

NEWSLETTER— FRIDAY 24TH JANUARY 2025 'JESUS IS AT THE HEART OF ALL THAT WE DO'



Dear Parent/Carer

We have been stuck indoors today watching the leaves swirl and the tress bend not daring to venture out for fear of a child being swept into the air or a tree falling! It is fair to say, it has been a wild one; the children have been brilliant!

I had the chance to pop around to all the classes this afternoon as they had their enrichment sessions, it was so lovely to see everyone so engaged and obviously having so much fun from salsa dancing in the hall to smoothie making in Year 6 and movie making in Year 2-wonderful!

Today is the launch day for Pope Francis' Jubilee Year where he is asking us to be Pilgrims of Hope. We were treated to a wonderful Friday worship, led by Year 6, who not only told us about the history of why we have Jubilee celebrations but also made us think deeply about what we could do to celebrate and make a difference. I learnt so much and we look forward to all the celebrations ahead.

I hope you all have a wonderful weekend!

Mrs G-RX

Handy Links

TERM DATES
CONTACT US

ARE YOU ELIGBLE FOR FREE
SCHOOL MEALS?
SCHOOL HOMEPAGE
FOREST SCHOOL
SCHOOL NURSING TEAM



Mon 11am Y2 class mass

Fri 9am Y5 Worship

Fri 12.30 Birthday Table

Please follow the link below for the LCC SEND Winter Newsletter

https://www.lancashire.gov.uk/media/958481/send-newsletter-winter-2024.pdf



SCHOOL LIFE

-	
Class Mass -TBC	Friday Class Worship
Reception March 17 th	January 17 th
Year 1 January 20 th	February 7th
Year 2 January 27 th	March 28 th
Year 3 February 3 rd	April 11th
Year 4 March 3rd	March 21st
Year 5 March 10th	January 31st
Year 6 March 17 th	January 24th

School lunches

Please order via Scopay— next week is:

Week 3

Menu <u>HERE</u>

PE DAYS

REC	WEDS & FRI
Y1	MON & THURS
Y2	TUES & FRI
Y3	MON & WEDS
Y4	WEDS & THURS
Y5	WEDS & THURS
Y6	WEDS & THURS

COMMUNITY INFORMATION



Painting & Craft Club St Peter's Church Hall

Parents / carers are welcome to bring children to little painting and craft sessions that will take place in St. Peter's parish hall about once a month. These free, informal, 'drop in' sessions will run from 10.30am to around 12.30pm on the first Saturday of the month, beginning 1st February. If your youngster enjoys painting and sticking, just bring them along in 'old' clothes (our aprons are limited) for some creative fun!

For more info, call Nickie 07760 290578

What Parents & Educators Need to Know about

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



NOT DEVELOPED BY EXPERTS

REDUCED INTERACTION WITH OTHERS

nteractive elements which physical ise can offer – for instance, meeting e at fitness classes, at the gym or di

DATA AND PRIVACY CONCERNS

ADDITIONAL COSTS

DEPENDENCY ON

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

NEXT

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

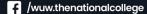
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour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



The **National** College®

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







(O) @wake.up.wednesday



@wake.up.weds

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





>>>> -

County Council

lancashire.gov.uk







