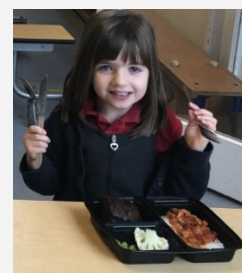




## HEAD'S BLOG...

Lovely to see you all back to school this week and also lovely to see so many children tucking into hot meals at lunchtimes. We've had a really good take-up; our new procedures are working well and keeping in line with government guidance. A huge thanks to our fantastic kitchen staff, as well as teachers and TAs for working so hard to implement new procedures.



You should receive your child's Autumn term summary report today, replacing our usual Autumn Parent Consultation meetings. We are thrilled with how well children have settled back into learning and, whilst we do need to help some catch up on lost learning time, they are working so hard and will be sure to get there. If you need to speak to your child's class teacher following this report, please do make contact with the office to arrange a telephone appointment.

Following the announcement of the new national lockdown, we awaited specific guidance for schools, which was finally issued late on Wednesday afternoon! Fortunately, there were few implications for us and most of our procedures and routines will remain the same as they have proved to be both robust and effective. However, we have decided to review one or two aspects of our procedures, which are detailed in a letter sent out via email and Dojo today. Please ensure you check this so you are up-to-date with all information you need!

And onto more pleasant news.... We are busy preparing as many Christmas traditions as possible, in a Covid-friendly way. Watch this space for further details!!

Debbie Carmichael

### Online safety update

With a further lockdown in place, we are aware that children will likely be spending more time online. Therefore, we will be including helpful online safety information even more regularly. This week, some general advice regarding screen time, always a controversial subject! The information you can read later in this newsletter is realistic and practical, with different tips for different age ranges. Please do take a look!

**Coronavirus reminders** If your child develop any symptoms of Coronavirus (persistent cough, high temperature or loss of taste / smell), s/he MUST NOT come to school and school must be informed. Call 119 or get a test online at:

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).

A new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

If you believe that your child is well enough to attend school and they have only symptoms of a 'common cold' such as: runny nose, sore throat or a mild cough they are permitted to attend.

The new NHS COVID-19 app, now available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community. The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy. You can download the app from:

<https://www.covid19.nhs.uk/>

**NB: All absences must be reported to our school office by calling 01726 64322. You can leave a message if outside of office hours. Please DO NOT report absences via Class Dojo. Thank you.**



# Achievers this week



Each week we will be awarding children who have gone the extra mile with the following:

- **Achiever Certificate** - for showing awesome learning behaviours
- **Christian Value Certificate**—for showing how we can demonstrate our Christian Values.

## Doves

Oscar

For showing fantastic focus in art.

## Fish

Lacey

For showing great focus during independent work this week.

## Lambs

Emily

For working REALLY hard in maths this week.

## Pelicans

Thomas.

For showing a great effort to improve his focus and always trying his best.

## Peacocks

Isaac

For showing engagement in all areas of learning.

## Phoenix

Michael

For following instructions and trying his best all week.

## Angels

Darcey

For producing an excellent setting description of this week featuring a range of figurative language techniques and using scientific language.

## Faith

Rowan.

For fantastic attitude to learning and contributing to all of our lessons.

## Hope

Robbie.

For applying his prior learning of forces to support his peers.

These children have been awarded with a certificate for showing our Christian value of courage:

Doves - Levi

Pelicans - Danny

Angels - Louella

Fish - Darcie-Beau

Peacocks - Mason

Faith - Noah

Lambs - Lauren

Phoenix - Skyla

Hope - Millie

## Balancing screen time

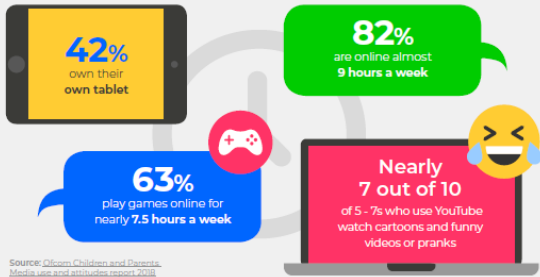
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matters.org

### 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.

Source: Internet Matters Look both ways report

### 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 Get 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

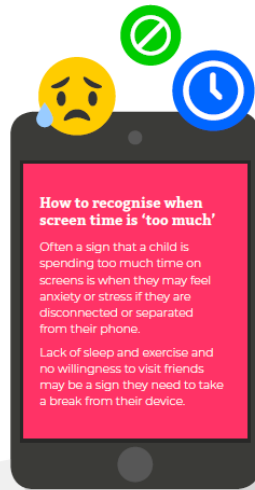
Take time to **help them understand the risks and benefits of using the internet**, whether it be discussing what steps to take if they see something that upsets them or guiding them towards apps and platforms that will help them explore their passions and enhance their skills.

