

Hudson Primary School & Family Wellbeing Centre

Weekly Newsletter for Families

Friday 14th February 2020



HUDSON SCHOOL NEWS - Headteacher: Niki Craddock

Happy half term everyone, we are now officially half way through the school year - 3 more terms left! When we return after half term we will begin the first part of our preparation for VE day (Victory in Europe - 1945) celebrations in May. The children will all experience a workshop with a fantastic real histories team, who will bring history to life for our Key stage 1 and 2 children. It is really important to us that our children have a true understanding of their British Culture and History and hopefully this will answer lots of their questions about war and life in the past. This project has been a National Heritage Lottery grant award that the school has received along with our MADCOS partner schools and will see the children involved in lots of activities across the term before the VE day Bank holiday (Friday 8th May). The children will have a family project to find out memories from the past, so get thinking of who you can spend time and do some historical research with.

Also when we return we will be celebrating the hard work and excellent behaviour of children across the term, also not forgetting those that have had 6 weeks without absence. Special invites will come home via Class Dojo messaging - so look out for yours!

This next term will be a busy one with our family meetings, National Book Week, and lots of Easter celebrating to be done, keep an eye out for these events cropping up, as again this term is a very short one. I will make sure an up to date events planner goes home the first week back.

Today we have finished off the term with our Valentines disco, many thanks to all of our willing volunteers who have helped organise and host the event for our children.

Have a wonderful half term break, hope the winds calm down and you all get to have a relax, see you all on Monday 24th February.

PREPARE FOR THE WEEK WE RETURN

Monday

- 1.30pm swimming for Hazelnut Class and Larch. (Children returning to school)
- 2.50pm Whole school assembly with Mrs Craddock - **Random acts of kindness**

Tuesday

- Real History Workshop - VE day project DAY 1
- Am Sefton singing project for Chestnut class Y5
- 2.45pm School council meeting

Wednesday

- 2.50pm Whole school singing assembly with Mrs Macpherson

Thursday

- PM dance sessions with Lisa Harper
- PM Music lessons
- 2.30pm Whole school assembly with Mrs Whitelaw - Reading focused

Friday

- Real History Workshop - VE day project DAY 2
- 2.30pm Special Spring Celebration Assembly with our school team, invitation sent via Class Dojo



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CELEBRATORY NEWS - EVERYONE EXPERIENCES EXCELLENCE...

Friday brings us smiles, and celebrations. This week join our team in giving due praise and recognition to our shining stars of excellence and champions of behaviour.

The children who have stood out exceptionally well for demonstrating aspects from our behaviour charter our very own **Behaviour Charter Champions** are:

Little Acorns Classes (Mrs McIntyre, Mrs Spafford & Team): Teddy W

Maple Class (Mrs Kelly, Miss Jones & Team): Amir E-T

Yew Class (Miss Goodwin & Team): Armaanjot S

Sycamore Class (Mrs Whitelaw & Team): Mason H

Silver birch Class (Miss Morrissey & Team): Malachi J

Elder Class (Mr Roberts & Team): Grace F

Oak Class (Miss Marl and Miss Peters & Team): Ben S

Chestnut Class (Mrs Macpherson): Tom B

Larch Class (Mr Murphy & Team): Dylan E

Hazel Class (Mrs McNally): Charlie S

We can also not forget to mention and give praise to those who have demonstrated **Excellence within their learning, our EEE winners!** Those who have truly excelled and impressed are:

Maple Class (Mrs Kelly & Team): Ryan L

Sycamore Class (Mrs Whitelaw & Team): Holly R

Silver birch Class (Miss Morrissey & Team): Sophia Mc

Elder Class (Mr Roberts & Team): Jamie B

Oak Class (Miss Marl and Miss Peters & Team): Grace W

Chestnut Class (Mrs Macpherson): Lilly H

Larch Class (Mr Murphy & Team): Oliver W

Hazel Class (Mrs McNally): James P

Be sure to ask your child to tell you all about the work they have displayed proudly in school and shared today.

Our Hudson Reading Challenge and EYFS Nursery Rhyme Certification really helps us to reward those children taking Literature seriously. This is a real challenge and we love to celebrate these achievements throughout the school year. Those who have met the challenge this week are:

Bronze - (3N) Oliver R, Harrison M, Francis P, Rosa K, William S, Jack P, Hallie L (Yew) Kanishka S, (Maple) Zack A, Luke T, Ronan H and (Y5) Charlie C.

Silver - (Maple) George G, Carter S, Reuben Mc, (Y3) Holly E, Lilly FF and (Y5) Joel H.

Gold - (Maple) Pippa W, Matilda Mc, Ruby K, Blake W, (Y2) Kian Q, (Y1) Ella W, Lillie Mai C and Gia W.

Our final reward is our **Kindness Cup**, and this week our ambassador of kindness is Olivia H in Maple class. Beautiful manners, thoughtfulness towards others and excellence around school! Hudson is exceptionally proud of you!

Attendance and Punctuality are high agenda targets of importance for Hudson, we love to celebrate and praise those children who get 100% attendance each half term. Please help your child achieve this and encourage them to get to school on time each day to get the most out of all that is on offer.

SAFETY NOTICES

Please be aware that the parking outside of school is limited, but we need to be considerate of the neighbours and not park over driveways or on grass verges.

This can be extremely hazardous and you could be fined, it is also causing the residents great stress!

We are a community school that thrives on building respectful relationships with our community.

In the Maghull Community pages of social media the school is being badly advertised for careless community parking, please help to eradicate this.



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NEWS FROM THE SCHOOL OFFICE TEAM - Administrator; Chris Cook

Parent App - If you do not already have the App then please provide me with a current email address which I will then send an invite to. It's now even easier to activate your app. You now only need the Connect Parent App to have a link to Class Dojo and ParentPay.

We have had a few requests asking how parents log back in to the app when they change their phone? Step 1: Download the PA Connect App. Step 2: Press Login and search for your school logo. Step 3: Enter the email and password. This is all they need to do and no new invitations need to be sent out. Parentapps Support

PGL - Boreatton Park House, Shropshire. Please check your ParentPay account and check that you are up to date with payments and the relevant forms are filled in. Letters will be sent out soon if you're not up to date. Any difficulties then please let me know.

Reminder Just a reminder that the school phone line is not available between 1.00-2.00pm daily. All answer machine messages are picked up at 2.00pm and visitors to school are still welcome during this time.

Have a brilliant half term break. Best wishes, Niki Craddock and Team

School thought for the week:

The important thing is that we stick together



Hudson Family health and Wellbeing support...

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



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?

47% of parents said they thought their children spent too much time in front of screens

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.



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.

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.

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.

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.

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.

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

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018: <https://www.zdcom.org.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>, University of Leeds: <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>

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