

Moorfield News

Responsibility Perseverance Compassion Thankfulness

17th - 23rd January

Classes of the Week: R/KS1: 2C KS2: 6R
House of the Week: Wolf
Pupils of the Week: R/KS1: Harry W KS2: Sam M



20th - 24th January

KP Leon C REC Jack R / Jackson B
1H Dominik K 1E Dheer D 2C Kemal A 2GS Holly S
3JGeorge S 3H Charlie L 4G Thomas B 4C Erin L
5M Charlotte P 5SH Teddy T 6R Alec M 6H Maxwell C



Pen License



Star Bonds

Haider U, Pippa H, Albie C, Arlo H, Seb B, Camilia G
Moorfield Tables
Emmie R, Jake G, Ellen H, Alice C, Halle G, Maggie F, Charlotte P, Isla T, Sienna M, Polly N, Teddy J



13th - 17th January

Rec 99%, Year 1 96%, Year 2 96%, Year 3 94%,
Year 4 98%, Year 5 94%, Year 6 93%



Headteacher Award

R/KS1 -
KS2 -



ANTI-RACISM PROJECT

A repeat message from last week. Please pass on to any parents who might be interested.

We are working with Stockport Ethnic Diversity Service (EDS) on an anti-racism project and we would like our school community to be involved.



We are putting together a working party of school staff, governors and parents/carers to create an anti-racism policy.

If you would like to be part of this and help shape this policy then please email headteacher@moorfield.stockport.sch.uk

DOGS TRUST

We had Melanie Tomkins from the Dogs Trust in school on Wednesday and Thursday this week. Melanie shared with the Year 2-6 children how to be safe around dogs and to understand the different ways they can behave. The children got a lot out of the workshops and assembly and we thank Melanie for visiting Moorfield.



PTA

The Fiveways, Macclesfield Road



Join the PTA for drinks and *Get involved!*

MONDAY 27TH JANUARY

07:00 PM

We will be in The Fiveways
pub to discuss and plan PTA
events for 2025

Join us and have your input!
Help us have another
successful year!



**AND FINALLY...
SCHOOL UNIFORM**
Free delivery on our
school uniform this
weekend if you buy
from My Clothing. More
information here.

Have a great weekend.

Best wishes,

Paul Anderson
Headteacher



Free Delivery On School Uniform - This Weekend Only!

Hello there,

We're excited to offer free delivery on all school uniform orders
this weekend! Just enter code **FREESHIP** at checkout. Please
share this offer with your school community so parents can take
advantage.

Code: FREESHIP

Dates: 24/01/25 - 26/01/25

Thanks for your help in spreading the word, and enjoy your
weekend!

Best regards,
MyClothing Team

0800 059 0594

support@myclothing.com

*This offer cannot be used in combination with other offers



Picture News

TAKE HOME

27th January
- 2nd February



In the news this week

New data has shown that 2024 was the Earth's hottest year on record, warming by 1.5°C. Around 200 countries had agreed to help keep the temperature rise below this figure because scientists say that increases could cause more extreme weather. This includes events such as heatwaves, storms, and wildfires.

Things to talk about at home ...

- > Share what you know about climate change with others at home, and ask others to share their understanding.
- > Do you think more could and should be done to tackle climate change? If so, what and by whom?



Who should be involved in key decisions for the world?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

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



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

FA WOMEN'S NATIONAL LEAGUE
DIVISION ONE NORTH

FREE TICKETS

U16'S FREE ENTRANCE.* ADULTS £5. CONCESSIONS £2.

SUNDAY

 **26TH JANUARY 2025 AT 2.00 PM**

 GROUND UP SOLUTIONS STADIUM, PARK ROAD, CHEADLE, SK8 2AN



CHEADLE TOWN STINGERS

V



MIDDLESBROUGH

GROUND UP SOLUTIONS STADIUM OFFERS A VARIETY OF FOOD AND DRINK OPTIONS, INCLUDING HOT FOOD, SNACKS, AND DRINKS

*CHILDREN AGED 14 AND UNDER MUST BE ACCOMPANIED BY A PAYING ADULT, AT A LIMIT OF FOUR CHILDREN PER ADULT

ALL TICKETS CAN BE PURCHASED ON THE DAY AT THE STADIUM TICKET OFFICE

WWW.CHEADLETOWN.CO.UK

[#WEARHEADLE](https://twitter.com/WEARHEADLE)



Community
Trust



Mondays,
4.00 - 5.00pm

Power League,
Craig Road,
Heaton Mersey,
SK4 2AP

Ages 5-11

Tuesdays,
4.15 - 5.15pm

Adswold Young
People's Centre,
Neston Grove,
Stockport,
SK3 8PH

Ages 5-11

All sessions are £2 - card payment only

For further details please get in touch  0161 266 2700  communitytrust@stockportcounty.com