

The Mosley Academy – Newsletter

Issue 25

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Playground Visitors

Our Reception Class met two calves as part of their 'Hooves and Trotters' topic this! Mr Major very kindly brought in the calves from his farm this morning. The Reception children really enjoyed meeting them and learning all about them!



Stars of the Week

- Reception - Molly
- Class 1 - Seth
- Class 2 - Charlotte
- Class 3 - Nerea
- Class 4 - Henley
- Class 5 - Roman
- Class 6 - Angus
- Headteacher's Award - Jessica



Attendance:

- Reception - 98.00%
- Class 1 – 99.33%
- Class 2 – 100%**
- Class 3 – 97.14%
- Class 4 – 98.57%
- Class 5 – 99.23%
- Class 6 – 98.00%
- Overall – 98.62%**

Tag Rugby Tournament

Very well done to our Tag Rugby team, who took part in the Dove Valley tournament yesterday at Shobnall School.

They played brilliantly but due to some disallowed tries didn't quite manage to come away with a win!

Well done to the team and thank you to Miss Gouldingay, Mrs Leedham and Mrs Davies for taking the team.



Reception Class also visited Anslow Eggs this week! They are really enjoying their topic!

Dates for your Diary

March

Mon Mar 25th Star Foundation Day

Weds Mar 27th Mothers' Day Lunch

April

Fri April 12th Easter Bonnet Parade / School closes for Easter
2.30pm

Mon Apr 29th School re-opens

May

Mon May 6th School closed - May Day

Weds May 8th Wellie Wednesday

Mon May 13th SATs Week Y6

Mon May 20th Shugborough Week Y5/6

Fri May 24th Children break up for half term

June

Mon June 3rd INSET Day (school closed)

Tues June 4th School re-opens

Thurs June 6th Star Foundation Day

Mon June 24th Sports Week

Sat June 29th Sports Day and Gala

July

Weds July 10th Mary Poppins

Thurs July 11th Mary Poppins

Thurs July 18th Leaver's Assembly

Fri July 19th Break up for Summer 2.30pm

Mon July 22th INSET Day (school closed)

K2M Violin Concert

Class 4 will perform their violin concert on
Monday April the 1st at 2.45pm.



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?



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

What parents need to know about **SCREEN ADDICTION**

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 12 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 behavior 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 abide 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 focused the next day at school. 50% 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.

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.

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 realize they can have fun without their device. Playing football, trampolining, camping, going for a walk or exercising are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

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.nationalonlinesafety.com>
Children and Young People's Online Safety Report 2017 <https://www.onlinesafety.org.uk>
<https://uk.childrenscommissioner.com/news/our-reports/our-annual-report-2017>
Journal of Health Studies <https://www.tandfonline.com/doi/full/10.1080/17445019.2017.1351888>
University of Leeds <https://healthstudies.leeds.ac.uk/news/article-for-170816-uk-child-online-safety-for-children>

NOS
National
Online
Safety

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 369 8067