



# Euxton Church of England Primary School



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Headteacher: Mrs M Ash

Friday 12<sup>th</sup> January 2024

Dear Parents,

## Happy New Year!

Welcome back and Happy New Year! I hope that you and your families had a lovely Christmas - I know there have been lots of bugs around so hopefully you are all well. I wish you all the very best for 2024. On behalf of everyone here, thank you so much for the warm wishes, cards and gifts you gave at Christmas. Your support, as always, is so very much appreciated. Here's to another great year.



## Christingle

Thank you for your kind donations at our Y5 and Y6 Christingle service. We were able to send a cheque for **£78.51** to The Children's Society on your behalf.

## Musical Success

Well done to **Grace Booth, Harrison Jennings, Charlotte Huggan** and **Hannah Lilley** who were all presented with their guitar music medal certificates this morning in Celebration Worship.

## Welcome Mrs Leigh

This week we welcomed Mrs Leigh, who has started teaching in Y5, to the staff team and had a great first week in school 😊

## Curriculum Enrichment in School

Next week Reception will be having 2 sessions delivered by Chorley Schools Sports Partnership on how to ride a balance bike which will be great fun and prepare the children for using our own school bikes to develop their gross motor skills. Year 3 will be enjoying a history workshop on Thursday. This will explore the Stone Age to the Iron Age!

## Good luck team!

Good luck to the Y3 and Y4 children who will be representing school by taking part in the Sportshall Athletics Competition at Albany Academy after school on Monday 15<sup>th</sup> January.

## Online Safety

Please find attached below this week's online safety newsletter with a focus on how to manage screen time.

## Admissions - Primary Places

Applications are via [www.lancashire.gov.uk/schools](http://www.lancashire.gov.uk/schools) for school places for next September. Supplementary Faith forms are available in the school office for our school. If you are applying to any faith school a separate form should be provided by them and completed. The closing date is as follows:

**Primary (Reception in Sept 2024) - 15<sup>th</sup> January 2024**

## School Vacancies

We are looking to recruit two people to join our After School Club team starting in February. If you know of anyone who may be interested, please sign post them to the job advert which can be found at <https://schooljobs.lancashire.gov.uk/>

## Runshaw Adult College

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Have a great weekend and keep warm,

Mrs Mairi Ash  
Headteacher

**In our Christian family, we all SHINE in the light of Jesus.**

Wisdom Compassion Humility Friendship Peace Trust Forgiveness Hope

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

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