

Dear Parents / Carers / Guardians

We have come to the end of a very busy term in school. I know many of us are exhausted and can't wait for some time at home to relax and be with loved ones.

In the last few weeks of term, there have been lots of excited children and adults in school. We have had Christmas parties, nativity plays, Christingle making, Carol services, Christmas Fayre and the list goes on! Although exhausting, I think it is the most wonderful time of year to be in school. It is great to feel the joy and hope of Christmas – the time when God gave us his precious gift of his son, Jesus Christ.

I would like to thank the whole staff and governing team for their support and dedication over the last term – their hard work, determination and kindness are second to none and it is their smiles and commitment that keep this school running. Thank you.

From everyone at St Bartholomew's, thank you for your support, smiles and encouragement this term. We wish you all a very Merry Christmas and an abundance of hope, love and happiness for the New Year.

Have a wonderful rest with loved ones and we look forward to seeing you in 2025!

Take care Miss Ingle



Christingle Carol Service:

On a cold, winters afternoon in December, Christingles lit up the darkness around St Bartholomew's Church as our community were gathered to celebrate this wonderful time of year, filled of the spirit of Christmas and sharing with joy the message brought to the world through the birth of a child over 2000 years ago. I would personally like to offer my sincere thanks to you, our parents and carers, for your continued and unwavering support, to my colleagues for their patience and kindness and last but by no means least, to our incredible children who sang, spoke and played their hearts out.

Thank you to our volunteers, Mr Ellis, Mrs Houghton, Mr & Mrs Peach, Mrs Young and two representatives from Dole (who donated the oranges), who gave up their time to come in to school to help the children make their Christingles.



School News

Attendance Winner of the Week:

Darwin Class are the attendance winners of the week and have won a trip to the park w/c 6th January 2025.



Choir: On Monday 16th December some of our children visited Stonehaven Care home, Quadring, to sing to the residents. The residents very much enjoyed our visit. Thank you to those parents who helped with transportation.



School Council: The school council have been working hard to think of ideas to promote behaviour in school. A new incentive they are introducing is a 'Supershine' award. Each week, one child will be chosen as our 'Supershine' and they will be able to wear a gold sash for the week, in order to celebrate their achievements.

We hope you have a lovely Christmas,
Miss Cannon and the School Council Team

Indoor PE Timetable for Term 3 2024-25:

Dahl (Year R): Wednesday

Darwin (Years 3 & 4): Wednesday

Nightingale (Years 1 & 2): Monday

Franklin (Years 5 & 6): Friday

Outdoor PE Timetable for Term 3:

Dahl (Year R): Monday

Darwin (Years 3 & 4): Tuesday

Nightingale (Years 1 & 2): Wednesday

Franklin: (Years 5 & 6): Thursday

Children in Need: Thank you to everyone who came to school in non-uniform for Children in Need and purchased Pudsey merchandise this year. We raised £177.70 for this charity.

Miss Cannon and the School Council Team



Safeguarding: Safeguarding is our top priority here at St Bart's and we would like to take this opportunity to remind you about the safeguarding information that is available on our website. The safeguarding tab includes a range of information about safeguarding in school, safeguarding at home and a list of useful contacts if you require advice and support. Please also see the safeguarding and child protection policy for further information about how we safeguard children and staff in school.

Miss Ingle (Safeguarding Lead) and Miss Cannon (Safeguarding Deputy)

Term 3 Breakfast Club: Bookings for attending our Breakfast club can be made via ParentMail up until the Tuesday of the week before. After this day, please contact the school office.

Term 3 After School Clubs: The following clubs take place during term 2 and can be booked via ParentMail up until the Tuesday of the week before. After this day, please contact the school office. These clubs are free and run by staff/parents. The clubs on offer must be booked even if they are free. Clubs available during term 2 are:

Monday—Year 6 Young Chef (Miss Ingle)

Friday—Netball Year 4, 5 & 6 (Miss Cox)

Friday — Chess Year 3, 4, 5, 6 (Mrs Willerton)

Childcare is also available in school every day from 3.15pm until 5pm. You are able to book sessions from 3.15pm to 4pm, 3.15pm to 5pm, or 4pm to 5pm if your child is attending a free club first. 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. We 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. For all other queries, please contact the school office.

