



2nd May 2025

# Mail on Friday

## Redhill Primary Academy

### Weekly Newsletter

Email us at: [parentcontact@redhillprimary.co.uk](mailto:parentcontact@redhillprimary.co.uk)

#### Welcome Back to School

We hope that you had a good Easter break. It's great to welcome the children back to school!

#### Bank Holiday

Please remember that Monday 5th May is a bank holiday, so school will be closed on that day.

#### Sun Hats and Sun Cream

As the weather begins to warm up, please ensure that children come to school with a named sun hat and have sun cream applied before they arrive. If you would like your child to reapply sun cream during the day, please send in a clearly labelled bottle that they can use themselves. If they find this difficult, you might want to consider using longer-lasting sun creams that can be applied by you before they come to school. Children are not allowed to share sun cream.

#### Keeping Hydrated During the School Day

Please can every child bring a water bottle so that they can keep hydrated during the school day. Only water is allowed in water bottles unless a medical reason is provided.

Thank you.

#### Sports Days

#### Diary Dates

Please see our Sports Day dates listed below. These events are weather dependent and may be subject to change. We'll keep you updated as the dates approach and will inform you as early as possible of any changes. However, please note that on occasion we may have to cancel on the day if the weather turns unexpectedly.

**Friday 20th June at 1.45pm**

Nursery and Reception

**Wednesday 25th June at 1.30pm**

KS1 (Year 1 and Year 2)

**Friday 4th July at 9.15am**

KS2 (Year 3 - Year 6)

#### Sun Hats and Water Bottles

Please remember to send your children with sun hats if the weather is warm and please ensure that all children bring water bottles with them.

It would be helpful if sun cream could be applied at home before the event. Thank you.

#### PE Kits

If it isn't a normal PE day, please can your children wear their PE kits to school on their sports day.

Please remember that photographs of children should not be posted on social media sites without a parent's permission.

#### KS1 Archery House Day

On Tuesday, 6th May, our Year 1 and Year 2 children will be taking part in a Fun House Day. They will be trying out a new sport – archery! We're really looking forward to learning this new skill. Please ensure that all Year 1 and Year 2 children come to school in their PE kit on Tuesday.

### **Careers Week - Calling All Redhill Alumni!**

Did you, or someone you know, go to Redhill? We're looking for former Redhill students to take part in this year's Careers Week and share their career journeys with our children. Whether you're in a trade, profession, business, or creative field, we'd love to hear about your path and current role.

Our aim is to inspire and educate pupils about the wide range of possibilities for their futures and who better to do that than those who once attended our school?

If you're interested or would like more information, please contact

Mrs Davies at

parentcontact@redhillprimary.co.uk

### **Nursery Children**

#### **What is the Disability Access Fund (DAF)**

DAF is funding for early years providers to support children with disabilities or special educational needs.

#### **Eligibility**

3 and 4 year olds will be eligible for the DAF if they meet the following criteria:

Your child is in receipt of child disability living allowance (DLA) and they access the funded entitlement at the nursery.

Please note: 4 year olds in primary and infant school reception classes are not eligible for DAF funding.

If your child is eligible for this funding, please can you let Mrs Frost know in the nursery office and provide a copy of your DLA funding documents so that the funding can be claimed.

Thank you for your support.

### **Football Finals at Telford United Football Club - Thursday 8th May**

#### **Year 3 and Year 4 Girls' and Boys' Football Teams**

We are very proud to announce that both our Year 3 and Year 4 Girls' and Boys' football teams have made it through to the finals, which will be held at Telford United Football Club on Thursday 8th May.

Girls' final: Kick-off at 3:00pm

Boys' final: Kick-off at 4:00pm

Spectators are welcome and will be charged £3 per person at the gate.

We would like to wish both teams the very best of luck! Whatever the outcome, we are already incredibly proud of everything you've achieved this year. We know you'll represent Redhill with great teamwork and enthusiasm.

### **Is Your Child a Young Carer?**

A young carer is a child who helps look after a family member with a disability, illness, or other long-term need. If your child is a young carer, please remember to let us know. This information helps us ensure they receive the necessary support to assist their well-being.

Thank you.

### **Contact Details and Consent**

Please remember to keep your contact details up to date on Arbor.

If you ever want to withdraw your consent for the Academy to process your data, please fill in the consent withdrawal form which is available on our website.



# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

## THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. These emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

## ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

## SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

## TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

## REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear 'gaming' they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

## A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

## PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

## THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

## TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

## ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Meet Our Expert

Daniel Upcombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



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# Friends newsletter

Welcome back, we hope you  
had a lovely break!



**PLEASE CONSIDER  
GIVING US A HAND**



We are losing some key members of our  
PTA

at the end of this term due to their  
children finishing primary school. It is  
essential that we find some parents to  
replace these people for us to be able to  
carry on with our fundraising and be  
able to put on memorable events for  
our children.

Please get in touch if you can lend some  
time!



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