



# Scotforth St Paul's C of E Primary & Nursery School

"Let faith be your shield"

Newsletter No 16 Friday 10th January 2020

**HAPPY NEW YEAR!**

### Peace Prom

**PLEASE NOTE THE START TIME FROM SCHOOL IS NOW 9.00 am.** The children involved have been given a letter detailing the change which is also attached to the newsletter.

Please return the permission slip and £9 for the children's coach by Monday, 13th for all those taking part in the Prom on Saturday. Many thanks.

### School Lunches

Please can we remind parents that school lunches must be paid for in advance to avoid building up arrears and are £2.30 per day/£11.50 per week.

Next week we are having a special lunch on Thursday, 16th January. Forms have been given to those children who would normally bring a packed lunch (check bags) and a copy is also attached to the newsletter. Please complete and return as soon as possible.

### Swimming

Swimming will start again on Thursday, 16th January for all of Year 5 and half of Year 4. Y4 children will be given a letter if they are going swimming. Please ensure children bring their swimming kit with them next week.

### P.E.Kits

Please can **ALL** parents check that their child(ren) have a full named kit in school at all times. Our P.E. kit for everybody is blue/black shorts, white T-shirt and black pumps which need to be non-marking for indoor PE as they need to be flexible. Trainers can be worn for outdoor activities. KS2 children, as well as this kit, need an outdoor kit if possible please of dark tracksuit bottoms/leggings, warm jumper/tracksuit top and trainers. Please note: **No branded items or hoodies**. Thank you.

### P.E.Pumps

Several children appear to have lost their P.E. pumps when they were sent home for the holidays. Please can all parents check their children's bag for any rogue shoes and return these to the school office as soon as possible. Alternatively, if you have any old pumps that your child no longer needs, please feel free to drop these into the office as these would be very gratefully received. Thank you.

### Scholastic Books

We all receive the magazine for the book club from school, but did you know you can also order online using the Scholastic web link:

<http://schools.scholastic.co.uk/scotforth-st-pauls-cep>.

There are some great offers at the moment and you can also look at the latest books starting at only £1.99. This is a great way to help earn free books for school and you get free delivery to school. If you are wanting to place an order online, please can you do so by March 6th.

Best wishes, Lynn Allen and Aimee Walker

### Armed Forces

If you are a parent who is in the Armed Forces, please see the attached leaflet which explains how school could benefit. Many thanks.

## MISSION STATEMENT

We learn, grow and care in  
God's family



**Scotforth Superstars**



Name	Nominated by	Nominated for
Theo Stephens Tanith Evans Lilly Hunter Alexander Lowther	Mrs Ventress	Well written letter for the abolition of slavery
Isabel Johnstone Atticus Nemeth	Mrs Boyle	Excellent effort in reaching the top of the reading rocket
Mmesomachuku Ogwo	Miss Huddleston	Great effort and improvement in swimming
Natty Dawson Benjamin Gibson Jacob Quayle	Mrs Redmayne & Miss Huddleston	Excellent accurate work in factors, division and fractions this week!
Theo Helme Ellen Carson Brown	Mrs Redmayne	Really fast and accurate work on short division
Keaton Noon	Mrs Redmayne & Miss Huddleston	A super positive attitude to the start of term

### Kitchen Trophy

"For good manners at lunchtime."

Congratulations to Kacey Mellor, Y2. Well Done.

**Awards will be presented during our celebration assembly on Friday, 17th January at 2.45p.m.**

**All welcome.**

### Celebration Topics for this term:

	7th Feb	Class
17th Jan	Sport	14th Feb
24th Jan	Class	28th Feb
	Class	Class

### Smart Watches/FitBit Watches

Please note that from Monday, 13th January, children who have a watch that can access the internet **should not** wear them to school. School will not be responsible for the loss or damage of this type of watch if you choose to send your child with such a device.

### Mobile Phones

Just a reminder that if your child brings a phone to school, it **must** be handed in to the class teacher at the beginning of the day. This only applies to Y5 & 6 children for whom we have permission slips for them to walk home on their own.

## Clubs

### Online Safety

Please see the attached information leaflet in the series about online safety. Please take time to look through these with your child.

### Lost Property

All lost property has now been disposed of and the box is empty - please try to keep it that way be **clearly naming** your child's uniform, property and anything else they may bring into school in order that it can be returned.

### School Admission for September 2020

The deadline for applications for a primary place is 15th January 2020 and secondary place is 31st October 2019. Applications should be made online by visiting—  
[www.lancashire.gov.uk/schools](http://www.lancashire.gov.uk/schools)

Football:	Mon 6th Jan - 10th Feb 3.15-4.15pm Yrs 3,4,5 & 6
Athletics:	Tues 7th Jan—11th Feb 3.15-4.15pm (limited spaces)
Fashion Club:	Mondays 3.15-4.15pm Yrs 5 & 6—places still available.
Art Club:	Tues 3.10-4.10pm
Sportz 4 All:	Weds 3.10-4.10pm
Karate:	Thur 3.30-5.30 pm

### Scotforth Play Schemes (After School Club)

Message from Marie to all parents;

Register Your Children Now if you use Breakfast, After School & Holiday Play Schemes

Families who use Breakfast, After School & Holiday club have to register their children on a new booking and payment system to continue to use the services. Bookings are now open for February Holiday Club and all fixed Breakfast & After School club booking will need to be booked before the end of this half term.