Governors: It was another busy term for the governing body with lots of meetings and visits to the school. We are working hard to ensure we are meeting our objectives and are very much looking forward to the new year. We have our class changes ready for January and we are confident that this will be a positive step for St Bart's. With the support of our parents and the commitment from our teachers and support staff, we know we can continue to make St Bartholomew's a great place to learn and thrive.

On behalf of the governing body, we wish you all (children, staff, volunteers, parents and carers) a wonderful restful and peaceful Christmas and New Year break.

Very best wishes, Sajda Andleeb, St Bartholomew's Chair of Governors.

Decoration of Christmas Tree:

On Thursday 28th November four children decorated a Christmas tree at Spalding Methodist Church, with the Christmas decorations made specially for this event by all the children at St Bart's.



Whole School Trip to Panto: On Wednesday 18th December the whole school went to the South Holland Centre to see Snow White. The children, staff and volunteers enjoyed the performance and their ice creams during the interval.



Reading Rocks Club: Thank you to all the parents and carers that filled in my Reading for Pleasure survey. I really appreciate the time you took to do this. The children have been busy completing the student survey for me, this will really help me complete my tasks for my Reading for Pleasure course.

Our new 'Reading Shed' will be up and running after Christmas. We are very excited that the children will have a new reading area to use during break times. Miss Ingle is busy sourcing everything we need for it, so watch this space!

This term I invited year 3 and 4 to reading rocks. They have enjoyed reading books with their friends and entering different competitions. Well done to Clara and Florrie who won! They both received a prize from our librarian Emily.



Next term year 5 and 6 will have the opportunity to come to the Library at 12:30 on a Friday. I look forward to seeing you all.

Congratulations to Nightingale who have won the golden coin this term for the most visits to the library. Remember...please take a golden ticket to the library if you visit for a lesson, change a book or come to my reading rocks club.

The new weekend reading book bags have been enjoyed by all the classes this term. Thank you to the parents that have sent photos in. Please remember to share a photo with us for our newsletter.



Christmas Competition

Would you like to win a £10 book voucher and house points for your team?
Then enter Reading Rocks Christmas competition!

Over the Christmas holidays we would like to create a 'Reading River'. This can be as creative as you wish. A reading river is a collage of anything you have read over Christmas. It can be a cereal packet, label, road sign, Christmas card or it might be something you've read in the TV. You can evidence it by drawing what you've read from, cutting it out (with your parents permission) taking a photo or writing about it.

Below are a few examples. We are excited to see your creations. Everyone that enters will be awarded 10 house points for their team. The over all winner will win 50 house points and a £10 book voucher. The winner will be announced in our first collective worship of 2025!

