



Shilbottle Primary Newsletter

Week 33 – 14 June 2019



Please keep checking your ParentMail for letters, forms and payments so your children have everything they need on the right day! It's a very busy end of term for every class ...



Thank you to the P.T.A. for planning and finishing the lovely gifts ... the children all thought carefully about what to draw to make it a special gift!

PTA will let you know how much their Father's Day stall raised ☺

STAR OF THE WEEK



RECEPTION: Anna J

YEAR 1: Lily M

YEAR 2: Ethan G

YEAR 3: Amelia S

YEAR 4: Finlay M

YEAR 5: Noah P

YEAR 6: Adam D

PRESENTATION AWARD

RECEPTION: Thomas P

YEAR 1: Logan D

YEAR 2: Maia R

YEAR 3: Christopher B

YEAR 4: Lana C

YEAR 5: Ellie D

YEAR 6: Eleanor O



After School Clubs for Summer 2

Monday	Karate – all year groups [10 June]
Monday	Ensemble – Y2, Y3, Y4, Y5, Y6
Tuesday	Football Family Learning
Wednesday	Normal After School Club
Thursday	Cricket [with Tom] – Y2, Y3, Y4, Y5, Y6
Friday	Football – all year groups



After School Karate @ Shilbottle Primary

Instructor: Sensei Ian Willis
every Monday 3:15 – 4:15
£5 per week

PLAN AHEAD ... it is sometimes easier to order school uniform for September now rather than in the middle of the summer holidays [when everyone else also orders] which might avoid the “will it arrive in time” panic – you can ask for free delivery to school when you order with ‘Tots to Teams’ ☺

HEAD TEACHER AWARD



KS1 – Dylan S

KS2 – Brendan A



ATTENDANCE WINNERS THIS WEEK

Y4 Pupils

Remember ... Keep checking our School Website Facebook & Facebook Pages ☺

www.shilbottle.northumberland.sch.uk



Fun, Respect & Friendship – Every child matters to us

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On Monday, Year 6 started their transition days to DCHS with a bang! They learnt about robotics and programming before conducting a variety of science experiments ... next week they are at the high school for an Anne Frank workshop



U11 cricket ... On Monday, 16 pupils from Year 5 and 6 had a great Festival at Alnwick Cricket Club excellent catching and batting from everyone saw the red mixed team finish second and the yellow girls team fourth 😊 We are now looking forward to the Y3/4 cricket festival at the beginning of July.



Friendly Frogs Pre School Nursery

Do you have a child or know someone who does [aged 2 – 4 years] who is ready for Pre-School Nursery? A small number of spaces are available so ... call in and have a look!

Children younger than 2?

Have you put their name on the Friendly Frogs waiting list to secure their place?



Friendly Frogs SUMMER Holiday Club

Following the success of our May ½ term and Easter Holiday clubs we are VERY pleased to announce that we will be running a SUMMER holiday club at Friendly Frogs. Please email us at info@friendlyfrogs.co.uk to register your interest or book your spaces 😊 and don't forget to tell your friends – all welcome!

Hours/Prices

8:30 a.m. – 5:30 p.m.	£18.00
8:30 a.m. – 1:00 p.m.	£10.00
1:00 p.m. – 5:30 p.m.	£10.00

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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**



HEALTH & WELLBEING

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. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

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.

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.



CONFIDENCE, SUPPORT & ADVICE

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.

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.



**National
Online
Safety®**



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 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.

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.

ENCOURAGE ALTERNATE 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.

STATISTICS

52% of children aged 3-4
go online for nearly 9hrs a week

82% of children aged 5-7
go online for nearly 9.5hrs a week

93% of children aged 8-11
go online for nearly 13.5hrs a week

99% of children aged 12-15
go online for nearly 20.5hrs a week

(Children and Parents' Media Use and Attitudes Report 2018)



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Dates at a glance [so far...]

