



The Wickford C of E School Newsletter



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14/06/19

ATTENDANCE

TARGET: 100%

WHOLE SCHOOL

ATTENDANCE FOR LAST
WEEK: 97.1%

CLASS ATTENDANCE

Penguin: 100%
Wren: 96.5%
Robin: 93.2%
Puffin: 99.1%
Flamingo: 95.6%
Parrot: 98.8%

PADDINGTONS

Penguin: Henry D, Thomas C, Oliver and Shannel
Wren: All of Wren Class
Robin: Matilda, Georgie, Jake T and Sophie M
Puffin: All of Puffin Class
Flamingo: All of Flamingo Class
Parrot: Gabriela, Tate, Laydeen and Stefan

GOLDEN TABLE

Penguin: Louie B
Wren: Alexa
Robin: Ruben
Puffin: Isabelle
Flamingo: Ronnie W
Parrot: Olivia S

Dear Parent/Guardian,

A busy wet week but fun never the less. I reminded you all about sun protection last week, never thinking we would need to mention about remembering coats and rain macs! What a down pour but good for all the plants we have bedded in.

DIARY DATE CHANGE Following the announcement by the Government that, to commemorate the 75th anniversary of VE Day, the May Day bank holiday in 2020 will now be **Friday 8th May 2020**, instead of Monday 4th May 2020.

YEAR 1 READING This week the children have been busy decoding and reading words with Miss Bristow! They have all made fantastic progress and we are very proud of them. Well done Robin and Puffin Classes.

YEAR 2 Wrens and Penguins have been busy completing their 'quizzes' over the last few weeks, they have worked hard and clearly shown their teachers exactly what they can do. We are focusing on writing over the next few weeks.

FLAMINGO AND PARROT The writing books have been a pleasure to look at, the progress from the front of the books to now is wonderful - please feel very proud of your children, we cannot wait to show you on Open Evening night!

THRIFTWOOD Many thanks to Miss Bristow, Miss Glover and the whole staff. There is a great deal of preparation to be done (right down to eggs and bacon rasher counting), mats have been cleaned, and excitement is beginning to bubble. Not long to go!

HASSOCK EXPERIENCE This may seem like an unusual request but Mrs Merrington is busy designing a special hassock to present to St Catherine's church. If you have any experience or would like to be involved, please let the office know. All offers of help welcomed.

FACES We have been blessed with the strong support of the PTA groups in the last few years and as such they are an integral part of what is being planned. All parents are a member of the PTA, unless a parent chooses not to be. All parents are welcome at the meetings, to make decisions and be supportive. However, we do understand that today's world is very busy. We really do appreciate any help received; it makes a difference for the children.

Please do remember that teams have been/are very small and they do their utmost to provide additional events and activities for the children.

YEAR 2 New school transitions are due to start and we are busy making exciting plans for the end of term.

This year, part of the leavers sequence of events is a slot between 7-9pm on Friday 19th July at Monkey Madness (all school children welcome- see FACES for details). Of course, the usual Leavers Assembly is being rehearsed for the last afternoon and this starts at 1:30pm. Each child will be photographed with their Bible and medal; this will be presented in the HEARTS Promise folder as a special memory to keep. This is a new record and reflects some of the lovely events your child has been part of. We hope you will love them!

After school there will be music and refreshments, time for shirts to be signed - as always. All are welcome.

On Thursday 18th July there is a church service at 9:15am, led by Canon Jane, we value this as a special way of reflecting and as part of the 'moving on' journey. In the afternoon, there will be a leavers disco for Year 2 children, please send in party clothes. The children will be collected at 2:50pm as usual. It will be a special time to say goodbye to friends.

Along with the trips, summer concerts, the overnight residential, swimming pool day and other fun events, we hope to make the end of the school year a pleasure for everyone.

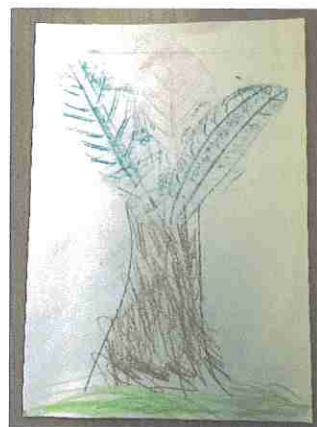
SUMMER CONCERT A letter went home this week regarding costumes, please see your child's teacher if you have any questions.

SPORTS DAY If you do not have a coloured T shirt to match your child's House colour, this is not a problem. We do have some bibs and will gladly find one for your child. Please ask your child's class teacher.

EMAILS AND TEXT Should you have changed your details; please ensure you update the office. As you know, the newsletter and other letters are emailed regularly. If you do not receive the newsletter, then please do check and we will gladly help.

PLAYGROUND CONVERSATIONS A polite request that these interactions between adults are only ever positive... little ears are around and over hearing conversations can cause worry and sadness.

LEARNING OUTSIDE THE CLASSROOM Some great designing work this week - making art from petals and leaves. Look at these



FRIDAY 21ST JUNE There will be no sharing assembly this week.

LOST PROPERTY Jake in year 1 has mislaid his fleece. Please could you check you don't have it by mistake.

TOP TECH TIP Please see the attached information regarding Screen Addiction.

MOMENT OF LOVELINESS This week it has been a pleasure to read some amazing writing in Robin Class, some of the language used has been incredible as the children have pretended to be Grace Darling, completing her diary.

This is just one example; "Me and my father raced into the boat but we did not want to go into the tempestuous deep ocean". Max. This is fantastic, well done.

HIRE THE HALL

Need to organise a children's party? Need some space to run an event? If so, please note that the school hall is available for hire. Prices start at £85 for a three hour slot, but we can arrange bookings for shorter or longer periods to suit your needs. Just call into the office and let them know what you are planning. We will try our very best to help.

Have a lovely weekend, I think FACES have been busy helping to create surprises for Sunday and there seems to be lots of hushed whispers and twinkly eyes around this week. Have a very happy Father's Day!

Mrs Johnson



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?

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

What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

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. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

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.

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.



CONFIDENCE, SUPPORT & ADVICE

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.

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.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

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.

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.

ENCOURAGE ALTERNATE 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.

STATISTICS

52% of children aged 3-4 go online for nearly 9hrs a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go online for nearly 13.5hrs a week

99% of children aged 12-15 go online for nearly 20.5hrs a week

SOURCES:
https://www.independent.co.uk/news/children/children-and-parents-media-use-and-attitudes-report-2018-https://www.ofcom.gov.uk/consult/condocs/children/children-2018/children-2018.pdf
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