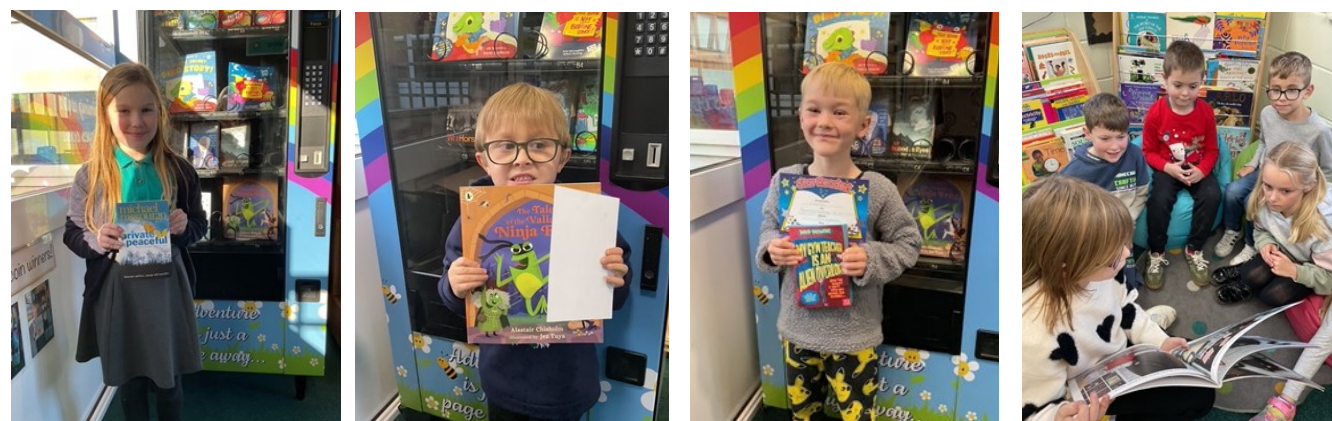
Good luck!
Mrs Szydlowski

The image shows two examples of 'Reading Rivers' collages. The first collage is titled 'My Reading River' and features a blue river flowing through various book covers and labels. The second collage is titled 'Reading River' and features a blue river flowing through various book covers and labels, with a focus on the river theme.

Last week my Christmas competition was launched and sent via ParentMail. Any questions come and see me. I'm very excited to see all the entries in the new year.

Wishing you all a wonderful, safe and Happy Christmas.

Mrs Szydlowski



Community Christmas Cards:



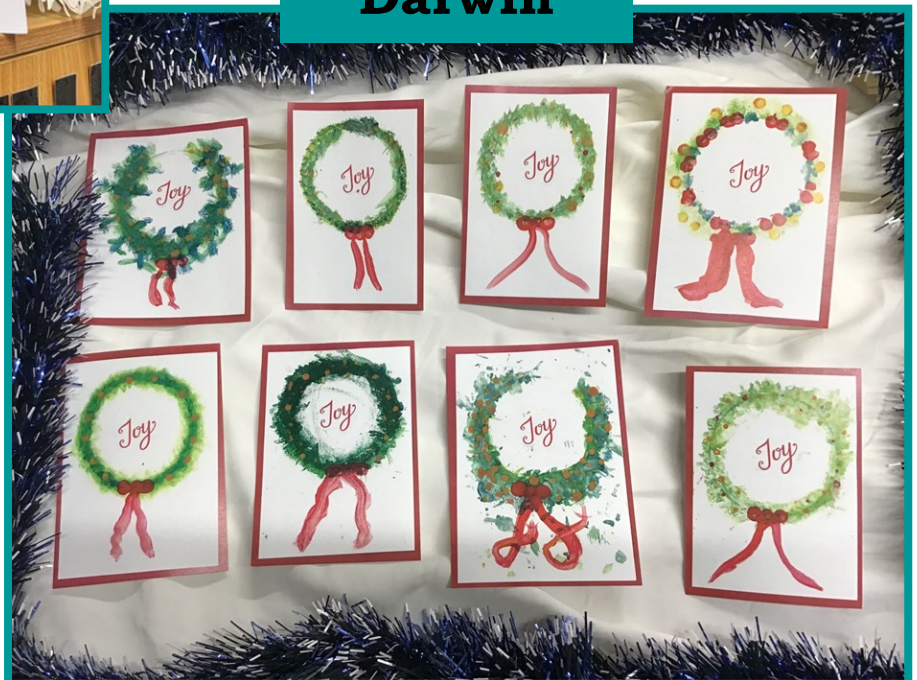
Nightingale

Christmas for many of us is a time of joy, gifts, and precious time with family. However, Christmas can also be an especially difficult time for some people. Here at St Bart's, we believe that everyone should have somebody, and we are delighted to be able to continue this tradition where we give something back to members of our community. The children have designed their Christmas Cards and each class distributed these around our local area.



