



Online Safety Tip of the Week

Online Safety Tip of the Week: Healthy Online Habits and Screen Time

Building healthy online habits helps children learn how to enjoy technology safely and responsibly. Screens can be useful for learning, creativity and communication, but it is important that children also have time for play, reading, exercise, sleep and family conversations.

Try to create a balanced routine at home by agreeing when screen time is allowed and when devices should be put away. Simple habits, such as taking regular breaks, keeping devices out of bedrooms at bedtime and having screen-free mealtimes, can help children develop a healthier relationship with technology.

It is also important to talk to your child about how screen time makes them feel. Encourage them to notice when they feel tired, frustrated or upset after being online, and remind them that taking a break is a positive choice. Regular conversations help children understand that being safe online also means looking after their wellbeing.

Key Stage 2 Sports Day

Key Stage 2 had a brilliant Sports Day at Canons Park. Once again, we were hosted by Arnold House School, who went above and beyond to make the event so special for our children. Thank you so much, Chris Kerr and your team, for organising such a fun, active, and memorable day. The children threw themselves enthusiastically into a wide range of activities, including football, tennis, cricket, dodgeball, running, and rounders. Everywhere we looked it was such a joy to see all of the children so engaged and playing competitively, fairly and respectfully.

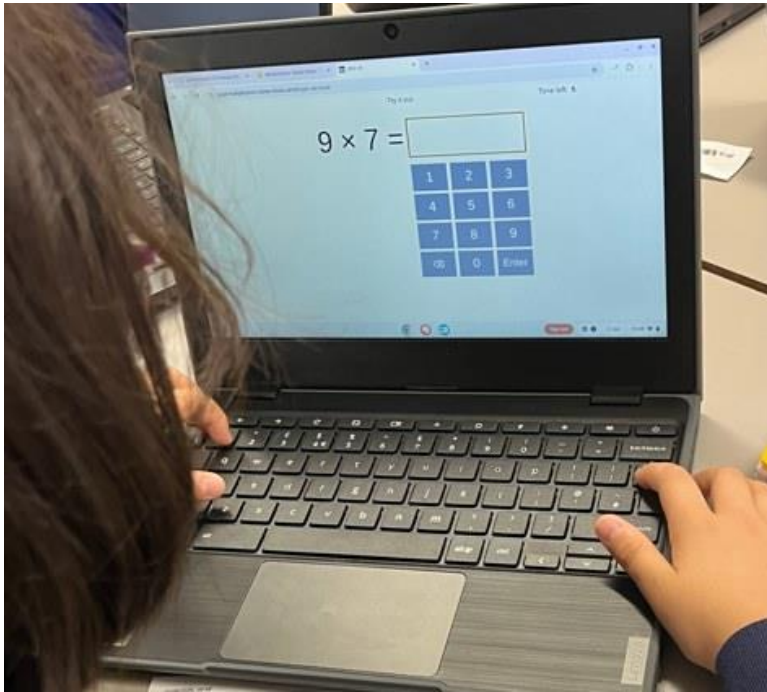
We returned to school with big smiles, tired legs, and lots of great memories. Thank you once again to Arnold House School for hosting us so warmly - we're already looking forward to the next one!





Learning in Cedar Class

Cedar Class have been working really hard lately. Over the next two weeks, they will be taking their Multiplication Check test – a compulsory examination in which they have six seconds to answer each times-tables question.



In English, we have dived into Cinderella of the Nile and written lovely, emotive diary entries from the perspective of Rhodopis. Our study of the short film Partly Cloudy concluded with a descriptive piece of writing that included lots of interesting sentence openers.

Gus is not like the other clouds. He is very dangerous and his inventions could be fatal. He is a dark, grey cloud and instead of making lovely, angelic things for everyone to enjoy, he makes deadly animals ~~or~~ like hedgehogs, electric eels and a lot more.

Peck is a stork who is his doctor Gus' partner and delivers frightening animals. Gus seems to specialise in ~~so difficult~~ difficult difficult and ~~excel~~ the excels in making violent animals. ✓

Thank you, Affia, for organising such a fun Science Week. A scientist from the Crick Institute helped us to investigate how sound travels through solids and the effects of covering our ears on our hearing.



Newsletter Feedback

We are gathering feedback in order to improve our weekly school newsletter further.

If you would like to contribute your feedback and share your thoughts on our weekly newsletter, you can do so on the following link:

<http://forms.office.com/e/2FvwQdG3e9>

Water Aid

Yesterday we raised **£225** for Water Aid.

Thank you so much to everybody who donated to our fundraiser!

Children spent time in class learning about water and its importance.

Linden Class reflected on their learning:

Stina: Lots of people have to walk a really long way to get water.

Abdullah: 1.3 billion don't have clean water.

Zainab: We shouldn't waste water.

