



Dream, Believe, Achieve

Cheviot Primary School Newsletter

Friday 24th May 2019

Dates for your Diary

Mon 27 th May- Fri 31 st May	Half term holiday
Mon 3 rd June	School reopens
Mon 10 th & Tues 11 th June	Father's Day Lunch
Mon 24 th -Fri 28 th June	Physical Week! Including Sports Days – see dates below
Sports Days 2019	
24/6/19 10.45-11.45am	Little Explorers & Nursery
25/6/19 9.30-10.30am	Years 3 & 4
26/6/19 9.30-10.30am	Reception, Year 1 & Year 2
27/6/19 9.30-10.30am	Years 5 & 6
Thurs 4 th July	Last day of clubs
Friday 12 th July	Summer Fayre
Fri 19 th July	End of the academic year

More dates and events
will be added – please
check regularly.

Polite Reminder

Holidays in term time
will not be authorised
and will incur a fine in
line with the Smart Multi
Academy Trust policy.

Year 6 were absolute stars this week! All the children on the residential visit had an amazing time and their behavior and attitudes went well beyond our very high expectations. Those who stayed here at school made themselves very useful helping younger learners and being excellent role models. They are all demonstrating lots of the skills and behaviours they will need in the next part of their education journey – well done to them!

Mrs Halliford, Head of School

With the half term holiday on the horizon, we have attached some advice from National Online Safety around Screen Addiction – a growing problem for children and young people. Please have a read. If you feel you need any further support in this area, please get in touch with Mrs McCulla.



LET'S CELEBRATE!

Who has done well this week?

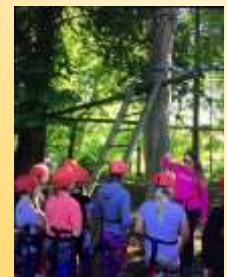
STAR OF THE WEEK	CLASS	ATTENDANCE
Alfie G	Little Explorers	74%
Charlie	Nursery	84.2%
Ellamae	Reception	98.6%
Aleisha	Year 1	94.5%
Nathaniel	Year 2	98%
Zac	Class 8	100%
Alfie	Class 9	85%
Tyler	Year 3	92%
Darcy	Year 4	97.9%
Ava	Year 5	97.3%
Broomley Grange students	Year 6	94.1%
Broomley Grange students	PE	
	Music	

Hedgehope 93.8%		Ravens 96.2%
	House Attendance	
Yeavinger 94.4%		Yetholm 97.6%

Whole School Attendance target	96%
Whole School this week	95.8%
Whole School this year so far	96.2%

Mr Mottram's Broomley Grange Round-Up

We will let the pictures speak for themselves –
thrills, spills and fun all-round!



Thank you for your ongoing support – Mr Gallon, Exec head Mr Ruderman, Chair of Governors Mrs Halliford, Head of School



SMART Multi Academy Trust is an exempt charity and company limited by guarantee registered in England with company number 10257723.
The company's registered office is Wyndham Primary School, Montagu Avenue, Newcastle Upon Tyne NE3 4SB.

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



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?



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 focused 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, gaming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

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

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.

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.



<https://www.itsdangerous.co.uk/>
Children and Parents: Media Use and Attitudes Report 2017: https://www.ofcom.gov.uk/consult/condocs/parents/parents17/parents17_consultation.pdf
Journal of Child Psychology and Psychiatry: <https://onlinelibrary.wiley.com/doi/10.1111/jcpp.12666>
University of Leeds: <https://www.leeds.ac.uk/news/child-12666-do-ill-sleep-doing-anything-but-sleep>



**National
Online
Safety**

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

Email us at help@nationalonlinesafety.com or call us on 0800 368 8061



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