Franklin

Darwin



PTFA News: 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!



PTFA Dates

16.3.25 Car Boot Sale

2.4.25 Easter Disco

PTFA News: Thank you to everyone who supported the family bingo and the Christmas Fayre. The bingo raised **£498.00** and the fayre was successful with **£751** raised. This is a great start and a good contribution towards the plan for the Library Bus. We look forward to seeing you all at the events in the New Year.



Nightingale



Franklin



Darwin

Nightingale Class: Nightingale Class have enjoyed a very busy Christmas term. We spent much of the final part of the term rehearsing and preparing for our nativity 'The Bossy King'. The children did an incredible job and we are so proud of them. They learnt all their lines, learnt the song words and Makaton actions, knew when to get on and off the stage and beamed with confidence during both shows. A big thank you to parents for supporting with learning lines and providing costumes for the show.



We have enjoyed many Christmas events such as community card delivering, a disco, a fayre, Christingle making, carol singing, the panto trip and so much more. The children were also super excited to arrive at school at the beginning of December, to find the outdoor playhouse had turned into a grotto and some cheeky elves had arrived in class. They have been up to so much mischief but have kept us entertained and hopefully they will tell Santa we have all been very good!

The children had a fabulous time during the recent Diwali dance workshop. They learnt so many new dance moves and enjoyed performing a routine at the end of the day.

Phonics progress has been seen by all children this term and we are so proud of everyone. The children work so hard on reading in class as well as reading at home and we are very grateful to all parents who share stories and practise Phonics words in an evening, it really makes such a difference to the progress your child makes.

We hope you have a lovely Christmas and we will see you in January,

The Nightingale Team 😊



Darwin Class: Here we are at the end of Term 2 and the end of another year! Darwin has been extremely busy embracing new challenges, re-calling old ones and applying their knowledge across all areas of the curriculum and beyond...

The sound of sirens kick started the term as we received a visit from the Fire Brigade. Everyone got to experience the powerful force of the hose and the view from the cab, as well as learning what to do if there is a fire and how to prevent one in the first place.

Year 2 looked at number bonds, addition and subtraction with exchange, whilst 3 delved into the world of arrays and the formal methods of addition and subtraction. Year 4 explored bigger numbers and moved into multiplication and division, applying the inverse to check their answers.



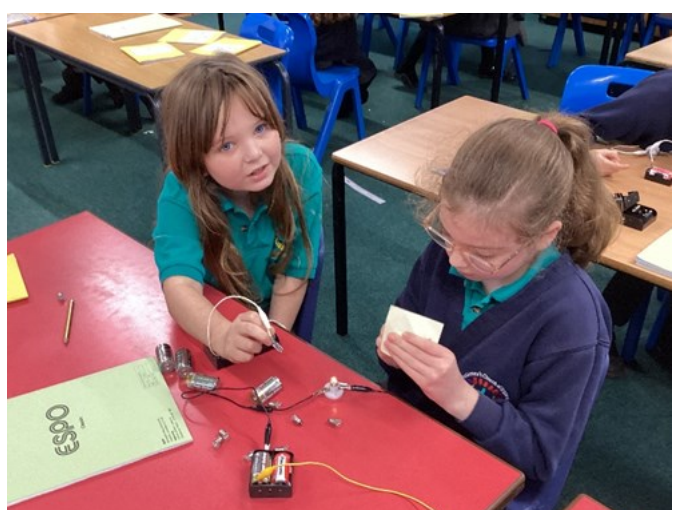
English has been a bedazzling, mesmerizing journey of magic mayhem through the book '*Leon, and the Place Between*'. *The children's writing has been fantastic and they really enjoyed this book.* This fantastical flight of fancy continued in our brilliant guided reading text '*The Train to Impossible Places*', To be continued...Year 2 have had a twit-twoo...nderful time with Plop, (*The Owl who was Afraid of the Dark*).

