

Christ Church CofE Primary School



Friday 19th January 2023



KEY DATES

Updates and Reminders

- Please ensure earrings are removed as they are not permitted in school.
- We have several children in school with allergies so please ensure that no products containing nut are brought into school.
- The weather is very cold at the moment so please ensure that children have coats to ensure they stay warm at playtimes- we do have spare coats if you would like any. Please pop into the office and they are on a rail in the entrance for you to help yourself.

30th January- National Storytelling week
(details to follow)

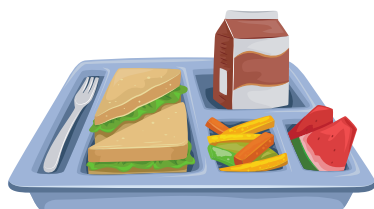
5th February- Children's Mental Health
Week

6th February- Safer Internet Day

13th February- Shrove Tuesday Event
(details to follow)

School Meals

You may have seen in the news and on social Media that North Tyneside Council are removing their service level agreement to provide school meals for children. I am currently working with alternative providers to ensure that the children still receive school meals from April. I will keep you updated with our chosen provider as soon as a decision is made and share with you all of the details that you will need, including details regarding menus and special diets



SMARTPHONE SAFETY TIPS

for young people

7

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

Alongside face or fingerprint recognitions, 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 keys to your house and let them go in for a happy and/or 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 device in order to keep you safe but to help you avoid hazards 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 there's a new result, poor grades, a bad comment or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or stressed about going on your phone, then something isn't right. It's important not to ignore those feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

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 – which might be dangerous. 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.

DEVELOP HEALTHY HABITS

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IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's best to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

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 chance that it could include content (such as violent or frightening, or tobacco or language which isn't suitable and may leave you feeling upset or distressed).

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unsettling property before going to bed – which includes not staring at a screen late at night – can often improve sleep quality. Put your phone on a 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 waiting on the bus, waiting at a queue or waiting down the street. It's important to remain mindful of other people, though. They might not want to hear your music or your conversation. Likewise, if you're taking photos or putting photos that don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos. This means that people using (including strangers) can't see information about where you are when you share or post a photo. 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.

Meet Our Expert

Dr Helen Matthews is a senior safety consultant, educator and researcher and has developed and implemented anti-bullying and cyber safety policies in schools. She has extensive experience in government and non-government organisations, including the Australian Government's Department of Education and Training, and is a member of the Australian Government's Cyber Security Centre.



The National College



National Online Safety

#WakeUpWednesday

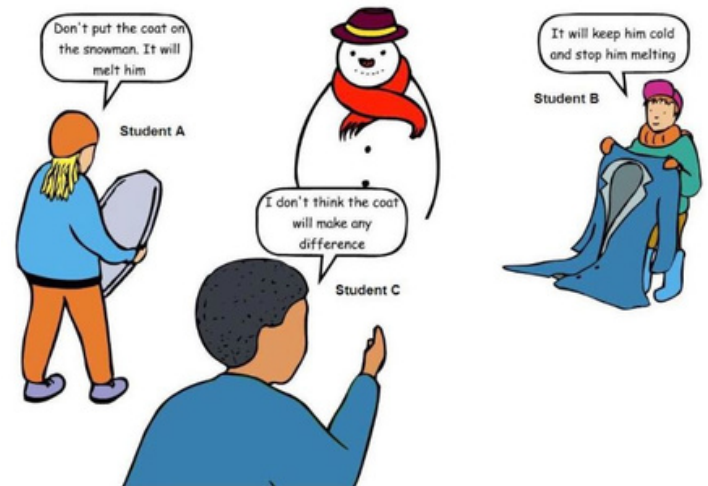
CAUTION

Year 5

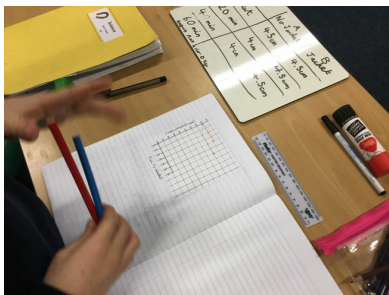
Our 'Snowman' Experiment

In our Science lesson, where we are exploring materials and their properties, with the weather being so cold, we investigated the question 'What happens if you put a jacket on a snowman?'. We used a cartoon picture to explore some of the children's opinions.

Some children thought that putting a jacket on the snowman would cause the snowman to melt faster because it would warm it up like a jacket would us. Some others thought that putting a jacket on wouldn't make any different to whether the snowman melted or not and a few deduced that the snowman was not warm blooded so the jacket could keep the cold of the snowman in.

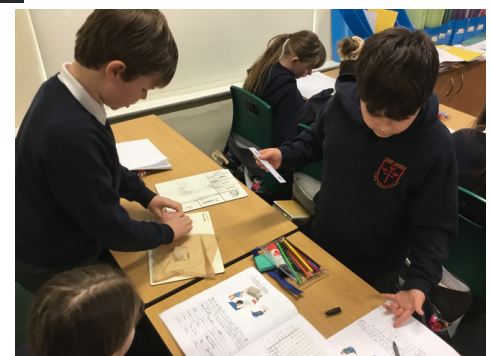


Working in groups, the children took two ice cubes, measured and recorded the length of each and then wrapped one in a 'jacket' (bubble wrap). We left all the our ice cubes sitting in the same area for 20mins untouched. Every 20 minutes we unwrapped, measured then replaced the ice cubes.



	A No Jacket	B Jacket
Start	4.5cm	4.5cm
20 min	4cm	4.5cm
40 min	4cm	4.5cm
60 min		

Angus Alan & Ollie



We noticed that the ice cubes without jackets were melting very quickly and the ones with jackets were melting a lot slower. The children were amazed to find out that the ice cubes with the jacket on didn't give off as much water, meaning they had melted less.

We discovered that the jackets stopped cold air from escaping and that kept the ice cold. We learned that the jacket acts as an thermal insulator for our 'snowmen'!

Year 6 Basketball

Mr Pilkington has been working with year 6 developing their basketball skills. We are brilliant at dribbling, passing and intercepting and are working on our defending and shooting further.

Next week, 20 children from year 5 and 6 are representing school in a basketball festival at John Spence. Good luck to all those taking part!





Football team



Well done to our football team who played two games at John Spence in freezing conditions!

Both games were very well-played, unfortunately losing the first game 0-2 against King Edwards, but then a well-deserved win against Spring Gardens 3-0.

We have one more round of fixtures this season for our fantastic team.

