



# INSKIP ST. PETER'S C.E. PRIMARY SCHOOL NEWSLETTER

*Learning, Loving and Living with Jesus*

Keep your roots deep in Jesus Christ the Lord, build your lives on him

and always be thankful. *Colossians 2:7*

**Compassion Friendship Respect Forgiveness Trust Thankfulness**

**Tuesday 19th April 2022**



Welcome Back! We hope that you and your families had a restful break. The summer term is a very busy term but also a term of celebration and fun! Many year groups are undertaking tests from the government's Standards and Testing Agency this year and information for these parents about these will be provided next week.

## Top Tips for SAT week

Our Year 6 SATs take place soon. Here are some top tips to make sure they go as smoothly as possible.

1. **Get plenty of rest** - It is really important to be well rested before SATs week; this will help you to be able to focus.
2. **Eat well** - each morning of SATs week, make sure you have had a good breakfast. A rumbling tummy might distract you
3. **Listen to any advice your teachers give you** - they know how best to help you and have been through the SATs many times before.
4. **Don't panic!** You have done so much preparation and practised many papers. Do your best and make yourself proud!

	Paper
Monday 9 <sup>th</sup> May	Grammar -45 minutes Spelling -15 minutes
Tuesday 10 <sup>th</sup> May	Reading Comprehension- 60 minutes
Wednesday 11 <sup>th</sup> May	Maths Paper 1- 30 minutes Maths Paper 2- 40 minutes
Thursday 12 <sup>th</sup> May	Maths Paper 3- 40 minutes CAKE!

## School Website

Please take a look at our school blogs and see lots of the inspiring learning your children have been doing in class. Click on the title of the blog to open it in a new window. Please comment at the bottom of the blog posts your thoughts of encouragement for the children to read.

### Lower School

[DT Design Challenge](#)

[Making a Healthy Wrap](#)

[How Do You Keep A Plant Healthy?](#)

[Results of our Science Investigation](#)

[Persuasive Posters](#)

### Upper School

[Diaries of a Victorian Schoolchild](#)

[DT Making Easter Biscuits](#)

[Easter Musical Performances](#)

# Christian Values

Our Christian value theme this half term is **'Truthfulness'**.

Here's a way of exploring this theme at home.



## READ TOGETHER... A Day That Changed Everything

It began just as any other day.

Peter the fisherman was mending his nets as he always did.

But then Peter met Jesus. On that ordinary day his life was changed for ever.

Peter was to actually see Jesus heal people who were ill, make blind people see again, and turn 5 loaves and 2 fish into a feast for 5000!

Peter became Jesus' follower and friend. "I will do anything for you" he said to Jesus. "Just say the word!"

"One day you will tell people you never knew me" said Jesus, "and then a cock will crow."

"No" shouted Peter "Never, Never, Never!"

Sure enough, life for Jesus did become difficult - difficult and dangerous.

The day came when Jesus was on trial for his very life. He needed his friend to stand by him. But Peter said "I don't know him, I never knew him, I never saw him before."

And at the end of the day a cock crowed.....just as Jesus had said it would.

Jesus was sentenced to death and crucified, even though he had done nothing wrong.

But death could not defeat God's Son! Three days later Jesus was alive again and went to find his friend, not to blame him but to forgive him.

It was a new day and Peter had another chance.

Everything was different!



Bible story based on Luke 5: 1-11; Luke 22:54-62; John 21:15-19



### QUIZ

#### Words in the Fishing Net

Pair letters from the net together to make words from the story.

You could colour matching halves...

For answers, see reverse.



### Online Activity

We all want our children to be safe online and with that in mind we will be providing you with information about online behaviours, apps and games which will be useful to you in supporting your child to stay safe. This will also support the daily teaching of online safety at school.

**This week we inform parents and carers about 'Screen Addiction'.**

Please also take a look on our website at [Our Safeguarding](#) page where you will discover a range of links to on-line safety information.





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



## 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

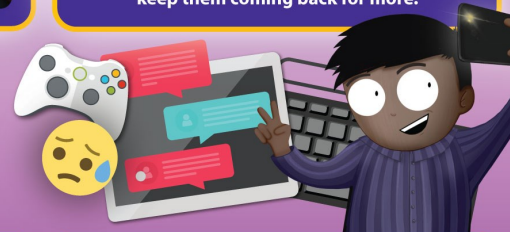
Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



**National Online Safety**



## 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.

### 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.

### 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.

### 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.

### 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.

## 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.ofcom.gov.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies; <https://www.mimor.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>

## Dates for the diary:-

Friday 29th April	Library Van
Monday 2nd May	May Bank Holiday
Monday 9th—Thursday 12th May	Year 6 SATs
Friday 27th May	School Closes for Summer half term holiday
Monday 6th June	School Reopens
Tuesday 7th June	Tempest Class & Yr 6 Leavers Photographs
Monday 11th July	Yr 6 Trip to Hothersall
Tuesday 12th July	Yr 6 Trip to Humblescough Farm
Tuesday 19th July	School Closes for the children for Summer Holidays

## Clubs:-

TUESDAY 19th	8:00am—8.50am Breakfast Club 3.30pm—4.30pm Tennis with Simon Ardron
WEDNESDAY 20th	8:00am—8.50am Breakfast Club 3.30pm—4.30pm Multi-skills Sports Club with Corey from Fleetwood Town
THURSDAY 21st	8:00am—8.50am Breakfast Club 3.30pm—4.30pm Afterschool Games, Construction and Arts Club with Mrs Welsh
FRIDAY 22nd	8:00am—8.50am Breakfast Club 3.30pm—4.30pm Multi-skills Sports Club with Corey from Fleetwood Town

### Our Maps



Did you go on holiday during the Easter break? Please email [bur-sar@inskip.lancs.sch.uk](mailto:bur-sar@inskip.lancs.sch.uk) with a photo of your child in a place different to Inskip, either near or far, Lancashire, the UK or the world. Please include where they went and we'll print out the photo and link it to the place on our UK or world map. Thank you!

### Parentpay

Please could parents **clear balances** on their Parentpay account, ready for the start of our new half term. By clicking 'see all' you can see all the payments available for payment. If you are having any trouble or difficulties with your account or payments please do not hesitate to contact Mrs Dalton in the school office or Miss Leyland.  
Thank you.

