

KEEPING SAFE & HEALTHY

Internet matters.org

Five top tips to manage children's screen time

Help your child make the most of their time on and offline

- 1 Set a good example with your own device use**
Children will learn to model their behaviour so you will find your own habits are the most likely to stick.
- 2 Talk together about the time they spend online**
Understand what they're doing, why, and how often.
- 3 Agree an appropriate length of time that they can use their device**
Put a plan in place, agreed by everyone, to help manage screen time.
- 4 Get the whole family to unplug and create 'screen free' zones at home**
- 5 Use technology and apps to help manage screen time**
For example, the Parent app enables them to share important events with the family, and can help manage the use of devices. The app's 'Guided Access' from the Home screen allows you to lock the device to a single app, which can be great for younger children.

60% 60% of parents are concerned their kids don't have interests outside the web

12 Parents of 12-year-olds are most concerned about lack of offline interests

Children aged between 11 and 16 post on average 26 times a day

CHRISTIAN VALUES ENDURANCE

For you know that when your faith is tested, your endurance has a chance to grow.

~ James 1:3 (NLT)

COMMUNITY NEWS

junior parkrun

Forest of Dean Junior Parkrun is a 2k event for juniors (4 - 14 year olds).
Every Sunday at 9:00am.

The event takes place in The Forest of Dean at Coverham Enclosure, in the woods opposite Five Acres. See our website for more details.

It's free! But please register before your first visit (it's quick and easy to do). You only ever need register with parkrun once.

Don't forget to bring a printed copy of your barcode to receive your time.

The aim is to have fun - you can run, walk, hop, skip, or dance round our woodland course! Please come along and join in whatever your pace!

<https://www.parkrun.org.uk/forestofdean-juniors/>

Goodrich Church of England

Attendance		5 th Edition 2019-20		17 th January 2020		Termly House points	
Reception	89.9%	School Prayer  Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families. Please help us to be kind and help us to always try our best. Let us remember, as many hands make a house, So many hearts make a school. Amen	 GOODRICH	Goodrich Church of England Primary School Collective Worship At this time of year we think about Epiphany  We persevere. We show endurance. 'For the Lord is good and his love endures forever.' (Psalm 100:5)			
Year 1	93.8%						
Year 2	99.3%				1		
Year 3	95.6%				1		
Year 4	93.8%						
Year 5	97.8%						
Year 6	95%						
TOTAL	95.5%						

Primary School Newsletter

News

Dear Parents and friends,

Welcome back for a new year and term. Many thanks for all the kind cards and gifts received, they were very much enjoyed and appreciated.

Over the holidays we went out for a meal as a family and I grabbed my phone to take a photograph to remember the occasion. As I looked up, I found everyone except my husband with their phone in hand. My daughter was taking a selfie for her 'feed', my son was playing a game and even my Mum and Dad were answering messages or trying to find a photo from earlier in the day. I sat thinking about it and remember a time when mobile phones didn't exist and we would chat, debate, play games as children rather than being so distracted by things that either weren't there, aren't real or are in the future. I immediately became intensely aware of needing to spend more time in the 'present.'

So my New Year muse is to respectfully ask if you could reflect on the amount of screen time your child/ children is/are exposed to. Whilst I am not 'anti-IT' at all, I think in terms of our children it has to be purposeful (images, presentations, keeping in touch with 'real' people,

skills to build up) and part of a real conversation. At primary age and with evidence based links between research of screen time and mental health issues, I think as parents, it needs constant consideration in order to maintain their wellbeing.

Of course there is fun to have with games etc. but hopefully played with family and friends and added to any TV time to keep in a healthy % of their waking time.

The 'World Health Organisation' did a study on 1-5 year olds and they say children aged 1 to 2 years should:

- be physically active for at least 180 minutes a day, with a variety of types of physical activity spread through the day
- not be restrained for more than 1 hour at a time and not use screens until age 2, and for no more than 1 hour after age 2, preferably less
- have 11 to 14 hours of good-quality sleep a day, including naps

They say children aged 3 to 4 years should:

- be physically active for at least 180 minutes a day, with at least 60 minutes of moderate to vigorous activity, spread through the day
- not be restrained for more than an hour at a time, and have no more than 1 hour a day screen time, preferably less
- have 10 to 13 hours of good-quality sleep, with regular sleep and wake times.

