



Compassion Friendship Respect Forgiveness Trust Thankfulness

**Keep your roots deep in Jesus Christ the Lord, build your lives on him
and always be thankful. Colossians 2:7**

Newsletter for September 2024

Welcome to a new school year, it's been great hearing all about our pupils' adventures and summer news! Our teachers are all very pleased with their new classes, but as always please don't hesitate to get in touch with the teacher if you have any questions or queries about how your child is getting on.

Library Books -

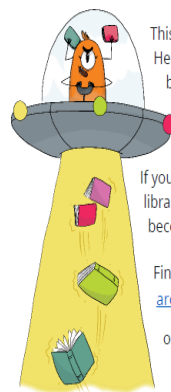
Thank you to everyone who has found a library book at home over the summer, please continue to bring these into school and we will return to the library at the end of September.

Ear Piercing -

We are aware that a lot of pupils have had their ears pierced over the summer. We are concerned that during PE and play activities these piercings may lead to unintentional injuries to a child. We follow the 'Safe Practice in Physical Education, School Sport and Physical Activity' book which states that The Association for Physical Education strongly recommends the practice of removing earrings at the commencement of every PE lesson to establish a safe learning environment. Taping over piercings may offer a measure of protection in some physical activity situations, where individuals are required to work within their own personal space. However, the amount of tape needs to be sufficient to prevent the piercing penetrating, for example, the bone behind the ear should an unintentional blow be received from someone or some item of equipment, such as a ball.

This guidance should also be born in mind by parents for playtimes.

Bike Helmets - pupils cycling to school MUST wear a helmet.



This summer, we challenged children across Lancashire to become a Reading Hero and help Dr Paige Turner investigate the strange cases of disappearing books, mysterious portals and flying saucers. This year, even more children have become Reading Heroes at Garstang Library than last summer. Thank you to everyone who has helped us to defeat Blurb!

If you haven't yet claimed your stickers and prizes, there's still time! Come into the library by the end of the September and let us know what you have read to become a Reading Hero and get your prize.

Find out more details at www.lancashire.gov.uk/libraries-and-archives/libraries/lancs-reading-heroes/

or contact us at garstang.library@lancashire.gov.uk

We've had lots of Birthdays to celebrate throughout September.

Happy Birthday to ...

Rory on 6th September

Xander on 6th September

Delancey on 7th September

Christopher on 11th September

Nathan on 12th September

Lily on 18th September

Sarah on 20th September

Connor on 24th September

Alex on 30th September

Library Van – the library van will be back at school on Friday 27th September.

After School Clubs for this Half Term

Monday	Dodgeball
Tuesday	Tennis
Wednesday	Spanish Club
Thursday	Indoor Games
Friday	Table Tennis

Please let Mrs Hill in the office know if you would like to book onto any clubs and haven't already let her know.

community trust

TRYSports GARSTANG

ALL SESSIONS ARE FREE

THURSDAYS:
 Futsal | 5pm - 5:45pm
 Netball | 5:45pm - 6:30pm
 at Garstang Community Academy

Scan to find out more:

FOR MORE INFO:
 JAMIE.MCQUILLAN@FLEETWOODTOWNFC.COM

Come and join us

Harvest Afternoon Tea

Enjoy fabulous food among our amazing harvest display

St Peter's Church, Inskip

From 2.30pm on Saturday 21st September

Price £12.50 including a Glass of Sangria

Tickets from Mo (01772 690016)
 or
 Christine (07738 096469)

Harvest Festival -

We've been invited to our Harvest Festival which will be held at **Inskip St Peter's Church this Sunday 22nd September at 9.30am.**

Miss Leyland would love it if some of our children would like to welcome people into church, say a reading or help with the collection. Please let Miss Leyland know if you are attending and your child would like to help.

Harvest baskets and donations of non-perishable foods will be donated to The Salvation Army Food Bank. You can leave donations at school this week

Applying for High School –

Is your child currently in Year 6, did you know that you need to apply for a High School place by **31st October 2024?**

Applications must be made online - <https://www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place/apply-online-for-a-school-place/>

Open evenings are a great opportunity to see the school and chat with the staff so we would encourage you to attend one of them before submitting your application, here are some of the local ones happening this week -

Broughton High School – Thursday 19th September – 6pm until 9pm
 Garstang Academy – Thursday 19th September – 6pm until 8:30pm
 Carr Hill High School – Thursday 19th September – 6pm to 8pm

Dates for the diary:-

Thursday 19 th September	Broughton High School Open Evening Garstang Academy Open Evening Carr Hill High School Open Evening
Sunday 22 nd September	Harvest Festival at Inskip St. Peters Church at 9:30am
Thursday 26 th September	Flu Immunisations in School
Friday 27 th September	LEP First Day at School Photo for Reception
Tuesday 8 th October	Lower School trip to Blackpool Zoo
Tuesday 15 th October	Open Afternoon 3:45pm to 6pm
Thursday 17 th October	School Closes for Autumn Half Term
Friday 18 th October	SCHOOL CLOSED – INSET Day
Monday 28 th October	School Reopens after Half term
Friday 8 th November	School Photo Day

10 Top Tips for Parents and Educators

CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family, discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BcyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



WakeUp Wednesday

The National College

Source: See full reference list at guide page at nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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