



A massive St John's well done to all our Silverdale Stars this week.

To all our wonderful parents, staff and governors

For a making 2024 so fruitful - working with a shared desire to engage with our local community, to broaden experiences and to promote flourishing relationships (SIAMS Nov 2024) Christmas Markets, carol services, volunteers in school, transport to events. Chocolates, treats and words of encouragement.

It ALL makes a difference. A very Merry Christmas and a Happy New Year to you all. We appreciate you.

Love all the staff at SSJ

Reports

Reports went home yesterday. If you have any questions, please get in touch with class teachers today. Please refrain from emailing over the holidays if possible, as staff need a rest. If you have any questions at all, that cannot be answered today, please get in touch with Miss Sanderson

Primary Nursery Admission

Has your child turned 3 this term? We have spaces available in Nursery starting after Christmas. Please come and have a look around our wonderful provision or contact the office for a booking form. The application process for primary school places for September 2025 is now open. Tours are still available during the school day, please ring to book. To apply use this online form, please [click here](#). Primary applications close on 15th January 2025.

Victorian Christmas

Thankyou to Lady Reynolds for showing us around her magnificent home & for being so informative & engaging. The children had a wonderful 'Christmassy' day learning about the Victorians & how they celebrated this time of year.

KS2 Carol Service

We can't tell you how proud we were of our KS2 children on Wednesday evening. To a packed out church, they sang, read, danced & had a whole lot of fun, celebrating the Christmas story with the community of Silverdale. Thanks to our governors, staff & to the church for making the night so wonderfully magical. To our parents too. Without you, we couldn't make events like this happen. Nearly every child attended tonight, despite it being a busy, virus ridden & tiring time for everyone. You are all amazing!



Panto!

'Mother Goose' was AMAZING! Singing, dancing, booing & laughing. We had a lot of fun. We had snow too at the end (& a headteacher 'dance off' 🤪 😂!) Great to see Caton St Paul's C of E Primary School. 🌲 Thanks to Lancaster Grand for putting on a super show. The children loved it.

Attendance

Schools are now required to monitor attendance more closely and report any absences to local authorities more frequently.

This will involve more regular checks and communications regarding your child's attendance record. Your child brought home a letter yesterday outlining the changes.

Although we have referred to attendance on the newsletter and have sent out leaflets, we hope that this 'one stop shop' letter, will make it all easier to understand.

Remember, illnesses are authorised, but will be VERY closely monitored. Holidays are unauthorised.

Kidzrock

Kidzrock! Wow, they certainly do, here at Silverdale St John's. The children had an awesome morning rocking, & rolling. Dancing & diving. Thanks to Si & Jess from [KidzRock](#). You were a LOT of fun.

Reading Corner

I'VE BEEN WAITING FOR CHRISTMAS

By Unknown

I've been waiting for Christmas,
And it's almost here.
I've been waiting for Christmas,
Santa's getting near.

Can't you hear the sleigh bells ringing?
Reindeer up so high.
Can't you hear the children singing,
As they watch the sky?

Reindeer Rush

Don't forget to send your donations for the reindeer rush. The deadline for cash in school was yesterday. However, it's much easier by just giving. Click on the link below to send your donation. [Sarah Sanderson is fundraising for St John's Hospice North Lancashire and South Lakes](#)

Friday Thought

Truthful lips endure forever, but a lying tongue lasts only a moment.
—Proverbs 12:19

Christmas Events

Carols around the Christmas Tree is today at the **Royal car park at 13:00** and ending at school with more carols at around 1330. We may get a rendition of Last Christmas from our guitarists too! The Christingle is on Christmas eve at 16:00.

End of Term

School finishes at 14:00 today. After school club finishes at 16:30

Lunches

Week 3 WC 06.01.25



Class Blog

It's Curlews' this week! Click [here](#) for an insight to a week in the life of being a Curlew!

Next Week...

06.01.25 – Back to school
09.01.25 – Speech and Language therapist in school
09.01.25 – KS2 Dodgeball tournament
10.01.24 – Chinese Day in school. Children to wear red!

Attendance

A huge 'well done' to Curlews this week.

Curlews	97.1
Bitterns	84.6
Harriers	88.0
Average school	91.0

After school club

Mia and Trudy desperately need games, jigsaws, toys. All in good working order. Please support our WAC (Wrap Around Care) We want to make it the best it can be. If you would like to give feedback on how we can improve WAC, whilst staying within budget and meeting the individual needs of the children, then please email Mia and Trudy on m.croston@silverdale.lancs.sch.uk t.postlethwaite@silverdale.lancs.sch.uk

Lunch Payment reminders

Could parents please ensure that lunches are paid for in advance via SCOPAY. We kindly ask that all outstanding arrears are to be settled prior to finishing for Christmas.

Feel Good Friday

Thanks to Anna McCoy and all the staff that came to help with this. Dog walking, constructing, den building, cycling, painting, dancing, board games and mindfulness. It was a lovely relaxing morning, after a VERY busy week!



10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College®

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>



MERRY
CHRISTMAS

AND
HAPPY NEW YEAR

From all the staff and children at
Silverdale St. John's CE Primary
School

