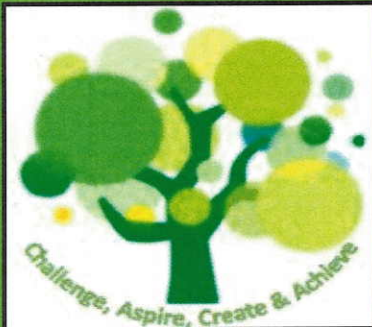


Brimrod Primary School Newsletter

Friday 9th October 2020




This Week's winners:

Attendance: Year 5

Punctuality: Year 6

Good to be Green: Year 1

Sports class of the week: Year 2

	Attendance	Punctuality
	No. of sessions missed	No. of late marks
Nursery	5	3
Reception	17	8
Year 1	20	1
Year 2	7	4
Year 3	24	8
Year 4	9	1
Year 5	2	4
Year 6	7	0
	Attendance Stars Year 5	Punctuality Stars Year 6

Social Distancing when bringing your child to school

As you know, everything is being done at school with the staff and children in order to keep their bubbles separate and ensure that they are kept as safe as we can. In order to ensure this works we have separated parents and where they queue around school and expect parents to follow the social distancing rules as shown on the posters all around the school building. In order to make dropping off and picking up as smooth and as quick as we can please follow the rules below. Thank you for your co-operation. We are all in this together!

- Ensure you are wearing a mask and sanitise your hands when asked
- Only 1 parent / carer should bring the children to each gate
 - Please keep 2m from the next person in the queue
- Ensure that your child/children stay with you in the queue at all times



Year 1



Reception



Year 2

Brimrod Scientists!!

Here at Brimrod our budding scientists are getting their hands dirty (and then very clean again!) completing investigations and working with each other on all sorts of different topics. The classrooms are buzzing with learning talk and it is very clear that all our children are having great fun at the same time. Keep it up!

Let's Investigate!

News and Notices

Friday 9th October 2020



Parents' Meetings

Today your child will receive a letter that explains how we are going to run our parents' meetings as we can't do this in the way we would normally. We cannot do face to face meetings at the moment and appointments will be conducted over the telephone.

Please read the letter carefully as it gives you a time and day that you will be called by your child's teacher. If you know that you won't be available during that time then please contact the office to make another appointment. Thank you for your co-operation.



Masks

Please can I ask that masks are worn by all parents when they come to school and **are left on until they have left the school premises**. Thank you



Hello Yellow

Thank you to everyone who came to school today wearing something yellow. It is really important that we look after each other and our own mental health. Today the children completed lots of different activities that looked at supporting and helping each other during this difficult time.



School Lunches

As of next Monday (12th October 2020) our school catering service will only be providing grab bags for lunch. This is hopefully a temporary measure but will be in place until at least half term. We will keep you informed of any changes. The grab bags consist of a cheese / tuna sandwich, a packet of crisps, a piece of fruit and a yoghurt /biscuit. If you would like your child to bring their own packed lunch for the rest of the term then please just ask your child to inform their class teacher. All packed lunches must be brought in disposable wrappings that can be thrown away and in a plastic bag. Please do not send in lunchboxes or lunchbags.



Brimrod Gets Spooky

When we return from half term we will be holding Brimrod Gets Spooky again as we did last year. This will take place over 2 days (2nd and 3rd November). On Monday 2nd November we will be completing activities based on a spooky book and doing some art work and then children will **get dressed up and have a spooky lunch on Tuesday 3rd November**. There will be a £1 charge for this which will go towards school funds and we really hope that everyone can get fully involved.



Changing Weather

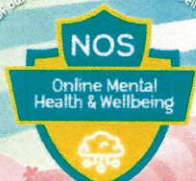
Please ensure that your child has the appropriate outer wear for the changing weather. We will be getting the children outside whenever possible as per Government guidelines and need them to have hats, scarves and gloves as well as a warm winter coat. Thank you

All the information that you need can be found on the school website. **Please check the school website** for the latest updates, letters and policies.



At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further advice, hints and tips for adults.

Part of our Online Mental Health & Wellbeing Series



Brought to you by



What you need to know about...

PERSUASIVE DESIGN

What is it? 'Persuasive Design'

Social media can be really addictive, and sites want to keep users on their platforms for as long as possible. The more people scroll and consume there, the more money the social networks make from advertisers. Because of this, the platforms have invested heavily in designing themselves to be super addictive, persuading you to stay with them online. Have you ever noticed that you can seemingly scroll forever on Facebook or Instagram? That's because these platforms collect content from right across the internet so they can keep giving you, or your child, stuff to look at.

Know the Risks

Hard to disengage

The most powerful trick used by social media platforms is to show you things they know you're interested in. Most platforms use algorithms to work out what content they should show you. These algorithms are highly complicated and very effective and keep you engaged for long periods of time. They avoid showing you things you'll find boring.

Limitless scrolling

If you were reading a book, you'd put it down once it ended. It's the same with a newspaper, magazine, or television show. Social media has no natural end, so it's easy to keep on scrolling and lose track of time.

Notifications addiction risk

Whether you're using a social media app or website, notifications from the platform keep you coming back for more. Notifications and alerts are addictive. We generally keep them turned on because we don't want to miss out. They're usually red because red signals danger. Social networks want you to feel like you MUST check your notifications!

Plays on emotions

Social networks are great at reminding you of people's birthdays and past special occasions. This means that lots of meaningful memories and messages between friends and families are documented on social media. This creates an almost emotional bond with social networks, leading to people's reluctance to stop using them.

Safety Tips

Set non-phone times

Have some time in the day when no one uses their phone. A good starting point is meal times. This gives you the opportunity to make sure everyone is off social media and interacts in real life. Perhaps when you go for a walk, you could all leave your phones at home or set a phone-free day each week.

Use screen time controls

There are lots of apps that monitor how long someone is spending on their phone and on specific apps. You can also set phones to restrict when certain apps can be used. iPhones have a 'downtime' feature, which automatically shuts apps off between specific times and needs you to manually override the setting if you want to keep using them.

No phones at night

Keeping a phone in another room at night means there are no temptations to check social media or scroll while in bed. This will definitely help improve sleep patterns too. Phones emit blue light, which can trick people into thinking it's daytime and keep them from feeling tired.

Turn off notifications

There's nothing you can do to change the design of social media platforms. However, if you're concerned that someone's spending too long on social media, turning off their notifications can help put an end to those alerts that can tempt you back into the platform and break the cycle of alert, check, scroll.

Action & Support

Monitor the situation

See if you can link your child's mood with the time they spend on their phone. Do they start scrolling when they're feeling bored or sad? Is the link the other way around? Perhaps it's the scrolling that affects their mood in which case it's a good idea to intervene and talk to them about how they're feeling.

Practice what you preach

If you're always scrolling, your children will think it's normal that they do too. Look at limiting your own usage and following the same rules for your own social media consumption. If there does seem to be an unhelpful relationship with social media developing, this is probably made worse by spending longer there.

Our Expert Jodie Cook



Jodie Cook is a leading expert on social media. She is the Founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.

Please see the school website for more information on online safety and the school policies.