



'Our school, our church, our community'

# Elsecar Holy Trinity Primary School

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Elsecar Holy Trinity is a **nurturing, inclusive**, Church school where everyone is **valued** as a child of God. We warmly **welcome** people of all faiths/worldviews and backgrounds, fostering **respect, compassion** and **forgiveness**. Rooted in **faith, family** and **community**, we aim to **grow** together in love, developing **wisdom, knowledge** and **aspirations** for a **brighter future**.

## \*Weekly Reflection\*



It's hard to believe we're already heading into the final week of this half term! The past few weeks have flown by, and school has been buzzing with energy, smiles, and some truly brilliant learning. Our pupils have thrown themselves into every challenge, and the atmosphere across school has been fantastic—full of curiosity, kindness, and plenty of moments worth celebrating.

With just one week left, we're excited to keep that momentum going. There's still lots happening in classrooms, and we're looking forward to ending the half term on a real high. Thank you to everyone—children, staff, and families—for the positivity and support that make our school such a special place to be.

## \*Attendance Matters\*

Well done to this week's attendance WINNERS!

# YEAR 2 (100%)

Whole school attendance:

**96.98%**

Year to date:

**94.85%**

School Target:

**96%**

96% and above	GOOD
91% - 96%	CAUSE FOR CONCERN
90% and below	PERSISTANTLY ABSENT

## \*Dates for the diary\*

### February

Friday 6<sup>th</sup> February – Class Photos  
Monday 9<sup>th</sup> – Friday 13<sup>th</sup> February  
Children's Mental Health Week  
Thursday 12<sup>th</sup> February – Valentine's Disco  
Friday 13<sup>th</sup> February – Last day of term  
Monday 23<sup>rd</sup> February – Back to school for all

### March

Thursday 5<sup>th</sup> March – World Book Day  
Monday 9<sup>th</sup> – Friday 13<sup>th</sup> March  
British Science Week  
Year 5 Bikeability (takes place during school day)  
Friday 20<sup>th</sup> March – Red Nose Day  
Thursday 26<sup>th</sup> March – Easter Service at 09:30AM  
Friday 27<sup>th</sup> March – Last day of term

### April

Monday 13<sup>th</sup> April – Back to school for all

## \*Mental Health Week\* Friday 13<sup>th</sup> February

To bring our Children's Mental health Week to a creative and individual close we would like to invite all the children, on **Friday 13<sup>th</sup> February**, to take part in our 'COME AS YOURSELF' Dress Up Day!

We encourage everyone to donate a suggested £1 (cash on the day) to wear an outfit which makes them feel most comfortable, confident, and like they truly belong – whether that's cosy clothes, cultural dress, favourite colours, or something totally unique. Celebrate what makes you, you! The money raised will go to support Place2Be, a charity which support Children's Mental health and runs the annual mental health event.

## \*School Values\*



Honesty means telling the truth, being trustworthy, and doing the right thing even when it feels difficult. It is about being open, fair, and responsible in your words and actions.

## \*Outstanding Payments on Arbor\*

Please could all parents and carers check their Arbor accounts and ensure that any outstanding payments are cleared as soon as possible. This includes balances for Breakfast Club, class trips, and guitar lessons. Clearing these payments promptly helps us manage school activities smoothly and continue providing the best possible opportunities for our pupils.



## \*Reminder: Informing School About Collection Arrangements\*

To help us keep all children safe, please ensure that the school office is informed in advance if your child is being collected by anyone other than their usual parent or carer, even if your child is in upper key stage 2.

If we haven't been notified, we will need to contact you before releasing your child, which can delay home time and may cause unnecessary worry.

## \*PE Kit Reminder\*

Please ensure that children come to school in the correct PE kit on their PE days. Pupils should wear plain tracksuit bottoms, their Team Elsecar T-shirt, and either their school jumper or cardigan.

During the winter months, children may also bring a plain tracksuit top if their class is taking part in outdoor PE.

Thank you for helping us maintain high standards and keep everyone comfortable and ready for learning.

## \*British Values\*

Should children have social media?



Elsecar Holy Trinity School Presents

# Valentine's

## SCHOOL DISCO

**TICKETS NOW ON SALE!**



**Thursday 12<sup>th</sup> February**

**3.30 - 4.30pm**

**£1.50 per child (payable via Arbor)**

Each child will receive a drink and a snack!



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 topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



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?



# 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.



## 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.

### 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.

### 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.

## 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

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018: <https://www.ofcom.org.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>, University of Leeds: [https://medhealth.leeds.ac.uk/news/article/1296/lack\\_of\\_sleep\\_damaging\\_for\\_children](https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children)





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