



**DODFORD FIRST SCHOOL
NEWSLETTER**
Every Day, a Learning Journey

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Headteacher: Mrs Lisa Parkes

'We are thinking about the value 'collaboration' this half term...



Feel Good Friday

Today was our Feel Good Friday. The theme this month is collaboration. The children had great fun with Jon, learning skills and 'sticking power'. Collaborating and working together makes for a harmonious school. There is no 'I' in TEAM!

Love and Gratitude Day

It was lovely to see all the children in their different colours of 'love' and enjoy a day thinking about the people they love and those that we should show gratitude towards. Thank you for the chocolate donations—we will have a super Easter Raffle next half term. Thank you also for the donations for the Blue Cross, I will be dropping these off to the local Bromsgrove rehoming centre during half term. We hope to get our other messages delivered out after half term to a local care home and hospital.

World Book Day—coming soon on March 3rd!

A separate flyer is being sent out to you all! The dress up theme this year will be 'Vocabulary Dress Up Day', children coming to school representing a word. The most creative ideas and designs will be winning prizes.

Parent's Evening

Our parent's evenings will again be virtual this year on 9th and 10th March. A letter will be sent out on our return to school after the holiday about how the evening will be organised and how to book your appointment.

CLUBS

THURSDAY 3.15—4.15

**SPORTS FROM AROUND
THE WORLD**

FRIDAY 3.15—4.15

FOOTBALL CLUB

HEADTEACHER AWARDS:

WRENS: LEILA

ROBINS 1: MIA

ROBINS 2: JOSEPH

OWLS 3: FREYA

OWLS 4: ELLA

SPORTS AWARDS

WRENS— LEWIS

**ROBINS 1— FLORENCE
AND GEORGE**

**ROBINS 2— KEZIAH
AND BUDDY**

**OWLS 3— WILLIAM
AND ANNABEL**

**OWLS 4— SONNY AND
FREYA**



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Awards

Well done to all of our pupils who have received certificates today. We are proud of all of our children at Dodford, they have worked hard this half term and many of them have fully embodied our values for this half term, resilience and collaboration. At Dodford, we encourage the children to rise to challenges and work together to achieve their goals.

PE uniform

We are still having a number of children who are not wearing our school PE uniform on PE days. Please can you ensure that your child is wearing either the school burgundy or navy colours and that they do not wear leggings or trousers and wear jogging bottoms or shorts/skorts. Fashion trainers are also not suitable as they have no grip and can be dangerous when running around on the playground or field. Thank you.

Road Closure

A text message has been sent explaining about the road closures on 3rd and 4th March, works should only be during school hours but please be prepared for some disruption.

Half Term Activities

On the next page there is a poster highlighting the growing concern of screen addiction and how this can lead to both physical and mental health issues in children and then following this is a page of 101 activity ideas that your children can do whilst not at school next week.

Final words from Mrs Parkes

We have had a very busy half term at Dodford and as always the children and the staff have worked and played hard! On a personal note, it has been lovely to be back at school and to hear the children's voices—laughing on the playground, chatting in the dinner hall, singing rhymes and playing games. I held my first whole school assembly today and to hear 'Good morning Mrs Parkes' in unison from the school was joyful!

I wish you all a lovely half term with your families, fingers crossed that the weather improves so you can enjoy the outdoors during the next week.

See you all on 28th February...

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COMING SOON!

28th February—British Values Day

28th February—14th March—
Fairtrade Fortnight

3rd March—World Book Day

4th March—Book fair—stall on play-
ground 8.30—9.15am

9th and 10th March—Virtual
Parent's Evenings

14th —18th March—STEM Science
Week

Break up for Easter—Thursday 7th
April (8th is a TE Day)

100% ATTENDANCE

**WELL DONE TO THE 40 PUPILS
WHO HAVE BEEN IN SCHOOL
EVERY DAY THIS HALF TERM**

ATTENDANCE

WRENS— 98.4%

ROBINS 1— 97.1%

ROBINS 2— 97.8%

OWLS 3— 100%

OWLS 4— 100%

HOUSE POINTS:

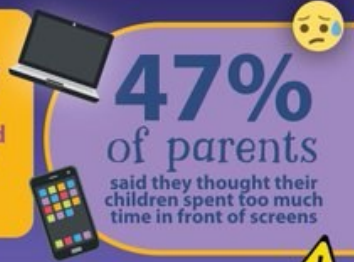
AVON: 75

TEME : 86

SEVERN: 62



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

STATISTICS

52% of children aged 3-4 go online for nearly **9hrs** a week

82% of children aged 5-7 go online for nearly **9.5hrs** a week

93% of children aged 8-11 go online for nearly **13.5hrs** a week

99% of children aged 12-15 go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

101

ALMOST
FREE

Things To Do With Your Kids

1. Cook a family favorite.
2. Tackle a new recipe together.
3. Bake a cake just because.
4. Bake cookies.
5. Go foraging.
6. Make moon sand.
7. Make silly putty.
8. Make Oobleck.
9. Read their favorite book.
10. Write a book together.
11. Go to the library.
12. Go to the park.
13. Play tennis.
14. Play soccer.
15. Play catch.
16. Play in the mud.
17. Go rock collecting.
18. Go for a nature walk.
19. Do a nature scavenger hunt.
20. Make story stones.
21. Build a teepee outside.
22. Blow bubbles.
23. Play with chalk.
24. Watch the clouds.
25. Star gaze.
26. Stomp in puddles.
27. Go to the beach.
28. Dig for sand crabs or clams.
29. Play at night with glow sticks.
30. Collect bugs.
31. Collect leaves.
32. Pick a bouquet.
33. Draw or color together.
34. Paint rocks.
35. Finger paint.
36. Stamp paint with veggies.
37. Go for a hike.
38. Make a nature craft.
39. Make a holiday craft.
40. Dance to kid tunes.
41. Sing campfire songs.
42. Sing active songs.
43. Go swimming.
44. Stomp in leaves.
45. Go for a run.
46. Do yoga together.
47. Build with craft sticks.
48. Do a paper plate craft.
49. Visit a pet store.
50. Visit your local human society.
51. Write/draw letters to family members.
52. Make handprint art.
53. Make salt dough.
54. Play with playdough.
55. Make sensory bags.
56. Make sensory bottles.
57. Make a baking soda and vinegar volcano.
58. Experiment with milk painting.
59. Play charades.
60. Play pictionary.
61. Bake a pie.
62. Make a pizza.
63. Build a fort inside.
64. Play hide & go seek.
65. Roast marshmallows over a candle.
66. Make shadow puppets.
67. Have a barbeque.
68. Make homemade lemonade.
69. Go for a bike ride.
70. Play a board game.
71. Play a card game.
72. Build your own board game.
73. Have a water fight.
74. Do cartwheels and summersaults in the grass.
75. Play kick the can.
76. Make a daisy chain.
77. Make hot cocoa from scratch.
78. Feed the wildlife.
79. Play I spy.
80. Play with water balloons.
81. Dig in the dirt.
82. Interview your kid.
83. Make refrigerator clips.
84. Create with pipe cleaners.
85. Go to a museum.
86. Make a slip n' slide.
87. Make a craft with egg cartons.
88. Make a craft with toilet paper rolls.
89. Create a home spa.
90. Make a fidget spinner.
91. Make a felt board.
92. Build sand castles.
93. Make suncatchers.
94. Make rainbow spaghetti.
95. Skip rocks together.
96. Go fishing.
97. Make an I spy bottle.
98. Make a sensory bath.
99. Decorate cans.
100. Play dress up.
101. Camp in your own back yard.