



TEALBY PRIMARY SCHOOL

'Aspire, Believe, Achieve'

Headteacher: Mrs Z Humberstone

Spring Term Newsletter 3

Friday 19th January 2024

This week we came another step closer to realising our dream of an outdoor learning classroom space on our school field! Next week our class ambassadors will take the lead in shaping the next stage of the development on the field and we will share more details as they emerge.

Outdoor learning is such a huge part of our learning at Tealby school and we are so excited about what the next part of our journey will bring.



https://www.facebook.com/lincolnshiresheds/?locale=en_GB

Excellent craftsmanship by Sutton Sheds.

This week's Stars and Values



Parents' Evenings

The spring term parents' evenings will now be on Monday 18th and Tuesday 19th March.



Word of the week is 'hibernacle' (18th century): the winter quarters of a hibernating animal. Or, in human terms, a snug retreat for when life gets too cold...

Who is feeling proud this week...?

Freddie is feeling extremely proud having been awarded Tattershall's Bambino Karting championship winner for 2023 – what an achievement!





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SMARTPHONE SAFETY TIPS for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

- NEVER SHARE YOUR PASSCODE**
Although face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house would you? In the same way, if a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.
- RESPECT PARENTAL CONTROLS**
If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your phone – and to spend your fun but to help you avoid becoming like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.
- TALK TO A TRUSTED ADULT**
Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling confused, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings. Instead, talk to a trusted adult about what's happening and how it's making you feel.
- STAY ALERT**
Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or what might be around us. People often walk with their heads down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.
- ONLY USE AGE-APPROPRIATE APPS**
Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.
- REMOVE TEMPTATION**
A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.
- THINK ABOUT OTHERS**
Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or sitting down at school. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're sitting from a public place then don't forget that anyone could overhear something personal about you.
- IGNORE UNKNOWN NUMBERS**
There are some scammers who might call or text asking you to share personal data or to click on a link, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting limits on certain apps. Putting your phone down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.
- SWITCH OFF GEOLOCATION**
In your phone's settings, you'll be able to disable geolocation for individual apps and photos. This means that people online (including strangers) can't see information about where you are when you share a post or pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.



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



Thursday 25 th January	Forest School Y3
Monday 29 th – 30 th January	Rand Farm Residential Y2/3
Thursday 1 st February	Forest School Y3
Friday 2 nd February To find out more visit www.nspcc.org.uk/number-day	NSPCC Number Day Non-uniform with small donation
Friday 9 th February	End of Term
Monday 19 th February	Back to school
	Young Voices Y6
Monday 18 th March	Parents' Evening
Tuesday 19 th March	Parents' Evening

Catch up with us on Facebook...



Tealby School
276 followers • 12 following

<https://www.facebook.com/tealbyschool>