBLICITY

Township's developers have previously faced criticism for advertising the game on social media by using clips of gameplay which can't actually be found in the final product. This may well lead to a child or young person downloading the game with severely misplaced expectations of what they'll be playing.

### IN-GAME ADVERTS

While it's common for mobile games to feature in-game advertisements for other products and services, Township employs a particularly egregious strategy seen in several similar products. It offers users in-game currency in exchange for watching such adverts, which can obviously encourage young people to willingly expose themselves to marketing material.

### IN-GAME PURCHASES

The game's core concept of building up a settlement to increase its population and income can feel slow paced at first – and players are incentivised to spend real-world money to move things along more quickly. That can mean handing over anything from £1.99 to £19.99 for these in-game boosts; amounts that can rapidly add up to a considerable sum if left unchecked.

### TIME-CONSUMING GAMEPLAY

Township's gameplay loop of acquiring resources and reinvesting them into your little community is a fun one – but this rewarding sense of making progress can lead to players spending far more hours staring at the screen than they realise. There are also special in-game events which run for a limited time, designed to entice players into even longer gaming sessions.

### ONLINE MULTIPLAYER MODE

After reaching level 19, players in Township can form a 'co-op' and unlock the option to exchange goods with up to 30 other users. Online multiplayer modes are nothing new, of course – but neither are the potential risks they pose to children and young people. Chances are, youngsters will be interacting with complete (and possibly much older) strangers within the game environment.

## Advice for Parents & Educators

### DISCUSS THE GAME IN ADVANCE

While older children may notice and understand that Township might be marketed in a potentially misleading way, it could be worth explaining to prospective younger players how and why the game differs from what's been advertised. This will help them to manage their expectations and avoid any possible disappointment if they do decide to download and play it.

### MONITOR SPENDING AND SCREEN TIME

More modestly priced in-app bundles can be a welcome treat for a child wanting to speed up their progress in Township, but it's wise not to leave a linked payment method active in case a youngster gets carried away. Likewise, to prevent Township from causing an increase in screen time, parental controls on most devices allow limits to be placed on how long a game can be played each day.

### BE WARY OF EXTERNAL SITES

Township's makers state that all in-game ads are age-appropriate: children won't be shown adverts recommending more violent titles, for instance. Even so, clicking on these adverts can take players out of the game and onto external sites that have nothing to do with Township or its developers: this raises the risk of children encountering inappropriate content or being tempted by online purchases.

### TALK ABOUT ONLINE STRANGERS

Township's online multiplayer mode (as with any game which includes that functionality), is an avenue through which a child could be contacted by people who they don't actually know. It's worth reminding young Township fans, therefore, not to give out any personal information to strangers online – whether that's within the game itself or in the social networks associated with it.

### Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. A regular visitor to the App Store to try out new games and tools, he's also a parent who prioritises online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



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Source: <https://www.mixedfutures.com/news/2019/01/10/10-ways-to-protect-your-child-from-mobile-games-that-wish-you-were-an-adult/> | <https://www.techradar.com/news/3-ways-to-protect-your-child-from-online-games>

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# What Parents & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



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Source: See full reference list on guide page at [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)

# What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

## WHAT ARE THE RISKS?

### MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

### SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

### DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

### FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outweigh any suspicions they may have.

### SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

### MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

## Advice for Parents & Educators

### ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

### BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

### CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

### KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



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Source: See full reference list on guide page at [nationalcollege.com/guides/shopping-apps](https://nationalcollege.com/guides/shopping-apps)

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