



One family, belonging, believing and learning together.
Romans 12v5 'So in Christ we, though many, form one body, and each member belongs to all the others'.

Diary Dates

Forthcoming events this half-term:

- 9.1.24 Y5/6 Football competition,
- 11.1.24 Y6 parliament trip
- 19.1.24 Chinese day in school
- 23.1.24 KS1 Multiskills event
- 23.1.24 Indoor athletics qualifier comp
- 26.1.24 Indoor athletics tournament
- 2.2.24 Wheelchair basketball day
- 7.2.24 Young Voices concert
- 9.2.24 Break up for half-term

Term dates

A quick reminder of our term dates for this year and next. Please ensure you know these so your children can attend school on the correct days and you can book holidays around them.

[Term dates: 2023-24](#)

[Term dates: 2024-25](#)

Swimming

Y5 children will continue to go swimming until February half-term. Please ensure they have their swimming kits in school every Wednesday starting next week.

SIAMS

As you know, we were inspected on Tuesday 12 December under the Statutory Inspection of Anglican and Methodist Schools framework. This is a rigorous inspection process that investigates whether a school is fulfilling their Christian foundation whilst also meeting the needs of all children. We are very pleased with the outcome and would like to place on record our thanks to children, staff, parents, Governors and the community for their continued support of our school. You can read the report [here](#). If you have any questions/comments, please don't hesitate to ask. Thank you to all parents, children, staff and Governors who personally spoke to the inspector – you did a fantastic job and he was able to get a real sense of what our school is all about.

All age worship at St Paul's

All age worship takes place at St Paul's Church on Sunday 6 January at 10:00am. This is an interactive family worship, led by children that should last about 45minutes. All are welcome.



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Parliament Trip Y6

We are very excited about our trip to London next week. Please ensure children are at the train station by 8:10am. We will register children at this time, after which they become school's responsibility. We will walk to the platform at 8:20am, to catch the 8:40am train to Euston. Our return train will arrive at Lancaster at 7:56pm – please meet us on the platform to collect your child. Children will need plenty to eat and drink as they will be having packed lunch and tea while we are in London/on the train. They do not need to bring anything else with them.

There is a tube strike next Thursday so this will mean our walk is longer. Please ensure children have sensible footwear and a waterproof coat for this trip. Comfortable trainers or walking boots are ideal.

VIPs

There are no VIPs this week due to the shortened length of the week. However, we will still be holding family worship at 2:30pm as usual – you are welcome to join us.

Charitable giving

Well done to Lisa, Glen and Ethan who have run every day for 7 days to raise money for Motor Neurone Disease. This was inspired by Kevin Sinfield running 7 marathons in 7 days. If you would like to donate to MND, please [click here](#).

Edinburgh Residential

The deposit for the Y6 Edinburgh residential is due at the end of January. We will then be able to book activities and let you know exactly what the children will be doing. If you need financial assistance, please speak to Mr Gittins.

School admissions

The application process for primary school places for September 2023 closes on 15 January. Please remember you need to apply online even if your child attends Pre School or you already have an older child at school.

To apply use this online form, please [click here](#).

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy MLK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do; the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday