

Achievement Assembly

Our achievement assembly this week celebrated children who have used their "imagination" this week. Well done to the following children:

Reception: Sophia **Year 1:** Daniel **Year 2:** Theo

Year 3: Spencer **Year 4:** Kourtney **Year 5:** Emily **Year 6:** Oliver

Celebrating Attendance

Whole school attendance is currently at 94.8%

Well done to Year 2 and Year 4 for best attendance this week at 98%

Attendance raffle

Remember, the 100% attendance raffle has restarted so all children will be entered back into the draw. **BUT they need to be in to win!**

Dates for Diary

- Tues 6th Feb - Reception Vision Screening in school via School Nursing Team
- Tues 6th Feb - Safer Internet Day in school
- Tues 6th Feb - First Lego League final at Nissan
- Mon 12th Feb - Chinese New Year School lunch - no other lunch option available
- Wed 14th Feb - Valentines School Disco - whole school
- Friday 16th Feb - Break up for half term
- Tues 19th Mar - KS2 Dance club performing PM at the Glasshouse International Centre for Music
- Wed 20th Mar - Easter Film night - whole school
- Thur 28th March - Break up for Easter return Mon 15th April

Reader of the Week Award

Celebrating our school's passion for reading! A huge congratulations to this week's school reading award winners. We are delighted to introduce this week's star readers who will receive a certificate:

Reception

Bella
Harry

Year 1

Jenson
Fabian

Year 2

Lila
Heidi

Year 3

Kieran
Leighton

Year 4

Annalise
Bella

Year 5

Lily
Scarlett

Year 6

George
Harry



Sport News

Well done to our Year 3/4 basketball team who competed against other Gateshead schools this week and came away with bronze medals! Well done everyone. #TeamPortobello

Right of the week

Article 26 - Social and Economic Help - Governments should provide money or other support to help children from poor families.



Portobello Parent/Carer Fundraising Committee

Thank you to a Reception class parent/carers who has volunteered to become part of our school fundraising committee too. Would any Year 1 parents/carers like to get involved?



BIG AWARD
awarded by the Education
Authority



School Car Park

Whilst we appreciate time is often of the essence dropping children off on a morning, can we ask all parents to always park outside of the school gates. We've had a few incidents in recent weeks where contractors/delivery vans couldn't get out or staff couldn't get in. Staff often have early meetings well before school commences and need to get parked up safely to start their working day.

Healthy Packed Lunches

If you need any inspiration for a healthy packed lunches check out the link below:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Chinese New Year

We will be celebrating in school on Monday 12th February with a specially designed lunch menu. Please see below, there will be no jacket potatoes or any other lunch option available on this day.



Online Safety

#SaferInternetDay is nearly here! Reflecting the "managing influence" strand of this year's theme, our #WakeUpWednesday guide unpacks 'persuasive design' - and uncovers some common but often hidden #OnlineSafety risks to young people.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalonline-safety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as - if they spend most of their time on social media - they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us - regardless of age - into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

ADVICE FOR PARENTS & CARERS

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends - or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it - and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off - or even deleting any particularly intrusive apps - can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity - or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.

The National College

National Online Safety
#WakeUpWednesday

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VALENTINE'S DAY

D I S C O

WEDNESDAY 14TH FEBRUARY
4PM – 5PM

£2 Tickets available to purchase
online or from the Office

Mix up £1, Crisps 50p & Juice Cups 50p
***Maximum £2 spend**