We have time-travelled through the ages to the Stone-Age, through to the Iron-Age learning what the PAST meant and how it has shaped the world we live in. The children know the names of the different Stone Age periods and the changes which took place regarding homes, tools and life in general. Darwin has researched jewellery and created their very own pieces of iron-age necklaces in DT.



Darwin Class: In Science, Darwin have been busy working with electrical circuits, determining which circuits would work and which wouldn't, adding buzzers and motors and testing materials to see whether they are good conductors of electricity or not. The children can now name all the components of a circuit! Year 2 were investigating the properties of different materials. Humpty Dumpty needed a protective coat to help him not to crack! Did we succeed? Well done Darwin!

Mrs Davison, Miss Ingle, Mrs Amatt, Mrs Elwes and Miss Illingworth



Franklin Class: What a term this has been in Franklin Class!

The children have delved deeper into our study of World War II and have been resilient when collating sources to inform us about specific events that occurred during the war and the role men and women played. They were lucky enough to welcome Zoe, an expert, from the National Holocaust Memorial Centre to Franklin Class. The highly successful outreach programme brought a touring version of 'The Journey' to our very own classroom and provided the children with an immersive learning experience where they followed the story of a 10-year-old Jewish boy from Nazi Germany in 1938 to safety in England via the Kindertransport. What a wonderfully subtle way to investigate the impact the Nazi's had on Jewish people across Europe. The children posed questions, shared theories and investigated thoroughly the entire afternoon. This exploration linked perfectly to our study of Judaism in RE and brought to life the struggles faced by many Jewish people.



Blood, guts and gore have been the focus of our English lessons where the children have used the text 'Beowulf' to create gruesome character descriptions and heroic tales between good and evil as they wrote their own legends inspired by characters in our text. It has been incredible to how this high-quality text has impacted the development and modification of their vocabulary, descriptions and dialogue in their extended writing. The children have also been exploring a text called 'The Place for Me' in Whole Class Guided Reading where they have discovered more about the Windrush Generation by studying a series of different fact-files and diary entries that describe the challenges people of different colour and race have faced in our country.

Our study of Light in Science has culminated in the children making films to demonstrate their understanding of how we see and using well-known traditional tales to retell and create a shadow puppet theatre together. The inventiveness and storytelling was simply outstanding. In PE we have developed our netball skills further and to see a full class of children (many of whom have opted to join our ever-growing netball club) practicing different passing techniques with pumped up, good quality netballs was an absolute joy.

The children have truly shone this term, as they designed and created their very own tote bags having studied Batik. We would like to say a huge thank you to Mrs Thorley and Mrs Knight for working with small groups of children to help bring these beautiful creations to life.



It is with great sadness that Franklin Class will be saying farewell to our much-loved Mrs Thorley, who will be retiring to spend more time with her loved ones. During her time at St Bart's Mrs Thorley has imparted invaluable skills and knowledge to many children, helping to challenge their minds and encouraging them to grow as well-rounded, caring individuals. Her commitment to the classes she has worked with and the impact she has had on so many of our children's lives will remain a lasting memory of her time here at St Bart's. I have no doubt in my mind that Mrs Thorley is known by all of us as the kindest, most generous, caring, knowledgeable, modest, courageous, and responsible member of our school community, whom we all respect and value deeply. Her vast wealth of experience across so many areas of the curriculum has been invaluable and her ability to make quick decisions has helped many children overcome barriers to learning and difficulties they have faced. Thank you for making learning easier and more enjoyable. We would like to wish her all the love, luck and happiness in the world as she enters this new chapter of her life. She will be missed by us all but the memories we have built together will remain in our hearts forever.

On behalf of my colleagues in Franklin Class I would like to wish you all a happy and peace Christmas. Miss Cox, Mrs Thorley, Mrs Elwes and Miss Stead

Up and Coming Events:

All calendar dates/events can be found on our school website by clicking on the link:

[Events from December 1 – January 6, 2025 – St Bartholomew's](#)

If you wish to add an event to your own calendar, you can do so by clicking on the event and pressing 'add to calendar' button.

