



# Northbourne News

16<sup>th</sup> September 2022

It has been great to continue to settle into the routines and patterns of the school year this week. As always, your children have been wonderful, settling into their new classes and visibly enjoying learning and playing together. Particularly striking is the example our new Y6 pupils are setting for the rest of the school, exemplifying the kindness, respect and ambition captured in our three school rules.

As we move out of the pandemic, we are looking forward to a much more normal school year. We already have a raft of dates for the year confirmed – our usual diary date sheet will be sent with next week's newsletter, so please look out for that to help you plan busy home diaries.

**Monday:** We will, of course, be closed on Monday (19<sup>th</sup> September) for the national Bank Holiday marking the funeral of the Queen. We hope you have a peaceful weekend, and look forward to seeing you when we re-open as normal on Tuesday.

## Puffins and Swans news

As part of next week's learning, Puffins and Swans will be talking about who is precious to them and looking at family photographs. Miss Tierney and Mrs. Stanley would really appreciate you sharing by email some family photographs with a brief description of who is in the photo; please email any you are happy to share to [reception@northbourne.oxon.sch.uk](mailto:reception@northbourne.oxon.sch.uk). Children will be exploring how families are different and unique, but are all special and precious, no matter how they are made up, and creating their own family pictures. Thanks in advance for your help and, as always, please speak to Miss Tierney or Mrs. Stanley if you have any questions.

## Can you help us???!

We have been very fortunate to have a hugely successful PTA at Northbourne in recent years, led by a dedicated and hard-working committee of parents and staff. In the past, the PTA have organised discos for children, Quiz Nights our Summer Barbecue and our Y6 leavers' events, and the funds raised have been used to develop our Forest School, buy a trolley of Chromebooks, install a speaker system in the hall and ensure all children get a Christmas present – all of which we could not afford from the main school budget. We would love to be able to run the events which we know our pupils enjoy so much, but need your help for this to happen...

Our committee is made up of a Chair and Vice Chair, Treasurer and Secretary, as well as a number of co-opted members. To be involved, you don't have to stand for a position on the committee, but can be a very much valued pair of hands setting up, tidying away and running events.

Please consider if you might be able to help us by lending us any of your time you can spare and, if you feel able to help us, come along to our AGM where we will plan the year. This will be at 3:10pm on Monday 3<sup>rd</sup> October in the school library. If you have any questions, or would like to know more, please drop an email to [pta.northbourne@gmail.com](mailto:pta.northbourne@gmail.com).

We hope you will be able to get involved, and look forward to seeing you on the 3<sup>rd</sup>.

## Learning Review meetings

Some advance notice of dates for our Learning Review (parent-teacher) meetings this year, to help with diary planning and organisation:

Wednesday 29<sup>th</sup> and Thursday 20<sup>th</sup> October

Wednesday 8<sup>th</sup> and Thursday 9<sup>th</sup> February

Further information will follow nearer the time.

Teachers are looking forward to meeting parents of children receiving Special Educational Needs support new to their class during next week. We hope your initial target-setting meeting is useful; please let our SENCo, Mr. Woods, or your child's class teacher know if you have any questions.

## Internet Safety

Ensuring children understand how to keep themselves safe online is a key ongoing theme of many curriculum areas, including Personal, Social and Health Education (PSHE) and Computing. We know that these are conversations which you continue at home when agreeing, for example, how much screentime your children can have, and which apps they are able to use. The UK Chief Medical Officers have provided some really helpful, easy-to-use guidance, a summary of which is below. This links closely to what we teach children in school and may provide some useful ideas for you to use during your ongoing discussions about being safe online.

## UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

### Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



### Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



### Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



### Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



### Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



### Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



### Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



### Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.

