



Scotforth St Paul's C of E Primary & Nursery School

"Let faith be your shield"

Newsletter No 14 Friday 13th December 2019

MISSION STATEMENT

We learn, grow and care in
God's family

FOSSY Christmas Events

The last few weeks have been a very busy time with many fundraising events. With everyone's help and hard work, (particular thanks to the FOSSY team), we have raised a fantastic £1500! Again, a big THANK YOU to you all.

KS2 Treat Morning—Monday 16th

Children in KS2 can bring into school board games, card games or craft activities such as Twister, Connect 4, knitting, for their treat session on Monday morning. Please do not bring any electronic games or activities.

KS1 Treat Morning—Monday 16th

Children in KS1 do not need to bring in any activities for the morning.

Y3-6 Children

Please could children in Ys 3 to 6 bring in a book on Monday suitable to read to their younger buddy. If you have nothing suitable at home we can provide a book but it would be nice if they bring in a book they liked when younger.

Sickness

As you are probably aware, there has been a multitude of children off sick in the last few weeks for a number of reasons. However, please remember that if your child has been physically sick or suffered from diarrhoea, **they must not return until at least 48 hours after the last bout**. Should this not happen, school will contact parents to come and collect their child. Many thanks for your cooperation in helping us prevent the spread of infection. Please see the attached letter from Public Health England giving further information and advice.

Parent App

Unfortunately, we have had a very poor take up of our new Parent App—less than 25%! Many thanks to those parents who have signed up. School has signed up to this App to make life easier for parents and school—parents can update details on line and no longer have to fill out endless forms that seem to get lost between office, classroom, parent and child! Information sheets were given out at Parent Consultations this week—**PLEASE SIGN UP** - if you have any queries please come to the office to discuss.

PS: Some of you have said you had not received the activation code. This may be because we do not have your full e-mail details. Please come to the office to check and we can then re-invite you to the App.

A copy of the information is attached to the newsletter.

Church Service

Don't forget, next Friday, 20th December, there will be a celebration service in Church starting at 1.45p.m. when we will be presenting our termly trophies. Everyone is welcome to attend!

Music Assembly—Tuesday 17th December 9.10 am

There will be a performance lasting approx. 45mins arranged by the various music teachers from Lancashire Music Service. The children taking part will be informed and their parents will be invited to come and watch.

Christmas Parties

Class Christmas parties will be: Y5/6 Wednesday 18th and YN/R Thursday 19th. We would be grateful for a donation of £1 per child to be given to the class teacher, if not already done so, in order that we can purchase party food and drink for the children. Again, many thanks.

Christmas X-Factor

This will be taking place on Thursday 19th December and is for the children to watch. If your child wishes to take part, please let the class teacher know and start practising!

Thank You!

We would like to say a 'huge thank you' to Phoebe Edmondson's grandad who bought new audio cables for our speaker system this week and saved the KS1 Nativity!!

Scotforth Christmas Post

Our Christmas Post Box is now available for children to post their cards. Please ensure that as well as the name of who it is going to, you also add the class year. Thanks.

Diary Dates

Mon	16 Dec	School Nativity 2.00pm
Tues	17 Dec	School Nativity 6.15pm
Weds	18 Dec	Y5/6 Christmas Party
Thurs	19 Dec	YN/R Christmas Party
Fri	20 Dec	Church Service 1.45pm— ALL WELCOME! School closes for Christmas at 3.10pm

Mon 6 Jan 2020 School re-opens at 8.45am

Online Safety

Please see the attached information leaflet in the series about online safety. Please take time to look through these with your child.

Church Funds—Recycling used inkjet cartridges

The Church has joined Recycle4Charity to raise funds by recycling used inkjet cartridges and for each one the Church will receive £1. They will accept only certain types:

Inkjet cartridges, including HP, Dell, Lexmark, Canon, Samsung, Neopost.

Cartridges that have not previously been refilled.

Cartridges that are undamaged and still have their label attached.

They will not accept:

Epson and Kodak—these are ink tanks and do not have a circuit board and therefore have no recycling value.

Laser or toner cartridges.

Own brand products, eg Tesco, PC World.

The cartridges can be dropped off either at the back of Church or in the Parish Office, as every contribution really does help.

Parking

As you all know, the A6 is a very busy road and parking can be tricky. However, we have had some complaints, from parents, local residents and staff re the way some parents are parking. The inconsiderate parking by a minority of parents is causing safety problems for the majority. For the sake of all our children can we please ask again for all parents to refrain from parking on double yellow lines, corners where they cause an obstruction or block sight lines- or anywhere else that contravenes the Highway Code. If a child can not see clearly to cross a road they may well end up being run over. Vehicles blocking the view of other road users also cause crashes.