Term Dates 2024-25

Term 3: 6th Jan—14th Feb 2025

Term 4: 24th Feb—4th April 2025

Term 5: 23rd April— 23rd May 2025

Term 6: 2nd June—22nd July 2025

Pencil Cases:



School holidays are a good time to ask your child if they need any of their stationery for their pencil cases replenishing. Please be aware that children use their glue sticks in most lessons and therefore they run out frequently.

St Bartholomew's Church News: **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.

Reception 2025 Intake Applications: The process for applying for a place in Reception 2025 opened on 15th November and closes on 15th January 2025. Applications can be made online at www.lincolnshire.gov.uk/schooladmissions or by calling 01522 782030 and asking for assistance.

Helping the Environment:

Clothing Recycling: Our clothes recycling container is situated in the bike shed. If you wish to use it and the gates are locked, please let the school office know and a member of staff will open the gates for you. This facility is available term time only between 8.30am and 3.30pm. Your donations need to be deposited in a bag, however, please can we ask that you do not leave bags by the locked gates. This is a community facility and therefore is available for the wider community to use.

Battery Collection: Remember to bring in your used batteries (AAA, AA, C, D) for recycling. You can return your battery box or use the big battery collection box in the bike shed.

Ink Cartridges: Remember to bring in your used ink cartridges and place them in the box in the bike shed. Please note toner and laser cartridges are not accepted as part of the programme.

Health Care Plans 2024-25: If you have previously completed a Health Care Plan for your child then a new form is available, via ParentMail, for you to complete for 2024-25. If you feel your child requires a Health Care Plan, please contact the school office and a form can be made available for you to complete.

Home School Agreement 2024-25: Thank you to those parents who have completed our annual Home School Agreement form, via ParentMail. If you haven't done so already, please complete the form as soon as possible.

Parent Mail App: The App is available for Android 4.4 devices and above and Apple iOS 8 and above devices. To download the App, simply visit the App store on your phone, and search "ParentMail". Please note, you must be registered to use the ParentMail App – you can register on a browser from the email or text registration invitation you have been sent. In order to download the PMX App you will need iOS 7.0 or higher.



School Meals: Menus for term 3 are available to order via the Willoughby Foods Ltd website www.willoughby-foods.co.uk. Reception and KS1 parents/carers/guardians must order meals directly from Willoughby Foods Ltd to take up the Universal Infant Free School Meal (UIFSM) offer. Children entitled to Free School Meals (FSM) will be ordered an option 1 main meal and an option 1 pudding unless parents log on and amend. **The order deadline for ordering for term 3 week 1 is midnight on Tuesday 31st December 2025.** If you haven't ordered meals by this date, please remember to send your child with a packed lunch as the meals delivered to school are the number that are ordered, therefore there are no spare meals available. Menus are available to view on the school website by clicking:



[School Meals - St Bartholomew's](#)

Free School Meals: Click here: [Parent Portal: Home](#) to apply for Free School meals. Alternatively the link can be found on the 'about' page of our school website as well as a step by step guide to the application process.

Cool Milk: Our school milk scheme is administered by Cool Milk. To register your child for school milk, please visit www.coolmilk.com/register.

Whole School Christmas Lunch: On Friday 13th December the children enjoyed their whole school Christmas lunch.



Christmas Jumper Day:

On Friday 13th December we wore Christmas jumpers to raise money for Haven (previously SoLDAS—South Lincolnshire Domestic Abuse Service) and raised a total of **£46.50**.



School Website: Our school website can be found at www.stbartholomews.lincs.sch.uk where you will find lots of information about the school, upcoming events, newsletters, learning links, school lunch menus.



ONLINE SAFETY - LIKE RIDING A BIKE

Are you considering getting your child a mobile phone?

There are benefits to being online but equally there are risks that children may experience.

