

St Martin's Newsletter



AUTUMN TERM - Friday 13th December

Christmas Hampers

Raffle tickets for our annual Christmas hampers and selection boxes are on sale now and can be purchased on the **School Gateway**. The draw will take place on **Friday**.



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.

Nursery: Star- Tommy W
Value- Ava B

YEAR R: Star- Bobby C

Purple tie- Georgie J

Value- Hunter KN

YEAR 1: Star- Fraser H

Purple tie- Kohnan B

Value- Ava-Grace C

YEAR 2: Star- WHOLE CLASS

Purple tie- Blake B

Value- Hannah N

YEAR 3: Star- Annie F

Purple tie- Francis M

Value- Harper MK

YEAR 4: Star- Amelia B

Purple tie- Damien C

Value- Olina C

YEAR 5: Star- Sofia L

Purple tie- Alizae A

Value- Athena B

YEAR 6: Star- Isobel W

Purple tie- Roman B

Value- Ella R

Elf Run

The children will be taking part in an 'Elf Run' to raise money for MWL NHS Charity on **Thursday 19th December**. Every class will be taking part and completing laps of the playground according to age –

EYFS - 5 laps doing a variety of moves i.e. skipping, jumping, walking, tip toeing and hopping.

KS1 - 10 laps, the same as above.

LKS2 - 15 laps jogging.

UKS2 - as many laps in 10 minutes walking or jogging.

Elf Ears cost **£1** (payment on the gateway.)

Children will be bringing home a sponsor sheet or alternatively you can donate using the Just Giving Page:

<https://mwlnhscharity.enthuse.com/pf/stmartinsruncorn>

Christmas Events

Monday 16th December: Whole School Panto at The Brindley. We will return to school around 4pm – Children should wear School Uniform.

Tuesday 17th December 1.30pm: KS2 Christmas Performance

Wednesday 18th December 10am:

Whole School carol service and Mass

KS1 party at the Ombudsman. We will be back for the end of the day, children should wear uniform

Friday 20th December:

Christmas Parties – Own clothes
School finishes at **1.30pm** for Christmas break.

Attendance

Year R - 93% 4 Lates

Year 1 - 88% 4 Lates

Year 2 - 93% 6 Lates

Year 3 - 96% 11 Lates

Year 4 - 98% 3 Lates

Year 5 - 90% 12 Lates

Year 6 - 88% 4 Lates

5 Classes with less than 10 lates

Well done to year 5, this weeks Dojo Champs

Anyone who comes into school after 8:50am is marked as late.

Please try to be an attendance



Attendance

Another steady week, we have managed to keep attendance above 90% at **92.5%**. Thank you for your continuing support.

Wednesday Word

The Wednesday Word is a resource for parents to use when discussing the [weekly Gospel's](#) with their families

Reading Racetrack

The children will be receiving their **reading racetrack rewards** next week in class, where they will be **decorating Christmas Cookies**.

Safety Advice

This guide [online safety guide](#) focuses on how not to become a screen zombie. It examines how to tackle a range of potential risks involving mental wellbeing, screen addiction and potential grooming.

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



It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible – there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Peta Bradth is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



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#WakeUpWednesday

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