

# NEWSLETTER

Attendance  
97.1%

[NEW Spring term Menu Week 1 beginning 10<sup>th</sup> Feb 2020](#)

No 20 Thu 6<sup>th</sup> Feb 2020

## Stars of the Week

31<sup>st</sup> January 2020



- Y6 James Finlay  
Amy Copping  
William Pye
- Y5 Olivia Kemp  
Maryam Adel Abdel Aziz  
Jasmin Lefkaditi
- Y4 Ashton Millard  
Jamie Gilbey  
Lukas Booty
- Y3 Danny Ke  
Liam Wheeler  
Oliver Parker

## Key Dates

2020

- w/c 10<sup>th</sup> Feb 3PR week
- Fri 14<sup>th</sup> Feb 'Green' Day (to include non-uniform)
- w/c 17<sup>th</sup> Feb Half term break
- Mon 24<sup>th</sup> Feb Non-Pupil Day 4 – pupils do not attend
- 3<sup>rd</sup> & 4<sup>th</sup> Mar Chinese enrichment days
- Thu 5<sup>th</sup> Mar World Book Day
- Fri 3<sup>rd</sup> Apr Healthy Schools morning & End of term
- Mon 20<sup>th</sup> Apr Summer term begins

## Non-Pupil Days

**2019-2020 (remaining)**

24<sup>th</sup> Feb 2020 22<sup>nd</sup> May 2020

**2020-2021**

2<sup>nd</sup> Sept 2020 23<sup>rd</sup> Oct 2020 4<sup>th</sup> Jan 2021

22<sup>nd</sup> Feb 2021 28<sup>th</sup> May 2021



## Green Day is Friday 14<sup>th</sup> February

The children will be taking part in various learning activities throughout the next week, connected to improving our environmental awareness and responsibility, and culminating in our Green Day on Friday. A reminder that this is a non-uniform day (wear something green) and the £1 donation via ParentPay in exchange for this privilege will go towards improving our recycling facilities at school.

## BBC Radio 2's 500 words competition

'500 Words' is the UK's most successful short story-writing competition for children between the ages of 5 and 13. Since it launched, the competition has received over 912,986 short stories from children across the UK.



It's a very simple competition to enter. All entrants must pen an original story, no more than 500 words in length, and submit it online. It can be about anything you want - space-ships, grannies, insects, time travel. The list is endless! Stories are judged anonymously, without regard to grammar, punctuation or spelling.

Full details can be found here: <https://www.bbc.co.uk/programmes/p00rfvk1>  
Entry has already opened and closes on Thursday 27th February 2020 at 8pm. We'd love to hear from any pupils who do enter - please let Mrs Jordan know and give her a copy of your story.

### Published Pupil Poems

Pupils from Year 3 entered the Young Writers' Key Stage 2 competition in the Autumn term, writing poems about monsters. Many were selected for inclusion in an anthology with poems from other school children across the UK. Congratulations to all those who were successfully published. Here are some photos of the children reading their poems in print for the first time:



## Junior Traffic Wardens on the beat

Some of our House Captains and Vice-Captains volunteered to be trained as junior traffic wardens and had the opportunity to accompany two PCSOs this week in talking to people at both ends of the Barnes Farm site who were parked illegally and asking them to move to a safe and appropriate location. Their efforts yielded a fantastic result with Henniker Gate in particular looking so much safer and healthier because of the huge reduction in cars which is normally seen. Thank you to the Year 6 pupils who made this possible.



We hope to run this again in the future and would remind you that next week is another 3PR week with the focus on reducing travel by car, culminating in our 'Green' Day on Friday 14<sup>th</sup> February. Tokens will be given out as usual and people who park and stride from Asda will be given a token worth 10 times the amount of a regular token. Daily updates will be emailed out and we look forward to seeing which class wins the 3PR cup and prize.



Asda park and stride tokens will be

**Ten  
Times  
More  
Valuable!**

**10X**



Department  
for Education

## Coronavirus – Advice for all early years providers, schools and further education providers

The government is closely monitoring the spread of the Coronavirus and is taking action at home and abroad.

The overall risk of Coronavirus to the UK remains moderate. However we understand that people may be concerned where there are children, students or staff returning from or visiting China.

