



# Ottery Primary School Newsletter



17<sup>th</sup> June 2019

## Garden News from Mrs Bull:

Well I was hoping to start with it feels like summer is finally on its way!! But the weather seems to have other ideas! Its's good for the garden though!!

The garden shop is still open on **Tuesdays and Thursdays** by the spring gardens entrance straight after school, we have lots of lovely bedding and vegetable plants for sale and over the coming weeks we hope to start selling some of our produce, so drop by and see what's on offer.

Through the month of June we will be taking part in the Wildlife Trust's 30 days wild. They don't have to be big random acts they can be something as simple as walking barefoot through the grass, recording the different wildlife you see in one area in 10 minutes or listening to see if you can identify a bird by its song! This is the perfect opportunity for children to grow in confidence outside and really see what is around them in nature. You as always are only limited by your imagination (or how much the grownups are willing to let you do ☺) for any further information please see me (Mrs Bull). I would love to see the children's charts at the end of June, or just a photo, or if they have made something. The charts also don't have to be wordy it can be a simple picture in the box or just one word anything that will help to prompt a memory of the activity.

We are still collecting our bottles to create our greenhouse, the bottle bank is filling nicely! So a big thank you to everyone who has already donated bottles.

With the greenhouse in mind if anyone has any 5ft, 6ft or bigger bamboo canes we would gladly take any donations, as these are what the bottles will go over and then be attached to the main frame.

As many of you may know all the children have painted stones found in the forest school area, these will now be varnished and placed in the new wildlife garden we are creating, so keep a watch out for lots of things happening over in the school garden.

## YEARS 4/5/6 CLUB – "Let's get Active"

**Tuesday 18<sup>th</sup> June, Tuesday 25<sup>th</sup> June and Tuesday 2<sup>nd</sup> July 2019 4-5pm**

The Ottery St Mary School Schools Partnership is pleased to offer a club called **Let's Get Active**. The club started on Tuesday 11<sup>th</sup> June 2019 at The Kings School and has already been a great success. There are still some spaces available and if your child would like to please contact Miss Witcombe for more details.

## Screen Addiction:

Following on from our e-safety workshops, please find to follow some information on screen addiction.

**47%** of parents said they thought their children spent too much time in front of screens

It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

### What parents need to know about SCREEN ADDICTION

#### SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

#### IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

#### CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

#### LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

#### APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

### Top Tips for Parents

#### LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

#### LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abides by.

#### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

#### ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

#### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

#### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

#### STATISTICS

- 53% of children aged 3-4 go online for nearly 8hrs a week
- 79% of children aged 5-7 go online for nearly 9hrs a week
- 94% of children aged 8-11 go online for nearly 13.5hrs a week
- 99% of children aged 12-15 go online for nearly 21hrs a week

<https://www.independent.co.uk/Children-and-Parents-Media-Use-and-Attitudes-Report-2017>; <https://www.ofcom.gov.uk/http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>; <http://www.mirror.co.uk/tech/ones-five-kids-losing-sleep-9653986>; <https://www.youthstudies.com/news/article/1296/fack-of-sleep-damaging-for-children>

**NOS** National Online Safety

A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)  
Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061



## SUMMER HOLIDAY COACHING CAMPS



All days run from 9am until 4pm.  
Only £20 a day, half day options available,  
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To book a place or for more information please get in touch!

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**FOR BOYS AND  
GIRLS, ALL  
ABILITIES  
WELCOME!**

### OTTERY ST MARY CRICKET CLUB

Monday 29<sup>th</sup> &  
Tuesday 30<sup>th</sup> July  
Cricket – ages 7+

### WHIMPLE CRICKET CLUB

Thursday 8<sup>th</sup> &  
Friday 9<sup>th</sup> August  
Cricket – ages 7+

### HONITON CRICKET CLUB

Tuesday 13<sup>th</sup> &  
Wednesday 14<sup>th</sup>  
August  
Cricket – ages 7+

Ottery St Mary  
Cricket Club



# GIRLS CRICKET

## OTTERY ST MARY CRICKET CLUB

MONDAYS 6-7PM STARTING 29TH APRIL FOR AGES 7+  
MEMBERSHIP JUST £20 FOR THE SEASON, FIRST TASTER SESSION FREE!



FOR MORE INFO OR TO SIGN UP, PLEASE CONTACT ALEX CLEMENTS  
[ACLEMENTSCOACHING@HOTMAIL.COM](mailto:ACLEMENTSCOACHING@HOTMAIL.COM) OR 07813338312

## Dates for the diary

PTA Bag2School	Wednesday 19 <sup>th</sup> June
Celebration of Dance	Friday 28 <sup>th</sup> June
Year 6 Kings Project Week	w/c Monday 8 <sup>th</sup> July
KS1 Sports Day	Wednesday 10 <sup>th</sup> July (am)
Year 1 Axe Valley Wildlife Park Trip	Monday 15 <sup>th</sup> July
KS2 Sports Day	Thursday 18 <sup>th</sup> July (day)
PTA KS2 Disco	Thursday 18 <sup>th</sup> July (eve)
PTA Summer Fête	Saturday 20 <sup>th</sup> July 3-6pm
Year 6 Leavers Assembly & BBQ	Tuesday 23 <sup>rd</sup> July
Last day of Summer Term	Thursday 25 <sup>th</sup> July