



20th June 2025

# Mail on Friday

## Redhill Primary Academy

### Weekly Newsletter

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

#### PD Day

Please note that Friday 27th June is a Professional Development (PD) Day, and the school will be closed to the children on that day. They will return to school on Monday, 30th June.

#### No Outsiders Mufti (Non-uniform) Day

On Thursday 26th June, the No Outsiders group will be holding a Mufti Day to raise money for Place2be - a charity that provides mental health support to young people. This charity focuses on early intervention and helps equip children and young people with the tools they need to navigate life's challenges.

We kindly ask for a £1 donation for each child who chooses to come in mufti (non-uniform).

Donations can be made via ParentPay and your support is greatly appreciated.

#### Spelling Bee Competition

Congratulations to Simrit, James, Shiv, Abi B, and Samar for achieving first place in the Spelling Bee competition at St George's on Tuesday, 17th June. They competed against other local primary schools and showed incredible determination throughout the different activities.

Well done to the 5 for showing determination in the different activities.



#### Farewell and Thank You to Our Board Games Club Leader

Over the past few years, we have been incredibly fortunate to have one of our dedicated parents, David Blakemore, volunteer his time to run our popular Board Games Club every Wednesday.

David has brought energy, enthusiasm and a true passion for games, making the club a highlight of the week for many of our children. Each term, the club has been full to capacity - a testament to how much the children have enjoyed the sessions.

Unfortunately, David will not be able to continue running the club next year due to other commitments. While we are sad to see him step back, we are immensely grateful for the time, commitment and care he has given to the school community.

#### Water Safety

The Health Protection Hub at Telford & Wrekin Council have asked us send out some information to you on summer water safety. With the current hot weather, children, particularly older children, may look to go swimming in open water to cool down and have fun. This comes with various risks - cold water shock, currents, hidden underwater dangers and diseases such as Weil's disease. 46% of drownings occur in the summer months and this rises to 75% amongst 13 - 17-year olds. Educating children on these dangers is important in preventing tragic incidents. The Royal Life Saving Society and the Canal & River Trust have some good resources with more information on this to discuss with your children:

General: [www.rlss.org.uk/Pages/Category/water-safety-information](http://www.rlss.org.uk/Pages/Category/water-safety-information)

For early years and primary infants: [canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/water-safety-tips-for-parents](http://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/water-safety-tips-for-parents)

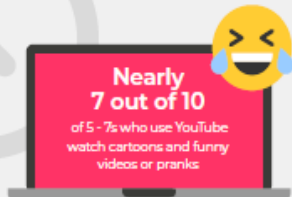
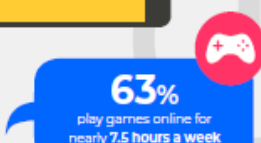
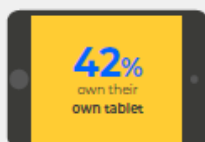
# Balancing screen time

internet  
matters.org

## Top tips to support children 5-7 (Key stage 1)

As screens become a bigger part of young children's lives at home and at school, it's important to put balance and purpose behind screen time to help them develop key skills and benefit from their screen use. Find tips and advice to help them do just that.

### How are children using screens?



Source: [Ofcom Children and Parents: Media use and attitudes report 2019](#)

### What do parents say about screen time?

#### Screens are good for creativity

Nearly 7 out of 10 parents believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

#### Screens can displace family and homework time

Even at this relatively young age, almost 3 out of every 10 parents say screen time means they have to fight for their child's attention and over a quarter (26%) say it has an impact on completing homework.

Source: [Internet Matters Look both ways report](#)

## What are the benefits and challenges of screen use?



### Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – 70% of parents strongly agree that using devices is essential for their child's development. Source: [Internet Matters Look both ways report](#).

- Screens can be a great tool to allow children to maintain relationships with family and friends.

- Screens can help ease the financial burden when looking to entertain children.

### Screen time challenges

- Young children might stumble across inappropriate content that may have a negative impact on their digital wellbeing.

- Passive screen time could have a physical effect on their development (i.e. eyes, brain, sleep cycle and behaviour).

- Younger children may not understand the concept of what the internet is and how it works so could find it hard to differentiate between what is real and what is fake.



