



Newsletter Date 02.02.24

Together

Diary Dates

February 2024

Monday 5th February 6EG inspire workshop 9:15am

Tuesday 6th February 6BR inspire workshop 9:15am

Wednesday 7th February 6ES inspire workshop 9:15am

Friday 9th February – INSET day school closed to children.

Monday 12th February – Friday 16th February Half term.

Wednesday 21st February Year 2 Great Fire of London workshop.

March 2024

Thursday 7th March 9.15am Mother's Day Assembly – Year 2

Monday 11th March 2.45 REP Parent drop-in

Tuesday 12th March 2.45 RHC Parent drop-in

Wednesday 13th March 2.45 RKD Parent drop-in

Tuesday 19th March – Parents' evening 4pm-7pm

Wednesday 20th March – Parents' Evening 4pm-7pm

Thursday 21st March – Green mufti day

Friday 22nd March – Reception Easter Bonnet

Parade 3.00pm for parents on the playground

Attendance

29th January — 2nd February 2024

Class	%	Class	%	Class	%
RJG	94.80	RHC	97.69	RKD	90.00
1HH	92.00	1LI	100	1SB	96.67
2AB	96.50	2RT	97.48	2RA	94.48
3EG	99.33	3KR	95.81	3LO	99.31
4GO	96.77	4HG	97.33	4LH	98.62
5LW	91.94	5AO	95.67	5SM	98.67
6BR	96.90	6EG	97.42	6ES	94.33



PARKING

You have probably noticed our local police officers have been patrolling the streets around school and are focusing on illegal and dangerous parking.

Please ensure you park safely to enable our children and community to be safe as they move around the streets. Patrols are happening daily for the time being.



Worker of the Week 2nd February 2024

Well done to all of these children who have been noticed for their hard work throughout the week!

Class	Name	Class	Name	Class	Name
RJG	Tilly Y Arthur M	RHC	William D Ada G	RKD	Atticus A James T
1HH	Jessica P	1LI	Beatrice N Anders M	1SB	Charley P
2AB	Sophie D	2RT	Marnie C	2RA	Ella B-W
3EG	Hajar I	3KR	Arjan S	3LO	Lara T
4GO	Renee J	4HG	Olivia B	4LH	Ella M
5LW	Sofia K	5AO	Rafe E	5SM	Benjamin G
6BR	Lenny L	6EG	Erin P	6ES	Abeerah A

Website updates

Please find an updated version of our homework policy on the website this week.

Our uniform section has also been amended too.

Our online safety section has a full range of information to help keep your children safe online.

Notices

@LutleyPrimary

Follow us on X (Twitter) for live updates and news



Forest School Timetable : Year 1 (2024)

Session	1SB	1HH	1LI
2	Mon 29/1	Mon 22/1	Thurs 1/2
3	Mon 19/2	Mon 5/2	Thurs 22/2
4	Mon 4/3	Mon 26/2	Thurs 7/3
5	Mon 18/3	Mon 11/3	Thurs 14/3



Clothing

Children can come in non-uniform on their Forest School days – long trousers please and preferably long sleeves. As the weather becomes colder, please ensure children have a jumper or fleece, a waterproof coat and a hat and gloves. **Please also send wellingtons and extra socks in a carrier bag.** We will have a few spares but not many. We do have waterproof dungarees which we can loan out if absolutely necessary but if your child has their own waterproofs, they can bring them and put them on before we leave the classroom. We serve Galaxy hot chocolate and may toast marshmallows (vegan option available) or cook popcorn, so please remind us if your child cannot have these items.

Half-term **MMR** vaccine clinics

Measles is spreading fast.
Has your child had both of their MMR vaccines?

Free pop-up clinics to vaccinate against measles, mumps and rubella are taking place during half-term.

For children over one-year-old who are due or who have missed either dose. Adults up to the age of 25 are also invited.
Measles is highly infectious and can lead to serious health complications. The MMR is safe and effective.

Sat 10 Feb	10am-3pm	Mary Stevens Park, Stourbridge DY8 2AA
Tue 13 Feb	9am-2pm	War Memorial, Lye DY9 8LF
Tue 13 Feb	9am-3pm	Tesco, Fox Oak Street, Cradley Heath B64 5DF
Fri 16 Feb	9am-2pm	Dudley Market Place, High Street DY1 1PQ
Sat 17 Feb	10am-3pm	Halesowen Town Centre, Somers Square B63 3AE

Book your appointment
Call Vaccination UK on 01384 431712 or just turn up on the day.
If you can, bring your child's red book.
A gelatine-free vaccine is available on request



Dudley
Metropolitan Borough Council

More details on measles, the MMR vaccine and other pop-up clinics in the Black Country at www.blackcountry.icb.nhs.uk/measles

Each week we will share a handy parent guide on a range of online safety topics. These are also available free to you if you sign up to National Online Safety. Check out our feed on X as we use this regularly too! Keep your children safe by staying up to date!

Notices ...

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 nationalcollege.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.

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.

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.

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.

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®

NOS
National
Online
Safety®
#WakeUpWednesday