

Highworth Combined School & Nursery

HIGHWORTH CLOSE HIGH WYCOMBE BUCKS. HP13 7PH

Tel. (01494) 525534

Email office@highworthcombined.co.uk



Newsletter – 11th January Issue 5

Letters sent home this week: PTA Quiz Night, 11+ Workshop (Y4 & Y5), Art Club (Y2) Bikeability

Dear Parents and Carers

Happy New Year and welcome back for the Spring Term. I very much hope that you were able to enjoy a little rest and relaxation during the holiday period.

I'd like to let you know about some changes to staff. Firstly, news of some name changes due to marriages that took place recently; Miss Broadhurst is now Mrs Holloway and Miss Dowling is Mrs Harris. Congratulations ladies! Mrs Tammy Stewart is teaching in Year 4 during Mrs Milner's Maternity Leave and Mrs Philippa Nisbet has joined us as a Class Supervisor working in a number of year groups on Mondays and Tuesdays each week.

A number of our neighbours have contacted me again with concerns regarding parking. This is what one local resident had to say: 'Some parents are arriving over half an hour early and keeping their engines running all that time which is illegal as well as causing noise pollution. They are parking across driveways, dropping litter and allowing their children to run all over resident's gardens. They are also parking and driving over the pavement and on the gardens.' Please teach your children the importance of respect by parking and behaving responsibly.

In my last newsletter, I optimistically informed you that the work to the path to Year 3 and 4 had been completed. Unfortunately, when I inspected the work, I found it to be substandard. A new team are currently completing remedial work with the hope that the route will be useable again next week.

Kind Regards

Clare Pankhania

ATTENDANCE

The display board at the front of the school shows each year group's weekly attendance.

SCHOOL ATTENDANCE TARGET IS 96%

BEST ATTENDANCE: 99.7% (CLASS 6H)

**OUR WHOLE SCHOOL ATTENDANCE IS
JUST BELOW TARGET AT 95.8%**

PUNCTUALITY: Gates open at 8.45am and close at 8.55am. Please ensure that your child is in school on time.

Dates for the Diary

Wednesday 16th January

Bikeability for 12 children from Year 5 and 6

Thursday 17th January

Bikeability for 12 children from Year 5 and 6

Friday 18th January

Class Assembly – 3MP 10.10am

Year 1 Gymnastics sports hub event 1.30pm

Parent Zone

Happy New Year! I hope you enjoyed the holidays.

This week I wanted to share with you some useful information about screen time for your children. I hope you will find it informative.

Beccy Hatch

Parent Support Worker

5 things parents should know about screen time

Screen time is in the news again, but parents are still getting mixed messages about how much is 'too much'. Here's how to take a reasonable, flexible approach - and get your kids on board too.

This week, the Royal College of Paediatrics and Child Health released their **report** into screen time. The good news is that they haven't found any compelling evidence that screen time is harmful - but unfortunately for the many confused parents out there, there's no definitive line on what a 'safe' amount of screen time looks like, either.

But there are sensible, evidence-based ways to think about screen time limits - and, by getting your kids involved, you can find a solution that really works for your family.

Here's where to start.

1. Remember that not all screen time is the same

Not all online activities are equal: doing something creative or learning new skills are very different from mindless scrolling on social media. Perhaps being online is allowing them to socialise in a positive way - or they're just doing something that they really enjoy. If there are real benefits, then the amount of time they spend doing it is less important.

You know your child better than anyone. As long as screen time isn't interfering with schoolwork or other activities, and isn't having a noticeable effect on their mood, then try not to obsess over the numbers - there's probably no need to panic.

2. How long should kids spend online per day?

That said, most parents will want to set some kind of limit. The **'Goldilocks theory'** put forward by academics from Oxford and Cardiff universities suggests that a certain level of screen time can be beneficial, helping children develop their creativity and communication skills. Around 1 to 2 hours daily during the week and a bit longer at the weekends is considered 'just right' for teens - after that the benefits gradually taper off and the negative effects increase. Younger children, aged 4-7 years old, should probably spend no more than an hour a day online - this can go up to around an hour and a half as they get older.

3. Boundaries really do work if you stick to them

The important thing is to get your child involved in the process so that they understand why you're setting limits. Be very clear about your reasons and ask them what they think - getting buy-in at this stage can really help to avoid arguments later on. Remember that teens, in particular, might need to spend longer online to complete their homework.

Once you've agreed the limits, stick to them! It can be tempting to give up in the face of pester power or teenage sulks, but it will get easier every time you stick to your guns.

4. Look out for signs that screen time is having a negative effect

Keep an eye on how your child's screen time may be affecting other areas of their life. If they're spending time with friends and getting enough sleep and exercise, then they may already have a healthy balance. Talk to your child about what they're doing online and get them to think about how it makes them feel when they spend time doing these things. You never know, they may actually agree that staying up late gaming is making them too tired for school the next day, or admit that constant scrolling through social media is starting to affect their self-esteem.

5. Use it as an opportunity to have quality family time

Although it is good to set aside time when the family is not using screens - outdoor activities, chats at meal times, day trips at the weekend - this doesn't mean that you can't

also get involved in using screens together. If you know that your child enjoys playing games online, organise a family gaming night or give them ownership to plan something for the whole family to get stuck in. If you take a real interest in what they like to do online, they're more likely to come to you if something goes wrong, or they make a mistake along the way.

Get up to speed on the apps, games and sites that children use online