



Newsletter #14 - Lent Term

Dear Parents,

We have once again had a busy week and I have been so pleased that those children representing our school in Cross Country, were able to attend the South Lakes Area Cross Country, hosted by Sedbergh Prep. It is reassuring that despite the rising cases of Covid-19 nationally, that events can continue to take place. I am also thrilled with the comments about our children's positivity and encouraging support for one another and friends in other schools. For those qualifying in the top 16 of their races, the children will qualify to go to Hunter Hall in Penrith for the Cumbria Champs very soon.



You will all have received a sponsor form and letter yesterday highlighting an exciting event taking place in two weeks (27th Jan) to get our children active in Jan. Stuart Robinson, Gold Medallist Paralympian will be joining us to motivate and encourage us. Please could I ask you to register your child's fundraising via the links provided in the letter.

<https://sportal.sportsforschools.org/events/17577/promo>

Please, if you can, set up a family fundraising page and donate there. This acknowledges how much a child(ren) raises, like Just Giving and this can then be shared with friends and family, near and far.

I leave you with this quote as we reflect on the winter blues and trying to live a more normal life in the pandemic ... 'When you exercise, it increases endorphins, dopamine, adrenaline and endocannabinoid — these are all brain chemicals associated with feeling happy, feeling confident, feeling capable, feeling less anxiety and stress.' Dr. Kelly McGonigal

Mr Jones



YouTube

We are often told that children live very busy lives and at times struggle to balance daily home learning (reading, spellings, maths eg Doodle Maths) with active lives outside of school. A challenging balance to strike. We also read that children between the ages of four to fifteen now spend an average of 85 minutes per day watching YouTube videos, compared with 80 minutes per day spent on TikTok.

As we emerge from lockdowns and increased time in the home, we recognise that socially, our children are not always coping and that their concentration is not as it was. Like many children in the world, our children regularly talk about YouTube and the influencers they follow. As a school we play a significant part, along with parents, in helping our children grow up, make mistakes and learn from them.

Recently, incidents between friends, are often linked to or are associated with, language, behaviours or negative videos seen by watching YouTube.

Things to consider:

- 1 **Inappropriate content** - No doubt about it: You can learn about a lot of things — and how to do a lot of things — on YouTube. Knitting, baking, how to make a killer friendship bracelet — there's an endless number of legitimate tutorials on YouTube. But here's the problem: The videos keep autoloading (and autoloading), and, eventually, your child may be face-to-face with something completely unrelated — and inappropriate — to the original search.

#Safety Tip: To pre-approve this kid-friendly content, go to Settings on the YouTube Kids app, and choose the "Approved Content Only" mode.

- 2 **It may impede your child's development** - "Studies in preschool children have shown a relationship between poor impulse control and self-regulation with earlier and longer use of low-quality media," says Dr. Brandon Smith, General Academic Paediatrics Fellow, Department of Paediatrics at Johns Hopkins in Baltimore. "It's also thought that excessive screen time with low-quality media may contribute to poorer language development in certain children."

#Safety Tip: Set out clear time limits and set age appropriate limits

- 3 **It can cause meltdowns**
- 4 **It can promote inappropriate behaviour**
- 5 **Your child could be targeted by ads**
- 6 **It can affect sleep**

An exact number of lost sleep is difficult to determine, but a 2014 survey found that 80% of teens admit to using their phone when their parents thought they were in bed sleeping. In addition to YouTube videos auto playing into the next (making it difficult to ever feel "done"), electronic devices in general have been linked to insomnia due to the artificial blue light they emit. According to the National Sleep Foundation, smartphones can interfere with the body's internal clock by suppressing the release of melatonin, the body's sleep-inducing hormone. In short: The more time your child spends in front of their screen at night, the harder it is for their body to settle down for sleep.

Honesty

Trust

Responsibility

Perseverance

Respect



If you don't already, would you consider putting into place, the strategies needed to **monitor content** and **monitor time** use when exploring YouTube and the internet?

Ben Greenep KS2 Cross Country Race - 3rd Feb

At the beginning of the Lent term, we take part in the Ben Greenep Cross Country Race. This is a cross country race in classes, which takes place in an afternoon in Jan/Feb. This year the race will take place on Thursday 3rd Feb.

Please encourage your children to prepare for this by training and getting ready for the fun!

Mrs Ridding

You may be aware, that one of our Midday Supervisors, Gwen Ridding, fell and broke her hip in school on Monday. We wish Gwen a swift and good recovery following surgery this week to heal the break.

This of course, leaves a gap in staffing for a little while until Gwen is able to return. If you would be able to assist and would like to apply for a few hours a week at lunch time as a Midday Supervisor, please could you get in touch with Mrs Billington. admin@stmarys-kl.cumbria.sch.uk (015242 71334).

Year 6 – Morning and After School Groups

Some Year 6 have had letters from Mr Yates inviting them to additional groups which children attend in Year 6 each year. Please have a look in school bags or talk to your child about this.

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