

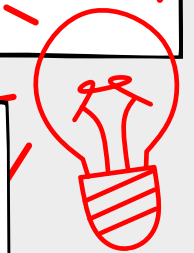
Dear parents / carers,

We have reached the end of term and what an action pack term it has been. We have zoned the playground so the children have different activities to go to and this has been a huge success. We also had a Health Check from our trust. They watched lessons, looked in children's books, spoke to leaders and pupils and looked at behaviour. The feedback was overwhelmingly positive and they were impressed with how the school has progressed this year. I am so proud of the pupils and staff who have worked so hard.

I hope you all have a lovely Easter and I will see you all on Monday 15th April.

Mrs Pask 28.03.24

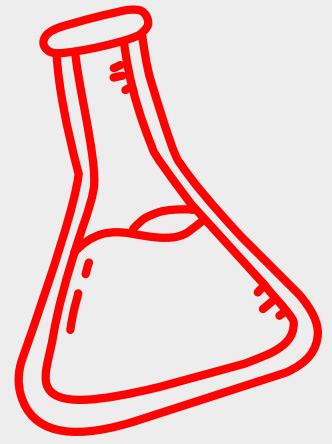
## DISCO PHOTOS





# VOLUNTEERS

A big thank you to our volunteers in school. Below are some of them. They help listen to readers and at lunchtimes. We couldn't do it without them.



## DAVID WILSON HOMES



David Wilson homes were kind enough to donate high visibility jackets to encourage safe walking to school. They were so popular, Mrs Pask has emailed to see if we can have some more.

Follow us on social media:  
@BinghamPrimary



[enquiries@bingham-cit.co.uk](mailto:enquiries@bingham-cit.co.uk)

01949 714 014

[www.bingham-cit.co.uk](http://www.bingham-cit.co.uk)

# ROBIN CLASS (EYFS)

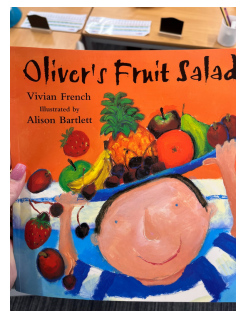


EYFS have been busy preparing for Easter. They have made paper chains, Easter nests and had an Easter egg hunt.

# SWAN CLASS (YEAR 1)



Year 1 have been looking at the book 'Oliver's Vegetables.' They designed and made their own fruit salad and enjoyed themselves.



Follow us on social media:  
@BinghamPrimary



01949 714 014

[www.bingham-cit.co.uk](http://www.bingham-cit.co.uk)

# BARN OWL CLASS (YEAR 2)

Year 2 have been busy working together as a team in PSHE to create a healthy snack for each other. They loved this lesson and learnt how to peel and cut the fruit and vegetables.



## GOLDEN TICKET



Each week, children who have read at home or at school are in with a chance of winning 'The Golden Ticket.' One pupil from each class is chosen and they get to keep a book from the vending machine. This has proved to be a really popular reading incentive. We hope as many pupils as possible leave Bingham Primary School with a love of reading.

Follow us on social media:  
@BinghamPrimary



[enquiries@bingham-cit.co.uk](mailto:enquiries@bingham-cit.co.uk)

01949 714 014

[www.bingham-cit.co.uk](http://www.bingham-cit.co.uk)



# BADMINTON CLUB

Inspire + send coaches each term to work with pupils. This term it was badminton club. The children who attended loved it and learnt skills that they were able to use in their PE lessons.



# KINGFISHER CLASS (YEAR 3&4)



Kingfisher class have enjoyed learning all about Earthquakes. They have produced a report explaining how earthquakes happen. They have made musical instruments as part of their science topic on sound.

Follow us on social media:  
@BinghamPrimary



[enquiries@bingham-cit.co.uk](mailto:enquiries@bingham-cit.co.uk)

01949 714 014

[www.bingham-cit.co.uk](http://www.bingham-cit.co.uk)

# STARLING CLASS (Y5&6)

The children have been looking at Biomes in Geography. They have looked at different Biomes, where they are in the world and present their research to the class.



## MRS ORTON LEAVING

Today is Mrs Orton's last day working at Bingham Primary School. She is moving on to pastures new. We will be appointing a new office administrator after Easter. You will see some new friendly faces in the office until then.

Follow us on social media:  
@BinghamPrimary



[enquiries@bingham-cit.co.uk](mailto:enquiries@bingham-cit.co.uk)

01949 714 014

[www.bingham-cit.co.uk](http://www.bingham-cit.co.uk)

## What Children & Young People Need to Know about

# FREE SPEECH VS HATE SPEECH

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's *not* the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to others. Whether online or offline, communication attacking or discriminating against groups or individuals (because of protected characteristics like race or religion) is hate speech, not free speech.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's ideas were incredibly offensive to many at the time, while not everyone agrees with Darwin's theory today. Freely exchanging ideas promotes progress.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote or decent working conditions – couldn't have been achieved without it.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal.

Hate speech refers to any communication – like talking, texting or posting online – which displays prejudice against someone's identity. Derogatory, demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes ...

Targeting people or groups because of who they are – including but not limited to aspects such as race, sexuality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on those same attributes: referring to them as if they were animals, objects or other non-human entities, for example.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way.

Making up or repeating insults about a person or group because something about their identity is different to the person who's posting.

Promoting the segregation of certain groups, or discrimination against them, because of who they are.

### Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

GLOBAL  
EQUALITY  
COLLECTIVE

The National  
College

NOS  
National  
Online  
Safety®  
#WakeUpWednesday

Source: <https://www.legislation.gov.uk/ukpga/2010/18/contents>  
<https://www.legislation.gov.uk/ukpga/1998/42/schedule/1a/part-1/paragraphs/20to22/origin/20to22/freedom%20of%20expression>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.01.2024

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College

NOS National Online Safety  
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://www.tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2024