



## News and Notices

Friday 4th November 2022



### Why is breakfast important for children?

**We have had a number of children this week that have come to school without having breakfast and parents asking the school to provide them with something to eat.**



**Please make sure that your child has had a healthy breakfast before coming to school!**

Eating breakfast is important for everyone, but especially for children and teens. After going without food for 8 to 10 hours during sleep, breakfast gives our bodies the fuel it needs for the day. Eating breakfast helps jump start metabolism for the day. Kids who don't eat breakfast will tend to feel an energy drain by mid-morning. In general, kids who skip breakfast will feel tired, restless and irritable. Eating a healthful breakfast has been shown to help attention span, concentration and memory—all important for learning. Eating a good breakfast also helps kids:

- ◆ be more active
- ◆ be more creative
- ◆ have better hand-eye coordination
- ◆ have better problem-solving skills
- ◆ meet daily nutritional requirements
- ◆ miss fewer days of school



### Christmas Decoration making with your children in class



Towards the end of November, we will be asking parents to come into school on a set afternoon and work with their child in class to make a Christmas Decoration for the school Christmas tree. We will send out invites nearer the time and we really hope you can join us and share this with your child.

### Children in Need



This year we are having a raffle in order to raise money for this children's charity. Raffle tickets are available now for £1 a strip and children could win the items on the left. There are also rulers (£2), pin badges and wrist bands (£1) to purchase.

### Dates for the Diary

Monday 7th November—Year 3 and 4 Pentathlon competition

Thursday 10th November—Year 3 Linking school visit

Friday 11th November—Remembrance Day Activities

Tuesday 15th November—Y6 Holocaust Centre visit

Friday 18th November—Children in Need day



**Brimrod Primary School Values**

**Challenge, Aspire, Create and Achieve.**



# 10 tips for parents and carers HOW TO BE GREEN WITH YOUR TECH

Right now, humans aren't living sustainably; we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: it's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

So what can we do with those cupboards and drawers full of old phones and unwanted computers?  
**Reuse, recycle, donate or sell them!**

## 1 DONATE THEM TO CHARITY

There are lots of charities that redistribute unwanted tech to worthy causes, either in the UK or in developing nations. If your old products are still working, this is a great option – as it means that new products don't have to be made. Search online for your nearest place that does this.

## 2 REMEMBER THE BATTERIES

Almost all batteries can be recycled – even the little 'button' ones from smaller gadgets. You could choose a box at home or school to keep used batteries in, and then take them to a designated place that collects them. Be very careful, though – button cells can be deadly if eaten by small children or pets.

## 3 USE YOUR ONLINE SAFETY KNOWLEDGE

If you're recycling, selling or repurposing any of your devices, make sure that all your personal data, private photos and so on have been deleted before the tech leaves your hands or is connected online.

## 4 REUSE THEM

Old smartphones can be used as webcams, security cameras, baby monitors or pet cams: there are apps that will configure them to do this. You can also turn an outdated phone into a TV remote control, an alarm clock that wakes you up with your favourite track, or a media centre you can take to places where you wouldn't risk your new phone.

## 5 TURN IT INTO SOMETHING NEW

Smartphones are more powerful than most older computers. If you have an unwanted android phone, it's quite easy to create a new computer – you could use an old TV as a monitor, meaning you just need a mouse and keyboard. There are also small devices you can buy which let you do the same with iPhones.

## 6 RETURN THEM

Return devices to the manufacturer or retailer you bought them from. Some manufacturers take responsibility for their products and accept them back to refurbish and redistribute. If they don't, you could contact them and ask why: the more consumer pressure there is on shops and manufacturers, the more likely they are to act in a greener way.

## 7 SUPPORT SCIENCE

Let your old devices help modern research. Scientists currently investigating topics like far-off star systems, cancer treatment and earthquakes need enormous computing power. If your unwanted device is WiFi enabled, for example, you can connect it to a network so that it can boost scientists' research.

## 8 SELL THEM

This is also a green option as it means that fewer devices have to be produced. On top of that, you could also donate some of the money you make to an environmental charity.

## 9 RESEARCH DISPOSAL METHODS

If your device is beyond repair and no one wants it, get rid of it safely through a specialist tech disposal company. Check that your device won't be shipped off to another country for processing.

## 10 KEEP THINKING

There's no such thing as 'too many' ways to help our planet! If you come up with a better idea than ours, contact National Online Safety and tell us.

### Meet Our Expert

Nail Atkin teaches scientific literacy through his non-profit organisation, Rubbish Science, which engages people in working together to live more sustainably and creatively uses waste to help address real-life problems. There are a range of environmental activities you may like to try on their website: [www.rubbishscience.com](http://www.rubbishscience.com).



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