



Oakmeadow

Oakmeadow CE Primary School and Nursery

part of the Marches Academy Trust

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Headteacher: Samantha Hill BA Hons,
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Friday 13th June 2025

Dear families,

Year 6 are at Crucial Crew today. I have heard they are really enjoying their day! This yearly event is focused around personal, social and emotional learning as well how to keep safe and is such an important part of the curriculum. E-safety is a vital part of this, and we are committed to helping children understand how to stay safe online. Recently, we've been speaking with pupils about the importance of protecting personal information and thinking carefully before sharing anything online. As part of our ongoing efforts, we kindly ask parents to support these messages at home. In particular, we'd like to remind families that while some children bring mobile phones to school, they should not be used to take photographs on site. This helps us protect the privacy and safety of all pupils. Thank you for your continued support in keeping our school community safe and respectful online.

Next week, our Sports Day practices begin and we are very much looking forward to welcoming you all the week after! Hopefully the weather will stay on our side! Also, next week is World Refugee Day on Friday so the children will have a day themed around this and the topic of global awareness. The theme for 2025 is 'Community as a superpower', and our activities will be centred around this topic but also developing an understanding of each other and the wonderful school community that is Oakmeadow!

I hope you all enjoy your weekend,

Samantha Hill
Headteacher



June 2025

Monday 16th June Y6 Bikeability
Hawks Monday&Tuesday
Eagles Wednesday&Thursday

Monday 23rd June Heads Tea

Tuesday 24th June Nursery and Reception sports day
9.30am-10.30am

Wednesday 25th June KS1 sports day 9.30-11.30am

Thursday 26th June Year 3&4 sports day 9.30-11.30am

Thursday 26th June Year 5&6 sports day 12.30-2.30pm

July 2025

Saturday 5th July Summer Fair

Tuesday 8th July Open Evening for Parents/Carers
following School reports

Wednesday 9th July Year 6 Leavers Performance 2pm

Thursday 10th July Year 2 trip to the Exotic Zoo

Monday 14th July New Reception induction day 1

Tuesday 15th July New Reception induction day 1

Tuesday 15th July Year 6 Presentation and Party 5-7pm

Thursday 17th July New Reception induction day 2

Friday 18th July New Reception induction day 2

Monday 21st-Wednesday 23rd July Move up

Tuesday 22nd July Y6 Leavers activity afternoon

Thursday 24th July End of term picnic



REMINDERS & NOTICES:

• School lunch menu:

This week we will be on **Week 1** of the new Spring/Summer 2025 menu.

• Year 1 donations:

Year 1 are kindly asking for donations of the below:

- Toys e.g. cars, animals, small world, construction, musical instruments, puzzles, board games etc
- 'Seaside equipment' e.g. Beach balls, buckets and spades/ other sand equipment etc.

Please bring any donations to main reception.

• Changes to home time arrangements:

Just a reminder please can any changes to home time arrangements be in writing via email to admin@oak.mmat.co.uk 48 hours beforehand.



Protect our children!

Parents and guardians: Our kids are now most commonly abused online, via their mobile phones and games consoles. Do you know how to keep your kids safe?

Learn more about the dangers of kids being online and how you can keep them safe. Join our free one hour online parent awareness session to give yourself a head start in an ever changing digital world.

Scan the QR code to find out more about our awareness training and to sign up to one of our free sessions or go to www.westmercia.police.uk/exploitworkshops



Oakmeadow C of E Primary School, Long Meadow, Bayston Hill, Shrewsbury SY3 0NU

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| Office opening hours: 8.30am-4pm



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

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

- SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION**
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.
- IT CAN CAUSE SLEEP DEPRIVATION**
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.
- CONFIDENCE, SUPPORT & ACCEPTANCE**
The Children's Commissioner report 'Like 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.
- LOSS OF INTEREST IN OTHER THINGS**
Have you tried to convince your child by giving them a tablet at the dinner table or restaurant? The way some kids that your child is missing school time and generally being less engaged with other activities in the house. It is important to discuss this with your child as soon as you notice a behaviour change.
- 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 can have fun without 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 introducing 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 focused the next day at school. 20% of teenagers said that they wake up to check their mobile phone accounts on their device. 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.
- ENCOURAGE ALTERNATIVE 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 realize they can have fun without their devices. 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 convince your child by giving them a tablet at the dinner table or restaurant? The way some kids that your child is missing school time and generally being less engaged with other activities in the house. It is important to discuss this with your child as soon as you notice a behaviour change.

STATISTICS

- 53% of children aged 3-4 go online for nearly 8hrs a week
- 79% of children aged 5-7 go online for nearly 9hrs a week
- 94% of children aged 8-11 go online for nearly 13.5hrs a week
- 99% of children aged 12-15 go online for nearly 21hrs a week

NOS National Online Safety
A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061