I also ask you to carefully monitor what your child/ children are doing on devices and talk to them about it. Ages on sites and games should be adhered to; they are there for very good reason. Playing games with uncensored communication with strangers is no safer than at your front door and if children play games with violence and bad language you can expect them to see this as 'normal' and therefore 'acceptable,' no matter what you tell them.

As part of our E-safety curriculum we will soon be talking to them about staying safe on devices and how they use electronic devices at home too. It would be very useful if you could discuss this at home too in order to share these key messages.

Best wishes
Mrs Miles

Class News

Class News		Class Superstars	
Goldcrests	This week we have been exploring the sense of hearing. Going outside to listen to the sounds we can hear, passing traffic, the school children playing and even the church bell ringing. Making and listening to music from our own homemade instruments using bottles, saucepans and boxes. Trying to identify the different sounds we hear in everyday living, from door bells ringing, our pets, as well as dancing and laughing.		
Wrens	Wrens have been really interested in finding out about animals and where they live. We have been learning a story about how important it is to look after the world and shared this message in our Celebration Worship. In Maths, we have been exploring weight and finding one more than a given number.	Landon Oliver	
Robins	Robins have been finding out about materials and their properties this week. They have been sorting materials in different ways. They have each made a clay pinch pot in Art. In RE they have been exploring how people can learn from sacred books.	Nell Verron	
Woodpeckers	In Maths this week, we have been looking at money and the value of different coins and notes. We have been finding the total of different coins and notes and comparing them using greater than, less than or equals to. In English, we have been publishing our 'Months of the Year' poems and to start our topic, we have been researching who were the Anglo-Saxons and where did they come from to help us make passports for them.	Florence Neve Alice Leo	
Owls	This week we started our topic by finding out who the Anglo Saxons were, where they came from and why. We have also looked at a range of styles of art from this period and identified the different features. In Maths we have been extending our knowledge of multiplying larger numbers and in English we have been writing riddles about animals.	Dexter Stefan Emi Ruben	Grace Dottie Timmy
Peregrines	In English this week we have been busy researching facts about the Anglo-Saxons ready for writing an information booklet. In Maths we have started to look at long division and to answer problems using learned calculations. In PE, we have either been swimming or undertaking gymnastic movements.	Erin Daisy Evie CB	Logan Jacob

Citizen of the Week

Arthur S

Cloakroom

Junior Girls

What's Going On? (Please see ourschoolsapp.com for further information)

Forest School		Celebration Worship		Other Dates	
22.01.20	Year 4			22.01.20	Swimming Years 3 & 6
23.01.20	Robins	24.01.20	Woodpeckers lead 14:30	23.01.20	KS2 Anglo Saxon Day
29.01.20	Year 4			29.01.20	Swimming Years 3 & 6
30.01.20	Wrens	31.01.20	Owls lead 14:30	5.02.20	Swimming Years 3 & 6
5.01.20	Year 4			7.02.20	Book Sale in Hall Parents from 2.30
6.02.20	Robins			12.02.20	Swimming Years 3 & 6
12.02.20	Year 4			13.02.20	Music Concert 2.00
13.02.20	Wrens	14.02.19	Robins lead 14:30	14.02.20	Last Day of Half Term 1
				24.02.20	First Day of Half Term 2

Twitter Snapshot @GoodrichCESch

Sports News

The Body Coach's Kids' Workouts
Woodpeckers Class

As it is the beginning of Spring Term and the weather hasn't been the greatest, we have not had any sports events to report. However, a new year and a new term, we have been focusing on our fitness, health and mind-set. In KS2, for Wake & Shake or physical activity boosters, the children have been taking part in Joe Wicks' (aka the Body Coach) [kids workouts](https://www.youtube.com/results?search_query=joe+wicks+kids+workout). The workout sessions last five minutes and have five different activities. The children do an activity for 30-40 seconds and rest for 30 seconds, then move onto the next activity. The children are really enjoying the workouts and challenging themselves. Below is the link if you would like to do them at home. https://www.youtube.com/results?search_query=joe+wicks+kids+workout

Coming Soon