

What a lovely two weeks it has been! They have flown by! In short space of time we have had World Book Day, Pancake Day, Arts and Craft Club at lunchtime as well as the introduction of the Dojo Shop for pupils. Some of the photos for the above are included in this newsletter. There is a lot to look forward to, Parents' Evening is coming up and the link to book slots will go live from Monday. Look out for Easter Posters that will be around school soon.

We have continued to look at our values and since returning after half term, we have focused on 'Independence'. This might be as simple as a child putting their coat on or doing their shoe laces up. As always please catch me on the school gate, pop to the school office if you would like to ask me something or email us at enquiries@bingham-cit.co.uk.

Mrs Pask- 07.03.25

1.



DOJO SHOP

Pupils have been earning dojo points for certificates. However, they can now use these points to also buy prizes. These range from a pencil to afternoon tea with Mrs Pask.

INDEPENDENCE STICKER

2.

This half term, we are focussing on another one of our Values, 'Independence.' We have worked incredibly hard to teach and model what this means and looks like.. If your child has come home with a a sticker- we are so proud of them!!! See if they can be independent at home too!

**I've been caught
being 'independent'**



3.

Start and end of School Day

Although this has been in previous newsletters, I am still having to ask that pupils are not playing with school equipment before or after school. The EYFS outdoor provision is as important as the inside and often set up ready for the day. Please don't let pupils play on the equipment. Thank you for your support on this matter!

EYFS (ROBIN CLASS)

4.



Robin Class have enjoyed pancake races this week. This looked lots and lots of fun

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SWAN CLASS (YEAR 1)



In Year 1 they have been recapping on their knowledge of the four seasons. Please ask them about them at home to see if they can remember.

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BARN OWL (YEAR 2)



The Barn owl class have been on a trip to Sherwood Forest. They learnt all about the Major Oak. They had a lovely day and the sun was shining.

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KINGFISHER CLASS (YEAR 3&4)

This week, Y3 and 4 have been playing tennis in their PE sessions this week.



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World Book Day



Thank you for your support with World Book Day 2025! Pupils were very creative with their costumes. I was very impressed with the entries to the competitions. Well done all!



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Your paragraph text

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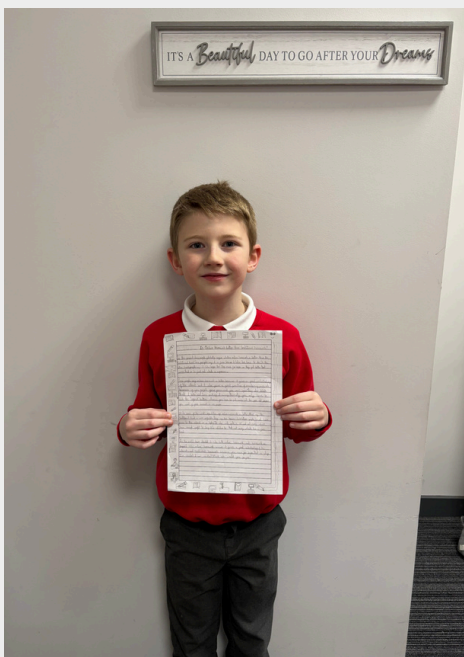
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ATTENDANCE

We are working really hard on attendance at school. Miss Allenby's class had the best attendance and chose to have cinema time as part of their reward. There is a link to academic progress of a child and their attendance. Who will have the best attendance next half term????

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STARLING CLASS (YEAR 5&6)



Year 5 and 6 have been busy again over the last two weeks. They have been writing persuasive arguments. E.g. Which are best, cats or dogs? These have gone on the work to be proud of display. I enjoyed reading them.

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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

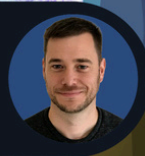
Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime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



#WakeUpWednesday

The National College

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

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