

### A Note from the Headteacher

Congratulations to our Values Champions this week: Zac, Bonnie, Rory, Edward, Thea, Delilah and Russell!

#### Year 4



It has been an absolute delight to have the opportunity to teach Hazel Class over the last few weeks. In such a short period of time, we have covered lots of diverse and exciting topics. Here's a brief overview of our learning:

In English we have been planning and writing a suspense narrative. The children have been planning their stories by creating sensory grids to consider the setting for their stories and what it feels like to be there; making mind maps for their characters and plots and endings and creating 'sentences of 3 (actions)' to build suspense!

"Maddie gasped, she ran when she saw the airport for the first time and never looked back." - Sienna

"I jumped onto my bike, dodged the trees and managed to avoid the lightning bolts!" - Dexter

"A flying ghostly fish-shadow appeared out of the darkness, the children ran away as fast as they could and never went back!" - Logan



To augment our geography learning, Cathy, from the Western Sussex Rivers Trust paid us a visit! She shared her passion for all things rivers with the class. We found out LOADS of new information and facts about rivers and their ecosystems - where they start, what animals you may find living in them, on them and next to them; technical vocabulary such as 'source', 'meander' and 'mouth' and all sorts of other things! We even got to create our own rivers, with meanders, trees, dams etc. and had a race - the slowest flowing river won!

Here's what the children had to say about it

Thea: "I enjoyed making the rivers and experimenting."

Evie: "I enjoyed drawing the pictures of the river because it shows you how the river flows from the source to the mouth."

Hugo: "I learned a lot of stuff. It was very interesting to find out how rivers form and it was very fun!"

Jack: "I enjoyed it because I always thought that rivers came from the sea - and that we got to go outside and get muddy!"



## Introducing our Weekly Safeguarding Spotlight!

At Wisborough Green, keeping our children safe and happy is a vital part of our responsibility, both in school and in partnership with families. With technology evolving so quickly, this is particularly important for online safety, and we know how important it is to keep everyone informed about the latest advice, trends and potential risks.

We will be sharing simple, practical online safety, safeguarding and wellbeing tips in each week in the newsletter. These will be designed to support families in having confident conversations at home, help children make safe choices online, and highlight any new developments we think you should be aware of. Topics will include managing screen time, understanding popular apps and games, setting parental controls, and encouraging safe, responsible digital behaviour, as well as managing wellbeing and building resilience.

We hope these weekly tips will empower our whole school community to navigate the world with confidence. If there is a particular area you would like us to feature, please do let us know—we'd love to hear from you.

# 10 Top Tips for Parents and Educators

## CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.



- 1 WORK TOGETHER**

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.
- 2 AGREE TIME LIMITS AND SUITABLE TIMES**

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.
- 3 ENCOURAGE HONESTY**

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.
- 4 CHARGING AND OVERNIGHT STORAGE**

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.
- 5 REVIEW RULES REGULARLY**

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.
- 6 PROTECT PERSONAL INFO**

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.
- 7 BE RESPECTFUL**

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.
- 8 "NO TECH" ZONES**

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.
- 9 AGREE ON CONSEQUENCES**

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.
- 10 KNOW ALL PASSWORDS**

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

**Meet Our Expert**  
Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

**#WakeUpWednesday**  
The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices](https://nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices)

## Chartwells

There has been a menu change for Monday 23<sup>rd</sup> and Tuesday 24<sup>th</sup> February. Please check and amend your order on ParentPay if necessary. Thank you.

Please also see the job vacancy poster below from Chartwells.

## Nut-Free School

We would like to remind parents that we are a nut-free school. This includes items that contain chocolate spread (many of which still contain hazelnuts) and pesto (which contains pine nuts). Please also remind your children that they are not to share their food at school. Thank you.



### **Chartwells Catering have vacancies**

Are you interested in school catering that fits around your family life?  
If so, why not join our friendly, professional team!

**Wisborough Green primary school RH14 0EE – 10hrs per week**

**Stedham Primary school GU29 0NY – 12.5hrs per week**

**Area support – 16.25hrs per week Working in different schools in your local area – must be a driver**

Appropriate training will be given, and smart uniform will be provided. DBS checks will be carried out on successful applicants.

For more information, please contact  
email

[Sharon.aldred@compass-group.co.uk](mailto:Sharon.aldred@compass-group.co.uk)

or 07867 202887

# PRESENTS SILENT DISCO

TIME TO PUT ON YOUR  
GLOW AND JOIN US

## SILENT SOUNDS

THURSDAY, FEBRUARY 12TH

3.15-4.30PM RECEPTION & KS1  
4.45-6.00PM KS2

£6

TICKETS AVAILABLE ON  
CLASSLIST

GLOWIES ON SALE ON THE DAY

## Key Dates

### February

- Thursday 12<sup>th</sup> - PTA Silent Disco
- Friday 13<sup>th</sup> - INSET Day
- Monday 16<sup>th</sup> - Friday 20<sup>th</sup> - February Half Term
- Tuesday 24<sup>th</sup> - YR NHS Healthy Child Screening Programme
- Thursday 26<sup>th</sup> - Y4 Extra Swimming Lesson

### March

- Thursday 5<sup>th</sup> - Y4 Extra Swimming Lesson
- Thursday 5<sup>th</sup> - World Book Day & PTA Book Sale
- Friday 6<sup>th</sup> - Y1 & Y2 Arctic Polar Explorers Workshop
- Monday 9<sup>th</sup> - Y5 Lodge Hill Parents Meeting 3.30pm
- Friday 13<sup>th</sup> - YR Trip to Washbrooks Family Farm

Congratulations to the  
winners of  
this week's PTA Cake  
Raffle!



### HOUSE POINTS

YELLOW - 105

RED - 101

BLUE - 91

GREEN - 86

For future diary dates, please visit our [website's school calendar](#). Thank you.