



Bitterne Bulletin

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A message from the Senior Leadership Team

Welcome to our new look newsletter that will be sent out fortnightly to keep you up to date with what is happening in school.

The children have settled back into school exceptionally well adjusting to new systems and routines quickly.

Year R and Year 1 enjoyed their first Bitterne Bonanza of 2024 last Friday. There was certainly a level of excitement in the lunch hall in anticipation of the Teddy Bear's picnic that was about to happen in Year R! Year R and Year 1 have two shorter Bonanza celebrations across the half term as opposed to one longer one for the rest of the school.

Year 2 had a fantastic trip to the Sea-City Museum at the start of the term filling them with knowledge ready for their writing this half term. The children's behaviour was excellent on the trip. A big thank you to Miss Barry and Miss Spiers for organising the trip and to the parents who kindly supported on the day.

There is a wonderful learning buzz around the whole of the school as the children begin their new learning projects. Some beautiful calligraphy art has been produced in Year 5. Mouldy bread experiments have been carried out in Year 6 as they begin their studies of microorganism in science. Years 3, 4 and 5 also enjoyed VR Headset experiences to enhance and enrich their learning.

The focus in Collective Worship this half term is the Christian value of Courage. We have explored stories from the bible that model to us how to have courage in tricky situations. In Picture News, the children learnt about having courage to stand up for what you believe, through Teddy Cottle, a ten year old child, who has started a petition against Apple to change the glasses Emoji due to it giving the wrong impression of people who wear glasses.

Newsletter Issue 1:

Monday 22nd January 2024

Dates for your diary

- **INTERNET SAFETY WEEK: 22-26 JANUARY 2024**
- **YEAR R CITY MISSION STORY TELLING: Monday 22nd November 2024**
- **INSET DAY: Friday 15th March 2024**



Collective Worship

This half term's theme:
Courage

Focus on: Safeguarding and Absence

Following the tragic story of Bronson Battersby in the news this week, I would like to highlight the importance of ensuring your contact details are up to date with the school and that you contact us every day your child is absent in order that we can ensure that they are safe.

Recently, you will have received a request to ensure the school has at least 4 emergency contacts that we may call if your child is not in school or is taken ill at school. This list of contacts needs to include people who do not typically live in the home of the child in case of something having happened to all people living there. We will always call in the priority order you give us.

If your child is absent due to illness or other exceptional circumstances, please do call or email the school office to inform us. You can leave a message on the school answerphone. Emails will be followed by the office directly with you, so if you are having difficulties with credit on your phone, they will call you back. If we do not have any contact from you, the school office will call you and other contacts in your child's contact list to ascertain their whereabouts. Should we still not be able to locate your child, we will make a home visit. This is purely to ensure the welfare of your child and avoid tragic circumstances such as those that occurred for Bronson Battersby.

Focus on: Maths

Is your child a Rock Hero?!

Learning the Times Tables is a key mathematical skill. The knowledge and quick recall of these facts is paramount to enabling the children to be successful in all aspects of the maths curriculum. We spend time regularly in school teaching and practising the times tables across Year 2 and Key Stage 2. Please do support us with this by ensuring that your child regularly uses Times Table Rocks Stars as a tool for practice.

The teachers set the programme so that the children are learning the times tables that are appropriate to their stage of learning. If your child has forgotten their log in details, please do contact their class teacher who will happily reset and share them with you. Using Times Table Rock Stars is part of the children's weekly homework.

Many thanks.



Spotlight on Safeguarding

Bitterne CofE School is committed to safeguarding promoting the well-being of children. Our staff are trained thoroughly and robustly in all aspects of safeguarding. It is everyone's responsibility. As a parent, if you have any safeguarding concerns about a child in school please contact Mrs Johnson or a member of the Senior Leadership Team to discuss this.

Each newsletter will focus upon a specific topic within safeguarding—this week's is on **Screen addiction and how to manage it**. Please see the information poster attached at the bottom of the newsletter.



Southampton Mental Health in School

Southampton Mental Health in Schools Team have produced a Primary School flip book newsletter with useful resources for children and support information with phone numbers for parents to access. You can find the link on our website at:

<https://www.bitterneceprimary.net/key-information/mental-health-wellbeing/>



School Dinners

Packed lunches getting you down? Why not order a hot meal for your child?

Our school kitchen offers a daily tasty, nutritious, well-balanced child friendly menu everyday. Children can choose from a Blue Option (Meat or Fish), Yellow Option (Vegetarian) and Orange Option (Jacket Potato with a choice of tuna, beans or cheese). Dinners are **£2.90** can be ordered on the day but please remember to pay for your child's dinner in advance via our Scopay system—if you cannot access Scopay please pop by the office and we can help you with this.



Further information about school dinners and the most up to date menus are available on our website: <https://www.bitterneceprimary.net/parents/school-meals/>

Attendance

Our overall attendance to date: 95%

We can continue to improve our attendance if we work together to ensure the children are in school everyday and not missing out on learning. Our school target attendance is 96% so we're doing so well.

Top tips for improving your child's attendance:

1. Send them in everyday—unless they have sickness and diarrhoea or a high temperature.
2. Please don't book holidays during term time. The children will miss important elements of learning.
3. Speak to us if you are having difficulties.

Please remember to report all absences into school by 9.00am

Attendance

Well done to all of the children in Sapphire & Navy for 99% attendance —we are so proud of every one of you.



CLASS	%
Sapphire	99%
Olden	99.3%
Navy	99%
Ruby	95.%
Carmine	94.3%
Emerald	93.8%
Orient	93.5%
Tahiti	93.%
Eden	92.8%
Harlequin	91.7%
Indigo	91.7%
Talisman	91%
Laurel	90.%
Bronze	88.3%

House Cup Winners

Congratulations
Brownlow for w/e
12th January and
Maytree for w/e
19th January.



Our Christian values

Our Christian Values form the
foundation of everything we do.

Our values are:

Love, Trust, Forgiveness

The core Christian values help us, as a school community, in how we behave and treat each other. As we are a community school, it does not matter whether staff, children or parents are Christian, other faith or no faith. What is important is that everyone demonstrates a loving, trusting and forgiving approach in school.



Internet Safety Week Monday 22nd—Friday 26th January 2024

Internet Safety week starts today, Monday 22nd January, culminating in Safer Internet Day on February 6th. We will be working with the children on how to access and use the internet safely. Please look out for information relating to internet and device safety for children.



Please remember to update your contacts!

We require 4 contacts where possible on file for your child for use in an emergency. Please remember to complete and return the form sent via email with this information by 31st January 2024.

<https://forms.gle/3cuqbjSzKJHW3cmdA>



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?



47% of parents said they thought their children spent too much time in front of screens.

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.



National Online Safety



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.

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.

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 focussed 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.

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