Just like preparing your child to ride a bike for the first time, there are things we can do as parents to make our childrens online experience as safe as possible.



Pick the device

- 1 Basic phones can message and make calls but children will not be able to access apps**

Helmet - Parental Controls

- ## 2 Before giving your child any device make sure you access parental controls and discuss apps you are happy for them to access

Brakes – Stop and Think

- ### 3 Teach children to stop and think before they reshare information or reply to comments.

Protection – Block and report

- #### 4 Teach your children how to block and report on the games and apps they are using.

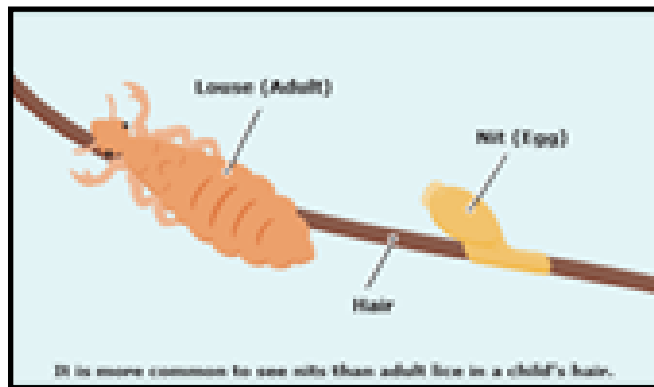
Stabilizers - Tech free areas

- ## 5

Talk to your children about the risks they may face online and where they can go for help. Explore games and apps together. Talk often and openly. For more information on parental controls and online risks visit www.internetmatters.org



Headlice: Please take this opportunity to check your child's hair for headlice and treat as necessary. A whole school 'attack' on this common nuisance can be very effective when carried out over a period of time when the school is closed. We rely on parents vigilance and their commitment to checking for and treating headlice in order for outbreaks in school to be reduced. Going forward, please help us to reduce outbreaks of this common nuisance in school.



St Bartholomew's School Facebook Page:

Our school Facebook page is very popular! We have 244 likes and 320 followers. Please give us a like and a follow to keep up to date with news and activities in school. The PTFA also has a Facebook page.



Attendance: All schools are expected to keep their attendance over 96%. 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.**

"From the first day of term to the last, the small moments in a school day make a real difference to your child."

#AttendanceCounts"

...

Attendance

Supporting you to understand the new rules

A National Framework for Penalty Notices for school absences, including unauthorised leave of absences in Term Time, is being introduced following changes to the law. These new government regulations will come into effect from 19th August 2024.

What are these changes?

If a pupil has **10 unauthorised sessions**, which is equal to **5 school days**, within a **10 week period**, a penalty notice may be issued.

This will come under 3 categories: First, Second, and Third offence.

First Offence

The first time a Penalty Notice is issued for Term Time leave or unauthorised absences the amount will be:

£160 per parent, per child if paid within **28 days**, reduced to **£80** per parent, per child if paid within **21 days**.

Second Offence

The second time a Penalty Notice is issued for Term Time leave or unauthorised absences the amount will be:

£160 per parent, per child to be paid within **28 days**. No reduced rate will be offered.

Third offence and any further offences (within 3 years)

The third time an offence is committed for Term Time leave or unauthorised absences a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates Court.

Magistrates' fines can be up to £2500 per parent, per child. Cases found guilty in Magistrates' Court can show on a Parents future DBS certificate, due to failure to safeguard a child's education.

For any further inquiries about school attendance please visit: www.lincolnshire.gov.uk/school-attendance

Lincolnshire
COUNTY COUNCIL
Making for a better future

**Children return to school on
Monday 6th January 2025**

*Best wishes
Miss Sophie Ingle, Head Teacher*

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>



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CHRISTMAS SPORTS CAMP



ELITE
SPORT
ACADEMY LIMITED



CHILDREN WILL NEED:

- PACKED LUNCH
- A DRINK



£20
PER DAY

ADD
£4.50
(3 - 4PM)

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