

31st January 2025



# Mail on Friday

## Redhill Primary Academy and Nursery Weekly Newsletter

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

### Walk to School Challenge



We are taking part in the 'WOW' walk to school challenge. Children record their journey on a travel tracker each morning when they arrive into school. Every active journey counts towards the children earning their 'WOW' travel badge for that month. We want to encourage as many children as possible to take an active journey by either walking, scooting, cycling, or park and stride (10 minutes walk minimum).

What are the benefits of walking to school?

Children feel happier and healthier.

They arrive to school refreshed and ready to learn.

Helps reduce congestion and pollution at the school gates.

Well done to all of those children who have earned their badge this month.

Can you continue your active journeys to earn your badge for February?

Thank you for your support.



### Wear it Red Day on Valentine's Day

Friday 14th February 2025

Midlands Air Ambulance Charity is gearing up for Wear It Red Day on Valentine's Day 2025, and we are supporting them to help to make it a success. Wear It Red Day is a great chance for local schools to support Midlands Air Ambulance's lifesaving work, by encouraging students and staff to wear red and raise vital funds for the charity.

**When:** Friday 14th February 2025

**What:** Schools come together to wear red and collect donations from each pupil and staff member who take part.

**Why:** The funds raised will directly support MAAC, helping save lives across the region.

**How to Donate:** ParentPay

### School Times

For all children, the school doors open at 8.40am and school gates close at 8.50am.

Please remember children will be marked late if they come through the office and arrive after the gates have closed. Parents/carers must sign their child in. When your child arrives late at school, they will miss valuable learning time. Your child may also feel embarrassed at having to enter the classroom late.

Please help your child to be punctual.

The school day ends at 3.05pm for reception and 3:10pm for all other year groups.

# Top Tips for... MANAGING SCREEN TIME

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!

BUY MILK

## 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 leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety  
#WakeUpWednesday

## **How Safe is WhatsApp for Children - NSPCC**

**What age rating is WhatsApp?** The app is rated 16+

### **Features of WhatsApp**

To connect you with others, WhatsApp checks your phone's address book for other users and automatically suggests these as your WhatsApp contacts. It also updates your WhatsApp contact list whenever your phone contacts sign up to the app. This is an optional feature, and you can switch it off, but this puts limits on the app's functionality.

#### **When you are using WhatsApp, certain information is shared with your contacts:**

**Status** - this allows you to share updates on your profile in the form of text, photo, video, or GIF that disappears after 24 hours.

**Last seen** - this tells your contacts what time you last used the app.

**Online** - this tells your contacts if you are currently using the app.

**Read receipts** - this allows users to see if the message has been sent, delivered, and read.

Through the privacy settings in the app, you can help your child control who can see this information.

#### **WhatsApp makes use of certain features that are focused on the privacy of its users.**

Some of these key features are:

**End-to-end encryption** - this means that only people within the chat can read or listen to what is being sent.

WhatsApp cannot view these messages, and they cannot be remotely accessed by police or government, and they can't be seen by hackers. This means that the message privacy is more secure, but also means they can't be monitored for illegal activity.

**Disappearing messages** - this is an optional feature that allows you to set messages to disappear 24 hours, 7 days, or 90 days after sending. This setting can be applied to all chats or selected ones. It is important to remember that messages can still be saved, screenshotted, or forwarded before they disappear.

**View once** - this feature allows you to send photos and videos that disappear from your chat once they've been opened. The image or video that you send cannot be saved, shared, or forwarded and you can see when it has been opened (if you have read receipts turned on). The image or video expires after 14 days if it is not opened.

**Live location** - this allows you to share your real-time location for a certain amount of time with other users in an individual chat or group. You can stop sharing at any time but the people you shared it with will still be able to see your last updated location.

### **Tips to help keep your child safe on WhatsApp**

#### **Get to know privacy settings**

There are four main settings that you can use to help your child control who can see their information:

**Everyone** - allows all users to see your profile photo, about or status.

**My contacts** - only allows people from your phone contacts to see your profile photo, about, status, last seen and online.

**My contacts except...** - allows you to exclude certain people in your phone contacts from seeing your information.

**Nobody** - doesn't allow anyone to see your information.

The default setting on WhatsApp is 'everyone' but you can help your child to set their privacy controls by clicking the 'settings' cog and selecting 'privacy'. Here you can select each type of information and change it to the setting that you want. To prevent children being added to groups by people they don't know, we recommend changing the group settings to 'My contacts except' and using the tick icon to select all contacts. This option means only your child's phone contacts, except those you exclude, can add your child to groups. But by selecting all contacts, it means that nobody can add your child to a group chat

without first sending them an invitation. In the same section, you can also switch off 'read receipts', which means other people cannot see when you have read their message. This might help if your child is feeling under pressure to respond to messages.

#### **Make use of safety features**

Show your child how to block and report other users of the app or inappropriate content. For information on how to block or report on WhatsApp visit: [How to block and report contacts | WhatsApp Help Center](#).

#### **Talk about sharing**

Talk to your child regularly about what they should and shouldn't share with others on WhatsApp. Remind your child that, even if they think what they are sending will stay private, others might save, forward or screenshot it. Talk to them about making sure others are comfortable with what they are sending and let them know they can come to you if they are worried about something they have shared on the app.

#### **Set rules about location sharing**

Decide with your child if it is appropriate for them to share their location with others and who they are allowed to share it with. You can disable location permissions by going into your device settings and switching off location services for WhatsApp.

# FRIENDS OF REDHILL



## THANK YOU

*A huge heartfelt Thank You to the lovely Sophie Hine for running our uniform shop tirelessly and welcome along to Emma Pierson who will be taking over, we really appreciate you both 🙏*

## RAFFLE DONATIONS



## DATES FOR THE DIARY

*In case you missed it last week here are some of our upcoming events! If you have ideas for events and fundraising you would like to share with us please get in touch!*