



Dear parents: showed a really useful animation from the Anna Freud Centre during Monday's assembly called Talking Mental Health. It's aimed at children and highly recommended. A good starting point to get young children talking and opening up more ...easy to find on YouTube. Well done on the Govs and Buildings Fund it really does help maintain and improve our beautiful school site so thanks to the 63% of families so far. Enjoy half-term.

School news ... this week

- Monday Personal Best started in Year 3.
- Tuesday ... school nurse in to Reception class.
- Wednesday ... Year 3 first assembly of the year well done Mr Rook and class.
- Friday ...3.30pm half-term begins.

Governors and Buildings Fund 2019

A really good start to February. Total = **£3,450.00** from 100 families out of 160 families. Up £180 in a week and 5 new families paid. 63% responded so far this pays for the upkeep of the school, new doors, new drains, insurance etc .

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

- Sleep matters**
Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.
- Sharing sensibly**
Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone -- when in doubt, don't upload!
- Education matters**
Make sure you and your children are aware of, and abide by, their school's policy on screen time.
- Keep moving!**
Everyone should take a break after a couple of hours sitting or lying down using a screen, it's good to get up and move about a bit. #sitlessmove more
- Safety when out and about**
Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.
- Talking helps**
Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed -- make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.
- Family time together**
Screen-free meal times are a good idea -- you can enjoy face-to-face conversation, with adults giving their full attention to children.
- Use helpful phone features**
Some devices and platforms have special features -- try using these features to keep track of how much time you spend with their permission, your children spend looking at screens or on social media.

Attendance news ...

Very well done Year 2 but top class is Year 4 again and nobody late in Year 6

Week Beginning	Attendance	Late
04/02/2019		
Nursery	84.93%	1.37%
Reception	96.67%	1.67%
Year 1	96.33%	1.33%
Year 2	99.00%	2.53%
Year 3	92.00%	1.33%
Year 4	99.51%	2.76%
Year 5	95.93%	2.59%
Year 6	97.78%	0%



pics of the week Felt a bit older this week when I read of the death of Gordon Banks at the age of 81 ... lucky enough to see him play for both Stoke and Leicester ...greatest ever English goalkeeper for sure. .. this is how I remember that save on our first ever colour TV in 1970 ...a bit blurry .. but seems like yesterday ..

and finally .. asked at Monday's assembly how many children had watched the Six Nations rugby ...happy to see a huge response it really is surging in popularity anyone else watch that Million £ menu on Tuesday evenings ...contestants try and impress business people with their foodie concepts of vegan goat Lithuanian Lambeth fast food hipster fusion invariably they find that running a burger van is not the same as running a restaurant but great entertainment along the way ... some nice half-term weather on the way so enjoy the first signs of Spring.