



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'.



Amethyst Class Book Recommendations

The Christmas Pig by Scarlet T

I recommend this book because it's a thrilling adventure story with amazing friendship. When you read it your imagination goes wild with pictures flowing with every word. I loved it and would definitely read it again.

Skandar and the Unicorn Thief by Edward

I would recommend this book because it is detailed, interesting and exciting.
They are not your ordinary unicorns.

Mothers Day Breakfast

Friday 8 March at 9am

We would like to invite all mums and grandmas to join their child for a breakfast bun and morning tea/coffee. Order forms went out earlier this week and must be returned by Friday 9 February at the latest with the cash payment.

Consideration for our neighbours

A couple of moans: when parking near school, please don't block drives or block drop-kerbs – this blocks access and is inconsiderate.

At busy times, please drive slowly past school – we have had a couple of near misses recently and some cars are still driving too quickly up Moorside Road. Thank you for keeping our children safe.

Diary dates for Spring term

Important dates for your diary: letters will be sent nearer the time when required.

2.2.24 Wheelchair basketball day

7.2.24 Young Voices concert

8.2.24 Y3/4 athletics comp

9.2.24 RNLI family worship

9.2.24 Break up for half-term

19.2.24 Return to school

19.2.24 Y5/6 football league

23.2.24 Salvation army non-uniform day

27.2.24 Y2 outdoor ed Warton Crag

29.2.24 Y1 outdoor ed Silverdale

6.3.24 Y5/6 cross country, Tatham Fells

8.3.23 Mothers' day breakfast

13.3.24 Y3/4/5/6 football comp, Arkholme

14.3.24 Y3/4 korfbal comp, Moorside

21.3.24 Y2 singing festival, Town Hall

22.3.24 Y5/6 indoor athletics, L and M College

Wb 25.3.24 Y5 bikeability

25.3.24 Diamond class outdoor day, Halton

26.3.24 Y3 outdoor day, Borwick canal, Diamond class (group 3) outdoor day

27.3.24 Y3 outdoor day

27.3.24 Y5/6 acro comp, BLA

28.3.24 Break up for Easter holidays

Wb 13.5.24 Y6 SATS week

6/7.6.24 Y5 Coniston residential

25/26.6.24 Y6 Edinburgh residential

Wheelchair basketball

Huge thanks to Shaun and John Anthony for leading our wheelchair basketball sessions today – they are an inspiration to us all and the children have had a fantastic time.



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Sporty stuff

Well done to our Y5/6 indoor athletics team who finished 2nd in the latest round of fixtures at Lancaster and Morecambe College. This keeps us in 4th place in the league. There are 3 divisions and we are in the A league, which makes us 4th out of all 28 teams that compete. There were some school records on the night – [click here](#) to have a look at our school records from the past 4 years.

Change to the lunch menu

There will be a change to the lunch menu on Thursday 8 February as we will be having our Chinese New Year lunch. The menu is Chinese style chicken curry with rice or chips or sweet and sour quorn with vegetable and soy noodles followed by chocolate rice crispy cake. Lunches can be ordered daily and are £2.40 per day for key stage 2 children. Please ensure payment is made in advance on Parent Pay. Key stage 1 children are entitled to free school meals

Confirmation

Bishop Jill Duff will be taking a confirmation service on Sunday 12th May at 10 am at St Paul's Church. If you think you or your Yr 6 child would like to find out more about confirmation and what it means as a commitment of faith, please contact Helen Scamman (the vicar) on 07515498860 or vicar@stpaulscaton.org.uk I would love to hear from you.

VIPs

A massive CSP well done to all our super VIPs this week.

Diamond - Theo for working hard on his phonics, sounding out for his writing! Well done!

Ruby – Hector for fantastic focus in phonics. He has been working hard to apply his phonics knowledge to spell new words.

Topaz – Ted for drawing a wonderfully detailed map of a forest in Geography and for always trying his best in all his learning.

Emerald - Makar for enthusiasm and hard work all week. He has been really enjoying his learning.

Sapphire – Luca For sticking to his values and standing up for equality. WOW! You are such a fantastic role model.

Amethyst – Thomas H for having a positive and hardworking attitude in class – well done.

Celebration of physical activity and challenges

As a school, we regularly celebrate what we are doing in our curricular PE lessons and extra curricular clubs, tournaments, festivals, competitions and outdoor adventurous activities. We would really like to hear about how children are being active outside of school, whether this be challenges they are undertaking, clubs they attend or competitions they take part in. If you have any photos of: your child taking part, certificates or medals, that you are happy to go on the PE display board, please bring them into Mrs Pollitt. Alternatively, if children want to write a report on a sporting experience or challenge, this can go on the display too.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

KEEP SCROLLING

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: ideally for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.



MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



Meet Our Expert

Robecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday