

# Padstow School Newsletter

## May 25th 2018



Grenville Road, Padstow, Cornwall PL28 8EX

Tel: 01841 532510

Head of School: Kate Whitford



**Have a great half term.**

**See you on Monday 4th June.**

**Sun safety: every child needs a sun hat and sun cream for the remainder of the summer term please.**



**TONIGHT!**

## Spring Disco

Friday 25th May in the school hall

Infants: 4.30-5.15pm | Juniors: 5.30-6.30pm

£1.50 per child includes refreshment

*Wear your party clothes!*

## Diary Dates

### May:

25th—School closes at 3.15 for half term

25th—Spring disco

### June:

4th—Summer term 2 begins

5th—Y6 Hit the Surf

12th & 13th—Y6 London Trip

14th—Y3 Minack Theatre Trip

20th—Junior Sports Day PM

27th—Infant Sports Day PM

### July:

2nd-6th—Year 6 Transition Week

18th Summer Fayre 3.15-4.30

20th—School closes for summer 1.30

### September :

4th—INSET

5th—Autumn Term 1 begins

## Timings of the School Day

- 8.35-8.50am: Morning drop-off. A 'window of opportunity' for dropping your child into school
- 8.50 - 9.00am: Registration
- 9.00-10.30am: Morning session 1
- 10.15-10.30am: Infant break time
- 10.30 -10.45 Junior break time
- 10.45- 12.00 Morning session 2
- 12.00-1.00 Lunch
- 1.00-2.00 Afternoon session 1
- 2.00-2.40 Afternoon session 2
- 2.40-3.00 Assembly
- 3.15 Home time
- Infants have an additional play time at 2.15pm

If your child arrives later than 8.50am they will need to register at the office.



## World Oceans Day: Friday 8th June

As part of the Beach Guardian Initiative, children from Padstow School, along with children from other schools in the area, are invited to come along with their parents/carers to a beach clean at Constantine Bay on Friday 8th June from 5-6.30pm. We will be live on ITV news!



## Surfers Against Sewage

Hugo, from Surfers Against Sewage, came into school last week to talk to Year 2 about the pollution that enters our seas and to explain to them what they can do to help keep the seas clean.



Surfers Against Sewage (SAS) is a marine conservation & campaigning charity inspiring, uniting & empowering communities to protect oceans, waves, beaches and wildlife.

With the new General Data Protection Regulation (GDPR) coming into effect on Thursday 25 May, we would like to inform you that we have updated our privacy notice. This document explains how we use and share information about your child, and can be viewed in full here: <http://bit.ly/pupildataprivacy>



## Attendance

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
81.6%	97.3%	92.8%	87.6%	80.0%	94.4%	88.8%

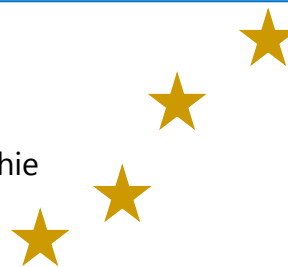
### Congratulations Year 1 You are our attendance winners!



### School Values Certificate Winners:

Happiness Team Work Friendship Communication Freedom  
 Curiosity Honesty Trust Kindness Respect Healthy Resilience  
 Ambition Community Individuality Perseverance

Year R: Isaac  
 Year 1: Samuel  
 Year 2: Keegan  
 Year 3: Ted & Archie  
 Year 4: Ethan  
 Year 5: Aaron  
 Year 6: Archie



### School Rules Certificate Winners:

Show good manners at all times

Follow instructions with thought & care

Show care & respect for everyone & everything

Year R: Evie  
 Year 1: Austin  
 Year 2: Doug  
 Year 3: Ted & Archie  
 Year 4: Elliot & Elsie  
 Year 5: Holly  
 Year 6: Niambh



### Mrs Whitford's Special Awards:

\* Cory (Y2)      \* Kyle (Y4)

We have also awarded numerous certificates to children for their reading, writing and maths as well as Golden Tickets and specific class certificates.

### Year 9 Buddies Visit

Our Y6 children enjoyed catching up with Y9 Buddies from Wadebridge School. It was a great opportunity for them to be able to ask all the questions they have been wanting answers to.



### Y4 Go To Rough Tor

Y4 went on a trip to Rough Tor yesterday in search of the source of the River Camel. They have already been into Padstow to study features of the Camel Estuary as part of their topic on Rivers. Now they will be comparing the findings of the two different places.



### Cake Sale

We raised £40 from the cake sale we held last Friday in aid of Williams Syndrome. Thank you all for your contributions of both cake and money.

[www.williams-syndrome.org.uk](http://www.williams-syndrome.org.uk)



### Cardboard Box Plea

The Reception Class would like cardboard boxes of all shapes and sizes. They will be using them for junk modelling inside and large scale building outside.







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

## SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

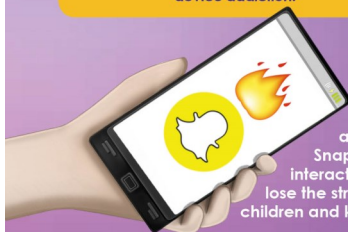
Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

## 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.



## 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.

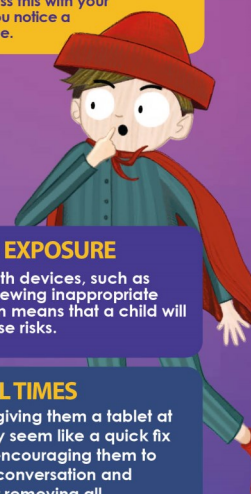
## LOSS OF INTEREST IN OTHER THINGS

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.



**National Online Safety**

# 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.

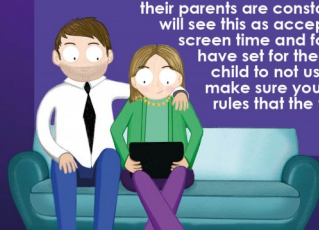


## ENCOURAGE ALTERNATIVE ACTIVITIES

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.

## 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 focussed 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.



## Sources

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Journal of Youth Studies; <https://www.theguardian.com/technology/2016/may/12/children-sleep-problems>  
University of Leeds; <https://medhealth.leeds.ac.uk/news/article/1276/lack-of-sleep-damaging-for-children>



**WADEBRIDGE**  
**7,8 & 9<sup>th</sup> JUNE**  
**2018**

**ROYAL CORNWALL**  
**SHOW / 2018**

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and buy tickets online:  
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