The school car park is for staff only- because as you will observe, it is very small and staff already have to double park. Children and/or parents are not permitted to cut through the car park on foot. It is dangerous to do so as the only entrance/exit is the one used by vehicles from the main A6. We have already had several near misses- and are desperate to avoid an injury, or God forbid- a fatality.

We understand (often as working parents ourselves) how tricky it can be juggling work and family commitments, so as a courtesy we currently allow parents dropping children off at early breakfast club or collecting later from after school club, to use the designated spaces in the car park to do so. However, some parents are abusing this and parking in spaces designated for staff- or sometimes just abandoning the car across two spaces or blocking staff in. The availability of the car park for breakfast/after school club is 7.45am- 8.25 am only and 4.30 pm-6.00pm only, as the car park is too full at other times. Additionally, children must not be just sent from the car to find their own way into breakfast club, or requested to be sent from afterschool club out to the car park as this is unsafe. Again, it is a minority of parents causing issues for others, but it will result in the facility of using the car park being withdrawn unless matters improve.

We understand that it is not always possible to walk to school, however would like to encourage as many parents as possible to consider this. If anyone is interested in helping organise or run a "Walking Bus" we would be delighted to hear from you.

Thank you for helping us keep your children safe.

Clubs

Football: Mon 4 Nov – 9 Dec (6 weeks) 3.15-4.15pm
Yrs 3,4,5 & 6

Fashion Mondays 3.15-4.15pm

Club: Yrs 5 & 6—places still available.

Art Club: Tues 3.10-4.10pm

Sportz 4 All: Weds 3.10-4.10pm

Karate: Thur 3.30-5.30 pm

Please note: Art Club will take place on Tuesday 17th when children can finish off their work.

Lost Uniform

We are still accumulating a lot of un-named (or un-readably named) uniform, particularly sweatshirts, which have been put on the FOSSY rail for sale. All other lost items are in the box in the main reception area. In order that we can return lost items please **NAME THEM CLEARLY!** Thank you for your co-operation.

PLEASE NOTE: All un-named/unclaimed uniform and any other property will be disposed of at the end of term.

School Admission for September 2020

The deadline for applications for a primary place is **15th January 2020**. Applications should be made online by visiting—

www.lancashire.gov.uk/schools

Balancing screen time

internet
matters.org

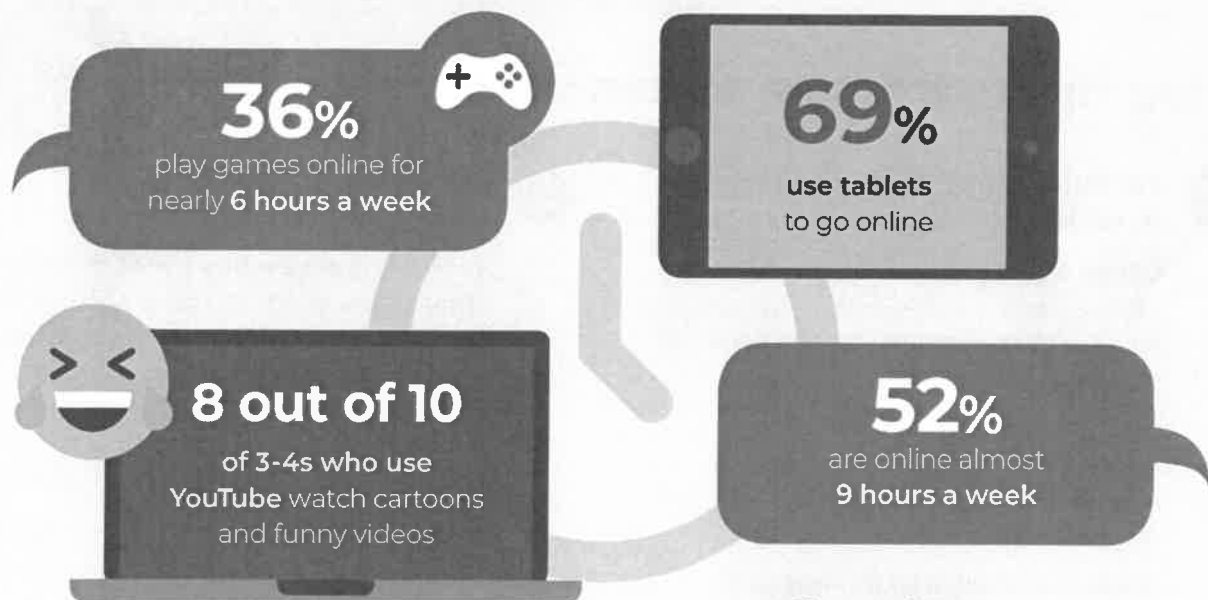
Top tips to support children in Early Years (0-5)

A balance use of screens can offer children key benefits to help them to learn, explore and interact with the world around them.

