



TEALBY PRIMARY SCHOOL

'Aspire, Believe, Achieve'

Headteacher: Mrs Z Humberstone

Spring Term Newsletter 5

Friday 2nd February 2024

Message sent on behalf of David Clark – Public Health Programme Manager (Health Protection)



UKHSA (UK Health Security Agency) declared measles as a national incident. Measles is a highly infectious disease that can sometimes lead to serious problems such as pneumonia, meningitis, and on rare occasions, long-term disability or death.

It is a vaccine preventable disease and the best way to prevent measles infection is to have 2 doses of the MMR Vaccine.



We have emailed their bulletin to all parents – please read.

Who are our amazing stars and values this week?



Number Day 2024

In our assembly we learned about the important work the NSPCC does and why we are raising money to help them.



Thank you all for your kind and generous donations – we raised £86.42 for the NSPCC!



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KS2/3 Game - Digital Explorers

London Grid for Learning have created a fabulous new (free) board game for KS2/3 for Safer Internet Day 2024 exploring online safety themes.

On the same download page there is also a student-led film plan to get parents engaged with online safety. You can download both [HERE](#).

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

Persuasive design refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from. Some people may begin to feel anxious or irritated without access to their device or their favourite apps, for example. It can also often leave users feeling isolated, as - if they spend most of their time on social media - they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of loneliness, vulnerability and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us - regardless of age - into a continuous pattern of refreshing our feeds, following posts and links down rabbit holes or reading countless comments made by others. This endless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and stimuli. But in this way, social media isn't exactly personalised as it creates a cluttered environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and anxious.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money, while these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they do nothing more than drain your wallet. Additionally, targeted exposure to the right given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means for less time moving around and getting exercise, hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Ask your child about seeing some time limits on how long they can use their phone, tablet or console in the evenings or at weekends - or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key to overcoming it - and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity - or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

NIX NOTIFICATIONS

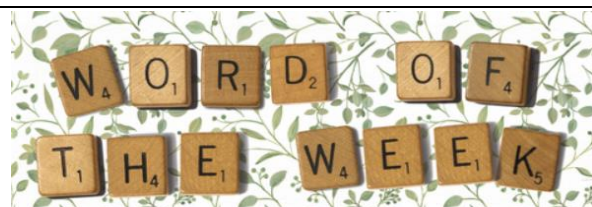
Stop knee-jerk responses to the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device, pulling them off - or even drawing any particularly irritable apps - can help prevent your child from being pulled back into the online world.

Air Ambulance Fundraiser



Elsie- Mae and her mum are walking 10,000 steps a day in February to raise money for Lincolnshire air ambulance in honour of a family member who passed away last year.

If anyone would like to sponsor them, please let us know.



tawdry

adjective

showy but cheap and of poor quality.

"tawdry jewellery"

Synonyms:

Gaudy, flashy, showy, garish, loud, tasteless, vulgar, brash, crass, trashy, junky, cheap, cheap and nasty, cheapjack, paltry, worthless

Antonyms:

Tasteful, refined

noun

cheap and gaudy finery.



<https://www.lincolnshire.gov.uk/school-attendance/school-term-times>



Thursday 8 th February	Dodgeball Competition Y4
Friday 9 th February	End of Term
Monday 19 th February	Back to school
	Young Voices Y6
Friday 8 th March	World Book Day Non uniform
Friday 15 th March	Red Nose Day Non Uniform
Monday 18 th March	Parents' Evening
Tuesday 19 th March	Parents' Evening