



Stoke Mandeville Combined School

Caring, Inspiring and Achieving Together

Weekly Update Friday 11th January

Attendance

Congratulations to everyone this week, every class had excellent attendance resulting in 99.1% for the whole school overall.

Staff Vacancies

We are currently recruiting for a Teaching Assistant and a Midday Supervisor. Both adverts, along with Job and Person Specifications are available to view at <http://jobs.buckscc.gov.uk/job-search/>. If you, or someone you know, are interested in applying for either role please contact the School Office in the first instance.

Spare Clothes – request for donations

We seem to have very few small pairs of track suit bottoms that we use in case of spillages and accidents – if anyone is able to donate plain black track suit bottoms in sizes 4-5, 5-6 and 7-8 we would be very grateful. Also, if your child has been provided with spare clothes during the term we would be grateful if you could check that they have been washed and returned to school.

Communication with school

Please ensure that email communications to the school are sent via the 'office@' address in order for us to direct your queries appropriately. Staff will not respond to emails sent directly to other addresses. Emails may also be filtered into spam folders and therefore may not be received and responded to.

School Uniform and Book Sale

After school on Friday 1st February we will be holding a school uniform and book sale. If you would like to donate any books or spare uniform please drop your donations off at the School Office.

Collection Arrangements and Contact Details

Please ensure that you inform the office if your child will be collected from school outside of the usual collection arrangements, whether this be long term changes or a one off for a play-date. We will not release KS1 children from school unless we have been informed by parents of this change to arrangements.

Please also ensure that we have the most up to date contact details for you so that we can communicate effectively with you, particularly if there was an emergency – if you move house, change your telephone number or email address please let us know.

Screen Time Information

The following article is from www.parentzone.org.uk regarding the safeguarding of your child.

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. Being online might be allowing them to socialise in a positive way - or maybe they're just doing something that they really, really enjoy. If there are real benefits, then the amount of time they spend doing it becomes 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 build their 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 will really help to avoid arguments later on. Remember that teens might need to spend longer online to complete their homework.

Once you've agreed the limits, stick to them! It's always 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. Honestly.

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 it's likely that they 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. Have quality family screen time together

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 let them plan something for the whole family to get stuck into. If you take a real interest in what they like to do online - whether it's the influencers that they rate, or the latest downloadable content (DLC) on their go-to game, they're more likely to come to you if something goes wrong, or they make a mistake along the way.

Letters Sent Home

Young Leaders Conference Letter (selected students only)

Village Walk letter (Year R)

Pizza Making (Year 5)

River Dart medical form (Year 6)

Change 4 Life letter (selected students only)

Dates for the Diary

18 th January	KS1 Friends Movie Night
22 nd January	Year 2 Trip to Windsor Castle
23 rd January	Game Over Workshop (KS2)
1 st Feb	KS2 Friends Movie Night After school Book and Uniform sale
15 th February	School Closes normal time
25 th February	School re-opens after half term
2 nd March	Friends Bingo Night
6 th March	School Group Photos
11 th March	Science Workshop