Get simple tips to put balance and purpose behind screen time to help young children benefit from their screen use.



How are children using screens?



Source: Ofcom Children and Parents Media use and attitudes report 2018

What parents tell us

Screens' impact on physical wellbeing

Over a third of parents are worried children are not getting enough time to play outside because of screen time.



Screens are good for creativity

Nearly 7 out of 10 parents believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

What are the benefits and challenges of screen use?



Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential for their child's development.**
Source: Internet Matters Look both ways report.
- Screens can be a great tool to **allow children to maintain relationships** with family and friends.
- **Screens can help ease the financial burden** when looking to entertain children.

Screen time challenges

- Young children might **stumble across inappropriate content** that may have a negative impact on their digital wellbeing.
- Long periods of passive screen time **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.
- Younger children **may not understand the concept of what the internet** is and how it works so could find it hard to differentiate between what is real and what is fake.

5 top tips to balance screen time



1 Set rules on the use of screens in and out of the home

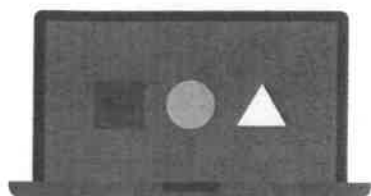
Create a **family agreement** together to manage expectations of how screens and online platforms should be used and why.

Set rules to meet the needs of each child based on their use, interest and engagement of screens and **consider how screen time can complement** what they do offline.

Make sure to stick to the rules and model the behaviour you'd like to follow to make it a success. It's a good idea to review the rules as children grow and become more active online.

For younger children, it's important to **prioritise face-to-face interactions and apps that encourage active play**

to support their development of language and other skills.



2 Make family time and sleep a priority over screens

By creating **device free zones at meal times** and around the home and making use of tools to set limits on when screens can be used, you can improve family interactions and reduce interruptions to children's bedtime routine.

Experts recommend switching off screens **at least an hour before bedtime** to give young children time to wind down.

3 Play, watch and discover together

As young children take their first digital footsteps, **play, watch and discover together to stay engaged in** what they are doing and create spaces to talk about what they enjoy and how to stay safe.

This will help them feel more confident to come to you if they get stuck or see something that makes them feel uncomfortable. It's also important to **stay calm and not overreact** when children tell you what has gone wrong.

4 Take the lead when choosing what they see and do on screens

Together find age-appropriate apps, websites and games that will give your child a way to explore their passions, enhance their skills while building their confidence in navigating the online world.

Be sure to make use of free tech tools on the apps and devices they use to create a safer space for them to explore online.

Tools like Apple's Screen time and Google's Digital Wellbeing dashboard can **give you an overview of what they are spending their time on** which you can use as a starting point to talk about ways to improve their screen use and protect their digital wellbeing.

5 Set a good example with your own screen use

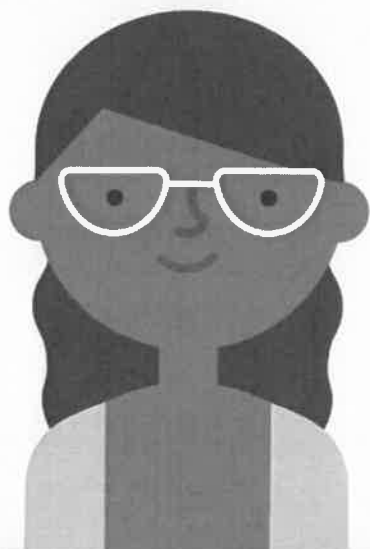
Children will tend to model their behaviour on you, so if you **encourage them to take breaks** when on screen or leave devices out of the bedroom at night, they will follow your lead.



How to recognise when screen time is 'too much'

Often a sign that a child is spending too much time on screens is when they may feel anxiety or stress if they are disconnected or separated from their phone.

Lack of sleep and exercise and no willingness to visit friends may be a sign they need to take a break from their device.



The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e watching YouTube) and interactive screen time (i.e. creating content or playing games online).

There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

One size does not fit all when it comes to screen time - it's more about getting it right for your families needs.

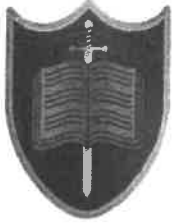
Visit internetmatters.org/screentime for more advice

InternetMatters

internetmatters

@im_org

internet
matters.org



Scotforth St Paul's C of E Primary & Nursery School

"Let faith be your shield"

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In order to comply with new data protection laws, and to help us cut down on paper, ink and time, please accept the invite email and join our Parent App.

