# Boorley Park News and Updates

## 8th March 2024



# World Book Day and Author Visit

This week has been a celebration of reading with two excellent events focusing on reading for pleasure. On Monday, our assembly was all about reading and positive impact reading a book can have on our wellbeing.

On Thursday, we loved seeing all of the children dress up as books or book characters. They were brilliant at explaining their costumes and talking about their books. Many of the classes also joined in with virtual author workshops—Year 3 particularly enjoyed a drawing workshop with Liz Pichon, the author of the Tom Gates Books.

Today, we welcomed the author John Dougherty to the school for our first ever author visit. He performed assemblies to all of the children, sharing samples of his work with them and then answering the children's questions about what it is like to be an author. Thank you to the PTA for funding this author visit and for buying copies of John's books for the library.













## Comic Relief

Next Friday (15th March) is Red Nose Day and we are inviting the children to come to school in non-uniform. They can wear something red, wear something funny or just wear their own clothes—it is up to them!



All donations make a difference to the work of Comic Relief—our teachers will have tins on the door at the start of the day to collect any donations you would like to give.

# Names in Uniform



A plea from us—please can you make sure that all of your child's school uniform is clearly named. With nearly 300 children wearing the same items, if uniform is not named, it cannot be reunited with its' owner when lost.

Each class has a 'jumper dumper' that lives in their classroom and goes out with them at lunchtime. If your child is missing any items of clothing, ask the teacher if you can have a look in their class jumper dumper as this is where items are most likely to be.

# SPOTLIGHT ON SAFEGUARDING

Delaying Your Child's Access to Social Media

In light of recent tragic incidents involving children, there is a growing push to restrict social media access until the age of 16. Various reports link social media to these incidents, prompting concerns about its negative effects on children. Despite this, more primary school children are creating their own accounts or using those managed by parents.

If you would prefer your child not to engage in social media at a young age, how can you address this with them, especially when their friends are already active on these platforms?



## Dates for Your Diaries—2023-2024

## Whole School

## Spring Term 2024

- Friday 15th March—Comic Relief (non uniform day)
- Thursday 21st March—PTA Easter Disco—Year R and 1—4:15pm—5pm;
   Years 2—4—5:15pm—6:15pm
- Thursday 28th March—Last Day of Spring 2 Term
- Friday 29th March—Friday 12th April—Easter Holidays

#### Summer Term 2024

- Monday 15th April—First Day of Summer 1 Half Term
- Friday 19th April—PTA Bag 2 School Day (Non Uniform Day)
- Monday 6th May—Bank Holiday (School Closed to Pupils)
- Friday 17th May—Pyjamarama (come to school in your pyjamas)
- Friday 24th May—Last Day of Summer 2 Half Term
- Monday 27th—Friday 31st May—Half Term

# Year R

- Thursday 28th March—2:30pm—Year R Community Rocks!
- Wednesday 17th April—Visit from the PDSA
- Tuesday 7th May—2:45pm—Planting Workshop with parents
- Friday 21st June—9am-12pm-Mill Cottage Farm Experience in school

## Year 1

- Thursday 14th March—2:45pm—Recorder Concert for Parents
- Tuesday 19th March—Trip to Marwell Zoo more details to follow
- Wednesday 15th May—Royal Festival and Dress Up Day (inc parent event at 2:45pm)
- Thursday 6th June—Trip to Portchester Castle more details to follow
- W.c. 10th June—Statutory Year 1 Phonics Screening (more details and parent information event to follow)
- Rabbit Class Monday 15th July—9:15am—Celebration Assembly for Parents
- Otter Class Tuesday 16th July—9:15am—Celebration Assembly for Parents



# **Upcoming Events and Reminders**

## Year 2

- Hedgehog Class—Monday 18th March—2:30pm—Making a Life Cycle Workshop with parents
- Fox Class—Tuesday 19th March—2:30pm—Making a Life Cycle Workshop with parents
- Wednesday 24th April—Trip to Sea City Museum -more details to follow
- Hedgehog Class—Thursday 23rd May—2:45pm—Art Gallery for parents
- Fox Class—Friday 24th May—2:45pm—Art Gallery for parents
- Thursday 6th June—Habitat Hunt in school (for children only)
- **Hedgehog Class** Wednesday 17th July—9:15am—Celebration Assembly for Parents
- Fox Class Thursday 18th July—9:15am—Celebration Assembly for Parents

## Year 3

- Wednesday 13th March—2:45pm—Portrait Gallery for Parents
- Thursday 14th March—Trip to Staunton Country Park more details to follow
- Year 3/4 Easter Show—Tuesday 26th March—9:15am
- Year 3/4 Easter Show—Wednesday 27th March—2:15pm
- Deer Class Tuesday 21st May—2:30pm—Magnets Workshop with parents
- Mouse Class Wednesday 22nd May—2:30pm—Magnets Workshop with parents
- Friday 14th June—2:30pm—Family Picnic

## Year 4

- Wednesday 20th March—2:45pm—Volcano Workshop for Parents
- Year 3/4 Easter Show—Tuesday 26th March—9:15am
- Year 3/4 Easter Show—Wednesday 27th March—2:15pm
- Monday 20th May- 2:45pm—Parent Event (TBC)
- W.c. 3rd June—Statutory Year 4 Multiplication Tables Check (more details and parent information event to follow)
- Tuesday 9th July- 2:45pm—Parent Event (TBC)

# **Boorley Park Term Dates 2024/25**





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# Staying Safe Online

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 national college.com for further guides, hints and tips for adults.

# TO TO TO TO THE SERIES TIME

BUY

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

#### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

#### **GO DIGITAL DETOX**

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

#### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

# AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

#### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for.
Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

#### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

#### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

# SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

#### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leader and st



The National College









