

**Friday 19<sup>th</sup> January 2024**

**Dear families,**

This week our Year 6 children have taken part in a heart dissection workshop lead by Science teachers from the Marches school. The children were so excited to be involved in this and really enjoyed the experience. The children in Years 1 – 5 visited church for our monthly service this week. The value we are looking at this half term is Faith. We have looked at what it means to have faith – including looking at having faith in ourselves and others – and how this can help us in difficult times. This was followed up by the church team on Wednesday. We had wonderful feedback about the pupils' behaviour in church and the respect they showed the team and the building. It's always lovely to receive such nice feedback!

The cold weather this week means that we have reorganised the Flavell reward trip to the park that was due to take place today – we will be going next Friday afternoon when it's warmer and will be a more pleasant visit! Next week, our school choir will be heading to Young Voices, at the Resorts World Arena in Birmingham – always an event which the staff and children look forward to!

We have now started work on our car park, we anticipate this lasting a couple of weeks so thank you for your patience with this. It will very much improve our site in the long term!

Have a lovely weekend,

Samantha Hill

Headteacher



## January 2024

Monday 22nd January	Rabbits Swimming
Monday 22nd January	Caterpillars Forest School
Monday 22nd January	Young Voices club on
Tuesday 23rd January	Young Voices Concert
Friday 26th January	Flavell Park trip
Monday 29th January	Rabbits Swimming
Monday 29th January	Centipedes Forest School

## February 2024

Wednesday 7th February	Maths Workshop for Reception Parents/Carers 9-10am Main Hall
Thursday 8th February	Maths Workshop for Reception Parents/Carers 5-6pm Main Hall
Friday 9th February	Break up for Half term
Monday 19th February	PD day– Children not in School
Tuesday 20th February	Children back in School



## REMINDERS & NOTICES:

### School Lunch Menu:

Next week we will be on **Week 1 Menu.**

### Young Voices:

Young Voices club will be on Monday 22<sup>nd</sup> January ready for the performance on Tuesday 23<sup>rd</sup> January 2024. T-shirts will be given to children on the day of the performance. Tickets have all been sent home. A letter regarding logistics for Tuesday has been sent home.

### Medication in School:

Just a reminder, if your child requires any kind of medication in school including: creams, antibiotics, inhalers, eye drops etc this all needs to be reported to the school office. All medication needs to be brought in and collected from school by an adult. All medication will require a completed medication form to enable us to administer this. These can be collected from main reception.

### Dietary requirements and allergies:

If your child has a dietary requirement or allergy please ensure you keep school notified by emailing [admin@oak.mmat.co.uk](mailto:admin@oak.mmat.co.uk). If parents want a gluten free menu from the School Kitchen due to an allergen or intolerance, they need to apply for a Medical Diet menu. Unfortunately Taylor Shaw cannot offer a gluten free menu as a personal choice.

**REGULAR ATTENDANCE AT SCHOOL IS NOT JUST ABOUT ACADEMIC PERFORMANCE BUT HAS A SIGNIFICANT IMPACT ON A CHILD'S OVERALL DEVELOPMENT AND LIFELONG WELL-BEING.**



## 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 a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity 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 together, like at the 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 in potentially stressful areas 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 micro-distractions like message alerts and push notifications can chip away at 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 involve phones. It's 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

Mirah Ahmed designs and delivers the UK's only specialist postgraduate master's health qualification. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is protected.



DEVICE BOX



@natonlineafety f/NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

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