



Barlestone C of E Primary School

Spring Term 1 Newsletter

13/2/25



News from Mrs Murray

The year 5 Space day and sleep over was a great success and we even got to see some shooting stars!!

Year 4 have been busy practicing for the Rise Choral event that is in May. We can hear them singing beautifully as we wander around school.

Year 3 and Year 5 have begun auditions for their Easter production, which will be performed for parents on April 2nd. Details on timings and tickets will be provided soon.

Please ensure that children adhere to the uniform policy and take pride in their appearance, especially regarding their shoes, which need to be all black and suitable for school.

We have some thrilling news! With the support of the PTA and a grant from the Dixie Trust Fund, we have secured a date for the installation of new play equipment. Below, you will find images of what to expect. We're all very excited; the children had the choice between two options but overwhelmingly voted for this combination.

Important Dates

14/2/24	Inset Day – children not in school
17/2/25 – 21/2/25	February Half Term
24/2/25 – 27/2/25	Parents Evening Week More information to follow
5/3/25	Disco
6/3/24	World Book Day Dress up as a book character – more info to follow
17/3/25 – 20/3/25	Book Fair in School
17/3/25	NEW!! Playground Installation

Please take a look at the consents on Arbor and decide if you would like to give your consent for photos. Please read these carefully as they are very specific.

Please ensure you pre order your child's meal choice if you are going to be late into school in the morning due to a medical appointment



School Drop Off and Pick Up

- Please refrain from arriving before 8:30 AM.
- Children must be supervised at ALL times while waiting for the school to open.
- You are responsible for your children's behaviour until they enter the school; please keep them close and ensure they are behaving appropriately.
- Be present at the designated pick-up location. For instance, if your child is in Year 1 and is dismissed from the front of the school, please ensure you are there on time!
- If you arrive late in the morning, please accompany your child through the school office for registration and to make meal choices.



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Parents Evening

Parents Evening is scheduled from Monday, February 24th to Thursday, February 27th.

Relish Taster Session

On February 26th, during Parents Evening, Relish will host a taster session. This is a great opportunity to sample some dishes that your children enjoy at school and to have a chat with the catering team. We invite you to visit them in the hall on Wednesday between 3:30 PM and 6:00 PM.



The Bowfell climbing frame

The Kielder Forest Circuit





Barlestone C of E Primary School



Healthy Together



Leicester Partnership NHS offer services to help families with children aged 0-11 a link to the website can be found [here](#)



Be In SCHOOL Be On TIME

School opens

@ 8.40am

If your child arrives after 9.05am they will get a late mark. After 9.15am they will be classed as unauthorised absence.

Please put your child's name in their uniform. We can not return uniform that does not have a name in it or be held responsible for your child's uniform.



It is illegal to park on zigzag lines outside of schools. Please park sensibly

We are a nut free school, and we have children with severe allergies! Please be mindful of what your child's food contains. This does include chocolate spreads and cereal bars which can contain nuts.



How to Contact School

- Email – office@barlestone.risemat.co.uk
- Call – 01455 290511

Please use these two methods for contacting school, this guarantees your message will get through and dealt with promptly. School email address is regularly monitored unlike the Arbor in app messaging service.

These past few weeks we have discussed RESPECT and what that means for us and how we can show it towards others



Collective Worship

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common it is for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

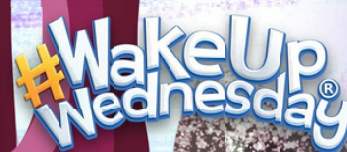
Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>