15 – 16 June	Alnmouth Arts Festival	ALNMOUTH	All day
Mon 17 June	School Games – Personal Best	Year 4	10:00 – 12:00
Tues 18 June	Churchill Tennis Finals	Year 3 team	9:00 – 1:00
Wed 19 June	Author Visit – Jen Campbell	Whole School	9:00 – 3:00
Thurs 20 June	NSPCC sponsored 'run'	Whole School	9:00 – 11:00
Thurs 20 June	Anne Frank Workshop @ DCHS	Year 5 / Year 6	1:00 – 3:00
Fri 21 June	NSPCC sponsor forms back to school	Whole School	9:00
Tues 25 June	Musical Roots @ Alnwick Garden	Year 3 & Ceilidh band	12:15 – 2:45
Tues 25 June	Rounders Competition @ Hipsburn	KS2	3:30 – 5:00
Wed 26 June	Maths @ DCHS	Year 5	9:00 – 2:30
Thurs 27 June	School Games Day @ Cramlington	Y4 Tennis	9:00 – 3:00
Fri 28 June	Sports Day	Whole School	1:00 start
Fri 28 June	PTA School Fayre [after Sports Day]	Whole School	1:45 – 3:30
Mon 1 Jul	Y6 Sport Transition Festival @ DCHS	Year 6	9:00 – 12:00
Mon 1 Jul	Cricket Festival @ Alnwick	Year 3 / Year 4	1:00 – 2:45
Tues 2 Jul	NSPCC assembly	Whole School	9:00 – 10:00
Wed 3 July	Coquet Shorebase Watersports	Year 5	All day
Wed 3 July	Druridge Bay – Beach / Country Park	Reception	All day
Wed 3 July	Cross Country @ Ellingham	KS2 team	1:00 – 3:00
Thurs 4 July	Transition Day for DCHS	Year 6	All day
Thurs 4 July	Move Up Day for school	Reception – Year 5	All day
Thurs 9 July	Kirkley Hall Zoo	Year 1	All day
Thurs 9 July	Maths @ DCHS	Year 6	9:00 – 2:00
Thurs 11 July	Leavers Disco @ The Plough	Year 6	Evening
Fri 12 July	Netball Festival @ Whittingham	U11 team	12:30 – 3:00
Fri 12 July	Library Van – Final week	Reception	1:00 – 1:30
Fri 12 July	Northumberland Zoo	Y3 & Y4	All day
Mon 15 July	Final After School Karate session	After school club	3:15 – 4:15
Mon 15 July	Leavers Assembly	Year 6	3:30
Wed 17 July	Transition Beach School @ Alnmouth	Year 6	All day
Fri 19 July	End of Term – Summer Holidays ☺	Whole School	2:00
20 July – 1 Sept	SUMMER HOLIDAY ☺		
	FRIENDLY FROGS SUMMER HOLIDAY CLUB [age 2 – 11 years]		
Mon 2 Sept	STAFF TRAINING – SCHOOL CLOSED		
Tues 3 Sept	School STARTS	WHOLE SCHOOL	8:40



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What's on in the wider community...

All Stars Cricket	https://www.ecb.co.uk/play/all-stars/register-interest-for-2019 Alnmouth CC, Alnwick CC or Warkworth CC
Alnmouth Golf Club	Alnmouth Golf Club - juniors
Alnmouth Juniors FC	Thursday night training
Alnwick Academy of Dance	Alnwick Academy of Dance
Alnwick Bears RLFC	www.alnwickbears.co.uk
Alnwick Highland Dancers	Wednesday 7:00 – 8:00, Lindisfarne Middle School Hall Reception upwards
Alnwick Junior Harriers	Tuesday & Thursday 6 – 7 pm @ Lindisfarne Sports Centre contact Alison Hutchings on: ah.juniorharriers@gmail.com
Alnwick Town Juniors FC	http://www.alnwicktownjuniors.co.uk/
Amble Junior Netball	Thursday evenings [6:30 – 7:30pm] for Y3 upwards at James Calvert Spence College [JCSC] Amble. Y2 are welcome but parents need to stay. £1.50 per week.
Alnwick Mini & Juniors Rugby [Year 1 upwards]	Every Sunday 10:30 – 12 noon ☺ Year 1 – Year 3 = tag rugby; Year 4 upwards = contact rugby.
Beavers, Cubs & Scouts	Wednesday evenings, Felton or Alnwick info@northumberlandscouts.org.uk
Coquet Shorebase	https://www.coquetshorebase.org.uk/ windsurfing, kayaking, sailing and more
Cricket	Juniors [Y3 – Y8] Alnmouth, Alnwick, Warkworth Cricket Clubs
FC Amble Juniors	FC Amble Juniors
Felton Juniors FC	Felton juniors
Judo Alnwick	Alnwick Judo https://www.getintomartialarts.com Monday, 4:00 – 4:45 pm
Karate	Monday and Friday evenings @ Willowburn
Longhoughton Rangers FC	Longhoughton Rangers Football Club
Rainbows, Brownies and Guides	Register your interest at https://enquiryym.girlguiding.org.uk/ Monday evenings during term time at Warkworth Primary School.

CAN YOU THINK OF ANY OTHER CLUBS WE COULD ADD?