## 5 top tips to balance screen time

### 1 Set digital rules together

Agree digital boundaries together with your child to get them involved in the process and build up their understanding of why it's beneficial for them to stick to them.

Choosing device free zones in the home, keeping phones out of the bedroom at night and using free tools to turn devices on and off at different times of the day are just some ways to help children strike a healthy balance between activities on and offline.

Also, it's a good idea to encourage them to take a break every 30 minutes and use screens in short bursts. Experts recommend turning screens off an hour

before bedtime to give children time to wind down.



### 2 Stay engaged in their screen use

Get engaged and stay engaged in their digital life as they grow. The more you get involved and understand the things your children do online, the easier it is to gain their respect and influence what they do in their digital world.

Ensure they have a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime.

### 3 Discuss online risks and strategies to tackle them

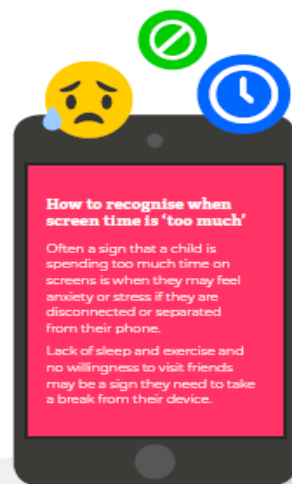
Take time to help them understand the risks and benefits of using the internet, whether it be discussing what steps to take if they see something that upsets them or guiding them towards apps and platforms that will help them explore their passions and enhance their skills.

### 4 Set a good example with your own screen use

Children will tend to model their behaviour on you, so if you encourage them to take breaks when on screens or leave phones out of the bedroom at night, they will follow your lead.

### 5 Use tech tools to manage their time & access to media

Whatever device your child uses, be sure to make use of free and premium tools available to manage their access to age-appropriate content and review the time they spend on specific online activities.



#### How to recognise when screen time is 'too much'

Often a sign that a child is spending too much time on screens is when they may feel anxiety or stress if they are disconnected or separated from their phone.

Lack of sleep and exercise and no willingness to visit friends may be a sign they need to take a break from their device.

## The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e. watching YouTube) and interactive screen time (i.e. creating content or playing games online).

There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

One size does not fit all when it comes to screen time – it's more about getting it right for your families needs.

Visit [internetmatters.org/screen-time](https://www.internetmatters.org/screen-time) for more advice

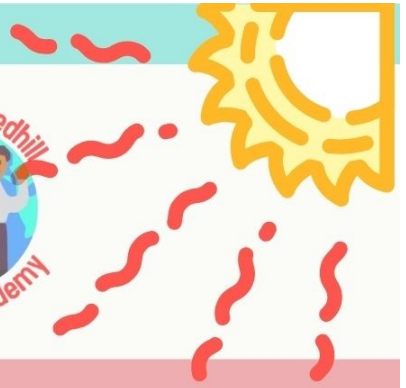
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# Friends newsletter



**EASY FUNDRAISING CAN MAKE A HUGE DIFFERENCE FOR OUR SCHOOL**



**DISCO NEXT WEEK!  
LAST CHANCE TO BUY TICKETS**

**easyfundraising**

**2025**

**A year of raising**

This is what one supporter could raise for your cause in a year by shopping through easyfundraising.

Month	Activity	Donation
January	Book a holiday	£70*
February	Book a Valentine's spa break for 2	£10*
March	Upgrade TV & broadband package	Up to a £40.25* donation
May	Upgrade a mobile phone	Up to a £47.50* donation
July	Get school uniform & shoes	£4.50 donation
September	Buy car insurance	Up to a £15* donation
November	Buy a Christmas tree	£4.50* donation
December	A year of weekly food shops	£57*
August	Trade in an old car	Up to a £40* donation
October	Get a new fridge freezer	£22.50* donation

**Total £368.75**

\*Donation rates change from time to time. The amounts above were correct as of 31/12/2024.

**SUMMER IS COMING....**

**REDHILL SUMMER DISCO 2025**

**26 JUNE 2025**

**KS1 4:30-5:30 PM**

**KS2 5:45-7PM**

**KS1 £7\* KS2 £5**

\*INCLUDES FOOD & GOODIE BAG

**NEED ANY SPARE UNIFORM FOR THE HEATWAVE?**

**VISIT OUR SECOND HAND UNIFORM SHOP ON PTA EVENTS!**