#### 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.



### 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/screen-time](https://www.internetmatters.org/screen-time) for more advice

InternetMatters internetmatters @im\_org

internet  
matters.org

## Balancing screen time

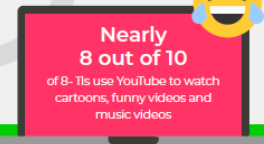
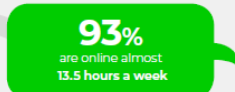
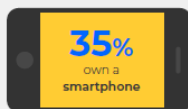
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Top tips to support children aged 7-11 (Key stage 2)

Typically at this age children will start to be more active online so it's important to equip them with the tools to strike a healthy balance between the time they spend on and offline, especially as they start to get their own devices.



### How are children using screens?



Source: Ofcom Children and Parents Media use and attitudes report 2019

### What parents tell us

#### 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' impact on physical wellbeing

Nearly half of parents in the UK are worried their children are spending too much time online – with the majority believing it is causing their kids to lead a sedentary lifestyle lacking in physical exercise.

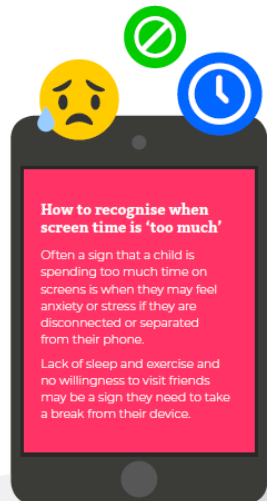
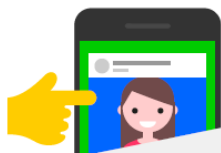
Source: Internet Matters Look both ways report

#### 4 Use tools to manage their screen 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.

#### 5 Encourage them to be selective about what they do online

Help them avoid mindless scrolling and be more critical about the media they watch and the platforms they use. Encourage them to explore apps and websites that will complement what they enjoy in the real world and develop their key skills.



### 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's 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.

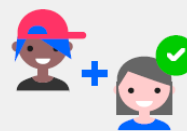


Visit [internetmatters.org/screentime](https://internetmatters.org/screentime) for more advice

InternetMatters | internetmatters | @im\_org

internet  
matters.org

## What are the benefits and challenges of screen use?



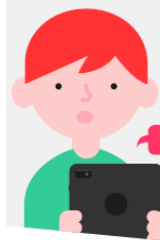
### Screen time benefits

- 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 provide much needed down-time at the end of the school day.



### Screen time challenges

- Peer pressure from friends to stay online and the way certain platforms are developed to keep users engaged can make it harder for children to switch off.

- As children get more active online there is an increased risk that they might stumble across inappropriate content that can have a negative impact on their digital wellbeing.

- Long periods of passive screen time (i.e. bingeing on box sets) could have a physical effect on their development (i.e. eyes, brain), sleep cycle and behaviour.



## 5 top tips to balance screen time

### 1 Create screen time rules together

To help them stick to digital boundaries get them involved in the process of setting simple rules on how they should use screens in and out of the home.

Giving them reasons why it's important to prioritise sleep, homework and family time can help them make smarter choices about when and how they should switch off screens.

Make sure to model the behaviour that you'd like to see in them – children tend to do what you do, not necessarily what you say.

Making screens part of family time, like a movie or an online games night is one way to make it more inclusive and engaging.

Also, encouraging them to have a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime is important.

### 2 Take an active role in their digital life

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.

### 3 Equip them with know-how to manage risks online

As children become more active online, have regular conversations with them about ways to deal with a range of risks that they may be exposed to such as seeing inappropriate content or being cyberbullied.

Make sure they know when and where to seek help if they need it and what tools they can use to deal with it.

# DATES FOR YOUR DIARY

## 2020/21 Autumn Term Diary Dates:

Wednesday, 11th November—Remembrance Day

Thurs 18th November—Nasal Flu Vaccinations

Mon 21st December-Fri 1st January—Christmas holidays

Mon 4th January 2021—Back to school

Mon 15th February 2021-Fri 19th February 2021—Half term

Thurs 1st April—Inset day

Fri 2nd Apr 2021-Fri 16th April 2021—Easter holidays

Mon 3rd May 2021—Bank Holiday

Mon 31st May 2021-Fri 4th June 2021—Half term

Fri 23rd July 2021—Last day of term

**Polite reminder:** Please drop your child off and pick them up at their class allocated times only. The only exceptions are if there are siblings with different start and finish times. Teachers are generously supervising children outside of their usual teaching hours in the current situation (as well as having reduced lunchtimes) and we ask that this is not abused. Thank you.

