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Believe in ourselves, be the best we can be

11.1.19– Newsletter

Welcome back! I hope you had a great break with your families and have a good start to 2019!

Non Pupil Day- Monday 25th February 2019

I just wanted to give you plenty of notice that there will be a non-pupil day on the first Monday after the Spring Half Term. I recognise it is important to be aware of dates like these to arrange childcare should it be needed. It will remain on the future dates section at the bottom of the newsletter as a further reminder!

Census Day- Thursday 17th January

As you are aware, the number of school dinners eaten by our children on Census Days in **Explorers, Adventurers and Investigators** has a significant impact on the funding we receive as a school. Therefore there is a special 'Mary Poppins Menu' for the day which you will receive more information about next week. It would be great if every child from the 3 classes could have a meal on the day!

Screen Time

We will soon be sharing with you the 10 steps to Positive Mental Health as decided by our children. One of the steps the children identified was more 'Screen-Free Time' and interestingly this has recently been in the news. We saw an article that we thought you might be interested in and have attached it to the end of this newsletter. I certainly found it an interesting read thinking about my boys at home!

New Year's Resolutions

In assembly this week, we were discussing what our new year's resolutions were and how they linked to your School Values. We also reflected on some resolutions we had made before the break about our 10 Steps to Positive Mental Health and how well they were going. Here is what was said-

'I tried to get more sleep at night by going to bed earlier. I think doing that was better because I got more sleep and so I felt happier during the day.' Maisie-Y6

'My resolution out of the "Top 10" was less screen time and, although I have not properly done that, I have tried to make it a bit shorter. I found that also

helped me have a better night's sleep. Still need to work on that one though!
Lily- Y6

Thank you for your continued support.

Kind regards,



Dave Killoran
(Headteacher)

FUTURE DATES

18th - 22nd February	Half Term
Monday 25th February	Non Pupil Day
5th April	Last Day of the Spring Term

5 things parents should know about screen time

Screen time is in the news again, but parents are still getting mixed messages about how much is 'too much'. Here's how to take a reasonable, flexible approach - and get your kids on board too.

This week, the Royal College of Paediatrics and Child Health released their report into screen time. The good news is that they haven't found any compelling evidence that screen time is harmful - but unfortunately for the many confused parents out there, there's no definitive line on what a 'safe' amount of screen time looks like, either.

But there are sensible, evidence-based ways to think about screen time limits - and, by getting your kids involved, you can find a solution that really works for your family.

Here's where to start.

1. Remember that not all screen time is the same

Not all online activities are equal: doing something creative or learning new skills are very different from mindless scrolling on social media. Perhaps being online is allowing them to socialise in a positive way - or they're just doing something that they really enjoy. If there are real benefits, then the amount of time they spend doing it is less important.

You know your child better than anyone. As long as screen time isn't interfering with schoolwork or other activities, and isn't having a noticeable effect on their mood, then try not to obsess over the numbers - there's probably no need to panic.

2. How long should kids spend online per day?

That said, most parents will want to set some kind of limit. The 'Goldilocks theory' put forward by academics from Oxford and Cardiff universities suggests that a certain level of screen time can be beneficial, helping children develop their creativity and communication skills. Around 1 to 2 hours daily during the week and a bit longer at the weekends is considered 'just right' for teens - after that the benefits gradually taper off and the negative

effects increase. Younger children, aged 4-7 years old, should probably spend no more than an hour a day online - this can go up to around an hour and a half as they get older.

3. Boundaries really do work if you stick to them

The important thing is to get your child involved in the process so that they understand why you're setting limits. Be very clear about your reasons and ask them what they think - getting buy-in at this stage can really help to avoid arguments later on. Remember that teens, in particular, might need to spend longer online to complete their homework.

Once you've agreed the limits, stick to them! It can be tempting to give up in the face of pester power or teenage sulks, but it will get easier every time you stick to your guns.

4. Look out for signs that screen time is having a negative effect

Keep an eye on how your child's screen time may be affecting other areas of their life. If they're spending time with friends and getting enough sleep and exercise, then they may already have a healthy balance. Talk to your child about what they're doing online and get them to think about how it makes them feel when they spend time doing these things. You never know, they may actually agree that staying up late gaming is making them too tired for school the next day, or admit that constant scrolling through social media is starting to affect their self-esteem.

5. Use it as an opportunity to have quality family time

Although it is good to set aside time when the family is not using screens - outdoor activities, chats at meal times, day trips at the weekend - this doesn't mean that you can't also get involved in using screens together. If you know that your child enjoys playing games online, organise a family gaming night or give them ownership to plan something for the whole family to get stuck in. If you take a real interest in what they like to do online, they're more likely to come to you if something goes wrong, or they make a mistake along the way.

Taken from Parentzone- <https://parentzone.org.uk/home>