



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

### Curlews - Axel

For amazing creativity, developing your own ideas and being proud of your achievements.

Well done Axel!

### Bitterns – Reuben

For being so enthusiastic about ALL learning – RE, Science, English, maths, PE – the list goes on! And for being so caring.

### Harriers – Athena

Super maths this week on ratio and algebra. You have worked really hard Athena. Well done!

## Life Education

The Life Education team are coming into school to deliver sessions to all classes on Monday. These sessions are fun, interactive and age appropriate to your child. There is a parent session being held at 08.50 in the work room. This session is purely a chance for parents to ask any questions you may have. We are asking for a voluntary contribution of £3.50 per child. Payable on the day. We will be also selling bookmarks for £1.

## Coffee Morning

We have a school coffee morning booked, to raise money for the PTA. It's from **10:00 to 12:00 on Saturday 8<sup>th</sup> February at the Gaskell Hall**. Vicky and the team could do with helpers to set up at 09:00 and to tidy away at 11:30 (ish).

They also need...

helpers for stalls, raffle, tombola

Helpers for tea/coffee (although, hopefully some of the older children can do this)

Bric a brac

Cakes

Raffle and tombola prizes (alcohol, unwanted Christmas presents, chocs and multi packs of Chocs we can separate).

Thanks so much in advance. It will be a super morning, and an excuse to clear out your cupboards, and get baking!

## Village dinner dance!

This looks like it will be on **Saturday 15<sup>th</sup> March**. Carly and Chimene are looking for people to join the committee. If you are interested, please contact either of these lovely ladies. Remember all proceeds will go towards the school playground equipment, and also (as we think even longer term), a school minibus.

It will be a lovely community event.

## Lateness

An increasing amount of children are coming through the front door in a morning, after the bell has been rung. Please remember the bell goes at 08:45. All children should be lined up and ready on the playground at this time. This is with the exception of a couple of families where it has been agreed, that the front entrance is better for the children.

## Staffing

There is opportunity to join our lovely school and be part of the welfare team at lunchtime. Just **1hr a day – 12pm-1pm. The salary is £12 per hour**. Please email Miss Sanderson if you are interested, or know anyone that might be. We are also excited to have Mrs Hodkinson with us at Silverdale St John's. She has taken on the hours Mrs Robinson was doing. We pray for Mrs Robinson, as she takes care of her family. Mrs Hodkinson will be in school every day, apart from Wednesday.

## Mathletics



Well done to Seb and Sam for their first 'firsts' in Mathletics. The boys have worked hard to build up their stamina in maths.

We have noticed that fewer and fewer children are accessing Mathletics. This might be due to the 'restarts'. Why not create a competition to get further than last year?! Please log in [here](#). Your child should have their UN and PW.

## Reading Corner



### You Choose in Space

Author: Pippa Goodhart  
Illustrator: Nick Sharratt  
Publisher: Puffin  
Interest age: 3-6  
Reading age: 5+

You choose how this story unfolds, so a new adventure can be enjoyed each time of reading. A spectacular book to stimulate creative storytelling and language development, full of vibrant illustration. Not to be missed!



### Chibi Samurai Wants a Pet

Author: Sanae Ishida  
Publisher: Little Bigfoot  
Interest age: 4-7  
Reading age: 7+

Little Kunoichi is a ninja-girl-in-training and has a very special pet – a fearless, powerful, super-duper Ninja Bunny. A charming picture book, combining the search for a suitable pet with a fun look at selected aspects of Japanese folklore and culture.

## The Kids Party Pact

Passed on from Julie Mason. Thanks Julie.

Click on the link to find out more

### PARENTS, IN IT TOGETHER

<https://nocrapparties.org/#parties>

So many parents dread the gifting element of children's parties.

The expense, the plastic tat, the clutter.

Our current culture can make you feel:

- awkward sharing 'gift guidance' for your kid's party.
- uncomfortable if you turn up as a guest empty-handed, or with a second-hand present.

Some people don't take their child to parties because they can't afford to get a gift 😞

But...

We can change this culture if we collectively wave goodbye to these social norms.

Sign the pact and become part of a movement of parents who want to normalise more affordable, sustainable presents.

This is a gift your children will thank you for in years to come 🌍💚

## Lunches

Week 3 WC 27.01.25



## Friday Thought

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.—2 Corinthians 12:9

## Class Blog

Its Harriers class Blog this week. Click [here](#) to see a day in the life of a Harrier!

## Next Week...

- 27.01.25 – Life Education team in school
- 28.01.25 – Health Needs Assessments Year 6. Height and weight Reception
- 28.01.25 – Computing subject leader training
- 30.01.25 – Speech and Language therapist in school
- 30.01.26 – Cross Country KS2 at Archbishop Hutton
- 31.01.25 – Reindeer Rush cheque presentation

## Alder Hey Hospital

Thanks to Vicky for receiving the cheque for Alder Hey Children's hospital today. We thank you for your support with raising money, for this wonderful cause, that we know is close to Vicky's and Angela's hearts

## World Book Day

Our World Book Day celebrations will take place on Thursday 6 March 2025, further information to follow, but we wanted to let you know that this will be a dress up event.

## Polite reminder

A polite reminder, we have some children with nut allergies and it is important they are not exposed to any nut products. Can we remind parents to check that no products containing nuts are included in packed lunches or morning snacks. This includes chocolate nut spread and cereal bars. Please also try to limit sugary snacks in packed lunchboxes. Thank you for your support.

## Attendance

A huge 'well done' to Harriers this week.

Harriers	97.3
Bitterns	93.8
Curlews	90.6
Average school	94.3



# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

## WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