## SCHOOL MEALS

Please ensure that you book your school meals in advance, via ParentPay. A main and a dessert will need to be chosen as we are catering to requirements.

If you change your mind and your child comes to school with a packed lunch, it is essential that before 9.30am, you either cancel your ParentPay choices or contact the school office for us to update the kitchen.

## KEY STAGE ONE

The Key Stage One team are working hard to develop our continuous provision, enabling our indoor and outdoor environments in line with our Early Years ethos. We would be hugely grateful if you were able to donate any of the following resources to support us with this.

- loose parts e.g. buttons, pine cones, corks, pebbles, marbles.
- wooden pieces e.g. planks of wood, small log off-cuts.
- small world animals and people e.g. farm animals, dolls house furniture.
- dressing up clothes for people who help us e.g. police, fire.
- real objects from the home e.g. scales, saucepans.

Please be assured that your donations will be quarantined and disinfected before use. We thank you in advance and if you have any further questions or ideas about how may be able to support us with developing our environments, please do not hesitate to contact me.

Miss Jane



# OTHER NOTICES

## School Admissions

The online application process for Starting School, Transfer to Junior School and Transfer to Secondary School for September 2020 has now started. Detailed information about the admissions process is available online or on request from the School Admissions Team.

Please ensure you name **more than one preference**. It will not mean less chance of securing place at your preferred school. Please note that if you do not apply on time, your preferred school's may already be full.

If you need support with your application process, please contact the office, the Family Information Service (0800 587 8191) or School Admissions Team (0300 1234 101).

**THE DEADLINE FOR APPLYING FOR A SECONDARY SCHOOL PLACE IS SATURDAY 31st OCTOBER PLEASE MAKE**



Dear Parents/Carers,

**WOOHOO... MONDAY 16TH NOVEMBER IS ODD SOCKS DAY!**

**WHAT IS ODD SOCKS DAY?**  
Odd Socks Day is part of Anti-Bullying Week! To celebrate that we are all unique, we ask that children wear odd socks to school on Monday 16th November. Last year over 13,000 schools took part in Odd Socks Day. Andy Day (Cbeebies/cbbc) and his band Andy and the Odd Socks are supporting the Anti-Bullying Alliance to help bring Odd Socks Day to life again this year. Have a listen to the brilliant song they have recorded especially for Anti-Bullying Week, **The Kids Are United!**

**WHY IS ODD SOCKS DAY IMPORTANT?**  
The day sends an important message to pupils that they should be allowed to be themselves free from bullying and helps us celebrate Anti-Bullying Week in a fun and positive way.

**WHAT DO WE NEED FROM YOU?** It's so easy ☺ Here's what you do:

1. Make sure your child wears odd socks to school
2. Donate £1 to help the Anti-Bullying Alliance carry on important work
3. If you want to, you can share a photo online using #oddsocksday #antibullyingweek and tag @andyoddsocks and @abaonline

**THANK YOU, THANK YOU, THANK YOU!**  
Every penny goes to the Anti-Bullying Alliance to help continue all their work. We can't wait to see all the Odd Socks on Monday 16th November ...

If you have any questions please ask:

Anti-Bullying Alliance  
UNITED AGAINST BULLYING  
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A huge congratulations to the following year six children who have been awarded with Super Six status this week! Miss Mewton is very proud of you.

Sophie Hopkins

Jasmine Austin

### Christmas card orders -

Please return any orders and make payment on ParentPay but Tuesday 10th November.

Many thanks.



It is more important than ever to vaccinate your child against the flu this year.

**Consent needs to be submitted by Monday 16th November with the Nasal vaccinations taking place in school on Wednesday 18th November.**

Please contact the school office if you did not receive the information letter and consent instructions.

Thank you



Morning and  
afternoon  
spaces now!  
available!



High quality  
teacher-led nursery  
provision

**Come and join  
the fun at**

# **BBeebies Nursery**

**at Bishop Bronescombe C of E School**

"Staff provide high-quality opportunities for children providing a solid foundation for future learning. Relationships across the Nursery class are nurturing and children are well prepared for when they start the Reception Year."



Contact us on 01726 64322 or email  
[bishopbronescombe.secretary@celticcross.education](mailto:bishopbronescombe.secretary@celticcross.education)  
get more information or book a visit!

Lots of outdoor  
learning  
opportunities!



Child led approaches  
to learning within a  
nurturing, homely  
environment



Funded sessions  
available

Dedicated and  
experienced  
staff



Fresh and  
healthy snacks  
provided daily