

Weekly Newsletter

Growing Together: Every Day In Every Way

Value of the month
Fairness

Design and Technology in KS1

The children in Key Stage 1 have been busy making their final DT projects to celebrate their learning from this half term. Children in Year 1 have been investigating different ways to join fabric together and have used their designs to create a pouch to keep their teeth in for The Tooth Fairy!



Children in Year 2 designed and cooked a vegetable curry after learning how to safely chop vegetables and tasting them to decide which they thought would make the best and most delicious curry! The children said that the eating, with some even asking for seconds and thirds!



Well done for all your hard work, children! See more photos of our DT projects on our website, [here](#).

Planting in Nursery

The Nursery children planted potatoes in their group times this week. We look forward to digging them up in the summer term and trying the tasty new potatoes!



Philosophy Friday

Have a go at this question at home with a grown-up!

Would you rather be as small as an ant or as big as a giraffe?

Why?

DIARY DATES:

PTA Easter Egg Hunt
4th April

Last Day of Term
4th April

Half Term
7th-21st April

First Day of Term
22nd April

P.E. Days

Next week, Giraffe and Panda class will be swapping P.E. days.

Giraffe will need to wear their P.E kits on Tuesday
Panda will need to wear their P.E. kits on Wednesday



This is to accommodate their visit to Salway Church. Please note, **this is for next week only**, and the following weeks will return to usual.

Attendance Bear

The Attendance for the week is as follows:

- 1st** Jaguar & Koala 98%
- 2nd** Starfish & Giraffe 97%
- 3rd** Panda 96%

Well done everyone!



PTA Easter Egg Hunt

ACTION REQUIRED

The Easter Bunny is getting ready and is very excited to visit our Nursery and Infant children, on **4th April**, to help with their Easter Egg Hunt.

The children will hunt for 3 tokens, which they will exchange for a chocolate (or allergy-safe) egg. The event has been kindly sponsored by Le Mahzen Chocolatier- thank you!

If you would like your child to take part in the Easter Egg Hunt, please go to our online events page to buy your ticket: www.pta-events.co.uk/churchfields.



Check-Treat-Complete: Head Lice

Head lice are a normal part of childhood - surveys of parents found that nearly 1 in 10 primary school children have lice at any one time.

If you're a parent then you probably know what a hassle it can be to treat head lice and just how frustrating it can be when your child comes home scratching their head.

By following a simple three step process, Check-Treat-Complete, you can fight back. Please do ensure that long hair is tied back for school, and view the links below if you'd like any further guidance or support:

<https://www.onceaweektakeapeek.com/>
<https://www.onceaweektakeapeek.com/downloads/oawtap-parents-leaflet.pdf>



Snacks Before and After School

Please can we remind you that, due to allergies across school, snacks at the end of the school day should not be given or consumed until you are off the school premises.

A number of our pupils in school have allergies. These reactions can result in anaphylaxis and prove fatal. A person with an allergy does not have to eat the food to have a severe reaction - this can be caused by surface contact and airborne particles. Thank you for your support and understanding with this.



Weekly Maths Challenge

Reception

Can you collect groups of 9 objects from both indoors and outdoors. For example, nine leaves, nine stones, nine play figures...

Can you create your own book, 'My Book of 9', by sticking the objects into a plain-paged book, where appropriate, or by sticking in photos of the objects?



Years 1 and 2

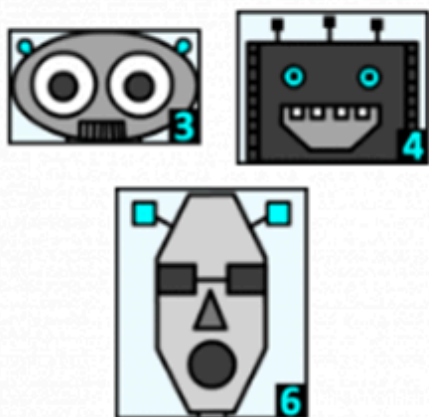
Using some of these robot parts, make a robot monster!

You might like to print off and cut out the parts from the printable sheet at the top of this page.

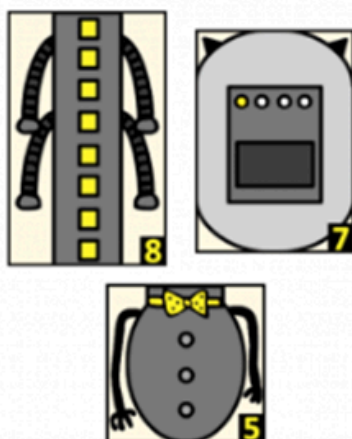
Alternatively (or as well), you could use this link to try out your ideas interactively:

<https://nrich.maths.org/problems/robot-monsters>

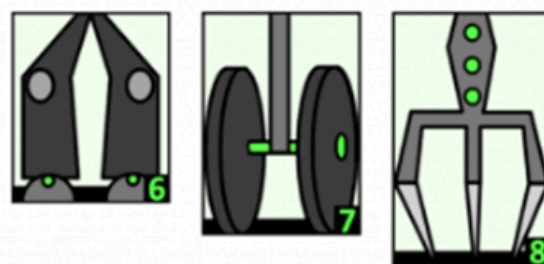
Heads



Bodies



Legs



- The numbers show how tall the parts are in centimetres. How tall is your robot monster?
- How tall is the tallest robot monster you can make?
- What about the shortest robot monster?
- What other heights could your robot monster be?
- Can you find all the possible heights of a robot monster? How do you know you have found them all?



E-Safety Tip of the Week!

Device Rules

An agreed set of family rules can help to promote safe and responsible use of devices. By developing rules, conversations around boundaries and expectations are encouraged and a healthy balance with screentime can be managed. Please see the attached poster for further information.



NSPCC

Phone:
0208 505 0386



Website:
www.churchfieldsinfant.com

internet
matters.org

Be Internet Legends

E-mail:
admin@churchfieldsinfants.redbridge.sch.uk

10 Top Tips for Parents and Educators

CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lead themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices