



# WHYTRIG MIDDLE SCHOOL NEWSDROP

Week Ending 20th June 2025

## Learning Showcases

This week we welcomed parents from 6L and 6F to our learning showcases to share all of the great work that their children have done this year. It was fantastic to see so many parents in school and to see our pupils talk so proudly about their learning. Thank you to all who attended. We are looking forward to welcoming parents of 6E and 5C next week.



## Year 8 Careers Workshops with DWP



This week, year 8 took part in a careers based workshop with the DWP. The focus was on the use of social media in work places and how incorrect use of social media could negatively impact future career choices. Pupils learned about how employers screen social media when interviewing prospective employees and how they can alter what they share on social media to protect themselves in the future. All of our pupils engaged actively with the session and showed maturity and positivity throughout. Well done everyone!

## Year 5 NDAS Workshops

Over the last couple of weeks, year 5 have been working with NDAS (Northumberland Domestic Abuse Service) learning about positive self esteem and positive relationships. As part of these sessions, pupils discussed excessive use of mobile phones and messaging apps and the effect these have on pupils' self-confidence and relationships.

It was highlighted that a large percentage of pupils charge mobiles phones overnight in their bedrooms causing them to be more likely to check messaging apps instead of sleeping, leading to tiredness, anxiety and lower self-esteem. The infographic below contains useful information for parents on screen addiction and gives some top tips on how you and your child can safely reduce screen time.



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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?



**47%**  
of parents  
said they thought their  
children spent too much  
time in front of screens



## What parents need to know about **SCREEN ADDICTION**

### SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

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.

### IT CAN CAUSE SLEEP DEPRIVATION

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.

### CONFIDENCE, SUPPORT & ACCEPTANCE

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.

### 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.

### 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.



## 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.

### 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.

### 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.

### 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.

### ENCOURAGE ALTERNATIVE 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.

**53%** of children aged 3-4  
go online for nearly 8hrs a week

**79%** of children aged 5-7  
go online for nearly 9hrs a week

**94%** of children aged 8-11  
go online for nearly 13.5hrs a week

**99%** of children aged 12-15  
go online for nearly 21hrs a week

STATISTICS



<https://www.independent.co.uk>  
Children and Parents: Media Use and Attitudes Report 2017 <https://www.ofcom.gov.uk>  
<https://uk.businessinsider.com/How-App-developers-keep-us-addicted-to-our-smartphones>  
Journal of Youth Studies <https://www.monster.co.uk/technology/How-kids-keep-sleep-9633988>  
University of Leeds [https://medhivm.leeds.ac.uk/news/article/1296/lock\\_of\\_sleep\\_starving\\_for\\_children](https://medhivm.leeds.ac.uk/news/article/1296/lock_of_sleep_starving_for_children)



**National  
Online  
Safety**

A whole school community approach to online safety  
**www.nationalonlinesafety.com**

Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061



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MARK**

INFLUENCING  
SUPPORTING &  
CONNECTING



**SCHOOL  
MENTAL  
HEALTH  
AWARD**

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### KS3 Girls Cricket

Congratulations to our KS3 Girls cricket team, who finished an excellent 4th place in the Northumberland Schools Cricket competition at a sunny Benwell Hill CC on Wednesday.

- 1- Corbridge 1- lost 55 runs
2. Jesmond Park- won 33 runs
3. John Spence- won 26 runs
4. Semi- final-Kings- lost 70 runs
5. 3rd place play-off-Corbridge- lost 3 runs



### Y6 End of year trip

Y6's end of term day trip will be on Wednesday, 16th July. We will be going to Adventure Valley near Durham. Estimated costs currently are £20-£25 per person. More detail will be released this coming Monday.

### Dates for your Diary

- Monday 23rd June: 6E Learning Showcase
- Tuesday 24th June: 5C Learning Showcase
- Monday 30th June: Year 6 Residential Trip

### Mental Health Tip

#### Social & Emotional Health

1. **Choose friends who lift you up** - Surround yourself with people who support you and respect you.
2. **Don't compare** - Social media is often a highlight reel, not reality.
3. **Set boundaries** - It's okay to take space from people who drain you emotionally



### Job of the Week

This week's Job of the Week is **Retail Buyer**. The video can be found in Google Classroom and also [here](#).

We encourage you to watch the Job of the Week with your children so you can take part in the discussions we are having in school about future education and work.

If any parents or carers would like to get involved in our Careers provision at Whytrig please contact Mrs Campbell at [wms@svf.org.uk](mailto:wms@svf.org.uk)



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## Attendance

Please remember to call in or send a message via MCAS if your child is unwell and will not be attending school by 8:30am. It is important that we have evidence for each day your child is absent, even if they were sent home the previous day.

Please also send evidence of medical/dental appointments/medication to [wms@svf.org.uk](mailto:wms@svf.org.uk) so we can attach these to your child's profile on our system.

**This week's whole school attendance (YTD): 92.5%**

Year 5	Year 6	Year 7	Year 8
94.1%	93.9%	93.3%	89.1%

**Current best attending class is: 5C - 96%**

## LUNCH MENU - WEEK 4

[School Meals Menu](#)

## Lunch Account Balance

Please check your child's lunch account balance, and top up as necessary.

We will never allow your child to go hungry, and should they not have enough money on their account then we will ensure they are able to buy a Main Meal Deal by granting them a temporary overdraft for that day of £2.40. You will then receive a message via MCAS advising you that you need to top up their account.

This temporary overdraft facility will not be extended for additional days and should your child not have enough funds in their account the following day they will only be provided with a basic sandwich and drink. Our expectation is that you will top their account up immediately so they have a positive balance again.

## Lost Property, Labelling Uniform and Belongings

All items of clothing, bags and water bottles etc. should have your child's name in them. This helps us return 'lost property' to their rightful owner. By the end of each term, we have a large quantity of items that have lost their owner and are then donated to charity or unfortunately thrown away.



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### After-School Clubs in this Half-Term

Mon- KS2 Dodgeball  
Tues- Netball- Mrs Harland  
Tues- Y6 Swimming  
Wed- KS2 Rounders/Cricket Whamba! samba  
Thurs- Girls Football- Mrs Kelly  
Thurs- KS3 Cricket (Boys & Girls)- Mr Robinson

### Stars of the Week

Our Stars of the Week are nominated each week by staff for a variety of reasons, which might be contribution to the school community, school work or something outstanding. Each week their success is shared in school in the Star of the Week video and they receive a certificate and chocolate bar.

Week ending 13/06/25:

5C: Carter B; 5K: Ruby B; 5L: Logan H;  
6E: Ava O; 6F: Sofie F; 6L: Darryl E;  
7M: Baillee K; 7Ro Layla M; 7Ru: Alara Y;  
8H: Kalisi K; 8L: Lily S; 8T: Nicole H;  
Head of School SOTW: Cleo S (5K)

### MCAS Contact Details

Please remember to double check that your details are correct on MCAS. When you make a change in My Child At School, it updates the systems that we use to contact home. This also means that we don't make a mistake in the spelling of an email address or taking down a number incorrectly.

### Social Media Channels

Don't forget to keep up to date with everything else on our social media channels

X - @WhytrigMS

Facebook - @Whytrig Middle School

Links to external agencies are provided in good faith. We do not take any responsibility for the content of these links.



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