



# Altofts Junior School

## Newsletter w/e 24/1/25



Dear Parents/Carers

Thank you to the parents who attended our reading workshop this week. We are hoping it gave you an insight how to support your children further with their reading. Our next parent session is next Tuesday at 1:30 pm to discuss how parents can support their children in accessing their devices in a healthy way.

Next week Futures in Mind are hosting 3 sessions for our Year 6 pupils to help them manage any worries around SATs. They will be given advice to help and will have the opportunity to ask questions.

### **Police visit**

You may have seen our community Police Officers attend school this week to look at parking. I emailed them at 9pm the evening before and they were at school the very next morning—fabulous service! They looked at the vehicles using Ash Tree Gardens at this time to check they had permits and also checked the streets close to school. They have sent letters out to 6 car owners requesting them to park in a way that keeps our children safe. They intend to pop back on different days to monitor drop off and pick up times. Hopefully this is a step towards keeping our pupil safe.

### **Careers' Week 3rd—7th March**

Mr Pearson is organizing some sessions around careers and is looking for some parents/relatives/friends of Altofts to come in to school to talk about their career and what it involves. Please let school know via the office or class dojo if you would have some availability at some point within this week. It could either be to talk in an assembly or to talk to individual year groups.

### **Online safety**

We are still getting a lot of problems where children have been in online chat groups with friends but then someone has been unkind leading to arguments and children coming into school upset. To help children understand the impact of this, we have booked a live cyber bullying theatre performance on the 14th February. This will be followed by 2 workshops for year 5 and year 6 pupils to look at the impact cyber bullying has on children. We will also share articles for parents in supporting your child to access the online world safely. Please see the last page of this newsletter for a parent support leaflet.

### **Outstanding accounts**

Thank you to parents who have brought their accounts up to date. We will start to contact individuals to look at a plan for repayment.

### **Wrap around care**

Please see details on the next page.

Wishing everyone a wonderful weekend.

Joanne Vickers

Headteacher



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### Reminders

- Please label all uniform
- Tuck shop snacks 50p daily
- Lollies 50p only as a Friday treat

## Wraparound Provision at Normanton Altofts Junior School

Ofsted Registered

Accepting payments via Tax-Free Childcare

Operating Hours: Every school day, 3pm - 6pm

Pricing:

£6.50 for 3pm - 4:30pm

£12.50 for 3pm - 6pm

Flexible Booking: Choose the schedule that works best for you—book daily or once a week.

Snacks Offered Daily (included in the price):

A variety of options including sandwiches, toast, beans, bagels, crackers, cheese, fresh fruit, and juice.

Themed Activities for This Term include:

Access to the Sports Club each evening for the first hour

Board Game Tournaments

Science Experiments

Arts & Crafts

Outdoor Scavenger Hunts

Talent Show

Sports Day

Movie Afternoon

Cooking Activities

Simple Online Booking System:

<https://super-star-sport-wakefield.classforkids.io/camp/27>



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CAMHS Future in Mind Presents... Tuesday 28th January 13:30

*Ditching the Devices Information Session for Parents and Carers*

Come along and learn how to help your child use their devices in the most healthiest way possible. A time to chat with professionals and other parents about the affect electronics have on children's mental health and wellbeing.

## FREE Parenting Clinic

SCREENS, Tuesday, February 11th, 12.30 pm

*Aimed at parents and carers with 3 to 18-year-old child(ren).*

- Do you dread the meltdowns when it's time to step away from a screen?
- 
- Does your child resist turning off the TV, tablet, or games console?
- 
- Are you frustrated by endless arguments over screen time limits?
- 
- Do you feel unsure about how much screen time is too much?
- 

If any of these sound familiar, you're not alone. Join Anisa Lewis (Parenting Coach) for her monthly Free Parenting Clinic in February. This month, we'll tackle the challenges of screens and share practical tips to create healthier habits for your family.

Details:

On Zoom

30-minute session

Book your place here:

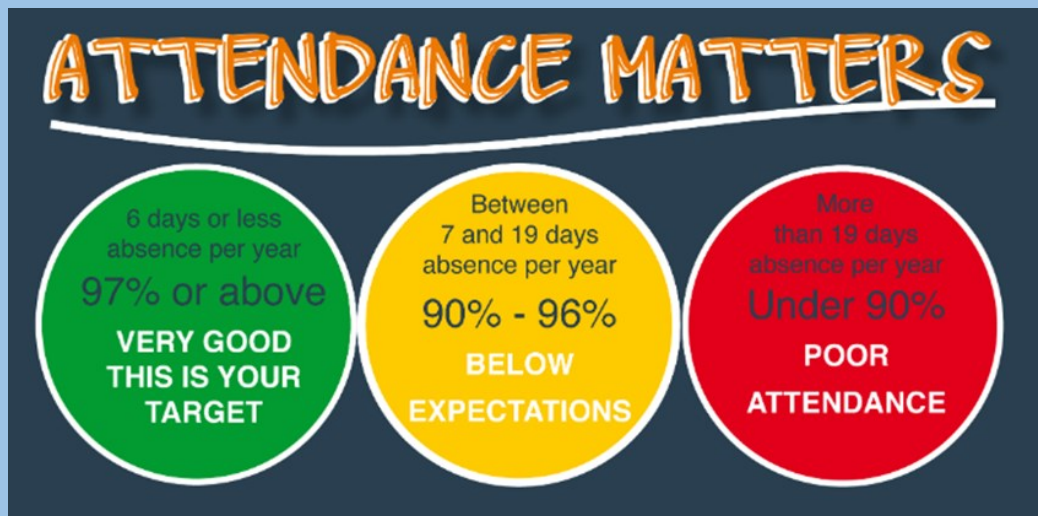
<https://anisalewis.as.me/theclinic>

or email: [hello@anisalewis.com](mailto:hello@anisalewis.com) for the booking link

The clinic is recorded and the replay is sent to all who register to attend.



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This week's highest attendance goes to Class 8 with an attendance of 100%. Amazing attendance—very well done!



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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 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 lend 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.



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



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