Parent App is a new convenient way for you to **access, review and request changes** to the data held on you and your children direct from your phone as well as see key term dates. You will be able to update your address, emergency contact information and medical/dietary information. By joining Parent App you will **no longer need to complete and return paper copies of Data Collection sheets twice a year.**

1. We will be sending you an activation email to your home email address.

Simply click on the link from your tablet, PC or smartphone to activate your account.

2. You can then login using your normal **Facebook, Twitter, Google** or **Microsoft** username and password.

3. From your smartphone or tablet, download the app from the Google Play or Apple App store - search for **SIMS Parent**. From a PC or Windows phone, login online at www.sims-parent.co.uk

If you have not received an invite or you are struggling getting access to the App, please contact school to check we have your correct details on file.

Thank you to all those who have already joined.





PHE North West Health Protection Team

Cheshire & Merseyside 0344 225 0562 option 1
Suite 3b, Cunard Building Fax: 0151 236 2488
Water Street PHE.candmhp@nhs.net
Liverpool L3 1DS

Cumbria & Lancashire 0344 225 0562 option 2
Floor C, PO Box 100 Fax: 01772 251 789
County Hall PHE.clhpt@nhs.net
Preston PR1 0LD

Greater Manchester 0344 225 0562 option 3
2nd Floor, 3 Piccadilly Place Fax: 0161 236 1820
London Road PHE.gmhpt@nhs.net
Manchester M1 3BN

www.gov.uk/phe
[@PHE_NorthWest](https://twitter.com/PHE_NorthWest)

10 December 2019

For attention of:
Directors of Public Health (Cumbria and Lancashire)

Dear Colleague

Re: Increase in diarrhoea and vomiting in school aged children

We are currently experiencing increased reporting of diarrhoea and vomiting in school aged children consistent with viral gastroenteritis. This is often caused by Norovirus, a frequent cause of vomiting and diarrhoea in the community during the winter.

The most common symptom of Norovirus is vomiting. Diarrhoea tends to be short-lived and less severe than with other causes of gastroenteritis. Other symptoms include nausea, abdominal cramps, headache, muscle aches, chills and fever. The illness is usually self-limiting in nature and gets better without antibiotics, which are not appropriate for viral illnesses. Symptoms usually last between one and three days.

Those reporting diarrhoea and vomiting should exclude themselves from school until 48 hours after the vomiting and/or diarrhoea have stopped. This is an important control measure which aims to limit the spread of this infection to others. Any decision to close a school is the responsibility of the school involved. The judgement and decision whether the educational institution should be closed or not depends on the capacity and capability of the school to continue delivering education safely to their pupils.

The following resources are available for schools and other childcare facilities to use when responding to increased activity of diarrhoea and vomiting.

Public Health England: Health protection in schools and other childcare facilities
<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

St Paul's Church and Hala Centre

Christingle Services



Sunday 15th December

11.15am (at our Hala Centre)

6.30pm with our Uniformed Groups (at St Paul's Church)

Everyone is welcome at either service!

CHRISTMAS SERVICES AT ST PAUL'S SCOTFORTH AND HALA CENTRE

Unless otherwise stated below all our services are as normal:

At St Paul's Church, Scotforth:

Sunday 1st December - 6.30pm - Advent Carol Service

Sunday 15th December - 6.30pm - Christingle Service with Parade

Sunday 22nd December - 6.30pm - Nine Lessons and Carols

Christmas Eve:

5.00pm - Crib Service

11.30pm - Holy Communion

Christmas Day:

8.00am - Holy Communion

10.00am - Holy Communion

There will be no service on Thursday 26th December.

At St Paul's Hala Centre:

Sunday 15th December - 11.15am - Christingle Service

Sunday 22nd December - 11.15am - Carol Service

Christmas Eve:

3.00pm - Crib Service

7.30pm - Holy Communion

SEASONS GREETINGS FROM EVERYONE AT ST PAUL'S SCOTFORTH

Tel: 01524 843135 Email: office@stpauls-scotforth.org
Web: <https://stpauls-scotforth.org>

St Thomas Church

lancaster, Marton Street LA1 1XX

CRIB SERVICE

Christmas Eve

3:00pm

We've got Mary and Joseph sorted, but come as any other character of the nativity.

Costumes will be provided or bring your own, for this short and interactive Service

Come and take part in the Christmas story!

for under 8's and their families followed by refreshments



ST THOMAS
CHURCH LANCASTER
HEARING GOD'S LOVE FROM THE HEART OF THE CITY