Parents who use the services on an ad-hock basis (booking varied sessions) also have to register their children and are advised to pay money into a wallet using childcare voucher, tax free childcare or bank transfer so that bookings can instantly be made and paid for. The drop-in service will no longer operate, however parents will be able to book up to an hour before the session starts depending on availability. There is also a handy app which currently costs 99p but will be free by the end of January.

All current users have been sent letters through the post (to arrive shortly) with detailed instructions regarding making bookings & payments.

The link will be available within the letter, please read the letter thoroughly, before registering and/or booking your childcare. Marie is available to answer questions onsite during after school club or via email: [admin@scotforthplayschemes.co.uk](mailto:admin@scotforthplayschemes.co.uk) or Tel: 07796569719

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### Art Club –KS2 Children

There is an opportunity for new children to join Art Club on Tuesdays 3.10-4.10 pm.

Please fill in the form if you would like your child to attend and return no later than Monday 13th January. If all the places are not taken, we will put the names of the current children in a hat and pull out up to a total of 10.

I would like \_\_\_\_\_ to take part in Art Club non Tuesdays after school. I will be responsible for collecting him/her from school at the end of the club.

Signed \_\_\_\_\_

Date \_\_\_\_\_



# Scotforth St Paul's C of E Primary & Nursery School

"Let faith be your shield"

Scotforth St Paul's Primary and Nursery School  
Scotforth Road  
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website: [www.scotforth-st-pauls.lancs.sch.uk](http://www.scotforth-st-pauls.lancs.sch.uk)

10<sup>th</sup> January 2020

Dear Parents,

## **REVISED TIMES FOR PEACE PROMS**

Due to the unexpected change of time of the concert, and the closure of the M6, we have had to revise the coach pick up time to **9.00 a.m.** from school and would ask that everyone be here by 8.50 am at the very latest for a prompt departure

The earlier start time also means an earlier finish and we aim to leave the venue at 4.45 pm and be back in Lancaster approximately 6.45 p.m. (1 ½ hours approx. travel time from Liverpool + allowing for traffic on minor routes).

Yours sincerely,

Miss. S. Huddleston  
Deputy Head Teacher



# Jump into January

Southern Style Crispy  
Chicken Wrap  
Potato Wedges  
&  
Beans

*Or*  
Vegi Sausage Roll  
Potato Wedges  
&  
Beans

(baked potato also available)

Jam Doughnut

Please complete the form and return it to the school by

**Tuesday, 14<sup>th</sup> January**.....

Don't complete if your child already stays for lunch or is entitled to free meals.

The cost is £2.30 per child

Name.....Class No.....

If your child has an allergy or special dietary requirement, please contact your school office to inform them of your child's requirements.

**We look forward to serving your child!**

If you and your child would like to join in the fun and they don't currently stay for school meals, please contact your school for payment details.





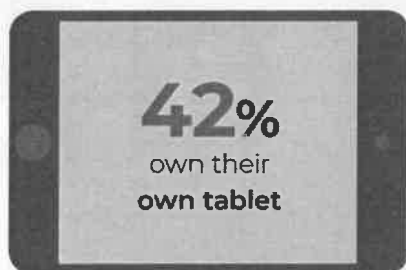
# Balancing screen time

## Top tips to support children 5-7 (Key stage 1)

As screens become a bigger part of young children's lives at home and at school, it's important to put balance and purpose behind screen time to help them develop key skills and benefit from their screen use. Find tips and advice to help them do just that.



### How are children using screens?



Source: Ofcom Children and Parents  
Media use and attitudes report 2018

### What do parents say about screen time?

#### Screens are good for creativity

Nearly 7 out of 10 parents believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

#### Screens can displace family and homework time

Even at this relatively young age, almost 3 out of every 10 parents say screen time means they have to fight for their child's attention and over a quarter (26%) say it has an impact on completing homework.

# What are the benefits and challenges of screen use?

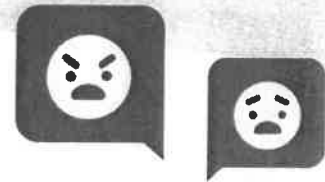


## Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development  
*Source: [Internet Matters Look both ways report](#).*
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **Screens can help ease the financial burden** when looking to entertain children.

## Screen time challenges

- Young children might stumble **across inappropriate content** that may have a negative impact on their digital wellbeing.
- Passive screen time **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.
- Younger children **may not understand the concept of what the internet is** and how it works so could find it hard to differentiate between what is real and what is fake.



# 5 top tips to balance screen time

## 1 Set digital rules together

**Agree digital boundaries together** with your child to get them involved in the process and build up their understanding of why it's beneficial for them to stick to them.

Choosing device free zones in the home, keeping phones out of the bedroom at night and using free tools to turn devices on and off at different times of the day are just some ways to help children strike a healthy balance between activities on and offline.

