



20th December 2024



This week the following children have been recognised in our Celebration Assembly –

Class	Values Champion	Learner of the week
Oak	All of Oak for all values	Eleanor & Cora for being a musician
Maple	Freddie for Individual Best	Sebastian for being a Reader
Willow	Ruby for Teamwork	Zac for being an Athlete
Elm	Erin for Individual Best	Sebastian for being a Mathematician
Chestnut	Arthur T for all values	Tala for being an Artist

Goodbye Mrs Perrott

Every one at Ide Primary wishes Mrs Perrott all the very best as she leaves us today for a new adventure. During her time with us, Mrs Perrott has made such a positive impact on many children. We will miss her greatly

A message from Mrs Addyman

It was lovely meeting your children when I visited Ide earlier this month and I am looking forward to getting to know them and yourselves more in January. I live locally and really enjoy making the most of our beautiful surroundings and will often be out walking and cycling with my family. I particularly enjoy reading and am excited to be able to help your children continue on their 'learning to read' journey. I already have some of my favourite stories ready to share with the class and hope to inspire your children to become curious, independent learners with lots of fun and exciting activities.



I wish you all a very happy Christmas and I will see you in the New Year.

PE Days

Pe days next half terms will be as follows –

Oak and Acorns – Tuesdays and Thursdays

Maple – Thursdays and Fridays

Willow – Tuesdays and Wednesdays

Elm – Mondays and Wednesdays

Chestnut – Tuesdays and Fridays





Supporting the school to thrive

FIS

END OF YEAR UPDATE

We are beyond excited to share with you how much FIS has raised for the school this term. It has been a wonderful start to the academic year and all the funds will go to supporting the children's education. Thank you so much for all the support, we simply can not do it without you! There will be lots more exciting events and fund raising to come in 2025.

Total money raised (after expenses)...
£2570!

Fundraising breakdown:

- **£314 movie nights**
- **£110 non-uniform day**
- **£180 Christmas bauble decorating**
- **£471 Winter warmer**
- **£664 Wreath making workshop**
- **£145 Nativity refreshments**
- **£30 donation from Ide Aloud**
- **£525 Monthly donations so far**
- **£120 Christmas Cards**

Computers or busses? Nearly all of you wanted computers so FIS will be funding the purchase of 10 new laptops for the school after Christmas!

A promotional graphic for the 'Mini Movies' show. At the top, the words 'MINI MOVIES' are written in large, metallic, 3D block letters. Above the text is a collage of movie-related images: a dinosaur, a teddy bear, a clapperboard, a robot head, a car, and a person in a white suit. Below the title, the text 'HEY KIDS, DO YOU LOVE MOVIES? IF SO WE WANT TO HEAR FROM YOU!' is written in red, bold, capital letters. This is followed by a paragraph in white text: 'ITV's hit kids' show, Mini Movies, is returning for series 2 and we're looking for movie-loving kids to take part.' Then another paragraph: 'You could star in exciting video clips full of visual effects, pitch your own movie ideas, create amazing animations and show off your costume skills!'. Next is: 'If you'd like to get involved, ask your parent or guardian to email...'. Below that is the email address 'casting@thechancercollective.com'. Then: 'After that you'll receive further information on how to apply. Be quick though, as spaces are filling up!'. Finally, at the bottom: 'CHECK OUT MINI MOVIES SERIES ONE ON **ITVX** TO SEE WHAT KIDS GOT UP TO LAST TIME!'.

MINI MOVIES

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IF SO WE WANT TO HEAR
FROM YOU!**

ITV's hit kids' show, Mini Movies, is returning for series 2 and we're looking for movie-loving kids to take part.

You could star in exciting video clips full of visual effects, pitch your own movie ideas, create amazing animations and show off your costume skills!

If you'd like to get involved, ask your parent or guardian to email...

casting@thechancercollective.com

After that you'll receive further information on how to apply. Be quick though, as spaces are filling up!

CHECK OUT MINI MOVIES SERIES ONE ON **ITVX** TO SEE WHAT KIDS GOT UP TO LAST TIME!



10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON.

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

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10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



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Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>



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