

# St Martin's Newsletter



SPRING TERM - Friday 19<sup>th</sup> January

## Key Dates

- Wed 24<sup>th</sup> Jan – Holocaust memorial day
- Wed 24<sup>th</sup> Jan – Stay and Learn for Reception class – all parents welcome
- Fri 26<sup>th</sup> Jan – Year 6 assembly

## Online Safety

This week's safety advice focuses on smartphones  
<https://nationalcollege.com/guides/smartphone-safety-tips> and is attached with this newsletter.



## St Martin's Stars

**Well done to everyone who got a certificate this week.**

Purple Tie certificates are given for children who embody our rules of being Kind Respectful and Responsible.

- Pre-School – Archie F
- Year R – Theo F  
Carolyn J
- Year 1 – Emmanuel I & Olivia HG  
Gabby C
- Year 2 – Halle W & Freddie MP  
Harvey P
- Year 3 – Lennocks R & Kai A  
Charlie S
- Year 4 – Frankie C & Freddie A  
Alizae A
- Year 5 – Roman B & Montana N  
Amelia O
- Year 6 – Macie B & Olivia B  
Archie A

## Attendance

Another good week with **whole school attendance**, this week is **94%**. Well done to **Y6** who have achieved 10 stars for **100% attendance**. They will be rewarded with a **pyjama day** next **THURSDAY 25<sup>th</sup> Jan.**



## Development Of EYFS Area

Work extending the EYFS outdoor area is underway and making good progress despite the cold weather. There is currently no need to close this area during drop off and pick up times so please continue as normal.

## Dodgeball Competition

Some children from **Year 3 & 4** went to a dodgeball competition on Monday and we are very pleased to say that they **WON**. Well done to all the children that took part.

## NSPCC Number Day

On **Friday 2<sup>nd</sup> February** we will be celebrating NSPCC number day to raise money for the NSPCC. Children can come to School dressed as their age, i.e. if 7yrs, you could wear 7 bobbles. Full information has been sent out on a Spider message.

## Attendance

- Year R - 89% 3 Lates
- Year 1 - 96%
- Year 2 - 94% 7 Lates
- Year 3 - 95% 5 Lates
- Year 4 - 95%
- Year 5 - 98% 8 Lates
- \*Year 6 - 93%\*

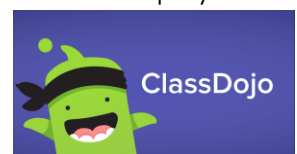
4 Classes with less than 10 lates  
**\*Well done to year 6, this weeks Dojo Champs\***

Anyone who comes into school after 8:50am is marked as late. Please try to be an attendance



## Dojos

We are changing the way we measure the class with the most dojos each week. To make it a fairer system (especially when we have some very large and very small classes) we will be working out the average and the class with the highest average score will win the extra playtime.



## Dinners

We have now ironed out most of the issues with dinners but are still struggling with the morning break on the new system. Just a **few reminders** – You should book your child's meal **before 8am on the day** – it is easier to choose meals for the whole week. Teachers will no longer be checking every morning so please make sure you book. If you forget you must phone the office ASAP.

Even if your child is having packed lunch please book this on the system – this enables us to make sure every child is being fed.

Please encourage your child to have a HOT meal. Sandwiches are available for days when children do not like the menu options but are not meant to be a first choice. It is not good value for money to pay the same for a sandwich as you would for the more nutritious hot meal, especially when the weather is cold like present.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

# SMARTPHONE SAFETY TIPS

## for young people

**7** You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

**NEVER SHARE YOUR PASSCODE**

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

**RESPECT PARENTAL CONTROLS**

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

**TALK TO A TRUSTED ADULT**

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

**STAY ALERT**

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

**DEVELOP HEALTHY HABITS**

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

**IGNORE UNKNOWN NUMBERS**

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

**ONLY USE AGE-APPROPRIATE APPS**

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

**REMOVE TEMPTATION**

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

**THINK ABOUT OTHERS**

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

**SWITCH OFF GEOLOCATION**

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

**Meet Our Expert**

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

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**#WakeUpWednesday**

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