Public Health England and the Foreign Office have issued advice for anyone travelling to the area. This can be found at:

<https://www.gov.uk/foreign-travel-advice/china>

<https://www.gov.uk/government/news/wuhan-novel-coronavirus-and-avian-flu-advice-for-travel-to-china>

Latest information and advice can also be found at:

<https://www.gov.uk/coronavirus>

### Advice for parents/guardians

You should not be unduly worried about the possibility of your children catching the Coronavirus.

There is no reason why your children should not continue to attend their early years, school or further education setting as normal.

We recognise that some families or children may be planning to travel to China during the forthcoming half term period. If so, please refer to the FCO's latest travel advice via the link above.

### What action you can take

A UK wide campaign has been launched to provide clear advice on how to slow the spread of Coronavirus.

Please help to support the campaign which promotes basic hygiene practices, such as regularly washing hands and always sneezing into a tissue, to stem the spread of viruses.

### DHSC content - social media links:

- <https://twitter.com/DHSCgovuk/status/1223888531262726144>
- <https://www.facebook.com/DHSCgovuk/videos/194227541968649/>
- [https://www.linkedin.com/posts/dhsc\\_coronavirus-coronavirusoutbreak-coronavirusuk-activity-6629655670331318273-Djpu](https://www.linkedin.com/posts/dhsc_coronavirus-coronavirusoutbreak-coronavirusuk-activity-6629655670331318273-Djpu)

## Is it time for a digital detox?

By Catherine Eubanks, Yoga, Mindfulness and Well-being Instructor for schools

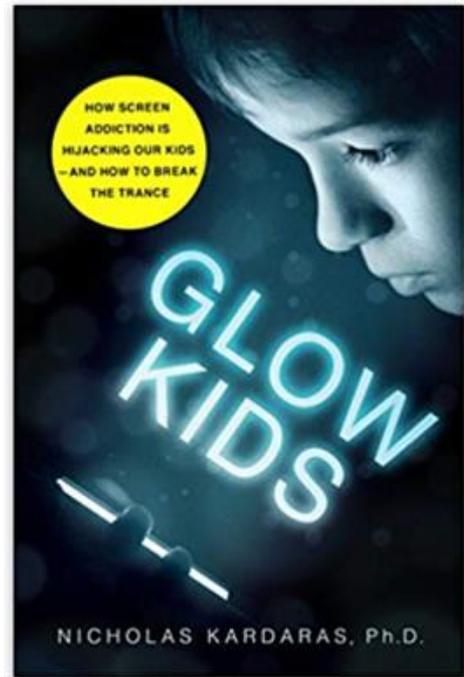
“A kid’s brain on tech looks like a brain on drugs!” according to Nicholas Kardaras in his book 'Glow Kids'.

Screen addiction through games or social media is causing an epidemic of mental health issues for young children and even their parents today.

“An ever-increasing amount of clinical research correlates screen tech with psychiatric disorders like ADHD, addiction, anxiety, depression, increased aggression and even psychosis.”

My son used to spend a lot of time playing Minecraft, and my daughter used to be hooked on Sims. I believed these were creative, educational games and not harmful, until my son started playing them into the night, becoming bad tempered and struggling to focus on his schoolwork. I introduced a much stricter regime, implementing many of the suggestions below. I was not popular, but I was pleased to see an improvement after about a month.

Why not turn off all screens and devices for a while each day and spend some time connecting with each other as a family?



### Recommendations:

- 1 hour screen time then 1 hour physical activity e.g. chores, play outside, play a family game.
- Keep screens out of the bedroom
- No screen time for at least an hour before bed- the brain is stimulated by the light and this suppresses the natural sleep hormones. Much better to read stories!
- Don't give a child under 10 an iPad or smart phone; their brains are not developed enough to cope with the stimulation without damaging side effects.
- Distinguish between 'vegetables' (useful screen time for homework & research) vs 'sweeties' - addictive activities like gaming and social media.
- Spend time outdoors- nature and fresh air is fantastic for good mental health.
- “Let your kids be bored! This is when creativity occurs, and your kids can find their talents.”

The book gives a list of the signs of addiction to look out for, and suggests how to do a total digital detox if needed.

*Catherine Eubanks is a qualified teacher and spends time in Barnes Farm Junior School working across all year groups. A longer version of her helpful review is available here: <https://www.best4kids-uk.com/digital-detox>*