Also, it's a good idea to encourage them to take a break every 30 minutes and use screens in short bursts. Experts recommend turning screens off an hour

before bedtime to give children time to wind down.



## 2 Stay engaged in their screen use

**Get engaged and stay engaged** in their digital life as they grow. The more you get involved and understand the things your children do online, the easier it is to gain their respect and influence what they do in their digital world.

Ensure they have a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime.

## 3 Discuss online risks and strategies to tackle them

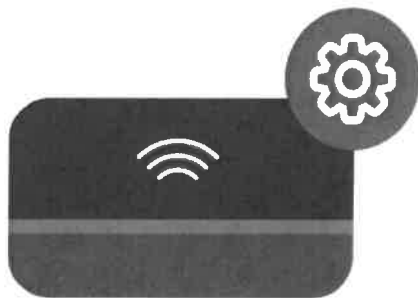
Take time to **help them understand the risks and benefits of using the internet**, whether it be discussing what steps to take if they see something that upsets them or guiding them towards apps and platforms that will help them explore their passions and enhance their skills.

#### 4 **Set a good example with your own screen use**

Children will tend to model their behaviour on you, so if you encourage them to take breaks when on screens or leave phones out of the bedroom at night, they will follow your lead.

#### 5 **Use tech tools to manage their time & access to media**

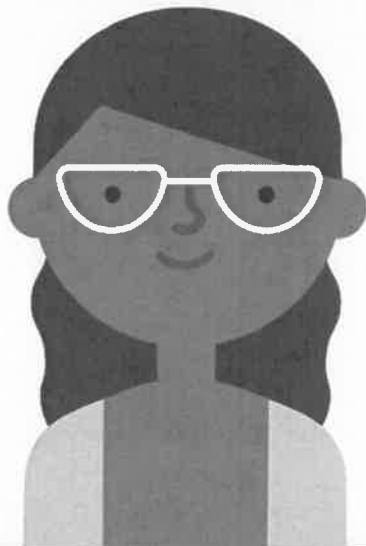
Whatever device your child uses, be sure to make use of free and premium tools available to manage their access to age-appropriate content and review the time they spend on specific online activities.



#### **How to recognise when screen time is 'too much'**

Often a sign that a child is spending too much time on screens is when they may feel anxiety or stress if they are disconnected or separated from their phone.

Lack of sleep and exercise and no willingness to visit friends may be a sign they need to take a break from their device.




### **The truth about screen time**


**Not all screen time is created equal** so it's important to encourage children to have a healthy balance between passive screen time (i.e watching YouTube) and interactive screen time (i.e. creating content or playing games online).


**There is no safe level of screen time** but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

**One size does not fit all** when it comes to screen time – it's more about getting it right for your families needs.

Visit [internetmatters.org/screentime](https://internetmatters.org/screentime) for more advice

 InternetMatters

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matters.org**

WILL PICKVANCE

FIRST  
PIANO  
ON THE  
MOON



All Edinburgh Theatre



Edinburgh Festivals Mag

TALS

**A magical storytelling adventure**



**Lancaster  
Arts**

**11am & 3pm, Saturday 25 January  
Nuffield Theatre, Lancaster**

**Tickets: 01524 594151 | [www.lancasterarts.org](http://www.lancasterarts.org)**

**Will Pickvance: First Piano On The Moon**

Dreams from the piano stool magically come to life in this infectious storytelling adventure.

Suitable for 5yrs+

11am & 3pm, Saturday 25 January

Nuffield Theatre, Lancaster

Tickets: 01524 594151

[www.lancasterarts.org](http://www.lancasterarts.org)

[Facebook Event](#)





Ministry  
of Defence

## Directorate Children & Young People

### 2020 Service Pupil Premium

Extra Funding for State Schools, Free Schools  
and Academies attended by Service Children in England

Service parents with children in State maintained schools, Free schools and Academies in England are encouraged to ensure that the Head Teacher of their child(ren)'s school is made aware of their Service status ahead of the Spring school census deadline of 16 January 2020

**The Service Pupil Premium is provided by the Department for Education, to State maintained schools, Free schools and Academies in England who have children of Regular Armed Forces personnel among their pupil population to provide additional (mainly pastoral) support. Pupils with a parent on full commitment as part of Full Time Reserve Service (FTRS FC) are also eligible.**

Service Pupil Premium is currently £300.00 per Service pupil and is paid directly to schools.

Schools with Service children in Reception to Year 11 classes are eligible to receive the funding, but only if the child(ren)'s name appears on the school's roll as being a Service child.

**The information recorded by schools regarding Service status is protected and data regarding individual children is not shared outside the school.**

For more information on eligibility, please visit: [www.gov.uk/service-premium-information-for-schools](http://www.gov.uk/service-premium-information-for-schools)

Service Pupil Premium DIN refers and can be accessed via defnet.

For general queries, please email the Directorate Children and Young People: [DCYP-MOD-ESF-Mailbox@mod.gov.uk](mailto:DCYP-MOD-ESF-Mailbox@mod.gov.uk)



ARMED FORCES  
COVENANT



Department  
for Education