

Preston Grange Primary School



Newsletter - November 28th 2017

Christmas productions & tickets

Just to clarify about Christmas performances. Initially, you are entitled to choose one of your child's performances to attend, and have two tickets maximum per family - not per child. If you have twins, there are still only 2 tickets and for separated families, you will be allowed one ticket for each parent in the first instance. We are required to keep a strict record of who the tickets have been allocated to, for health and safety and fire regulations which stipulate a maximum of 150 adults in the school hall at any one time.

If you have sent in money for more than 2 tickets for one performance, this will be returned to you. Depending on the availability, any spare tickets will be on sale from Friday 15th December at 9am at the school office.

Match funding

As you will be aware, we raise money for various additional projects that our school budget simply cannot afford, such as the tipi that the children would like for the school field so that they can read at playtimes. Once we have the tipi in place, we are aiming to raise money to have a double decker bus on the school site. The children would absolutely love this, and it would be converted to be two extra rooms; upstairs and downstairs, as we really struggle for room space in the school building.

Since we do a lot of fundraising, we wondered if there are any of our parents who work for businesses that will match fund any money raised? In the past we have had parents that worked for Barclays for example, and it can mean that instead of £500 being raised, it becomes £1000 after being match funded by a business. I would be grateful if you could contact me through the school office if you work for a business or company that does match funding. Many thanks for your support.



Children in Need

Thank you for your kind donations for Children in Need. Our school raised £183.60. The children looked absolutely fantastic in their spots and stripes. Thanks for your support.

School Council visit to Morrisons

The School Council visited Morrisons to consider some new snacks for our healthy tuck shop on Fridays. They looked at



the snacks that are sold at tuck shop currently, and looked for some even healthier options when they visited Morrisons. Mr Burgess had talked to the children about looking for the traffic light food code on packets and snacks, and we were extremely impressed with the snacks the children chose for the tuck shop.

Basketball tickets

On December 8th, we have been offered discounted tickets for adults (£7 each) and free tickets for children for the next Newcastle Eagles home game against Surrey Scorchers at 7.30pm. We'd love to see lots of families and children come along on that night. Please contact the school office if you would like tickets **by Monday 4th December** at the latest thank you. Please note there is **free** coach transport provided from school.

The Littlest Elf

A reminder that on Monday 4th December, we have booked an Early Years storytelling session for Nursery and Reception children, and would like to invite parents into school for the 45 minute session called The Littlest Elf. Coffee and mince pies will be available for adults, once you have dropped the children off. Please enter school through the main door after checking in with the school office, and the storytelling will start at 9.15am and run until 10am approximately. Please note that due to numbers in the school hall, we ask that a maximum of 2 adults attend with each child thank you.



Bikeability

Well done to the children who achieved Level 1 Bikeability last week. They even persevered through all of that rain! More of the children will complete the training for Level 1 in January, and we have arranged that the whole class receive Level 2 training in the Summer term.

North Tyneside



Unplugged day

Technology is a wonderful thing and enhances our lives in many ways, however, there's a growing feeling that we need to balance when and how much we use it. From texting while driving, checking phones through the night, to restaurants full of people staring at screens, it's said to be having a direct impact on our health and interpersonal relationships.

A lot of research has been done in this area, unveiling some shocking statistics:

- Too much screen time for young children has been directly linked to slower speech development, the ability to focus and concentrate, and their ability to sense other people's attitudes and communicate with them.
- Almost half of 11-18 year olds wake up at least once a night to check their phone.
- Almost a quarter of these check their phone more than 10 times per night!
- One quarter of students say they feel tired during the day because of how often they use their mobile phone at night.

- Fear Of Missing Out (FOMO) creates anxiety and addiction to social media. It is associated with increased hormone release, the same hormone involved in other addiction disorders.
- Research has also linked mental and physical health issues, online safety dangers and interpersonal relationship problems to the overuse of digital devices.

To combat this, North Tyneside School Improvement Service have arranged a special event to raise awareness of the negative effects of overuse and addiction to electronic devices; 'North Tyneside Unplugged'. Our school will be supporting things by having an 'unplugged' day in school on **Thursday 7th December 2017**. It will be a device free day in school where we will have lessons without screens. We also won't be tweeting until the next day!

We would also love you to support this event with your family at home! We ask that you also try (as much as possible) to have a device free day, in particular,

- Device free mealtimes,
- Phones away at the school gate as you drop off and collect your children,
- Books, board games and getting active instead of TV and consoles after school,
- Charging devices away from the bedroom to stop sleep disruptions.

If you think your family could try switching off for the day go to tiny.cc/unplug to register by clicking the 'family sign up' button. Thank you for your support!

Christmas lunch

Christmas lunch for the children will be on Friday 8th December. Please note: if your child currently stays for lunch and is in Key Stage 2, then you need not do anything. If your child is in Key Stage 1 and has a universal free meal, then you need not do anything. However, if your child is on packed lunches in either Key Stage but you would like them to have a Christmas lunch, then you need to request a Joinos code by email to catering.services@northtyneside.gov.uk and make an online payment of £2.10.

Thank you Morrisons!

Thank you to Community Champion Gaynor Drake-Browning, who has on behalf of Morrisons, provided school with boxes of baubles for all of our class Christmas trees and spares for the main tree. She also donated chocolate gifts towards our Christmas raffle which will be held over the week of the Christmas performances. Lastly, a huge thank you to Morrisons who will be providing the tea, coffee and mince pies for our Early Years parents at the Littlest Elf performance (9.15am) on Monday next week.



Tracey Taylor, Headteacher, November 28th 2017