



## Newsletter Issue 17

16<sup>th</sup> January 2026



### Head Teacher's Award

Samuel – Willow Class



### Attendance Award

Sycamore Class - 99%



### Upcoming dates for your diary:



**Monday 19<sup>th</sup> January**

Y4 Swimming (All week)  
Y4, Y5, Y6 Maui Thai Club - 3:30pm-4:30pm

**Tuesday 20<sup>th</sup> January**

Y3-Y6 Drumming Club - 3:30pm-4:30pm  
Football Team Football Fixtures

**Wednesday 21<sup>st</sup> January**

NO JAM CLUB

**Thursday 22<sup>nd</sup> January**

Y1, Y2, Y3 Boys Football Club – 3:30pm-4:30pm  
Reception and Y1 Computer Club – 3:30pm-4:30pm  
Performing Arts Club – 3:30pm-4:30pm

**Friday 23<sup>rd</sup> January**

Boys Football Team – 3:30pm-4:40pm



### Football

Did the boys' and girls' football teams manage to secure the Camden South league when we played Edith Neville and Richard Cobden on Tuesday?

They certainly did!

More information to follow next week after we play our final game of the season against St Mary's at 4pm on Tuesday 20<sup>th</sup>.

### Prayer

Dear God,  
Thank you for the schools you give to children and for food that you provide for us.  
Please help anyone who is sick and all of the people who do not have homes or anywhere to live at the moment.  
Amen  
*Written by Melissa, Y4*

### Our Christian Value this half-term is:

Endurance



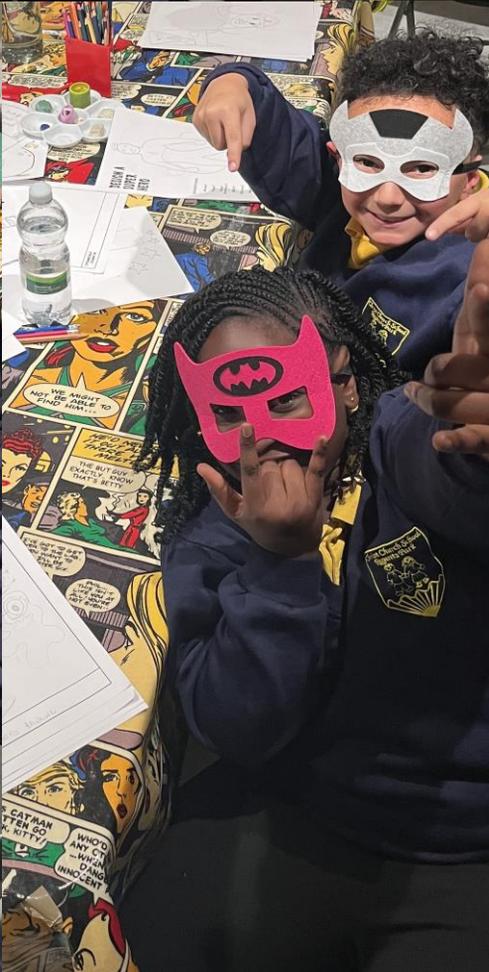
## Learning in Cedar Class

Last week we ventured down to Wells Street to visit the Cartoon Museum for a workshop all about superheroes. Our very experienced instructor, Steve, a cartoonist for over 30 years, showed the children how to draw a Batman and a Wonder Woman. He spoke to us about the history of comic books and showed us what some of the first-ever published superheroes looked like. After designing a new superhero and an evil villain, Steve showed the class how to produce a front cover showing the battle between good and evil. Aisha impressed him greatly and as a reward he drew her, in front of us, in the style of a cartoon superhero. Lucky her!

Here at school the learning has resumed in earnest. The children finished their English unit based on *The Greatest Gift* by writing a persuasive advert for a clone of themselves who can do all of the jobs you hate to do. Amani wrote: *The Amani v 2.0 is even cleverer than the original and has one giant eye that can spot things you have never noticed before.* Iyaaz wrote: *Are you tired of washing dishes, cleaning clothes or being late for work? Or not having time with your family? Are you in need of an extra pair of hands? Well you're in luck because the Iyaaz 2.0 is here.*

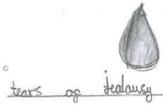
The class have now moved on to studying Carol Ann Duffy's gorgeous book, *The Tear Thief*. In Maths, our attention has now turned to factors and factor pairs. Do you know what the factors of 32 are? In Geography, the children are learning about where our food comes from in the world and the importance of Fairtrade. All of this amongst a lovely first dance lesson with Coach Rae, drama workshops with Adam from Toucan Roar and, as ever, daily handwriting. Busy, busy, busy. Well done Cedar Class for having a happy and productive first two weeks back after the Christmas break.





di di di di di di

The Tear They waited as patiently as a tiger hiding in the grass.



tears of jealousy



tears of pain



tears of loneliness



tears of sadness



tears of hatred



tears of disappointment



tears of hatred



tears of jealousy

The silvery girl hid quickly like a sly fox.

i i i i i i i i i i i i i i

ir ir ir ir ir ir ir ir ir ir

irk irk irk irk irk irk irk irk

# 10 Top Tips for Parents and Educators

## CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

### 1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

### 2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins; does it come after chores and homework? Agree times when technology and phones must be put away.

### 3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

### 4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

### 5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

### 6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

### 7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

### 8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

### 9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screen time, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

### 10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

## Meet Our Expert

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



# #WakeUpWednesday

The National College

Source: See full reference list on guide page at [nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices](https://nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices)